

Fasting

الصَّوْمُ

Volume 4



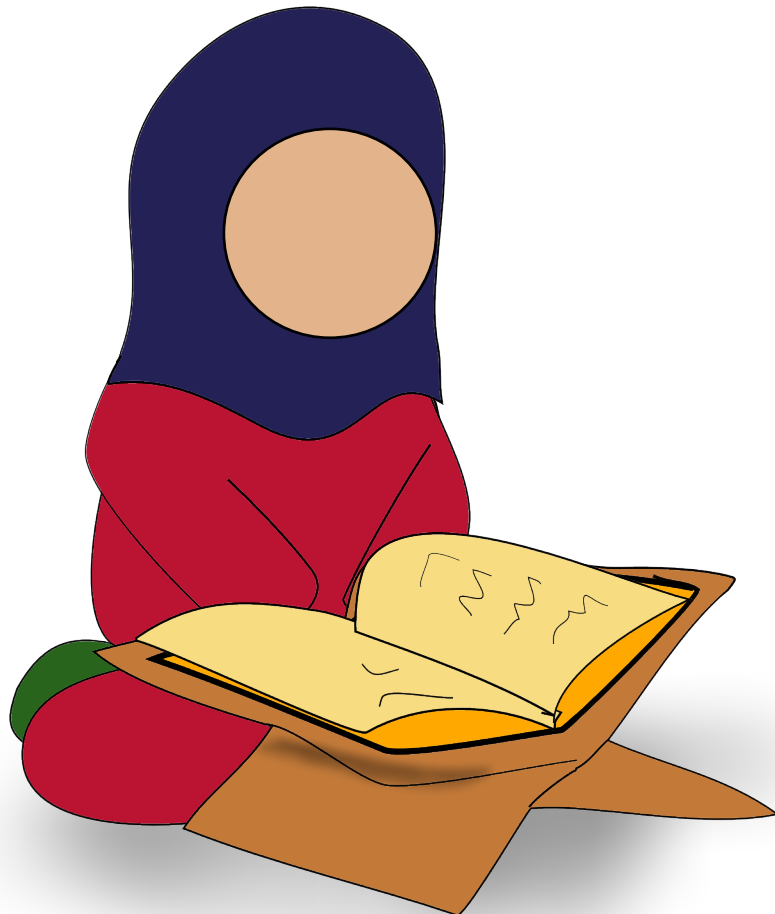
Islam
The
BASICS

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We are Muslims.

We do all our worship for Allaah
and not for anybody else.

We love Him so we like to do
things that He likes.



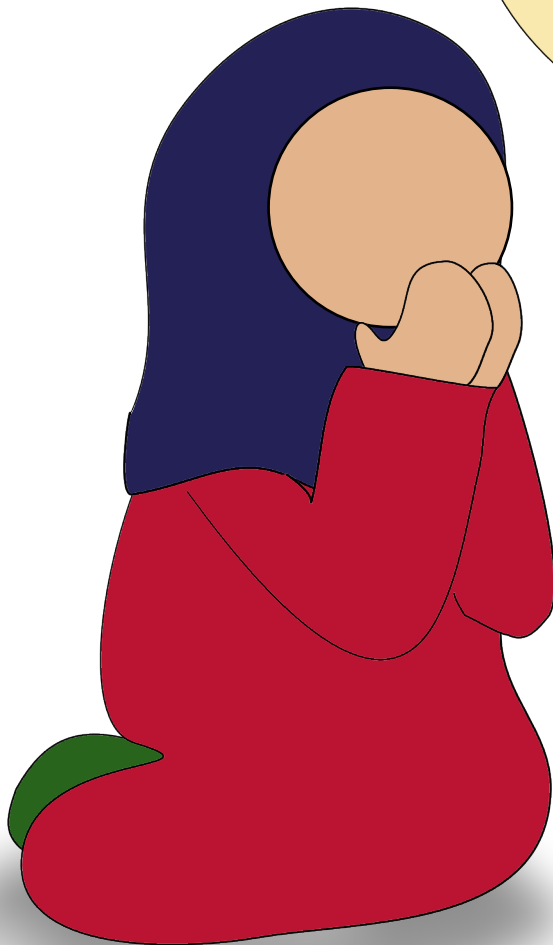
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We also don't want Him to punish us.
So we stay away from doing things
that He does not like.
And we hope that Allaah will forgive us.

أَسْتَغْفِرُ اللَّهَ

Astaghfiru(A)llaah

I ask Allaah
for forgiveness



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When we worship Allaah, it helps us.
Allaah is very kind to us.
He makes it easy for us to worship Him.
For example, He makes it easy for us to fast.



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When we are fasting,
we don't eat or drink anything
from Fajr time to Magrib time.
But if we get hot, then we are allowed
to wash ourselves with water. [1]

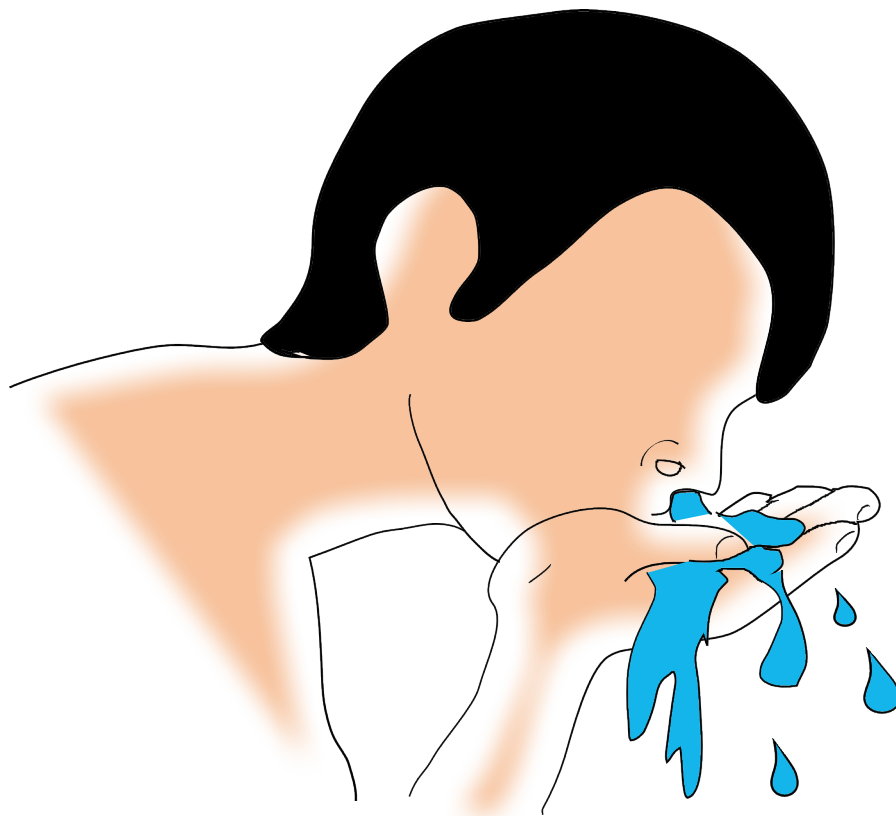


[1] From Aboo Bakr ibn 'Abdir Rahmaan who narrated from some of the Companions of the Prophet - sall Allaahu 'alaihi wa sallam - that he said:

I saw Allaah's Messenger - sall Allaahu 'alaihi wa sallam - in al 'Arj pouring water onto his head whilst he was fasting, due to thirst or due to the heat.

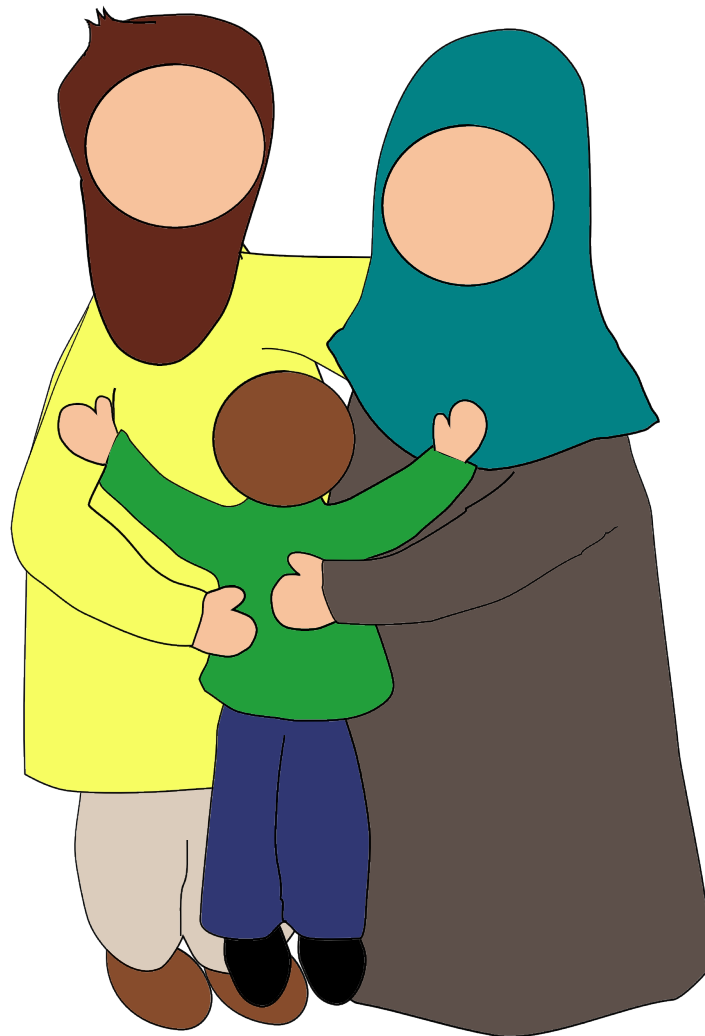
This is Saheeh. (Refer to Sunan Abee Daawood 2072)

And when we make wudhoo for the prayer, we are allowed to put water in our mouth and nose to wash them. But we don't put the water too deeply into our mouth and nose. [2]



[2] *This is saheeh from the hadeeth of Laqeet ibn Sabirah who said: Allaah's Messenger - sall Allaahu 'alaihi wa sallam - said about making wudhoo: Put water well into your nose, unless you are fasting. (Sunan Abee Daawood page 33)*

We are allowed to kiss and hug our family, like our mother and father, and our brothers and sister, and our grandparents. And when we grow up, our husband or our wife, and our children as well!
We do this because we love our family. [3]



[3] From 'Aishah - radiy Allaahu 'anha - who said:

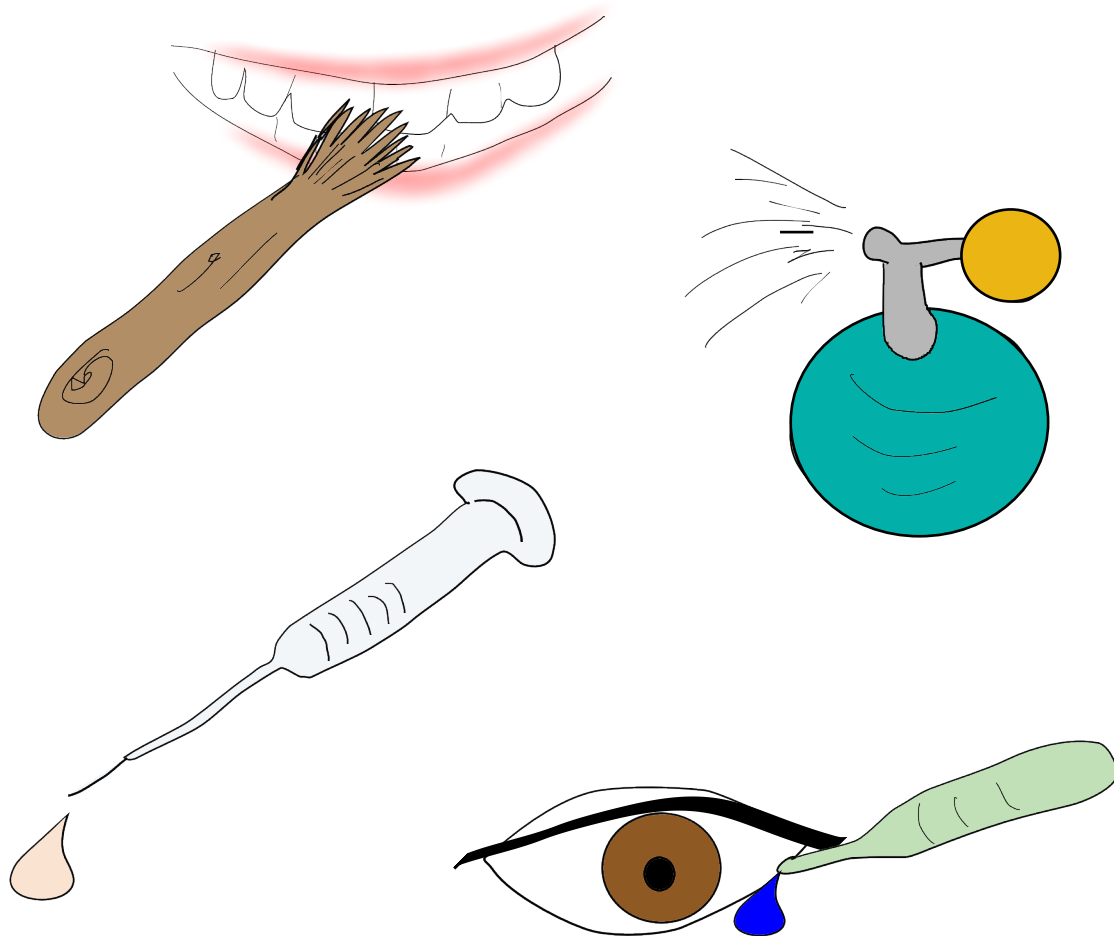
The Prophet - sall Allaahu 'alaihi wa sallam - would kiss and touch lovingly whilst fasting, and he was the person who had most control over his desires.

Reported by al Bukhaaree, Muslim, Aboo Daawood and at Tirmidhee

We are allowed to use eye drops
or have an injection if we are poorly.

We are allowed to use the miswaak
to clean our teeth.

We can use perfume to smell nice. [4]



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[4] *These matters are in their essence permissible. And the principle that we hold to in the absence of any proof to show the opposite is that they remain permissible when fasting as well. If they were forbidden for the fasting person, then the Prophet would have clarified this.*

Allaah, the Most High, stated: <<And your Lord is never forgetful >> (Soorah Maryam (19) aayah 64)

We try to keep clean and be healthy all the time, even whilst we are fasting.



O Allaah, help us to learn
about Islaam so that we can do
the things You love.

And so we can stay away from the things
which You do not like.



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O Allaah, accept our fasting.



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

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