

Fiqh of Fasting

By: Imām Azfar



Learning objective

- Primary purpose of fasting
- Why fast in Ramadan?
- Linguistic definition of Ramadan
- Why do we still commit sins?

Learning objective

- Technical Definition
- When should we encourage children to fast?
- Difference between forgetting and mistake?
- What is the key to fasting?

Learning objective

- Do I have to know the rules of fasting?
- Who must fast?
- Moon-sighting vs calculations
- What nullifies the fast?

Learning objective

- What are the sunnah elements of fasting
- What are the disliked elements of fasting
- What is the difference between Qadā and Kaffarah?
- When is Qadha necessary but not Kaffarah
- When is Qadha and Kaffarah necessary?

Learning objective

- What breaks the fast?
- What doesn't break the fast?
- Common questions about fasting
- Q/A from community

What's the primary purpose of fasting?

- *Aware of God*

The Primary purpose of fasting is not...



What are the benefits of fasting?

- Self Control

Why fast in Ramadan?



When was fasting made mandatory?

- الصيام
- In the 2

Literal meaning of Ramadan



رمضان

- The month of extreme heat with good deeds

رمضان

الجن



So, why do we continue to sin?

- Nafs
- Other devils are not locked up
- Bad habits

So, why do we continue to sin?



حقيقة الصوم

هو الإمساك نهاراً عن إدخال شيء عمداً أو خطأ
بطننا أو ماله حكم البطن وعن شهوة الفرج بنية من
أهله

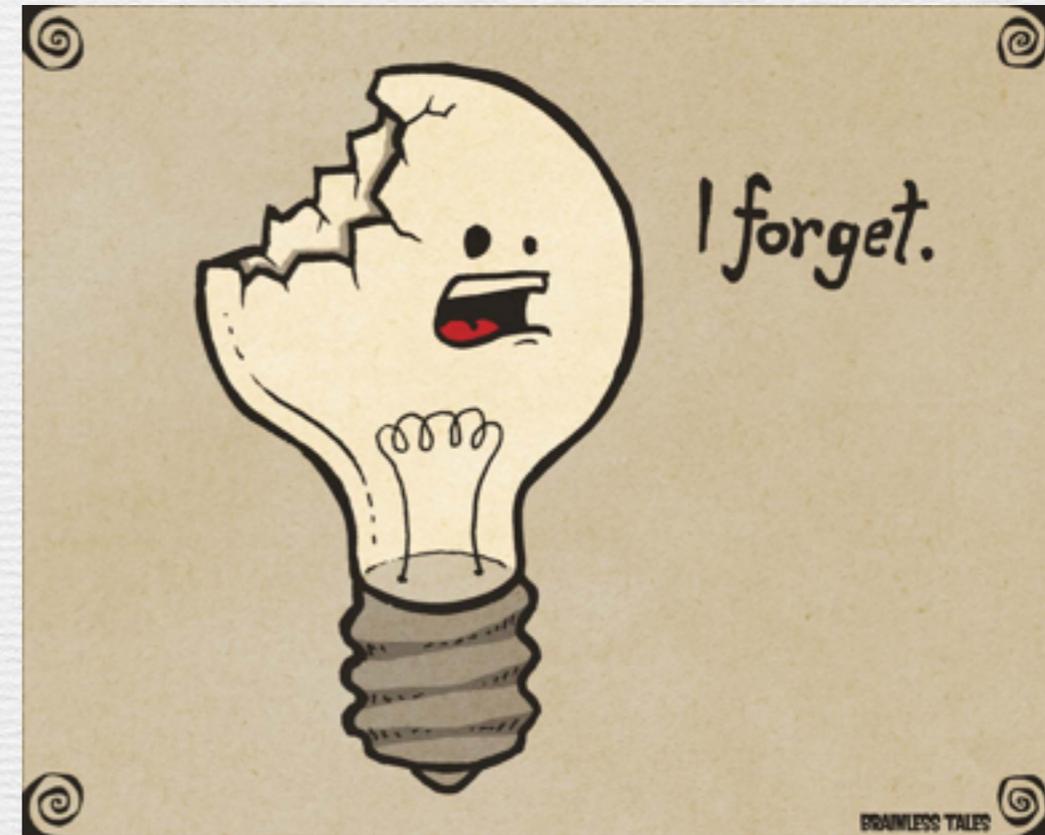
Fastening is to abstain during the day (true dawn until sunset) allowing anything to enter into the stomach, whether intentionally or by mistake, or that, which has the same legal status of the stomach. Fasting is to abstain from sexual gratification along with the intention of fasting

When should children start
fasting?



عن
والنسيان
عليه

Allah has forgiven the ummah



Sincerity is the key

قال صلى الله عليه وسلم:

”

قال الله عز وجل: كل عمل ابن آدم له

إلا الصيام؛ فإنه لي وأنا أجزي به ...

“



طلب العلم فريضة على كل مسلم

- Not everyone has to be a scholar
- If you are going to perform Umrah..
- If you are going to fast...



Fasting is compulsory on

﴿

إسلام

﴿

والعقل

﴿

والبلوغ

﴿

الجسم



If you want to debate about the moonlighting issue then you better

- Be properly trained in fiqh
- Be properly trained in its usul
- Know when one can use ijtihad
- Have sound knowledge of astronomy
- Well-versed in both observational and theoretical astronomy
- Study

S

- Local Sighting
- Sighting anywhere in North America
- A physical sighting anywhere globally
- Calculated sighting
- Following Saudi Arabia specifically/or calling family members who reside in Muslim countries mentioned in the books of Fiqh)

If you want to debate about the moonlighting issue then you better realize that

- “The early scholars who did allow calculations did not advocate calculation as a method in which we bypass sighting altogether and examine what they said objectively”

If you want to debate about the moonlighting issue then you better realize that

- “Each of the schools did not allow calculation in lieu of actual sighting; all of them stipulate that one can resort to calculation only if, on the thirtieth night, there is a cloud-cover that prevents seeing the crescent and astronomers have indicated that the moon would be visible

- “If the hilal is obscured [on the thirtieth day at sunset], then it can be reckoned with the mansions of the moon, i.e., which mansion it was in when it was obscured, or by way of calculation (hisab)” - Mutarrif b. Abd Alla

The crux of the issue

- The birth of the crescent moon, but rather to it being seen

ISNA's Position

- The Qur'an never required physical Moon sighting but asked for "witnessing the month".
- Different interpretation of the verse, "Whoever witnessed the month"
- "It means, whoever is present in his residential place and gets to know about Ramadan's arrival through any kind of knowledge, including sighting but not confined to sighting"

ISNA is

Council and highly qualified
mathematicians and astronomers

- Rely on calculation in order to facilitate the start dates for people's scheduling concerns
- Help the community gain recognition from the government for Muslim holidays
- Muslim unity

ISNA's Position

- Scholars of the earliest period have accepted calculations as well as others of the later period
- “And if the crescent moon is obscured, then determine it”.
- “Complete its number.” This is why the Prophet s said in [another narration], “complete the number of days of Sha’ba

Fiqh Council of North America

- “Scientific method is more trustworthy than the human efforts at observing the Moon with naked human eyes”.
- “There is nothing wrong in accepting the birth of the new Moon as the convention to start the new month not the actual sighting of the moon”
- “Astronomical science is highly developed and visibility charts can be generated to high degrees of precision

Only two definitive methods

- The fast becomes mandatory either by:
- 1) Sighting the new moon
- 2)



My statement

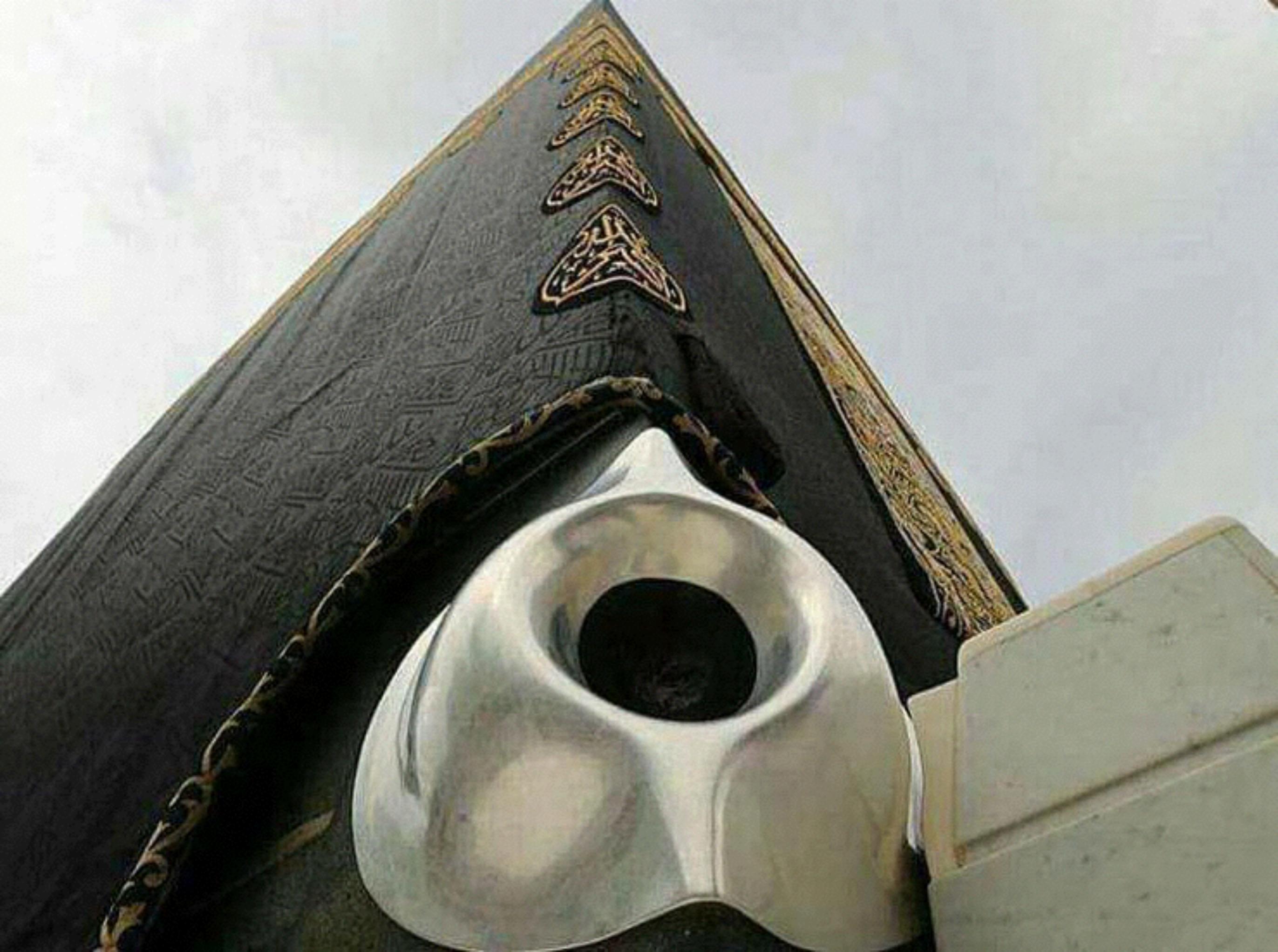
- “If you want to debate about the moon-sighting issue then you better be properly trained in fiqh and in its usul, have sound knowledge of astronomy, and study the evidence for all the different sides. After studying the evidence for all the different sides, I came to the conclusion that moon-sighting is the strongest opinion. However, after looking at the history and situation of my community and keeping the best interests of the community in mind (We are trying to help the community gain recognition from the government and Public Schools nearby for Muslim holidays), I come to the conclusion that we can continue to follow calculations, but shouldn't neglect moon-sighting as well. Trusting an authority and following his opinion is permissible in Islamic Law, however debating over legal issues when one is not qualified is prohibited”.

Resources on this issue

- Cesarean Moon Births, By: Shaykh Hamza Yusuf
- An Islamic Legal Analysis of the Astronomical Determination of the Beginning of Ramadan, By: Shaykh

Resources on this issue

- The Astronomical Calculations and Ramadan A Fiqhi Discourse, By: Dr. Zulfiqar Ali Shah
- The Journal of Insights Through Reflections On Nature



History, condition of the people

- Ibn Ishaq, Muhammad (upon him be peace) was involved with a well-known story about setting the Black Stone in place in the wall of the Kaaba in 605 CE. The Black Stone, a sacred object, had been removed to facilitate renovations to the Kaaba. The leaders of Mecca could not agree on which clan should have the honor of setting the Black Stone back in its place. They agreed to wait for the next man to come through the gate and ask him to choose. That man was Muhammad (upon him be peace). He asked for a cloth and put the Black Stone in its center. The clan leaders held the corners of the cloth and together carried the Black Stone to the right spot; then Muhammad (upon him be peace)

“Notice, Muhammad (upon him be peace) didn’t say “We need to get rid of the idols immediately” He looked at the current condition of the people and addressed the situation that they were dealing with at the time

–Imam Azfar

Conditions of Fasting

- Intention to fast
- Free from hayd (menstruation) and nifās (post-natal bleeding)

Fardh Elements of Fasting



- Abstain from eating
- Abstain from drinking
- Sexual relations



What are the 3 things that nullify
the fast?

Sunnah Elements of Fasting

- Suhūr
- To prolong the suhūr to the last part of the night
- Immediate iḥtār
- Intention to fast the next day before sleeping

Which acts are desirable (while fasting?)

- To do as much good actions as possible
- To reply to someone who is looking for a fight 'I am fasting'.
- Make du'a at the time of
- To break the fast with fresh dates if not then dried dates, if not, then

Suhur recommendations by nutritionists

- The meal should contain all the nutrients needed by the body (proteins, carbohydrates, vitamins and minerals) and have easily digestible foods so that it doesn't cause any stomach discomfort.
- Avoid salty foods
- Avoid
increase thirst.

DANANA T ALMOND BUTTER + CHIA SEEDS

BREAKFAST TOAST





KALE + EGG OMELET + CHEDDAR CHEESE

BREAKFAST TOAST



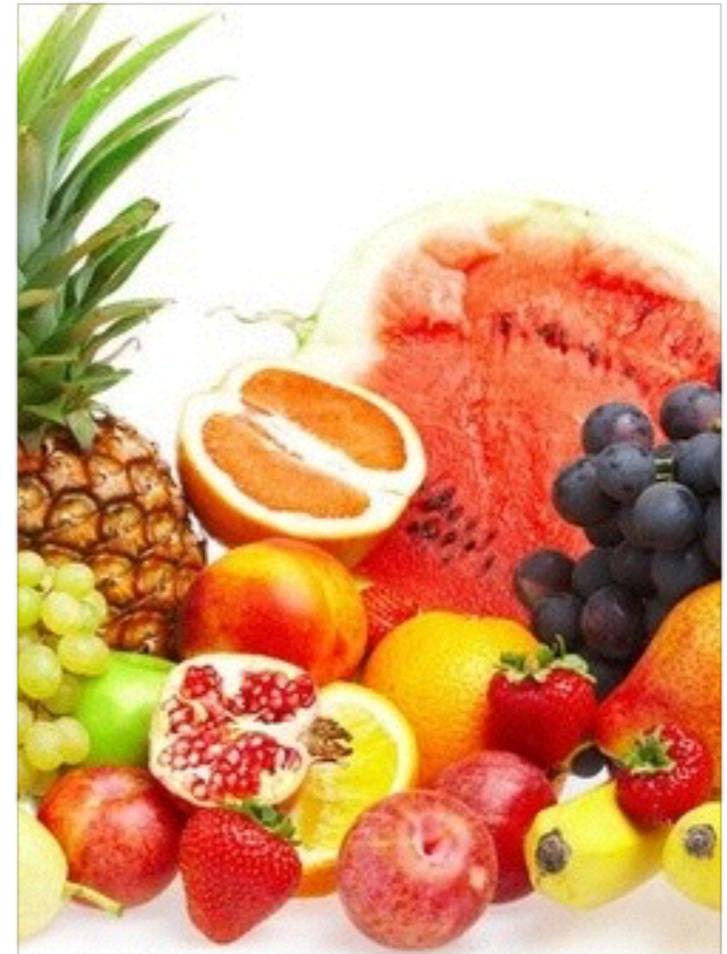
Iftar

- “Eat a salad, because it is rich in vitamins, minerals and fiber. The more colorful your salad, the more health benefits it holds. It also gives you a feeling of fullness, ensuring you eat less of the main dish”





Al-Miqdaam ibn Maady-Karib (RAA) reported:
I heard the Messenger of Allah (PBUH) saying:



Q

- **Kaffārah**
break, or feeding sixty poor people.
- **Qadā' is:**
similar number of fasts on days other than Ramadān.
- Intentionally eating, drinking without an excuse, or having intercourse necessitates both **kaffārah**

What is Qadha?

- **Qadā'** :
similar number of fasts on days other than
Ramadā

What is Kaffarah?

- **Kaffārah**
break, or feeding sixty poor

When Kaffārah is not necessary, but Qadā

- By breaking your fast mistakenly
- Forced to break your fast
- Pebbles or other non-food substance goes down throat

When Kaffārah is not necessary, but Qadā

- Intentionally swallowing vomit
- Eat thinking it is still suhūr time when it is not
- Eat out of forgetfulness. i.e. thought it broke his fast so started eating

Things that do not break the fast

- Forgetfulness
- Wet dreams
- Rub lotion/oil on skin
- Applying kuhl to eyes
- Backbiting
- Vomiting unintentionally
- Kissing and caressing

Things that do not break the fast

- Eating food lodged in one's mouth (less than the size of a chickpea)
- Chewing without swallowing (Non-Flavored gum)
- Pouring water on oneself to cool the body
- Beginning the fast in janābah
- Using the miswāk (non-flavored)
- Swallowing saliva

Things that do not break the fast

- Injections
- IV's (Difference of opinion)
- Removal of blood
- Blood tests for diabetes
- Nose drops or eye drops
- Swimming

Things that do not break the fast

- Bathing while fasting
- Nicotine patches
- Emergence of madhi (pre-ejaculation fluid)
- Gum bleeding
- Putting water in eyes, ears, nose

Things that DO break the fast

- Asthma pumps, inhalers (Difference of opinion)
- Toothpaste entering the throat (Difference of opinion)
- Smoking voluntarily
- Self-induced ejaculation

Can one fast while traveling?

- The traveling distance is: 48 miles.
- If one travels more than 48 miles and stays at a location
considered a traveler

Valid excuses for missing the fast

- Setting out on a journey
- Temporary sickness
- Pregnancy
- Life-threatening hunger or thirst
- Old age or weakness
- Breastfeeding a child for fear of health of child or her own

I'm old and can no longer fast.

- Pay Fidyah for missed fasts (Bukhari)
- Feed one poor person for each day missed
- \$10 a day, or \$300 a month

What if I accidentally inhale perfume?

- Fast does not break by breathing in perfume.
- “One’s fast does not break by wearing, feeling or smelling fragrance. As such, it is permitted to apply perfume (itr), deodorant, or sprays whilst in the state of fasting. However, if one was to intentionally inhale something that has a perceptible body, such as smoke, then one’s fast would become invalid.

Does using a nasal spray invalidate the fast?

- Difference of opinion
- Avoid swallowing anything that reaches the throat
- Invalidates the fast because it enters the body's nasal cavity.

Eye drops?

- Try to pour the eye drop correctly so that you don't taste it
- To prevent this gently press on the tear duct for a minute or so after applying the drop. This will also help prevent any of the eye medication getting into the rest of your system,

Is taking a meal before commencing a fast (suhur)
necessary in order for a fast to be valid?

Can a man have sexual intercourse with his wife during the nights of Ramadhan?

- Stop

Is it permissible to kiss and caress one's wife whilst
fasting?

Does vomiting break the fast?

- A. Unintentional - mouthful - intentionally swallowed
- B. Intentional
is swallowed or not.

What if I'm becoming pregnant every other year? Do I have to make up the fasts?

- D
when one is able to do so without burdening oneself excessively.

What acts can I do when I'm menstruating?

- “I would drink while menstruating, then pass the vessel to the Prophet (Allah bless him and give him peace). He would place his mouth on the (same) place as my mouth and drink....” [Muslim]
- Not dirty
- Legal

- “No one should touch the Qur’an except one who is taahir (ritually pure).”
- T

Menstruation Is Not A Punishment

Listening to the Qur'an



Listening to beneficial lectures

Dhikr



Send blessings upon the Prophet
(upon him be peace)

Charity

Du'a

Feed the fasting people

“Though these acts may seem simplistic
heavy in the eyes of Allah”

–Imam Azfar Uddin

Why do some people in Chicago start their fast earlier than us?

- Difference of opinion as far as the timing for Fajr
- Both are valid
- Commit to a standard and stick to it

٨ - اَلْمَدُّ الْعَارِضُ لِلسُّكُونِ

هو أن يأتي حرف المدّ وبعده حرف ساكن **سكوناً عارضاً** بسبب الوقف
نحو: ﴿الْبَيَانُ﴾ ﴿تَعْمَلُونَ﴾ ﴿نَسْتَعِينُ﴾
ويُمدُّ العارضُ للسكون بمقدار: (٢) أو (٤) أو (٦) حركات .
والأولى للقارئ أن يقصر العارض في الحذر ، ويوسّطه في التدوير
ويطوّله في التحقيق ، ليتناسب القراءة .
وإذا ابتدأ القارئ تلاوته بأحد المقادير الثلاثة السابقة للمدّ العارض
لسكون فعليه أن يستمرّ على ذلك المقدار إلى أن ينهي تلاوته .

“If one of you hears the call (to prayer) and the vessel is still in his hand, let him not put it down until he finished with it” (Abu Dawood

- Eating during Fajr time invalidates the fast
- There used to be two azān given during the time of the Prophet
- 10 minutes before Fajr (Tahajjud) (Reccomended time to stop eating)
- Another azān

• حَتَّىٰ ١٣

البخاري

(

8 RAKAT

PARKING



20 RAKAT

PARKING



Tarawih, 8 vs 20

- Difference of opinion
- The tarawih prayer is
- “Whoever prays with the imam until he finishes, Allah will record for him as if he spent the whole night in prayer”
- There is no dispute amongst the scholars that the established sunnah of taraweeh is to pray in congregation and finish with the Imam, whether he

Argument for 8 Rak'ah

- How did the Messenger of Allāh (peace and blessings of Allāh be upon him) pray during Ramadān? She said: “He did not pray more than eleven rak’ahs in Ramadān
do not ask how beautiful and long they were, then he would pray four, and do not ask how beautiful and long they were, then he would pray three. I said, ‘O Messenger of Allāh, will you sleep before you pray Witr?’ He said, ‘O ‘A’ishah, my eyes sleep but my heart does not.’ (al-Bukhaari, 1909; Muslim, 738)

Argument for 20

- There is a difference between Tahajjud and Tarawih

Tarawih	Tahajjud
Prayed in the final year	Ordained in the beginning of Islam
Beginning of the night	Last part of the night
Collectively	Individually
In the masjid	At home
In Ramadan	In Ramadan and outside of Ramadan

- “You must adhere to my Sunnah and the way of the Rightly-Guided Caliphs who come after me”
- It is 20 consensus of the Sahaba.

At the same time...

- Don't judge those who pray 8

Scenario

- Brother A is traveling to Spain in the month of Ramadan for 10 days and then traveling to London for 10 days and then France for 12 days. Does he have to fast?

“I’m traveling, do I have to fast?”

- Ask yourself, "Do I really have to travel in the month of Ramadan?"
- Continue to fast if one is able to.
- If not possible, make it up. (Journey is difficult)

Goals in Ramadan

- Be moderate in your food intake
- Give a dollar a day (Barakah)
- Memorize one line a day.
- S

Goals in Ramadan

- Be able to make du'a for more than 5 minutes at one sitting
- Go on a technology diet
- Read 5 minutes of Quran a day
- Forgive everyone who has hurt you

Goals in Ramadan

- Listen to 5 minutes of Qur'an everyday
- Study the Qur'an.
- Perform I'tekaf
- Create your own customized goals

Please fill out exit slip

- What was the most important thing you learned
- Any questions?
- Any feedback?