

Chapter – 11

Fasting

(روزه)

Quran:

يَا أَيُّهَا الَّذِينَ آمَنُوا كُتِبَ عَلَيْكُمُ الصِّيَامُ كَمَا كُتِبَ عَلَى الَّذِينَ مِن قَبْلِكُمْ لَعَلَّكُمْ تَتَّقُونَ

{O People who believe! Fasting is made compulsory for you, like it was meant for those before you, so that you may attain devotion.

(02:183)}

أَيَّامًا مَّعْدُودَاتٍ فَمَن كَانَ مِنكُم مَّرِيضًا أَوْ عَلَى سَفَرٍ فَعِدَّةٌ مِّنْ أَيَّامٍ أُخَرَ

{For a certain number of days only; so whoever is sick among you, or on a journey, the same number in other days (02:184)}

وَكُلُوا وَاشْرَبُوا حَتَّىٰ يَتَبَيَّنَ لَكُمُ الْخَيْطُ الْأَبْيَضُ مِنَ الْخَيْطِ الْأَسْوَدِ مِنَ الْفَجْرِ ثُمَّ أَتُمُوا

الصِّيَامَ إِلَى اللَّيْلِ

{And eat and drink until the white thread becomes distinct to you from the black thread at dawn (02:187)}

Hadith:

Narrated Ibn Umar:

Allah's Prophet said, "When you see the crescent of the month of Ramadan, start fasting, and when you see the crescent of the month of Shawwal, stop fasting; and if the sky is overcast then regard the crescent month of Ramadan (as of 30 days)". (Sahih Bukhari: 1782)

Narrated Abu Hurairah:

Allah's Prophet said, "When the month of Ramadan starts, the gates of the heaven are opened and the devils are chained." (Sahih Bukhari: 1781)

Narrated Anas bin Malik:

The Prophet said, "Take Sahar (early breakfast at the late time of night before the daylight) as there is a blessing in it." (Sahih Bukhari: 1804)

Narrated Abu Hurairah:

The Prophet said, "If somebody eats or drinks forgetfully then he should complete his fast, for what he has eaten or drunk, has been given to him by Allah." (Sahih Bukhari: 1812)

Narrated Abu Hurairah:

The Prophet said that, whoever fasts in the month of Ramadan and whoever established prayers on the night of Qadr, out of sincere faith and hoping for a reward from Allah, then all his previous sins will be forgiven. (Sahih Bukhari: 1783)

Narrated 'Aisha:

Hamza Bin 'Amr Al-Aslami asked the Prophet, "Should I fast while traveling?" The Prophet replied, "You may fast if you wish, and you may not fast if you wish." (Sahih Bukhari: 1821)

Narrated Abu Hurairah:

Allah's Prophet said, "Fasting is a shield. So, the person observing fasting should avoid behaving foolishly and impudently, and if somebody fights with him or abuses him, he should tell him twice, 'I am fasting.'" The Prophet added, "By Him in Whose Hands my soul is, the smell coming out from the mouth of a fasting person is better in the sight of Allah than the smell of musk. So he will be rewarded for it and the reward of good deeds is multiplied ten times." (Sahih Bukhari: 1776)

Narrated Abu 'Ubaid, Abu Saeed Khudri and Abu Hurairah:

Allah's Prophet has forbidden people to fast on the first day of Eid-ul-Fitr and on the first day Eid- ul-Azha. (Sahih Bukhari: 1869 to 1871)

Narrated Jabir bin 'Abdullah:

Allah's Prophet was on a journey. The days were hot. He saw a crowd of people, and a man was being shaded by them. He asked, "What is the matter?" They said, "He is fasting." The Prophet said, "It is not righteousness that you fast on a journey." (Sahih Bukhari: 1824)

Narrated 'Abdullah bin 'Amr bin Al-As:

Allah's Prophet said to me, "O 'Abdullah! I came to know that you fast during the day and offer prayers all the night." I said, "Yes, O Allah's Prophet!" The Prophet said, "Don't do that; fast for few days and then give it up for few days, offer prayers and also sleep at night, as your body has a right on you, and your wife has a right on you, and your guest has a right on you. And it is sufficient for you to fast three days in a month, as the reward of a good deed is multiplied ten times, so it will be like fasting throughout the month. If you have more power, then fast like the fasting of the Prophet David." I said, "How was the fasting of the Prophet David?" He said, "Half of the year, i.e. he used to fast on every alternate day". (Sahih Bukhari: 1852 to 1858)

Important Aspects of Islamic Doctrine

Obligatory (فرض):

(1) Fasting in Ramazan is obligatory on every adult, sensible, healthy, and stationed men and women. (2) However, for any sick patient and for a traveller, it is optional. (3) Woman passing through menstruation, fasting is forbidden but she has to fast later when she is out of it.

Essential (واجب):

(1) Moon sighting is 'Wajib-al-Kifayah', means the moon sighting just after sunset arranged by the official committee on 29th of the months of Shawwal would be equivalent to the sighting of moon by any individual, and by this, start and end of Ramazan can be established. (2) Similarly the moon sighting for Zilhajjah is essential on 29th Zilqadah. (3) Intension for fasting. (4) Keeping fast for the left over days in Ramazan. (5) Fasting as if anyone has decided earlier as a promise (6) Fasting is essential as a regret or punishment.

Sunnah (سنة):

(1) Reciting formal words for fasting as intension. (2) Eating early breakfast (Sahar). (3) Eating immediately after sunset (Iftar). (4) Using dates or glass of water for completing the fast (Iftar). (5) Dua before Iftar.

Desirable (مستحب):

(1) Eating Sahar in the last hour. (2) Eating Iftar just after sunset. (3) During fast, avoid telling bad, hearing bad, and looking bad.

Miscellaneous (متفرق)

(1) There will be no harm to fast if eat or drink forgetfully, it is because of the sayings of the Prophet that "what he has eaten or drunk, has been given to him by Allah." (2) The same can also be inferred for forgetful sexual relation. (3) Touching or kissing to wife does not affect the fast. (4) Putting oil in hairs of the head does not affect the fast. (5) Using perfume or putting powdered lead-ore in the eyes does not affect the fast. (6) Taking blood from body does not affect the fast. (7) Unintentional vomiting does not affect the fast. However if it is intentional then there will be no more fast. It has to keep later. (8) Intentional eating will break the fast. Its expiation (punishment as regret) has to pay. (9) Similarly, intentional sex during fast has its expiation for both the parties. (10) Fasting is prohibited on the first day of Eid-ul-Fitr and on the first day Eid- ul-Azha and days of Tashreeq.

Note: Fasting is a worship which is basically meant to control the "self". In this, Allah orders to keep away even for those things which are permitted in the normal conditions, like eating drinking, sand sex etc.

