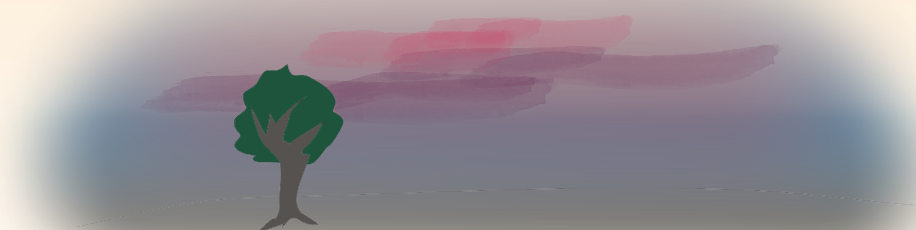


# Fasting

الصَّوْمُ

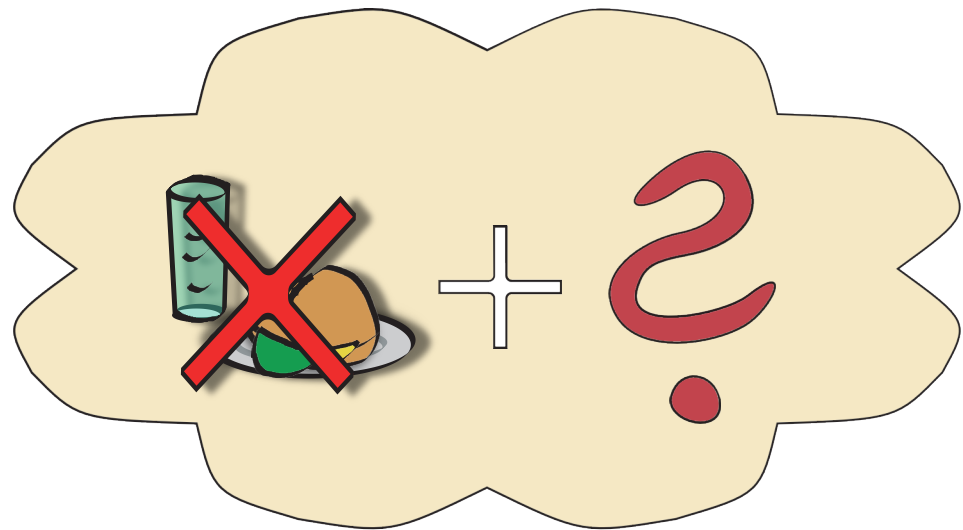
## Volume 3



Islam  
The  
BASICS

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What does it mean  
when we say that we fast during Ramadaan?  
What do we have to do when we fast?  
Let us talk about that.



We have to be sure in our hearts  
that we are fasting  
only because Allaah told us to fast. [1]  
We do not fast to show off to other people.



[1] *The Prophet sall Allaahu 'alaihi wa sallam said:*

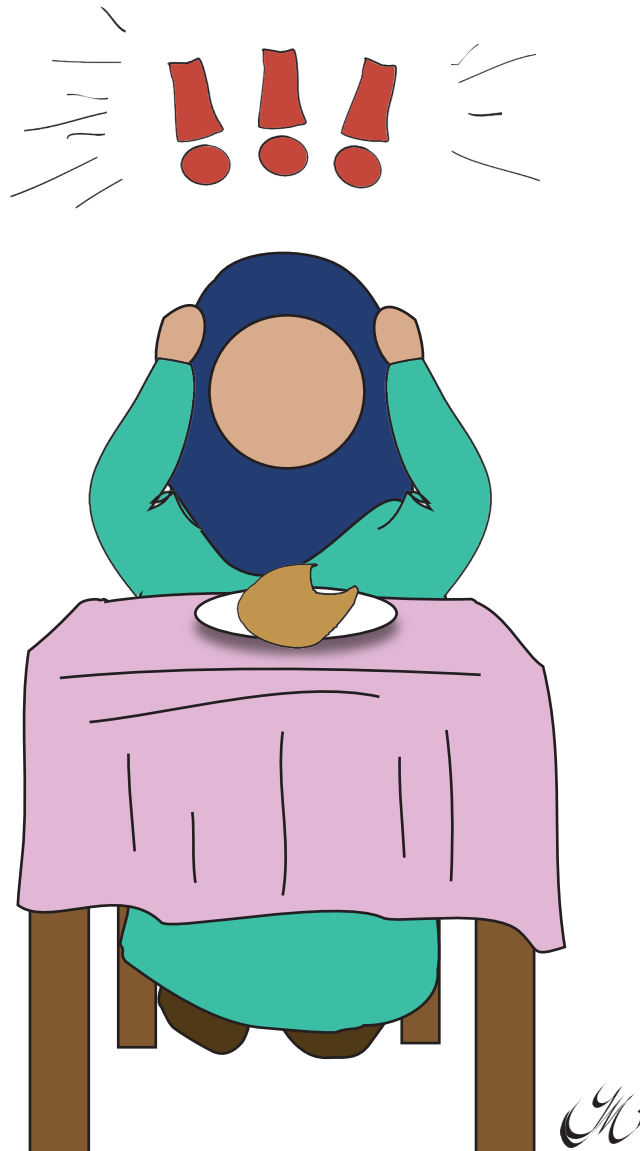
**Indeed actions are but by their intentions and for every person is that which he intended.**

We stop eating and drinking  
at Fajr time and we start eating  
and drinking at Maghrib time.



©

We try our best to remember  
that we are fasting.  
But if we forget,  
and we accidentally eat or drink,  
then that fast still OK. [2]



[2] *Aboo Hurayrah radi Allaahu 'anhu narrated that he Prophet sall Allaahu 'alaihi wa sallam said: Whoever forgets whilst he is fasting, and eats and drinks, then let him complete his fast; for it was only Allaah who fed him and gave him drink. Reported by Muslim and this is his wording. See Saheeh al Jaami as Sagheer 6583*

If we eat or drink though,  
and we do it deliberately - meaning that  
we really meant to eat and drink -  
then that fast is broken.  
And we would have to do that fast again.



If we try to make ourself vomit - which means that we try to make ourself sick - then that also breaks our fast. But if we vomit and we didn't want to do that - for example, if we are poorly - then our fast is still OK. [3]



[3] *The Prophet sall Allaahu 'alaihi wa sallam said:*

**One who is overcome by vomiting, then there is no making up that day of fasting) upon him.**

**And one who tries to make himself vomit deliberately, then he must make (the day) up.**

*It is Saheeh. Refer to Saheeh al Jaami as Sagheer 6243*

Before we start our fast,  
we should have something to eat or drink.  
Even though it is early in the morning,  
we still try to eat something,  
even if it is just a mouthful of water. [4]



[4] *The Prophet sall Allaahu 'alaihi wa sallam said:*  
**Take the suhoor (pre dawn meal), even if it be a gulp of water.**



We can eat and drink right up to the start of Fajr time. In fact, it is good to have this food and drink as late as we can before Fajr starts. [5] But once Fajr time has started, we cannot eat or drink anything.



[5] *The Prophet sall Allaahu 'alaihi wa sallam said:*

**If one of you hears the call (to prayer) and the drinking vessel is in his hand, then let him not put it down until he has fulfilled his need from it.**

*It is Saheeh. Refer to Saheeh al Jaami as Sagheer 607*

When we are fasting,  
we try our best  
to not say or do bad things. [6]



[6] *The Prophet sall Allaahu 'alaihi wa sallam said:*

**Whoever does not leave off false speech and acting upon it, then Allah is not in need of his leaving off his food and his drink.**

*It is Saheeh. Refer to Mukhtasar Saheeh il Bukhaaree 921.*

When we are fasting,  
we try especially hard to be generous  
- which means that we try to give nice things  
and presents to other people. [9]



[9] *Abdullaah ibn 'Abbaas stated:*

The Prophet sall Allaahu 'alaihi wa sallam was the most generous of the people in goodness, and he was the most so in Ramadaan when he would meet with (the angel) Jibreel 'alaihi ssalaam. And Jibreel 'alaihi ssalaam used to meet with him every night in Ramadaan until the month finished. The Prophet sall Allaahu 'alaihi wa sallam would recite the Qur-aan to him. So when Jibreel 'alaihi ssalaam would meet him, he would be more generous in goodness than a (beneficial) fast wind.

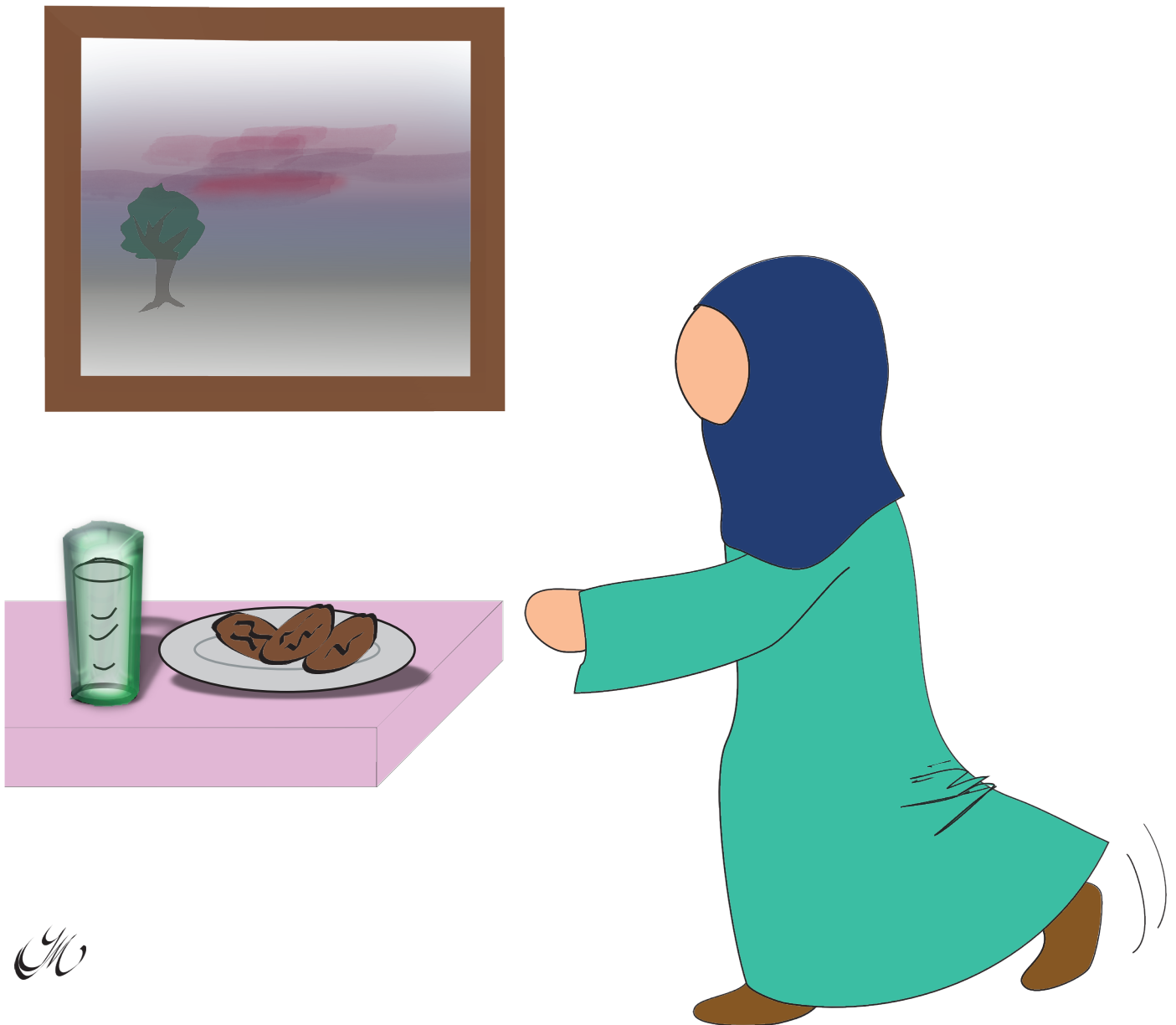
*Reported by al Bukhaari and Muslim*

We also try to recite  
even more Qur-aan than we usually do.  
This is what our Prophet -  
sall Allaahu 'alaihi wa sallam - used to do.  
We like to copy him as much as we can.



And when time comes to stop our fast, at Maghrib time, then we rush to have some food and drink. [8]

We don't wait and wait after Maghrib time has started.



ﷻ

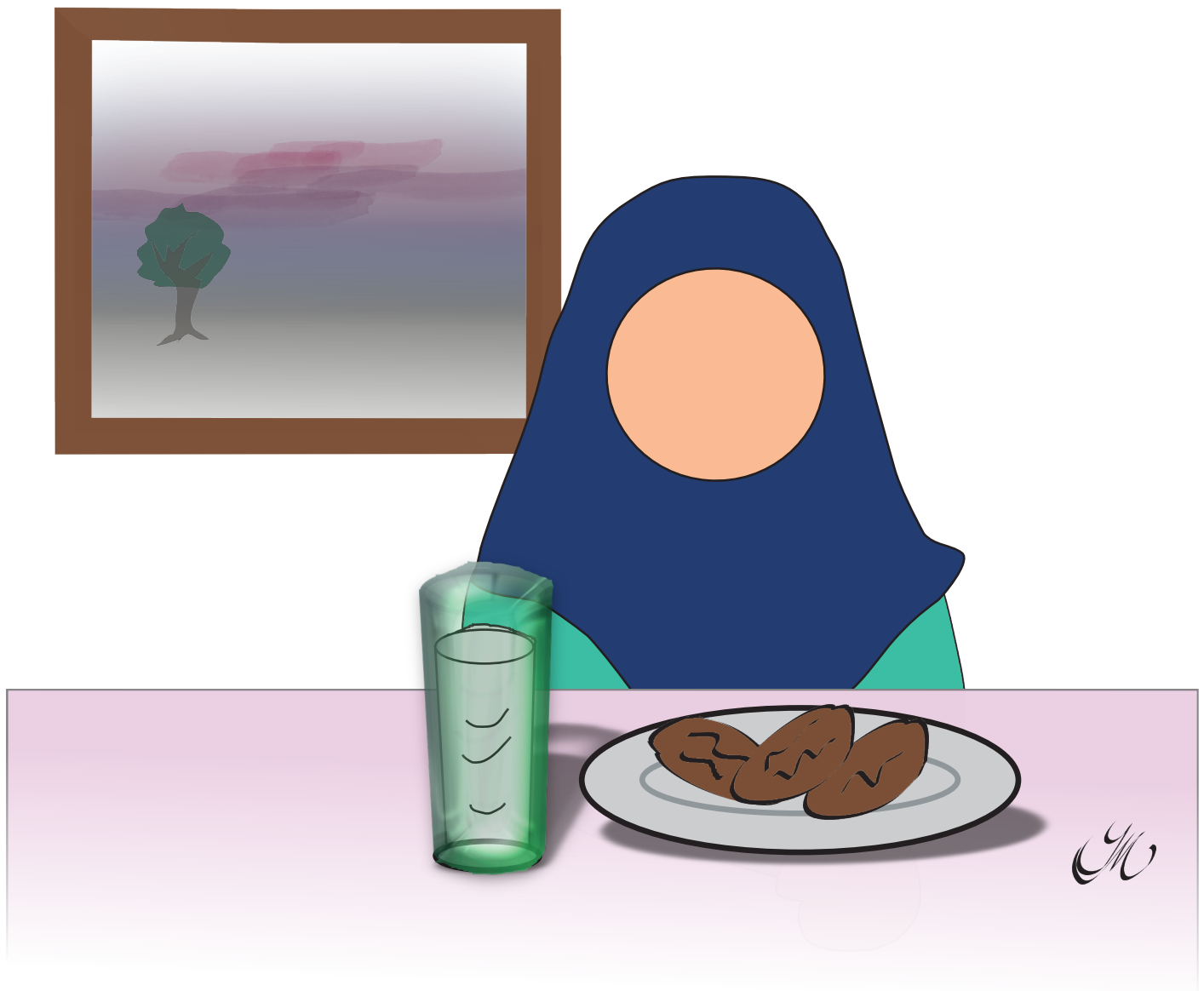
[8] *The Prophet sall Allaahu 'alaihi wa sallam said:*

**The people will not cease to be upon goodness as long as they hasten in breaking their fast.**

*Reported by al Bukhaari and Muslim*

When we break our fast at Maghrib time, we try to do so with some fresh dates.

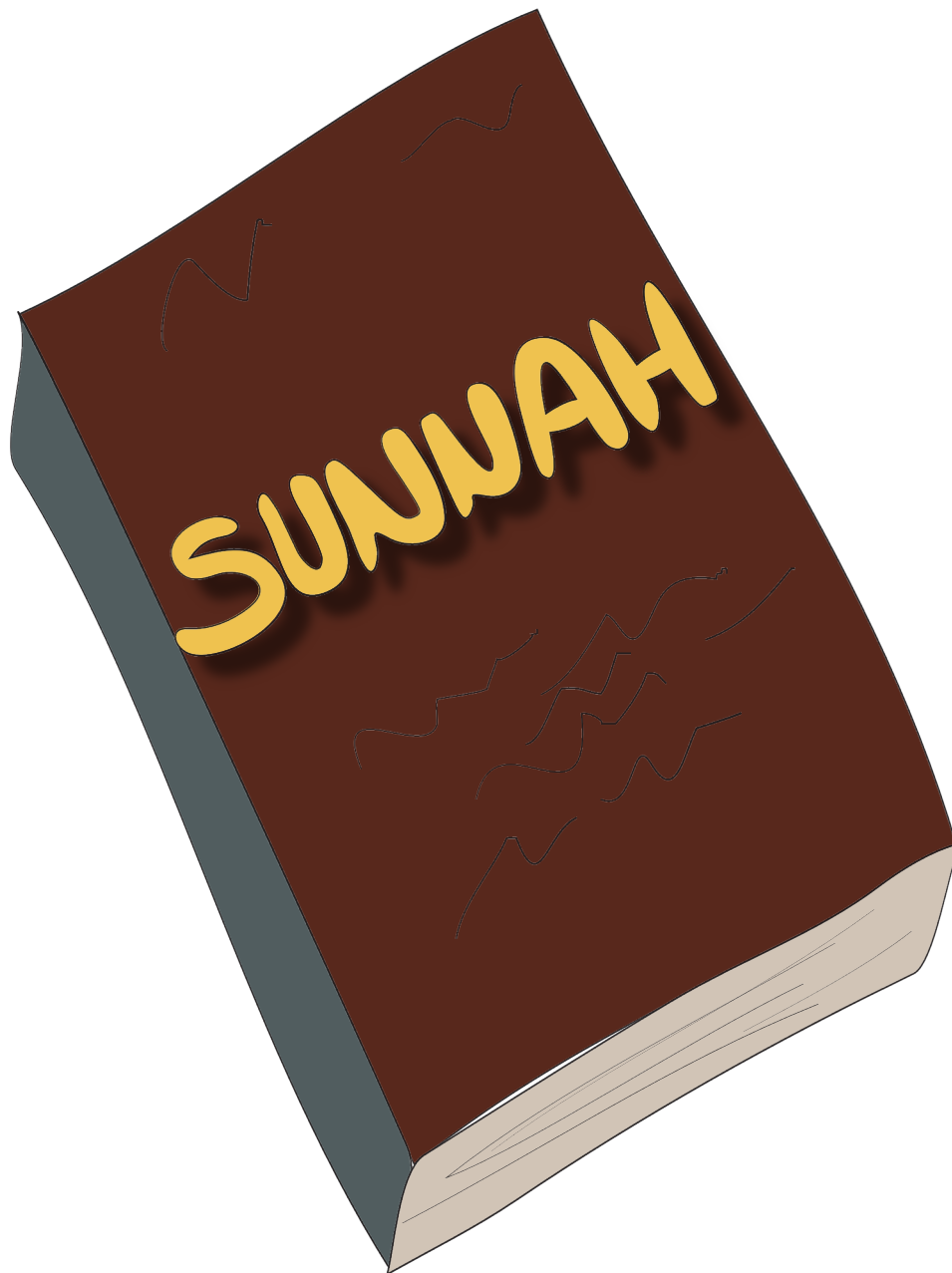
If we cannot do that then we eat some dried dates. If we cannot do that, then we have some water. [9]



[9] *As per the narration of Anas which is hasan saheeh. Refer to Mukhtasar Saheeh il Bukhaaree 2065.*

We do this because this is what our Prophet - sall Allaahu 'alaihi wa sallam - taught us to do.

And when we copy what our Prophet - sall Allaahu 'alaihi wa sallam - did, we are being good Muslims.



O Allaah, accept our fasting.  
O Allaah, make us be those  
who fast in the correct way.  
Aameen.





**Also see  
Volume 1 and 2**

**More volumes  
coming soon  
in shaa Allaah!!!**

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