



ASK
ABOUT
RAMADAN

(GET ANSWERS FROM THE QURAN & SUNNAH)

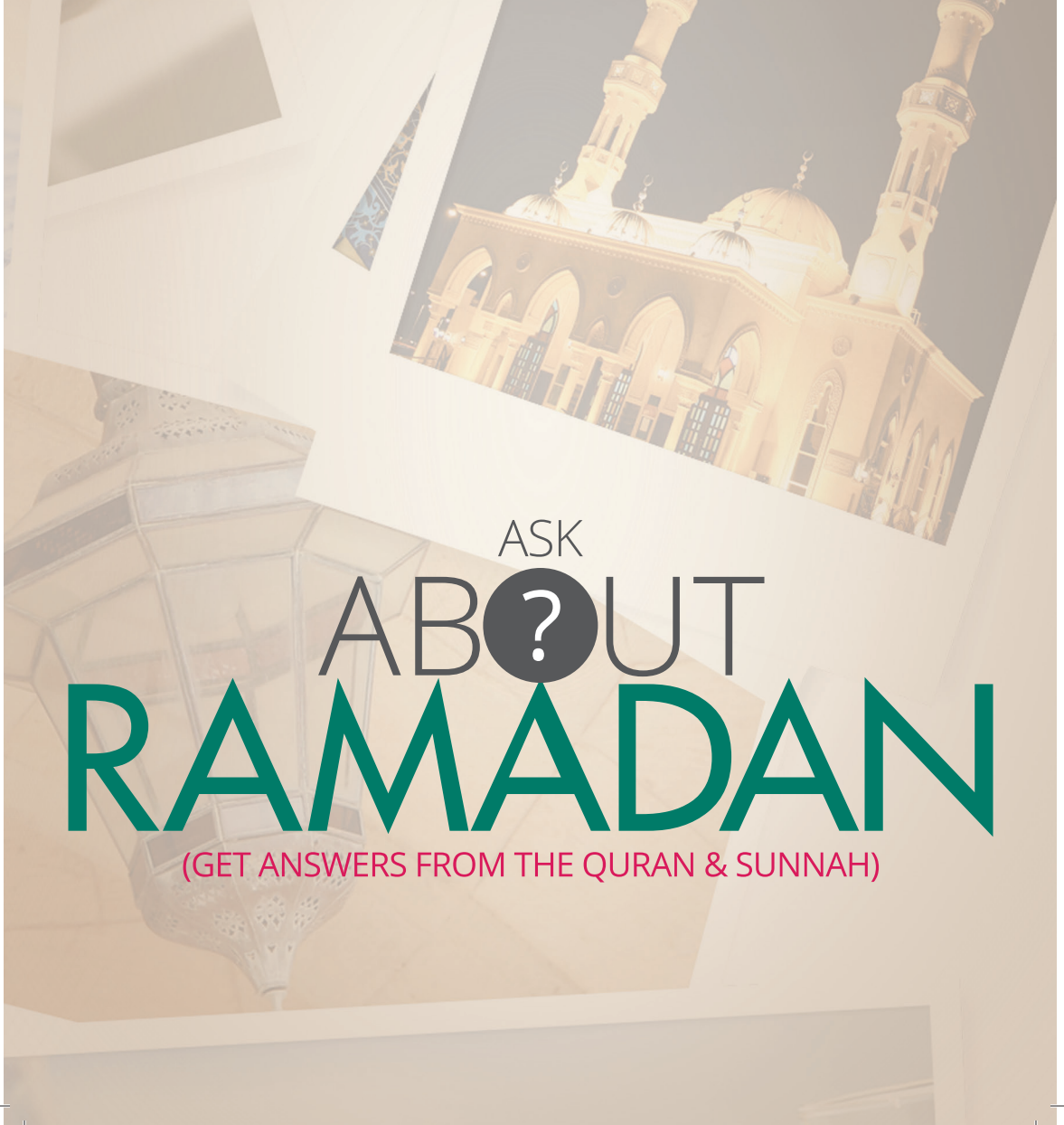


Javeed Ahmed Khateeb

The background of the page is a collage of three images: a person reading a book with Arabic script, a basket of lemons, and a close-up of a textured surface, possibly a book cover or a wall.

“O you who believe! Fasting is prescribed to you as it was prescribed to those before you, that you may learn self-restraint.”

(Quran 02:183)



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PREFACE

This book is intended to those who though delighted with the onset of Ramadan, yet are not fully aware of the etiquettes, manners and do's & don'ts of this month. Keeping this in mind, it was thought best to compile the book in a Question & Answer format to inform the readers about the fundamentals of Ramadan in very easy way.

As you will notice in this compilation, a sincere attempt has been made to stick strictly to answers authenticated by the Quran and Sunnah, either from a verse of the Quran or from a tradition of the Prophet. In other words the questions are from the readers and the answers are from Allah , the prophet and the companions of the prophet.

Towards the end of the book, a collection of today's most relevant issues and questions of Fiqh (Islamic jurisprudence) on Ramadan have been addressed and answered by His Eminence Sha Jihan Ameeruddin Nikhab Al Hashmi, the senior Mufti of Islamic Affairs & Charitable Activities Department – Govt of Dubai.

May Allah accept this humble effort, bless us with sincerity of purpose and guide us along the right path!

Ameen!

Javeed Ahmed Khateeb

RAMADAN – AN INTRODUCTION

What is the importance of fasting in Islam?

Islam is based on five principles:

1. To testify that none has the right to be worshipped but Allah and Muhammed is the Messenger of Allah.
2. To offer the prayers
3. To pay Zakah (compulsory charity)
4. To perform Hajj
5. And to observe fasting in the month of Ramadan." (Sahih Al Bukhari)

Why did Allah prescribe fasting?

"O you who believe! Fasting is prescribed to you as it was prescribed to those before you, that you may learn self-restraint." (Quran 02:183)

What does Allah say regarding the importance and reward of fasting?

"All acts of worship a man does, belong to him except fasting which is for Me and I shall reward him for it." (Muslim)

What preparation are made in Heaven for the onset of Ramadan to welcome it?

"On the first night of the month of Ramadan, the Shayatin (devils) are shackled (chained), the Jinn are restrained, the gates of the Fire are shut that no gate among them would be opened, the gates of Paradise are opened such that no gate among them would be closed, and a caller calls: 'O seeker of the good; come near!' and 'O seeker of evil; Stop!. For there are those whom Allah frees from the Fire, and that is every night.'" (At Tirmidhi)

How many fast in all are prescribed in Ramadan?

"The month (can be) of twenty nine nights, and do not observe the fast till you see the Crescent and if the sky is overcast, then complete as thirty days." (Al Bukhari)



When should we start fasting in Ramadan?

“Observe fast when you see the new moon (the month of Ramadan), and break your fast when you see the moon (the month of Shawwal), but when it is obscured from you, then complete it as thirty days.” (Muslim)

Is one allowed to fast a day or two before the onset of Ramadan?

“None of you should observe fast for a day or two ahead of Ramadan unless he has the habit of observing (nawafil) fasts, then he can observe that day.” (Al Bukhari)

On whom fasting is obligatory?

“..Every one of you who is present (at his home) during that month should spend it in fasting, but if anyone is ill, or on a journey, the prescribed period (should be made up) by as many days later.” (Quran)

What should one supplicate with on sighting the crescent at the outset of every lunar month?

اللهم أهله علينا باليمن والإيمان والسلامة والإسلام ربي وربك الله هلال رشد وخير
*Allahumma ahillahu alaina bil yumni wal iman, wassalamati wal islam,
rabbi wa rabbuk-Allah, hilala rushdin wa khair.*

(“O Allah, let this moon appear on us with blessings, faith, safety and Islam. (O moon!) Your Lord and mine is Allah. May this moon be bringing guidance and good.”) (At Tirmidhi)

Who are three whose supplications are never returned unanswered?

“There are three whose supplications are not turned back:

1. A just ruler.
2. A fasting person until he breaks his fast.
3. One who has been wronged or oppressed.” (Ibn Majah)

Is it necessary to have an intention to fast before Fajr?

“Whoever does not form his intention of fast before Fajr, his fasting will not be accepted.” (Al Bukhari)

REWARDS OF FASTING

What did the Prophet of Allah advise to his companion who wanted to gain benefit from Allah?

“Take to fasting for there is nothing like it...” (An Nasa’i).

What honour and position are in store for a fasting person in Jannah (Paradise)?

“In Paradise there is a gate called Al-Rayyan, through which those who fast will enter on the Day of Judgment and no one else will enter it but them. It will be said: ‘Where are those who used to fast? And they will enter through it. When the last of them has entered, it will be closed, and after that no one else will enter through it.’ (Muslim)

What are the two rewards guaranteed specially for the fasting person?

“One when he breaks the fast, he is glad with breaking the fast, and one when he meets his Lord, he is glad with his fasting. (Muslim)

How significant is fasting in saving oneself from hellfire?

“Whoever fasts one day in the Cause of Allah, Allah will keep the Fire from his face the distance of seventy autumns (years) for the day of his fasting.” (Ibn Majah)

What is the reward for sincerely fasting and praying during the nights of Ramadan?

“Whoever fasts Ramadan and stands (in the night prayer) for it out of faith and seeking a reward (from Allah), he will be forgiven what preceded of his sins.” (At Tirmidhi)

How valuable is the smell of the fasting person in the Sight of Allah?

“The smell coming out of the mouth of the fasting person is better with Allah than the smell of musk.” (Al Bukhari)

How does one expiate for the sins committed in matters relating to one’s property, family and neighbours?

“Al fitnah (the evil consequences) of a person in his property, family and neighbours is expiated by his prayer, fasting and giving in charity.” (Al Bukhari)

Explain to us the superiority of the Fard (Obligatory), Sunnah (Voluntary) and Nawafil (Optional) prayers during Ramadan!

“Allah has appointed the observance of fasting during the month of Ramdan as an obligatory duty, and the passing of its night in prayer as a voluntary practice. If someone draws near to Allah during it with some good act he will be like one who fulfils an obligatory duty in another month, and he who fulfils an obligatory duty in it will be like one who fulfils seventy obligatory duties in another month.” (Al Baihaqi)

PUNISHMENT FOR NOT FASTING

What if someone does not give up lying speech and sinful actions while fasting?

“Whoever does not give up lying speech and acting on those lies and doing evil actions etc, Allah is not in need of his leaving his food and drink.” (Al Bukhari)

What is the opinion about one who abstains from fasting without any valid reason?

“Whoever did not observe fast for one day of Ramadan without genuine excuse or a disease, then even if he observed fast for a complete year, it would not compensate for that day.” (Al Bukhari)



SAHUR & IFTAR

What is the difference between the Islamic fasting and the fasting of the People of the Book (Jews & Christians)?

“The difference between our fasting and the fasting of the People of the Book, is the eating of Sahur (pre-down meal).” (An Nasa’i).

What is the importance of the Sahur?

“Take Sahur as there is a blessing in it.” (Al Bukhari)

Should I stop eating my Sahur if the Adhan is heard?

“When any of you hears the summons to prayer while he has a vessel of food in his hand, he should not lay it down till he fulfils his need.” (Abu Dawood)

Should I hasten the Iftar or can I delay it?

“The people will remain upon goodness as long as they hasten to break the fast.” (At Tirmidhi)

If the Adhan for the Maghrib prayer cannot be heard, how is one to break his fast?

“When night falls from this side and the day vanishes from this side and the sun sets, then the person observing fast should break his fast.” (Al Bukhari)

What am I to say or supplicate during Iftar (breaking fast)?

اللهم لك صمت وعلى رزقك أفطرت
Allahumma laka sumtu wa alaa rizqika aftartu

“O Allah, I have fasted for You and from the sustenance given by You, I break the fast.” (Abu Dawood)

What is the prescribed supplication after having Iftar?

ذهب الظمأ وابتلت العروق وثبت الأجر إن شاء الله
Dhahabaz zama’u wab-tallatil uruqu wa thabatal ajru insha Allah.

“Thirst has been quenched, the veins have been satisfied and reward has been ordained – if Allah wills.” (Abu Dawood)

How should the guest supplicate for the host, when invited for Iftar (breaking the fast)?

أفطر عندكم الصائمون وأكل طعامكم الأبرار وصلت عليكم الملائكة

'Aftara indakumus saimun, wa akala ta'amakumul abrar, wa sallat alaikumul mala'ikah.'

"May fasting people break their fast with you, may the righteous eat your food, and may the angels send blessing upon you." (Ibn Majah)

What is the reward for inviting a fasting person to break his fast (iftar)?

"Whoever gives food for a fasting person to break his fast, he will have a reward like theirs, without lessening from their reward in the slightest." (Ibn Majah)

What is recommended to break the fast with?

"Whoever has dates, then let him break the fast with that, and whoever does not, then let him break the fast with water, for indeed water is purifying." (Al Bukhari)

What is the ideal time for a fasting person to supplicate to Allah?

"When the fasting person breaks his fast, his supplication is not turned back." (Ibn Majah)



FREQUENTLY ASKED QUESTIONS

What should I do if I eat or drink by mistake while fasting?

"If somebody eats or drinks forgetfully then he should complete his fast, for what he has eaten or drunk, has been given to him by Allah." (Al Bukhari)

How should I respond to my folks who entreat me to eat or drink while I am fasting?

"If one of you is invited to eat when he is fasting, let him say: I am fasting." (Muslim)

Due to the severity of heat can a fasting person pour water on his head or does that invalidate the fast?

"The Messenger of Allah in the place of Al-Arj, was pouring water over his head while he was fasting, either because of thirst or because of heat." (Abu Dawood)

Should one make up for the missed fasts of his deceased parents or relatives?

"Whoever died and he ought to have observed fast the missed days of Ramadan, then his heirs must observe fast on his behalf." (Al Bukhari)

What should a pregnant woman or a mother who is suckling an infant do, if she cannot fast?

"Allah has remitted half the prayer to a traveler, and fasting to the traveler, the woman who is suckling an infant and the woman who is pregnant. (Abu Dawood)

Is it allowed to kiss one's wife while fasting?

"The Messenger of Allah used to kiss and touch his wife while he was fasting, but he was the most able of you to control his desire." (Muslim)

Is it allowed to have sexual relations with one's wife during the nights of Ramadan?

"Permitted to you, on the night of the fasts, is the approach to your wives. They are your garments and you are their garments...." (Quran 2: 187)

Will vomiting invalidate my fast?

“Whoever is overcome by vomiting, then he is not required to make up the fast, but whoever vomits on purpose then he must make it up.”
(At Tirmidhi)

Do wet dreams invalidate the fast?

Three things do not break the fast of the fasting person: Cupping, Vomiting and the wet dream.” (At Tirmidhi)

While traveling during the month of Ramadan, am i required to fast?

“We went out on a campaign with the Messenger of Allah when sixteen days of Ramadan has passed. Some of us fasted and some of us did not. Those who were fasting did not criticize those who were not fasting, and those who were not fasting did not criticize those who were fasting.”
(Muslim)

What is your advice to me if someone quarrels with me while I am fasting?

“When anyone of you is fasting, let him not utter evil or ignorant speech. If anyone speaks to him in an ignorant manner, let him say: ‘I am fasting’.”
(Ibn Majah)

What is the ruling regarding using the Siwak (tooth brush) while fasting?

“I saw the Prophet – a number of times – such that I was not able to count – using the Siwak while he was fasting. (At Tirmidhi)



EID UL FITR

Why were the Two Eid days ordained by Allah?

"When the Messenger of Allah came to Madinah, they had two days of sport and amusement. The Prophet said, "Allah, the Exalted has exchanged these days for two days better than them; they are: day of sacrifice (Eid ul Adha) and the day of breaking the fast (Eid ul Fitr)." (Abu Dawood)

What is the Sunnah regarding eating before starting for the Eid prayer of Eid al Fitr?

"Allah's Messenger never proceeded for the prayer on the Day of Eid al Fitr until he had eaten some dates." (Bukhari)

While going for the Eid prayer, is it better to walk or ride?

"It is an act of the Sunnah of the Prophet to go out to the Eid prayer walking." (At Tirmidhi)

What is the ruling on woman going to the Eid prayer?

"On the two Eids, the Prophet commanded us to bring out the girls who had attained puberty and those who were in seclusion, but he told the menstruating women to keep away from the praying place of the Muslims." (Muslim)

Is it true that the Prophet used to go via one route and return via another for the Eid prayer?

"On the days of Eid the Messenger of Allah would take different routes (i.e. would go to the prayer in one way, and return home in another.)" (Al Bukhari)

Give us some important information about the Eid prayer!

"The Messenger of Allah used to come out on the day of Al-Adha and Al-Fitr and start with prayer. When he had prayed and said the Salam, he stood up and turned to the people, who were sitting where they had prayed. If he needed to send out an army he would do so, and if he needed to issue any other orders, he would do so. And he used to say: 'Give charity, give charity, ...' (Muslim)

Are the Adhan and Iqamah pronounced even for the Eid Prayers?

"The Messenger of Allah started with the prayer before the Khutabah, with no Adhan and no Iqamah." (Muslim)

How many Takbirat (saying Allahu Akbar in the standing position) are there in the Eid Prayers?

“The Messenger of Allah said the Takbir seven times in the first rakah and five times in the second rakah in the prayer of Eid al Fitr.” (Ibn Majah)

Are there any Sunnahs (voluntary) or Nawafil (optional) prayers before or after the Eid Prayer?

“The Messenger of Allah came out on the day of Adha or Fitr and prayed two Rak’ah of Eid and he did not offer any other prayer before or after that.” (Muslim)

If Eid happens to fall on a Friday, must we pray both Eid and Jummah prayer?

“The Eids have come together on this days of yours. So whoever wants, that the Eid prayer will suffice him, let him not perform Friday prayer, but we will perform Friday prayer if Allah wills.” (Ibn Majah)

What is the ruling on fasting on the Days of the Two Eids?

“The Messenger of Allah forbade fasting on these two days, the Day of Fitr and the Day of Adha. As for the Day of Fitr, it is the day when you break your fast and on the Day of Adha, it is the day you eat the meat of your sacrifice. (Ibn Majah)



SUNNAH FASTING

Which is the month besides Ramadan in which the Prophet used to fast a lot?

“The prophet never observed fast in any month more than in the month of Sha’ban.” (Al Bukhari)

Inform me on the importance of the six optional days of fasting in the month of Shawwal.

“Whoever fasts six days after the Eid of Fitr will have completed the year (in fasting).” (Ibn Majah)

Brief us on the history of fasting on the day of Ashura?

“The Messenger of Allah came to Al-Madinah, and he found the Jews fasting on the day of Ashura. They were asked about that and they said: ‘This is the day on which Allah granted victory to Musa and the Children of Israel over Fir’awn (Pharoah). We fast on this day out of reverence for it.’ The Prophet said; ‘We are more closer to Musa than you all,’ and the Prophet enjoined fasting on that day.” (Muslim)

Explain the importance of the fast of Ashura in the month of Muharram?

“The Messenger of Allah was asked about observing the fast on the tenth of Muharram, and he replied, “It is an expiation for the sins of the preceding year.” (Muslim)

As I always adhere to fasting on the first ten days of Dhul Hijja, inform me about the importance of these days?

“There are no days during which the righteous action is so pleasing to Allah as in these days.” He was asked: “O Messenger of Allah, not even Jihad in the Cause of Allah?” He replied, “Not even Jihad in the Cause of Allah, except in case one goes forth with his life and his property and does not return with either of it. (Al Bukhari)

Which fast cleanses the sins of the previous year and of the coming year?

“Fast the Day of Arafah, for I expect that Allah will forgive the sins of the year after it and the year before it.” (At Tirmidhi)

How does one get a reward of fasting for a lifetime?

“Whoever fasts three days in every month, this is fasting for a life.” (Ibn Majah)

Can I fast voluntarily on the Day of Jumuah (Friday) alone?

“None of you should observe fast on Friday unless he observes fast a day before or after it.” (Al Bukhari)

What is your advice with regards to fasting on a Saturday?

“Do not fast on Saturday apart from days when you are obliged to fast.” (Ibn Majah)

What did the Prophet say about fasting on Monday and Thursday?

“The deeds are presented on Monday and Thursday, so I love that my deeds be presented while I am fasting.” (At Tirmidhi)

Which Prophet’s fasts are the most beloved to almighty Allah?

“The most beloved fast to Allah is the fast of Prophet Dawud, for he used to fast every alternate day.” (Ibn Majah)

Can a woman observe optional fast without her husband’s permission?

“A woman may not fast a day- other than in the month of Ramadan – while her husband is present, except with his permission.” (At Tirmidhi)

Which is the best month for fasting beside the month of Ramadan?

“The best month for observing fasting after Ramadan is Muharram, and the best Prayer after the prescribed prayer is prayer at night.” (Muslim)

What are the three pieces of advice given to Abu Hurairah by the Messenger of Allah?

1. “To observe fast for three days in every month.
2. to perform two Rak’ah (optional) Duha prayer at forenoon.
3. and to perform the Witr prayer before going to bed.” (Al Bukhari)



NIGHT OF POWER

How are the days of Ramadan classified and what is the importance of each part?

“It is a month whose beginning is mercy, whose middle is forgiveness, and whose end is freedom from Hell.” (Al Baihaqi)

During Ramadan, when should I look for Laylatul Qadr (Night of Power)?

“Seek it in the last ten nights of the odd-numbered nights.” (Muslim)

How is Laylatul Qadr (Night of Power) better than other nights?

“This month has come to you, and in it there is a night that is better than a thousand months. Whoever is deprived of it is deprived of all goodness, and no one is deprived of its goodness except one who is truly deprived.” (Ibn Majah)

What is the significance of the Night of Power?

“In the (Night of Power) is made decreed every affair of wisdom.” (The Qur’an 44:4)

How great is the Night of Power in terms of reward?

“The Night of Power is better than a thousand months.” (The Qur’an 97:03)

Inform us about the Prophet’s preparations for the last ten days of Ramadan?

“With the start of the last ten days of Ramadan, the Prophet used to tighten his waist-belt (work hard) and used to offer prayers all the night, and used to keep his family awake for the prayers.” (Al Bukhari)

Which supplication was taught by the Prophet to his wife A’ishah for the Night of Power?

اللهم إنك عفو تحب العفو فاعف عني
(Allahumma innaka afuwwn tuhibbul afwa fa’fu anni)

“O Allah, You are the Pardoner and You love to pardon, so pardon me.” (At Tirmidhi)

I'TIKAF

When should I sit for I'tikaf (seclusion in Masjid)?

"The Prophet used to observe I'tikaf during the last ten days of Ramadan."
(Muslim)

When is the preferred time to enter the Masjid for one intending to observe I'tikaf?

"When the Prophet wanted to start I'tikaf, he would pray the Subh (morning prayer), then he would enter the place inside the Masjid where he wanted to observe the I'tikaf." (Ibn Majah)

What are the do's and don'ts for a person in I'tikaf?

"It is Sunnah for the one performing I'tikaf not to visit the sick, attend a funeral, or touch his wife (with sexual desire), nor have sexual intercourse with her. He should also not go out (of the Masjid) except for an extreme necessity, and no I'tikaf is accepted without fasting, or without being in a congregational Masjid (where Friday prayer is performed)."
(Abu Dawood)



CHARITY

In which month was the Prophet the most charitable and generous?

"Allah's Messenger was the most generous of all the people, and he used to reach the peak in generosity in the month of Ramadan when Gabriel عليه السلام met him. Gabriel عليه السلام used to meet him every night of Ramadan to teach him the Quran. Allah's Messenger was the most generous person, even more generous than the fair wind (in readiness and haste to do charitable deeds)." (Al Bukhari)

On whom is Zakat ul Fitr obligatory?

"Zakat ul Fitr is obligatory on every Muslim, slave or free, male or female, young or old." (Al Bukhari)

Why was Charity of Fitr made obligatory?

"The Messenger of Allah enjoined Zakat ul Fitr on the one who fasts to purify him from any indecent act or speech and for the purpose of providing food for the needy." (Abu Dawood)

When is Zakat ul Fitr to be paid?

"It is accepted as Zakat ul Fitr for the person who pays it before the Eid prayer, and for the person who pays it after the Eid prayer is consider as Sadaqah (Voluntary charity)." (Abu Dawood)



QURAN AND RAMADAN

Inform us of the relationship between the Quran and the month of Ramadan?

"Ramadan is the month in which was sent down the Quran, as a guide to mankind, also clear (Signs) for guidance and judgment (between right and wrong)." (The Quran 2: 185)

What was the routine of the Prophet regarding the recitation of the Quran in Ramadan?

"The Quran would be reviewed with the Prophet by Gabriel عليه السلام once every year in the month of Ramadan, but in the year in which he passed away, it was reviewed with him twice." (Ibn Majah)

On which night of Ramadan was the Quran revealed?

"We have indeed revealed this (Message) in the Night of Power." (The Quran 97:01)

What role do Fasting and Quran play on the Day of Resurrection?

"Fasting and the Quran intercede for a man on the Day of Resurrection. Fasting says, 'O my Lord, I have kept him away from his food and his passions by day, so accept my intercession for him.' The Quran says, 'I have kept him away from sleep by night, so accept my intercession for him.' Then their intercession is accepted. (Musnad Ahmed)

What is the minimum period in which one can complete the recitation of the entire Quran?

"He who recites the Quran in less than three days, he does not understand it." (At Tirmidhi)



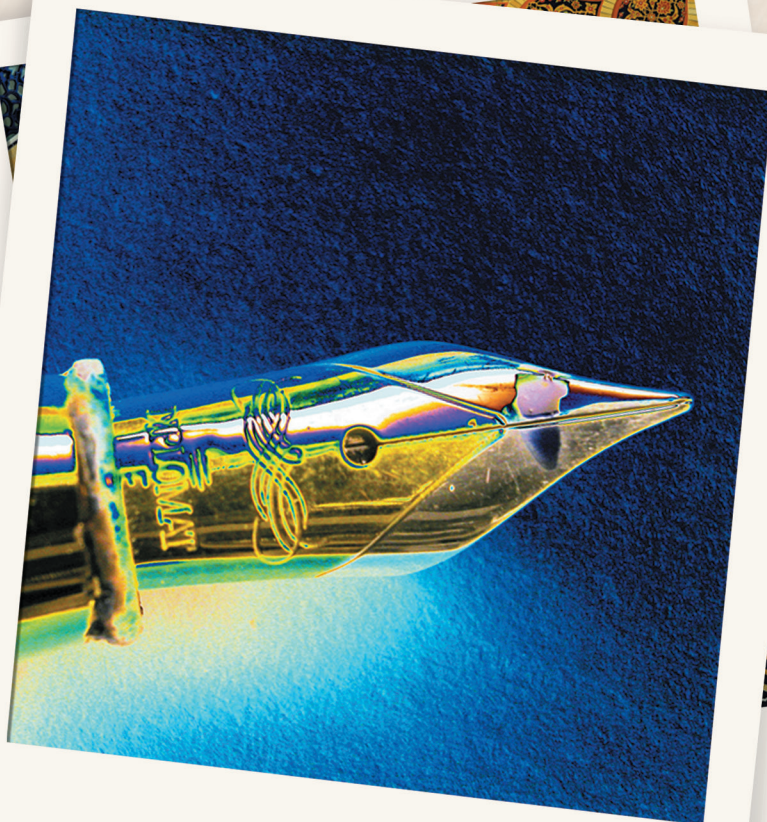
MISCELLANEOUS

Is there any extra reward for performing the Umrah (lesser pilgrimage) during the month of Ramadan?

“When Ramadan comes go for Umrah, for Umrah in the month of Ramadan is equivalent to Hajj.” (Muslim)

Finally, What did the Prophet of Allah advise youngsters about that which would benefit them?

“He who can afford to marry should marry, because it will help him to lower his gaze, and guard his modesty and he who cannot afford to marry is advised to observe the fasts as fasting will diminish his sexual desire.” (Al Bukahri)



FATAWA

Note : Answers quoted below are given by :
Mufti Sha Jihan Ameeruddin Nikhab Al Hahmi,
senior Mufti of Islamic Affairs & Charitable Activities Department,
Government of Dubai, Dubai, U.A.E.

Q: From what age it is obligatory on children to fast?

A: Fasting is mandatory on children only after the attainment of puberty, but it is advised to initiate them to fasting just as the Prophet advised us regarding prayers from the age of seven.

Q: Is fasting without Sahur (pre dawn meal) accepted?

A: Fasting without Sahur is accepted but it is disliked to stay away from the blessings of Sahur.

Q: Is it permissible for a fasting person to get an injection or glucose infused?

A: It is permissible for a fasting person to take an injection or get glucose infused, only on condition that it is taken as a remedy from an illness and not to invigorate or strengthen the body.

Q: Can one donate blood to really needy ones while fasting?

A: Blood donation is permissible to one in need during fasting.

Q: What is your opinion regarding swallowing one's saliva while fasting?

A: There is no harm in swallowing one's saliva during fasting but to accumulate it and then swallow it is disliked.

Q: Do haircut or trimming the finger nails invalidate the fast?

A: Removing any hair or trimming the nails does not invalidate the fast.

Q: Does breaking, getting removed or losing a tooth invalidate the fast?

A: Breaking, getting removed or losing a tooth does not invalidate the fast, but care should be taken such that no resulting blood should enter the stomach.

- Q: Is it true that bathing after the Asr prayer invalidates the fast?**
A: A fasting person can bathe at any time and even pour water on his head.
- Q: Does using the toothpaste invalidate the fast?**
A: A toothpaste can be used but it is disliked, whereas using Miswak (root of the arak tree) is recommended and liked.
- Q: Is fasting by a non-Muslim accepted and rewarded?**
A: No worship is accepted without Iman (True Faith), although when a non-Muslim embraces Islam then even the good deeds during the days of disbelief are taken into consideration, while the evil actions are blotted out.
- Q: Can one accept an Iftar (breaking fast) invitation by non-Muslims?**
A: One can accept invitations to Iftar (breaking fast) from Non Muslims as long as no forbidden food is at the table.
- Q: If I, after completion of Eid, visit any country in which Ramadan is still on, should I fast along with the people?**
A: You are to follow the laws of the land in whichever you may be and if the people there are fasting then you must fast too.
- Q: What is the importance of Eid Prayers and what is one to do if one missed it?**
A: The Prayer of Eid is very important and is from the symbols of Islam but if one misses it then two Rak'ahs can be prayed at home.
- Q: Can I give my Sadaqa of Fitr to the needy in my home country?**
A: Yes, the amount of Sadaqa of Fitr can be sent to the needy in any country but preference should be given to the needy of the county of residence.
- Q: What is the prescribed amount of Sadaqa of Fitr?**
A: Sadaqa of Fitr is one Sa'a of food (1 Sa'a = 3 kgs) or present days 15 – 20 AED.

Q: Can one miss fasting due to very hard labour or physically demanding work?

A: Worship is to be given precedence over work, but if there is no alternative then one can defer it but has to make up for it later.

Q: Throw some light on the medicinal and health benefits of fasting?

A: First, we should know that this is one of the forms of worship prescribed by Allah and we should stick to it irrespective of whether there are any obvious benefits or not. Yet, fasting has many benefits. For example:- the nerves and sinews get rest, the whole human system is rejuvenated and fasting performs an overhaul on the complete system of the body.

Q: Ideally how would a fasting person spend his time?

A: A Muslim should try and spend his time in these four occupations:

- Worship (Fard, Sunnah & Nawafil Prayers)
- Recitation of the Holy Quran
- Performing his profession / regular duties, and
- Rest.



GUIDELINES FOR RAMADAN

1

Greet the advent of the month of Ramadán with an open heart and make elaborate preparations for it before hand.

2

Try to sight the Ramadán crescent, and recite the Prophetic supplication on sighting it.

3

Fast all the days of Ramadan. Never miss a fast without a valid excuse.

4

If you forget that you are fasting and eat or drink, complete you fasting, for it is only Allah Who has fed you and given you the drink.

5

Recite the Quran, offer the Tarawih and other optional prayers on the Night of Al-Qadr, and if possible perform I'tikaf during the last ten days of Ramadan.

Do not spoil your fast by indulging in acts like telling lies, unjustly disputing and engaging in meaningless games and sports.

6

Eat Sahur, for there is blessing in it, and hasten your If'tar (break your fast) at the approach of the appointed time, since this is the emphatic command of the Prophet.

7

Manifold are the rewards of any virtuous deed done in Ramadan. So, pay your charities, serve If'tar to whoever you will and give food to the poor.

8

The main object of fasting is to attain Taqwah (piety), so let not the opportunity go by in attaining this objective.

9

Fast as well six days in Shawwal, the month following Ramadan, since this will make you as though you were fasting through all the days of the year.

10

THE ISLAMIC MONTHS

1



Muharram

2



Safar

3



Rabiul-Awwal

4



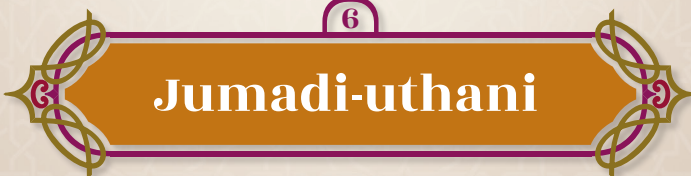
Rabi-Uthani

5



Jumadi-ul-Awwal

6



Jumadi-uthani

7

Rajab

8

Sha'ban

9

Ramadan

10

Shawwal

11

Dhil-Q'ada

12

Dhil-Hijja

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