

FASTING

Fasting means avoiding certain things from the time of Adhan of Fajr until Maghrib.

Know the exact time of the Adhans. Otherwise, a few minutes should be taken as precaution.



INTENTION

Make your intention to seek proximity to Allah by fasting before the Fajr Adhan. You can make it for the entire month of Ramadhan at once.

DIDN'T OR COULDN'T FAST?

First: had a legitimate excuse not to fast?

For example, an ill person, a traveler or a lady in the state of Haydh.

Compensate by fasting later.

if the compensation is postponed till next Ramadhan

in addition to the fasting, Fidyah should be given to the poor.



The Fidyah is about 750 grams of basic food-stuff, like, wheat or bread, for each day of fasting they missed.

Second: didn't fast with no reason!?

Compensate by fasting and by paying the Kaffarah for that day.

60 x



According to some jurists, the Kaffarah here is to fast for two consecutive months, or, to feed sixty poor people for each day.

2 x



NOT ALLOWED TO FAST

1 Ladies in the state of Haydh and Nifas should not fast.



3 For those the fasting could be harmful or cause extreme hardship. Like elderly people who can't fast, and pregnant ladies or suckling mothers where fasting might harm their baby.



2 In some cases, a traveler should not fast.



Note that it's one's own responsibility to decide on this issue and he might need to consult a doctor or expert to help him in making the decision.



Deliberately eating, drinking, smoking and the consumption of non-edible things like dust; even through a medical feeding device.

Ascribing lies to Allah, the Prophet and the Holy Progeny (pbut) such as quoting something they've never said.

Taking liquid enema. And according to some jurists, IV drips, vascular and intramuscular injection.

Deliberately staying in the state of Janabah, Haydh or Nifas till the Adhan of Fajr.

Deliberately entering the state of Janabah which happens by full sexual intercourse or by semen ejaculation.

Losing the intention for fasting, like deciding to break the fast will void the fasting even if nothing is eaten.

Vomiting intentionally

Immersing the entire head under water. (According to some jurists)

