

# FASTING

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AS-SUFFA INSTITUTE

# CONTENTS

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- Definition
- Intention
- Recommended
- Makruh
- Invalidators and Non-Invalidators
- FAQ

# DEFINITION

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- Lit: To Abstain
- Islamically: Abstaining from food, drink and intercourse from before Fajr till Magrib to get closer to Allah

# INTENTION

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- Plan to Fast in your mind
- From Magrib night before until half day
- E.g. Fajr starts at 4am, Magrib at 9pm = Total of 17 hours
- Half of that is 8.5 hours
- = 12.30pm

# QUESTION

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- Zaynab woke up 9am in the morning missing Suhur is can she still fast?

# ANSWER

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- Yes

# RECOMMENDED

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- Make intention at night
- To do Suhur
- Break fast immediately as Magrib starts

# GOOGLE IT !

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- Narration for the virtue of Suhur

# MAKRUH

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- Chew Gum, Rubber, Plastic etc..
- Gargle water
- Use vulgar words
- Backbite
- Complain of hunger

# INVALIDATORS

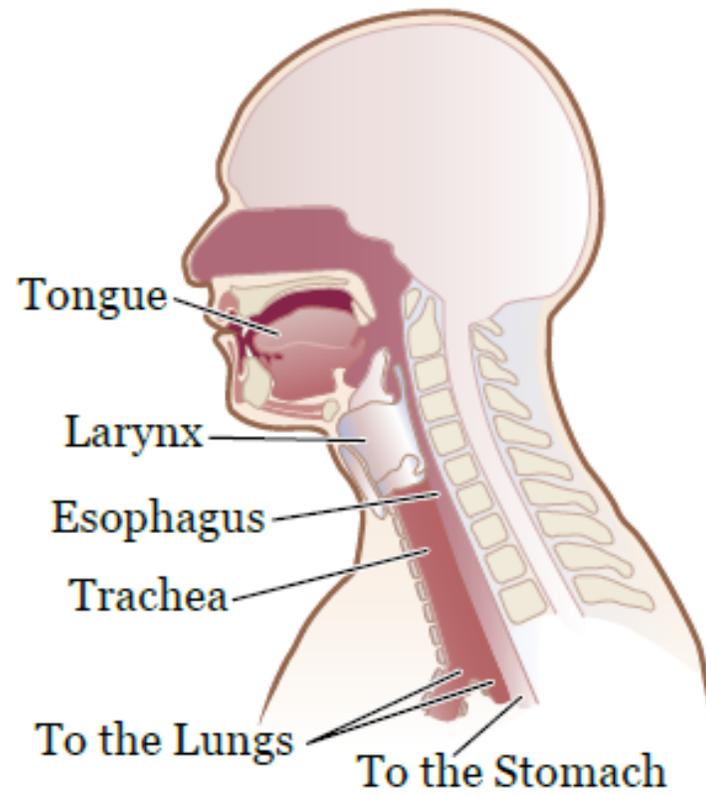
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- Fasts Broken: necessitate
  - Qadha [Make up one fast] only
  - Qadha & Kaffarah [Expiation]

# RULE FOR INVALIDATING

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- Anything with perceptible body reaching the stomach or brain through a normal orifice
- Orifice:
  - Mouth
  - Nose
  - Private parts



# QADHA ONLY

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- Eating and Drinking :
  - Accidentally
  - Thinking it's Maghrib
  - Thinking Fajr hasn't started
  - Forgetfully eating and drinking thinking the fast broke
- Swallowing items people don't normally eat like pebbles and coins
- Water going down throat whilst gargling
- Inhaling medicine or smoke deliberately

# QADHA & KAFFARAH

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- Breaking a fast without a valid excuse deliberately
  - Something normally nourishing the body or medicinal
  - Penetration into the privates

# KAFFARAH

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- Fast 60 days consecutively without a break [except menstruation]
- Feed 60 poor people 2 meals for sixty days

# QUESTION

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- I broke my fast deliberately last Ramadan 5 times. Do I have to give x5 Kaffarahs?

# ANSWER

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- No. Only one Kaffarah per Ramadan

# NON- INVALIDATORS

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- Forgetfully eating, drinking or intercourse
- Swallowing ones saliva & mucus
- Inhaling dust or smoke unintentionally
- Starting the fast in the state of major ritual impurity
- Injections, Blood transfusions, Cupping etc...
- Cleaning teeth
- Swimming
- Nicotine patches
- Tasting food without swallowing
- Lighting brushing with toothpaste without swallowing

# FAQS

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- Does vomit break fast?
- Does wet dream break fast?
- Does bleeding gums break fast?
- Do eye drops?
- Asthma inhalers?
- Deodorants?
- Smoking?
- Injections?
- Can a woman fast if her menstruation stops right after Fajr?
- Breast feeding & pregnancy and fasting?
- Fasting and travelling?
- Does an ill person have to fast?
- What is Fidya?