

Ilm Essentials

Sawm Lesson 1

The Book of Fasting

كِتَابُ الصَّوْمِ

Virtues of Fasting

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- Allah Most High said, “Every good work is recompensed by the reward of an act greater than it from ten to seven hundred times
 - ▣ Fasting is an exception, for it is observed for Me and it is I who will reward it” (Bukhāri)
- “In Paradise there are 8 gates, one of which is called ar-Rayyān
 - ▣ No one will enter it except those who fast
 - And when they have entered, it will be locked behind them and no one else will enter through it” (Bukhāri)

Definition of Fasting

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- Sawm literally means restraint or abstinence
- Fasting consists of abstinence
 - ▣ From dawn to sunset, from
 - ▣ Eating, drinking or sexual relations/gratification
 - Whether deliberately or accidentally
 - ▣ With the intention of fasting

Conditions for the Obligation of Fasting

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- Ramadān fast is fard with the following conditions
 - ▣ Islām
 - ▣ Maturity (puberty)
 - ▣ Sanity
 - ▣ Entrance of the month of Ramadān

Categories of Fasting

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- Fard, wājib, mustahabb, nafl, makrūh and harām
- Fard fasting
 - ▣ Fasting during Ramadān
 - Whether observed during Ramadān (time-specific)
 - Or after Ramadān (non time-specific)

Wājib Fasting

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- Wājib fasting
 - ▣ Re-observance of a nafl fast which was broken
 - Non time-specific
 - ▣ Fasting vowed to Allah
 - Could be time-specific or not
 - ▣ Fasting for kaffārah (expiation)
 - Non time-specific with regard to their start date
 - Can result either from breaking an oath
 - Or from egregious breaking of a current Ramadān fast

Mustahabb Fasting

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- Mustahabb fasting
 - ▣ Fasting the 10th of Muharram
 - Together with the 9th or 11th
 - ▣ Fasting the 9th of Dhul-Hijjah (Day of Arafah)
 - Some consider the above 2 sunnah
 - ▣ Fasting three days of every month
 - Preferably the days of the bright nights
 - The 13th, 14th and 15th of the lunar month
 - ▣ Fasting Monday and Thursday of every week
 - ▣ Fasting six days of Shawwāl
 - ▣ Fasting the first 8 days of Dhul-Hijjah
 - ▣ Fasting every other day (fast of Prophet Dāwūd)

Nafl Fasting

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- Nafl fasting
 - ▣ Any fast other than those mentioned
 - Provided they are not from the makrūh fasts
- Not permissible to nullify a nafl/mustahabb fast without an excuse
 - ▣ Some say an excuse is not necessary
 - In either case the fast will need to be made up
- Entertaining is an excuse for both guest and host
 - ▣ Provided either will feel offended if he ate alone
 - Can only be nullified before half the day has passed

Makrūh Tanzīh Fasting

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- Makrūh tanzīh fasting
 - ▣ Singling out Friday* or Saturday alone
 - ▣ Fasting any day celebrated by the non-Muslims
 - Above are not disliked if they fall on your regular habit
 - ▣ Fasting the 10th of Muharram alone
 - ▣ Fasting for two or more days continuously
 - Without eating in between
 - ▣ Fasting everyday for a lengthy period
 - Unless making up missed fasts

Harām Fasting

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- Harām fasting
 - Fasting the two days of Eid or
 - The Days of Tashrīq
 - The 3 days following Eid al-Adhā
 - If one began a fast on these days
 - Wājib to break the fast
 - If one fasted anyways, it would not count as a fast

Intention for Fasting

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- Intention is necessary for all fasts
 - ▣ Certain fasts require that the intention be made before dawn
 - Others allow the intention to be made until before half the day has passed
 - ▣ Earliest you can make intention would be at Maghrib on that day

General Intention for Fasting

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- Fasts permitting a general intention, before half the day
 - ▣ Fast of Ramadān observed in Ramadān
 - ▣ Fast which has been vowed to Allah to be observed at a fixed time
 - ▣ Nafl/mustahabb fasting
 - In all cases, best to specify the intention

General Intention for Fasting

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- Half the day is calculated from dawn until sunset
 - ▣ Generally before zawāl
- If you ate forgetfully or accidentally or purposely
 - ▣ Then you cannot make the intention to fast
- These 3 are also correct with a general intention
 - ▣ Without specifying the kind of fasting to be observed
 - “I am fasting today”

Specific Intention for Fasting

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- Fasts requiring a specific intention, before dawn
 - ▣ Fast of Ramadān observed after Ramadān (qadā)
 - ▣ Re-observance of a nafl fast which was nullified
 - ▣ Fasting for all forms of kaffārah
 - ▣ Fasts which have been vowed to Allah
 - Without specifying a fixed time
 - “If Allah heals my disease I will fast a day”

Children and Fasting

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- Children should be encouraged to fast starting at age 7
 - ▣ Can fast part of the day if that is easier
 - Best to have them fast the last half or last few hours
 - ▣ Can encourage them with their favorite foods
 - Or with a Ramadān prize chart
- By 10 children should be fasting the entire day
 - ▣ This will make it easier for them once it becomes mandatory

Sighting the New Moon

Beginning and Ending Ramadān

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- Ramadān begins by sighting the new moon
 - ▣ Or the passing of 30 days of Sha'bān
 - If the new moon is not visible
- Each month begins in the same way
 - ▣ Either sighting the new moon
 - Or the passing of 30 days
 - If the new moon is not visible

Method for Sighting the Moon

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- How should the moon be sighted
 - ▣ Calculation
 - Not acceptable
 - ▣ Sighting by the naked eye
 - “Do not fast until you see the new moon and do not break the fast until you see it
 - But if the sky is obscured then count it” (Bukhāri)

Global vs. Local Sightings

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- Early Hanafīs held that if the moon is sighted anywhere in the “world,” everyone must accept it
 - ▣ But later Hanafī scholars judged that each region will have its own sighting
 - United States, Canada and Mexico
 - Caribbean and South America
 - Slow movement back to global sighting?
 - One issue is verification
- No consideration is given to the following day’s moon
 - ▣ Assume that the moon was not sighted
 - The next day when the moon is visible, it is very large
 - We will not say, “Look how big the moon is today, it must be the 2nd of Ramadān”

Starting and Ending in Diff. Countries

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- A traveler will start Ramadān with the people of the locality he happens to be in
 - ▣ Refers to the larger metropolitan area
- You will also celebrate Eid with the people of the locality you happen to be in
 - ▣ If you end up fasting 31 days, one will be nafl
 - ▣ If you end up fasting 28 days, you will add one
 - You do not need to add 2
 - Even if the people of your locality fasted 30 days

Questions and Discussion

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