

Fasting

الصَّوْمُ

Volume 2



Islam The
BASICS

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Muslims have to fast during
the month of Ramadaan.

Ramadaan comes once a year.

How do we know when Ramadaan has started?



The moon looks different
at different times of the month.

By looking at the shape of the moon in the sky,
we can tell when the new month has begun. [1]

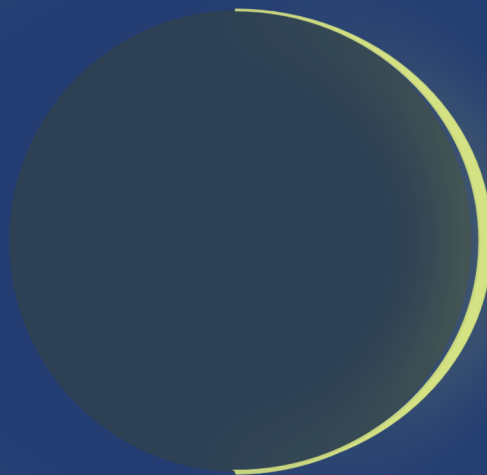


[1] 'Abdullaah ibn 'Umar - radi Allaahu 'anhumaa - said:

The people were looking for the new moon. I told the Messenger of Allaah - sall Allaahu 'alaihi wa sallam - that I had seen it; he then fasted and ordered the people to fast.

Reported by Abu Daawood (6/468/2325) and graded as Saheeh by al Albaanee (Al Irwaa- 908)

We call the moon
at that time "the new moon".



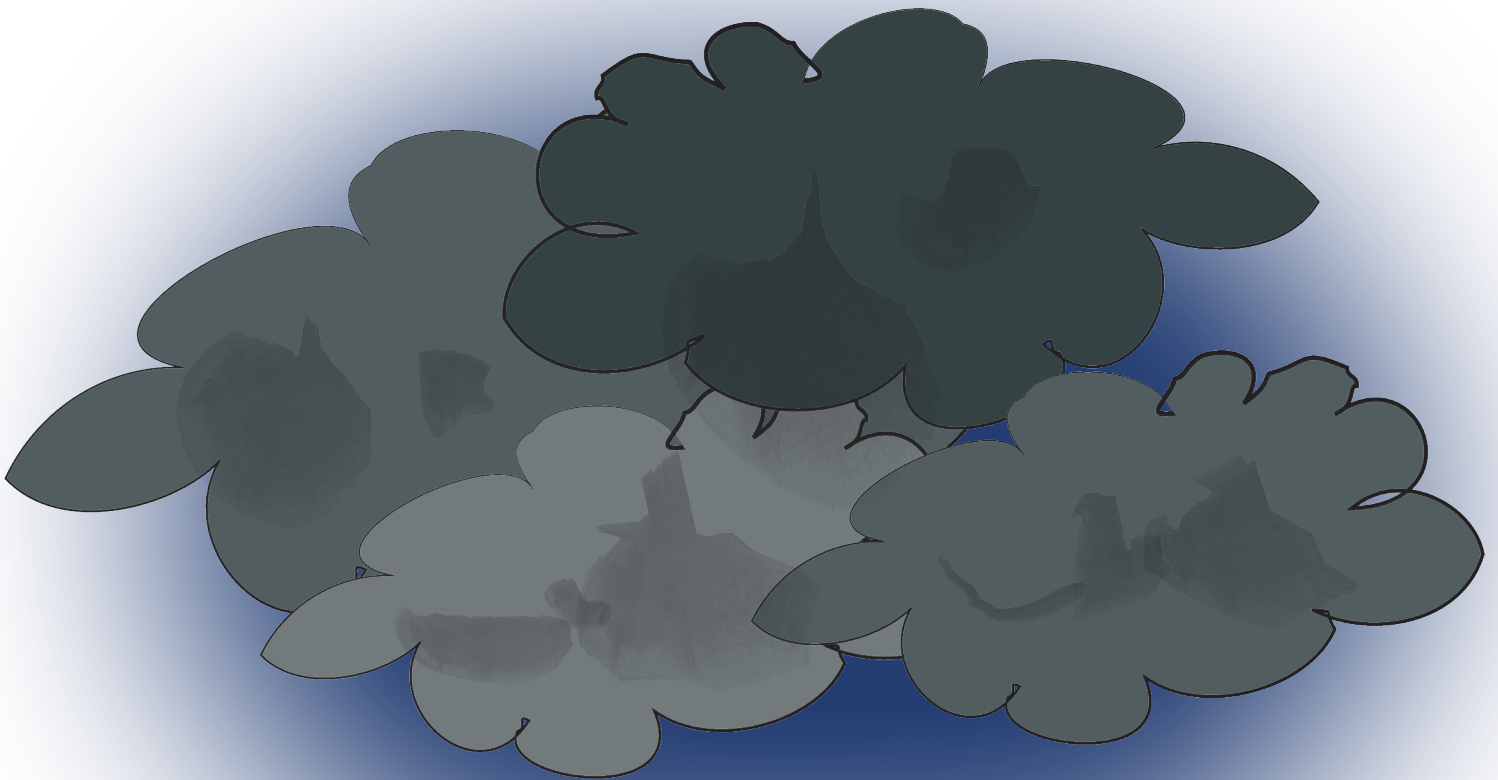
The month before Ramadaan
is called Sha'baan.

When we can see the new moon in the sky
at the end of Sha'baan, we know that Sha'baan
has finished - and that Ramadaan has begun.
And we are very happy to see that!



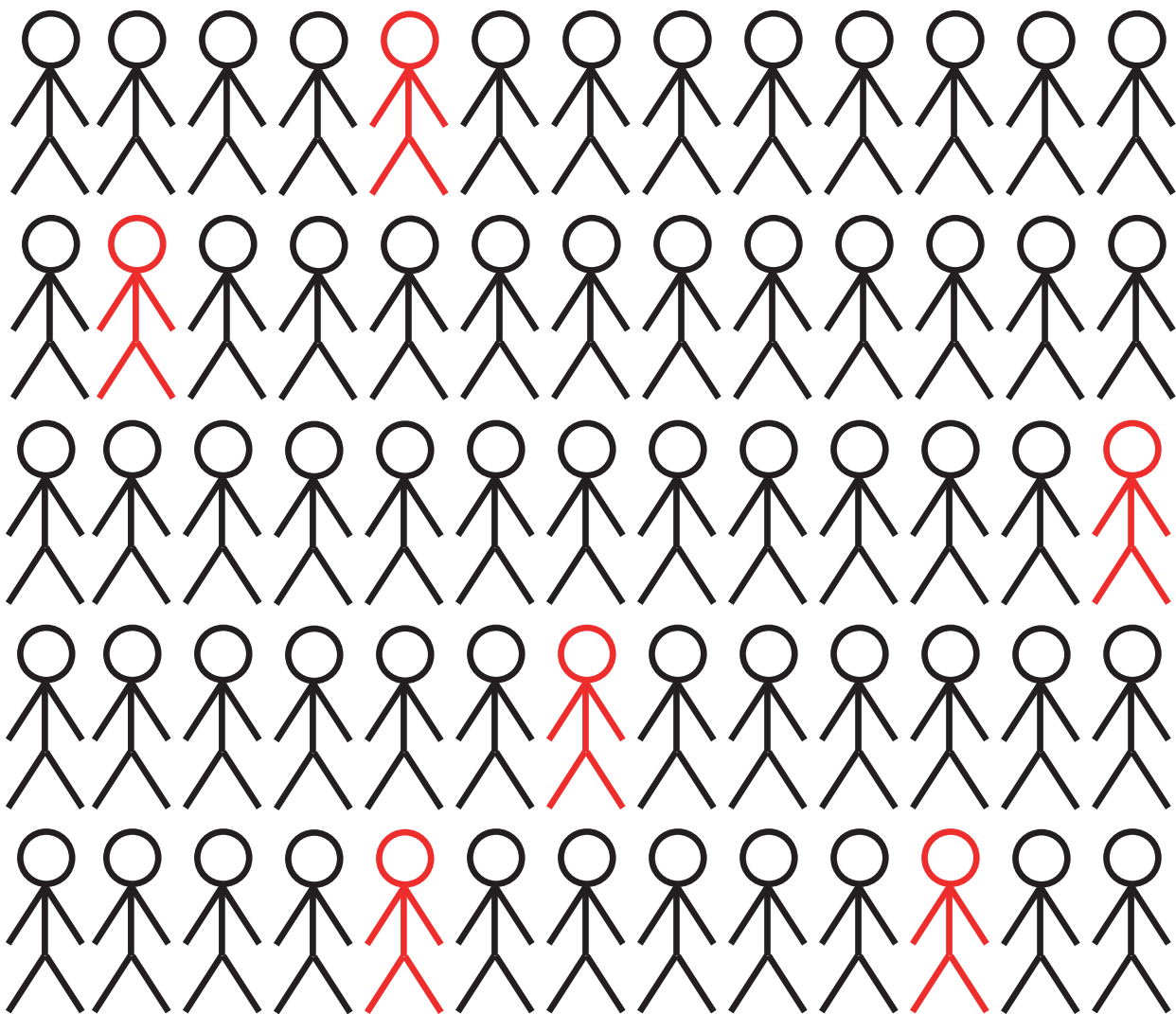
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If you cannot see
the new moon yourself,
then you start fasting when the other Muslims
start fasting. [2]

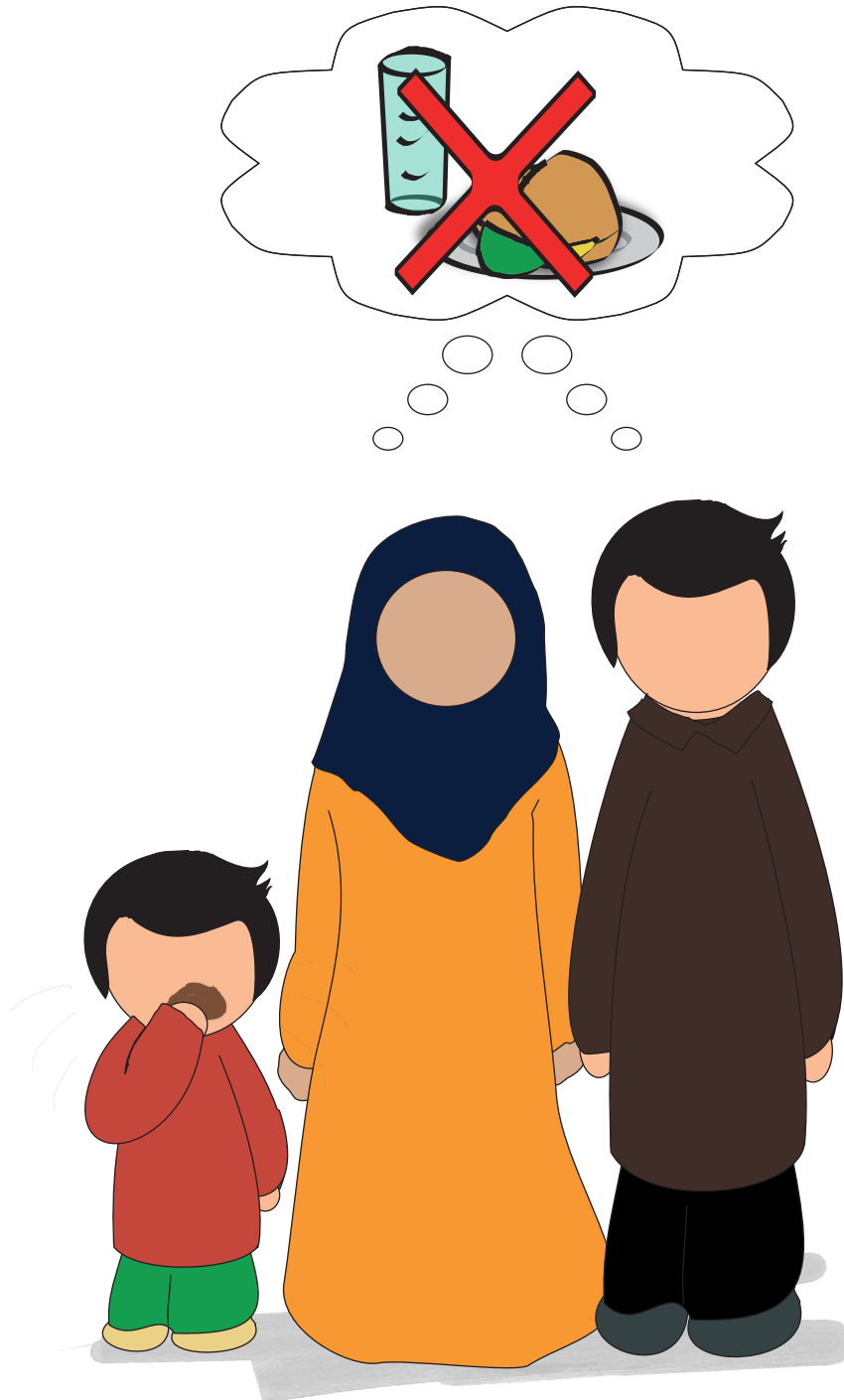


[2] *Aboo Hurayrah - radi Allaahu 'anhu - said that the Messenger of Allaah - sall Allaahu 'alaihi wa sallam - stated: The fast is on the day that the people fast. Breaking the fast is on the day when the people break the fast. The slaughtering is on the day when the people slaughter. Reported by al Bukhaaree (4/115/1901), Muslim, an Nasaa-ee and ibn Maajah.*

When Ramadaan begins,
do all Muslims have to fast?
No, not everyone.



If you are a child,
then you do not have to fast. [3]



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[3] *The Messenger of Allaah - sall Allaahu 'alaihi wa sallam - stated:*

The pen (recording the deeds) has raised for three: the insane one until he becomes sane, the one who is sleeping until he wakes up and the child until he reaches the age of puberty.

Reported by Aboo Daawood - see Saheeh al Jaami' (3513).

If you are poorly and fasting
will make you more ill,
then you do not fast. [4]
But then you make up your fast
later on when you are feeling better.



[4] *Allaah - the Most High - said:*

<<And whoever is ill or upon a journey, then the same number (should be made up from) other days...>>
Soorah al Baqarah (2) aayah 184

If you are travelling on a journey,
then you do not have to fast. [5]
Instead you fast on another day
when it is easier for you.



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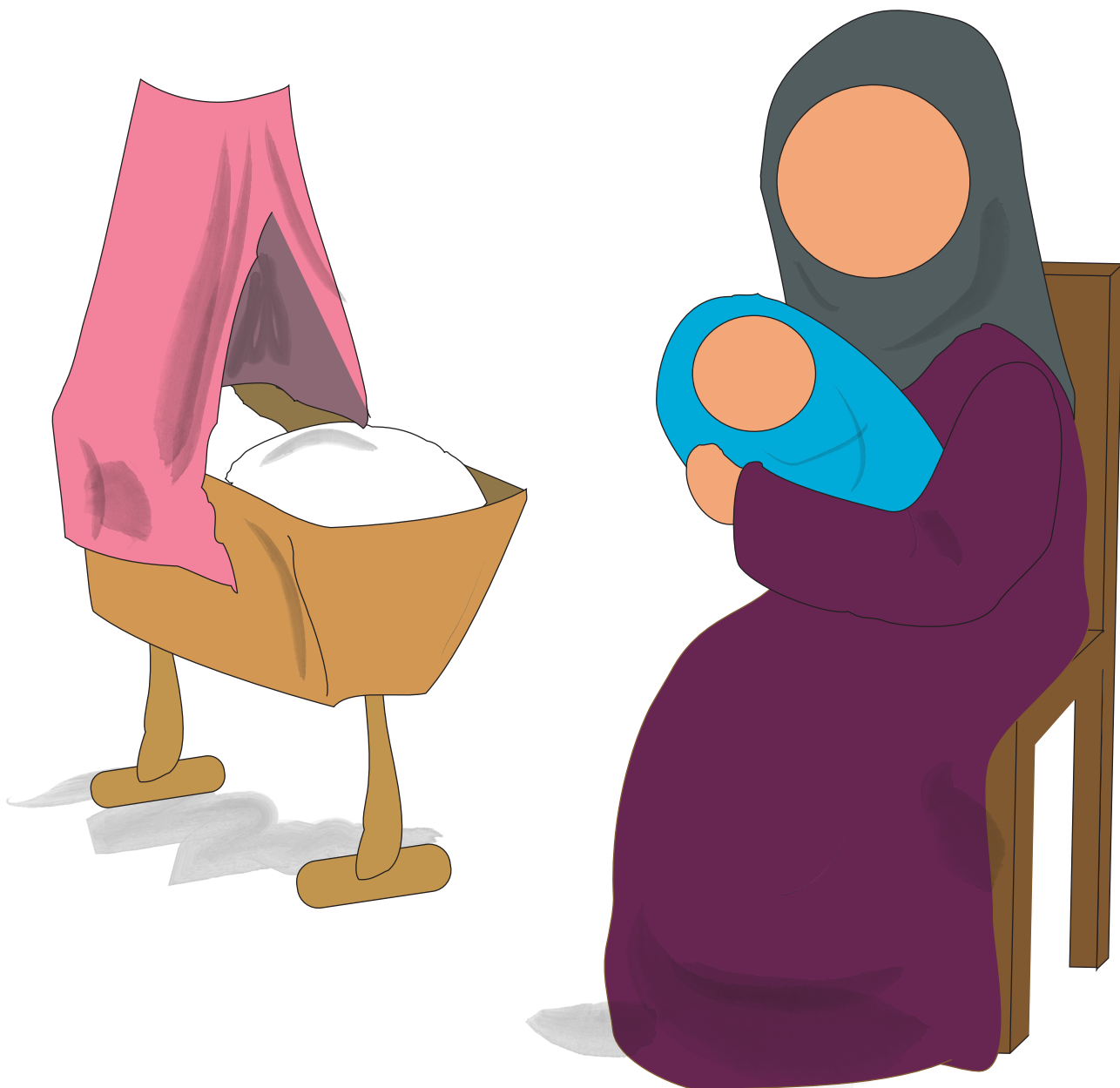
[5] *Allaah - the Most High - said:*

<<And whoever is ill or upon a journey, then the same number (should be made up from) other days...>>

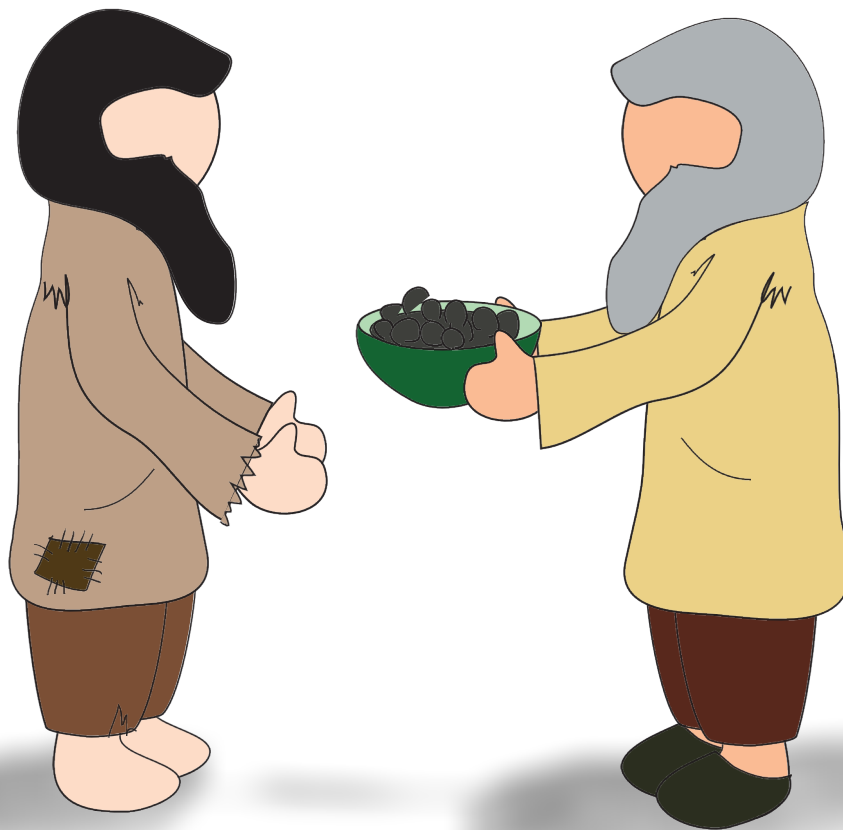
Soorah al Baqarah (2) aayah 184

If you are a lady who has just had a baby, you do not fast.

Then when the baby is a little bit older, you can start fasting again.



For the Muslims who cannot fast because they are old, then they have to give food to one poor person. For each day of Ramadaan that they miss, they have to feed one poor person. [6]



[6] *Allaah - the Most High - said:*

<<And as for those who can fast only with difficulty, they are to feed a poor person (for every day)...>>
Soorah al Baqarah (2) aayah 184

And from 'Ataa that he heard ibn 'Abbaas recite this aayah, and then ibn 'Abbaas said:

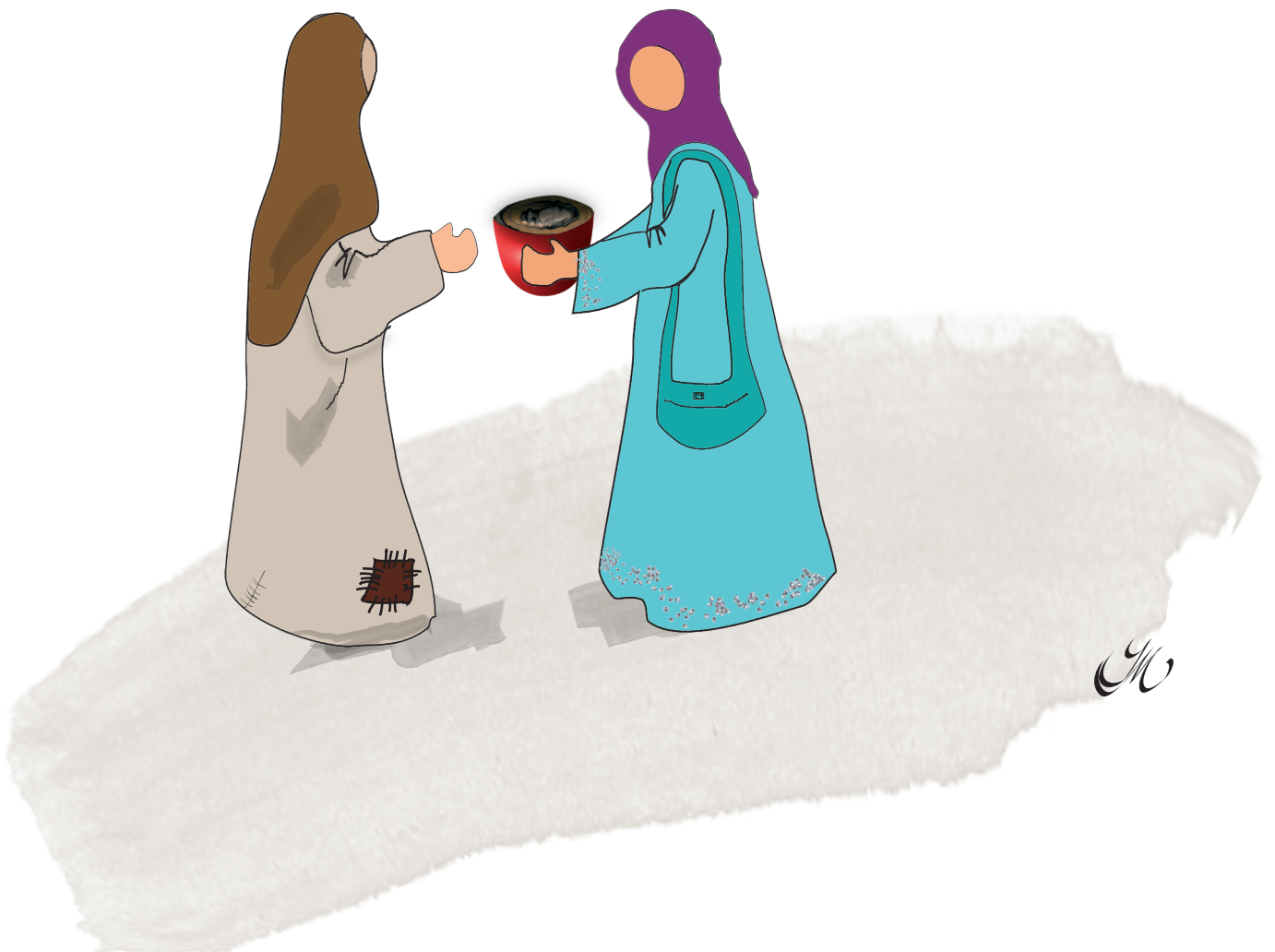
It is not abrogated; it (refers) to an old man and an old woman who are not able to fast so they feed a poor person in place of every day (of fasting).

(Saheeh, refer to al Irwaa- (912) and al Bukhaaree (8/179/4505))

And the same is true for people who are ill and the doctors do not think that they will get better from their illness. [7]

For each day of Ramadaan that they miss, they have to feed one poor person.

Look how Allaah tells us to do nice things that help other people.



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[7] Meaning people who have long term illnesses - as opposed to the situation with many of us where our illness is only a temporary one and will in shaa Allaah soon go away.

Allaah has made our religion of Islaam
easy for us.

And the things He tells us to do are things
which help us and help other people as well.

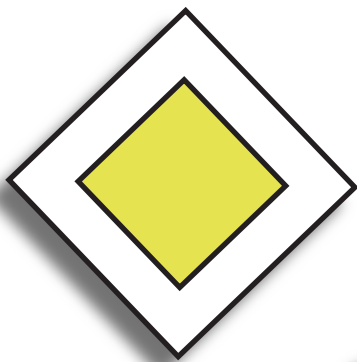
الْحَمْدُ لِلَّهِ

Al-hamdu lillaah

﴿﴾

O Allaah, help us to do the good things
which You have told us to do.

O Allaah, help us to stay away
from the bad things which You have told us not to do.



حَلَالٌ

halaal



حَرَامٌ

haraam

**See
other volumes, too,
in shaa Allaah!!!**

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