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FIQH of FASTING

REFRESH YOUR KNOWLEDGE ON THE ESSENTIALS OF ISLAM

**FIQH
of the
FUNDAMENTALS**

In Partnership with




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- ④ Definition
- ④ Importance and virtues
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Definition

- ④ **Saum**
- ④ **Literal: Abstain**
- ④ **Fihi: To abstain from eating, drinking, intercourse and those things which fall under these rulings from true dawn (Subah Sadiq) until sunset with the intention of fasting**

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Importance

- ④ **One of the 5 pillars of Islam**
- ④ **“Islam is built on five (pillars): bearing witness that there is no god except Allah and that Muhammad is the Messenger of Allah, establishing prayer, paying zakaah, Hajj and fasting Ramadhan.” (Bukhari and Muslim)**

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Rewards

- ④ **“Every deed of the son of Adam will be multiplied between ten and seven hundred times. Allah, may He be glorified and exalted, said: Except fasting. It is for Me and I shall reward for it. He gives up his desires and his food for My sake.”**
- ④ **Door of Jannah exclusively for those who fast– Rayyan**
- ④ **Two periods of joy**

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Benefits

- ④ **Command of Allah and following the Sunnah**
- ④ **Gratefulness**
- ④ **Abstain from sin**
- ④ **Physical benefits**
- ④ **Develop mercy for poor**

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Types of Fasting

- ④ **Fardh: eg. Ramadhan**
- ④ **Wajib: eg. A vow**
- ④ **Sunnah: eg. Six of Shawwal**
- ④ **Makruh (Disliked): eg. Fasting only Ashura**
- ④ **Haraam: eg. Days of Eid**

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Intention

- ④ **Ramadhan**
- ④ **Sunnah fasts: Maghrib the night before till midday**
- ④ **Wajib fasts: Maghrib the night before till Fajr enters**
- ④ **Preferred time: Maghrib the night before till Fajr enters**

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Sehri

- ④ **It is an act of worship**
- ④ **Abu Saeed Al Khudri Radhiyallahu Anhu: Nabi Muhammad Sallallahu Alayhi Wa Sallam: 'Sehri is barakah so never leave it out even if you swallow a little water. Indeed Allah Ta'ala and His Angels send salutations on those who perform Sehri.' (Ahmed)**

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What Does Not Break the Fast

- ④ **Eating, drinking or intercourse forgetfully**
- ④ **Applying oil in the hair**
- ④ **Applying kohl**
- ④ **Cupping**
- ④ **Water entering the ears**
- ④ **Dust or smoke entering the throat not intentionally**
- ④ **Swallowing phlegm**

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What Does Not Break the Fast

- ④ **Injection**
- ④ **Insulin (If in the stomach the fast will break)**
- ④ **Vomiting unintentionally**
- ④ **Intentional vomit but less than mouthful**
- ④ **Eye drops**
- ④ **Donating blood**

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What Breaks the Fast + Kaffarah & Qadhaa

- ④ **Kaffarah (Expiation): Only for Ramadhan fasts**
- ④ **Breaking a Ramadhan fast intentionally, free will, no valid reason (Eat, Drink, Intercourse)-**
- ④ **One of the three measures below, in order of preference:**
 - ④ **Free a Muslim slave**
 - ④ **Fast 2 consecutive months with no break**
 - ④ **Feed sixty poor people 2 meals/ feed one poor person 2 meals a day for 60 days/ give 60 poor people 1.6kg of wheat or monetary value or 3.2kg of dates or monetary value**

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What Breaks the Fast + Qadhaa Required

- ④ **Mistakenly swallowing water**
- ④ **Intentionally vomiting mouthful**
- ④ **Compelled to eat or drink**
- ④ **Forced to eat or drink**
- ④ **Unintentionally swallowing rain or snow**

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Miscellaneous Issues

- ④ **Brushing teeth with toothpaste**
- ④ **Injections**
- ④ **Drips**
- ④ **Asthma Pump**
- ④ **Inhaler**
- ④ **Eye drops**
- ④ **Ear Drops**

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Iftaar

- ④ **After sunset**
- ④ **' When one of you makes iftar then break the fast with dates for indeed it is blessings. If one does not have dates then with water for indeed it is a purifier'**

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Virtues of Ramadaan

- ④ **Best month of the year**
- ④ **Month the Qur'an was revealed**
- ④ **Month of Mercy**
- ④ **'When Ramadhan comes, the doors of Jannah are opened, the doors of Jahannam are closed and the Shayateen are chained.'** (Bukhari)

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On Whom Is Fasting Fardh

- ④ **Obligatory: Muslim, Mature, Sane**
- ④ **Non-Obligatory: Traveller, Child, Sick**
- ④ **Impermissible: Woman experiencing Menstruation (Haidh) or Postpartum Bleeding (Nifas)**
- ④ **Pregnant or breastfeeding women?**

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Prescribed Actions in Ramadaan

- ④ **Fasting**
- ④ **Recitation of the Qur'an**
- ④ **Qiyam (Taraweeh, Tahajjud)**
- ④ **Sadaqah**
- ④ **Feed a fasting person**
- ④ **Dua**
- ④ **Zikr**
- ④ **Khidmah**

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Abstain from:

- ④ **All forms of sin**
- ④ **'How many a fasting person finds no reward for his fast except going thirsty and how many a person who performs night prayers finds no reward except lost sleep.' (Darimi)**

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Laylatul Qadr

- ④ **A night better in reward than 1000 months**
- ④ **The night the Qur'an was revealed**
- ④ **'Who stands in prayer on the night of Laylatul Qadr then all his previous sins will be forgiven' (Bukhari)**
- ④ **Odd nights from the last 10 nights**

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Sadaqatul Fitr

- ④ **It is a purifier for the one who fasted Ramadhan**
- ④ **Wajib on Muslim, free person and has savings**
- ④ **Must be discharged before Eid Salah. Disliked to delay till after.**
- ④ **Even children who have savings**
- ④ **1.6kg of wheat or 3.2kg of dates or monetary value**
- ④ **Recipients: same as recipients of Zakat**

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Eidul Fitr

- ④ Laylatul Jaaiza (Prize Giving)
- ④ Spend the night in Ibaadah
- ④ Day of rejoicing
- ④ Sunan of Eid day
- ④ Spend the day with family
- ④ Invite those who do not have families to spend the day with (reverts etc.)

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Questions

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