

How to know if you're too ill to fast

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Translated by Ahmed Abu Turaab

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the Name of Allaah the most Kind the most Merciful

Shaykh Ibn Uthaymeen (رَحِمَهُ اللَّهُ)¹ was asked, “What is the scale/degree of harm according to which a fast becomes harmful for someone who is ill and after which it becomes forbidden?” He replied, “Indeed, harm is known through feeling and it may be known by being informed of it. As for knowing it by feel then it is if an ill person feels that the fast is harming him and making his pain worse and delaying his recovery. And as for [recognising that] by being informed then it is if a knowledgeable, trustworthy, doctor tells him that [it is harmful], and it is not a condition that the doctor be a Muslim.”²

¹ (رَحِمَهُ اللَّهُ) (rahimahullaah) May Allaah the Most High have mercy on him

² Ash-Sharh al-Mumti, vol. 6, pp. 328-329.

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