

100

Questions  
& Answers  
About  
Fasting

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Verified by:  
Shaykh Atabek Nasafi



**100+ Questions**  
**&**  
**Answers About Fasting**

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## Introduction

The following book has been put together in an easy to understand Question and Answer format so the reader can clearly understand the answers to issues they may have.

The legal rulings have all been verified by a qualified Islamic Scholar, Shaykh Atabel Nasafi who specialises in the area of Fiqh and Aqeedah.

The goal was to have an authentic set of rulings taken from established classical sources. In this pursuit the rulings have been compiled from a collection of the most authentic and classical works, such *Mukhtasar Quduri* by Imam Qaduri, and *Al-Hidayah* by al-Marghinani amongst others.

The legal school of thought adopted for the fiqh rulings is from the most widespread and oldest school, that of the Hanafi Madhab.

## Chapter 1: What is Fasting and its Conditions

**QUESTION:** What is the linguistic meaning of Sawm (fasting)?

**ANSWER:** To refrain.

**QUESTION:** In what year was fasting made obligatory?

**ANSWER:** 2 AH, approximately 18 months after Hijra.

**QUESTION:** What is the legal definition of fasting?

**ANSWER:** Fasting is to abstain during the day from allowing anything to enter into the stomach whether intentionally or by mistake and to abstain from sexual intercourse, along with the intention of fasting, from dawn till sunset.

**QUESTION:** Name 4 conditions which render a fast as obligatory?

**ANSWER:** Islam, sanity, maturity, knowledge that it is obligatory (Knowledge of its obligation is only required if one lives in a non-muslim land).

**QUESTION:** Which Ayah is a proof that fasting has been made obligatory.

**ANSWER:**

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

“O you who believe! Fasting has been prescribed upon you just as it was prescribed upon those before you that you may acquire Taqwa.” (Surah Baqarah : 183)



## Chapter 2: Those who are Excused from Fasting and Those Who are Not

**QUESTION:** Is it a condition to be free from sexual discharge at the beginning time of fasting?

**ANSWER:** No, one must still fast even if one is sexually defiled (junub).

**QUESTION:** Is it obligatory for the sick and traveller to fast?

**ANSWER:** Those who are suffering from ill health or considered to be travelling have permission to leave fasting until their situation changes. They must fulfil the missed days. It is however best if the traveller fasts if he will not experience difficulty by it.

**QUESTION:** Yusuf is going to set off for to London from Manchester at 9am in the morning in the month of Ramadan. Is he permitted to leave fasting because he will be traveller in the morning?

**ANSWER:** No. he is not excused from fasting. He will only be excused from fasting if he is considered to be travel at the beginning time of fasting (dawn).

**QUESTION:** Which category of people are forbidden to fast?

**ANSWER:** A woman during her menstrual periods or during her postnatal bleeding.

**QUESTION:** Is there anyone else besides a traveller and sick person who are allowed not to fast in Ramadan?

**ANSWER:** A pregnant woman or a woman feeding milk to her baby who fears harm to herself or her baby is allowed not to fast in Ramadan. The missed days must be made up later.

## Chapter 3: Types of fasts

**QUESTION:** Other than fasting in the month of Ramadan what other type of fasts are considered to be obligatory?

**ANSWER:**

- a. **Expiation:** fasts (kaffarah) which a person must perform should he violate certain rules during Ramadan.
- b. **Nadhr:** this is a fast one vows to perform.

**QUESTION:** Name a type of fast which is sunnah.

**ANSWER:** Fasting on the day of Ashura (which is the 10<sup>th</sup> day of Muharram) joined with a fast on either the 9<sup>th</sup> or the 11<sup>th</sup> of Muharram.

**QUESTION:** it is recommended to fast 3 days every month, and it is desirable to perform these fasts during the white days of every lunar month. What are these white days?

**ANSWER:** The white days are the 13<sup>th</sup>, 14<sup>th</sup> and 15<sup>th</sup> of each lunar month; they are named white because the light of the moon is strongest and brightest during these days. The Prophet (God bless him and grant him peace) said, this is like keeping perpetual fasts.

**QUESTION:** The Prophet (God bless him and grant him peace) would fast on 2 days during the week. The Prophet (God bless him and grant him peace) said that during these days the works of the servants are presented (to Allah), so I

like that my works are presented whilst I am fasting. which days of the week are they?

**ANSWER:** Monday and Thursday.

**QUESTION:** How many days is it recommended to fast during the month of Shawwal - the month proceeding Ramadan ?

**ANSWER:** 6 days.

**QUESTION:** What is the ruling regarding breaking a voluntary fast?

**ANSWER:** It is necessary (Wajib) to make up this fast on another day.

**QUESTION:** The Prophet (God bless him and grant him peace) said: The fasting of Dawud (peace be upon him) is the best fasting and most beloved. Describe the fasting of Dawud (peace be upon him).

**ANSWER:** The Prophet Dawud (peace be upon him) would fast on alternate date days, he would fast one day and break the fast the other day.

**QUESTION:** What is the ruling of fasting the day of Ashura alone without joining it with the 9th of Muharram ?

**ANSWER:** It is makrooh tanzihaa (somewhat disliked) Ibn Abbas said fast on the 9<sup>th</sup> and 10<sup>th</sup> of Muharram and oppose the Jews. As they would not fast in this order.

**QUESTION:** It is prohibitively disliked (makruh tahrimaa) to fast on five days. What are they?

**ANSWER:** The day of Eid ul Fitr, Eid ul Adha and the days of Tashriq, which are the 3 days following the Eid al Adha (11<sup>th</sup>, 12<sup>th</sup> and 13<sup>th</sup> of Dhul Hijjah).

**QUESTION:** Is it disliked to single out Friday or Saturday for fasting?

**ANSWER:** Yes, unless he connects the day with another day before or after it, or unless it coincides with one's regular days of fasting.

**QUESTION:** The Prophet (God bless him and grant him peace) performed continuous uninterrupted fasting but forbade his nation from doing so. Describe this type of fast.

**ANSWER:** On the first day of fasting, one does not break his fast after sunset until he has fasted the next day and reaches the night.

**QUESTION:** What is the ruling of fasting for one's entire life.

**ANSWER:** It is disliked. Since the person will become weak and the fasting will become routine in which the purpose of fasting is lost.