

## DU'AS FOR BREAKING THE FAST

اللَّهُمَّ إِنِّي لَكَ صُمْتُ  
وَبِكَ آمَنْتُ وَ عَلَى رِزْقِكَ أَفْطَرْتُ

Allahumma inni laka sumtu wa bika aamantu wa 'ala rizq-ika aftarthu

*(O Allah! I fasted for You and I believe in You and I break my fast with Your sustenance)*

*(Abu Dawud, Book 13, Number 2351)*

ذَهَبَ الظَّمَأُ وَابْتَلَّتِ الْعُرُوقُ وَبَيَّتَ الْأَجْرُ إِن شَاءَ اللَّهُ

Dhahabadh-dhama'u wab-tallatil 'urūqi, wa thabatal arju inshaAllah

*(The thirst is gone, the veins are moistened and the reward is confirmed, if Allah Wills)*

*(Abu Dawud, Book 13, Number 2350)*

## HOW TO MAKE THE MOST OF RAMADHAN

in the light of Al-Qur'an and Authentic Hadith



**“O you who believe! Fasting is prescribed to you as it was prescribed to those before you, so that you may learn self-restraint” (Al-Qur'an 2:183)**

# FOREWORD

## In the name of Allah, the Beneficent, the Merciful

All praise is due to Allah (Subhanahu Wa Ta'ala), the Almighty. We all praise Him, seek His Help, and ask His Forgiveness.

This FREE booklet was produced with the humble intention of 'Sadaqah Jaariah' (continuous charity).

Please take part in this noble work by giving feedback on the booklet and whether or not it benefited you. If you have any suggestions as to how to improve this booklet or come across any faults/ corrections please e-mail the team at [admin@islamic-knowledge.com](mailto:admin@islamic-knowledge.com) so the necessary steps can be taken to improve the publication.

If you require FREE copies of this booklet, then please e-mail us on [books@islamic-knowledge.com](mailto:books@islamic-knowledge.com) with your full address (please include name of country) and the required number of booklets will be forwarded to you, Insh'Allah.

Please let us know if you would like a FREE copy of our other publication "[A SELECTION OF SUPPLICATIONS from Al-Quran and Hadith](#)".

We also conduct FREE Online Study Circles (OSC) which consist of Tafsir of the Qur'an (by Ibn Kathir) and study of Hadith using the authentic sources (Sahih Bukhari, Muslim, Sunan Abu Dawood, Shamaail Tirmidhi and Muwatta). For more information about how to subscribe to these FREE weekly circles please email [osc@islamic-knowledge.org](mailto:osc@islamic-knowledge.org).

May Allah (Subhanahu Wa Ta'ala) accept our effort and put it on our scale of good deeds on the Day of Resurrection to outweigh the evil deeds. Aameen.

**ISLAMIC-KNOWLEDGE TEAM**

*Allah has remitted half the prayer to a traveller, and fasting to the traveller, the woman who is suckling an infant and the woman who is pregnant, I swear by Allah, he (the Prophet (Sallallahu Alayhi Wa Salam) mentioned both (i.e. suckling and pregnant women) or one of them.*

*(Abu Dawud, Book 13, Number 2402)*

However if someone misses a fast without a valid reason then even if he fasts for the rest of his life, he will not be able to make up this one fast:

*The Prophet (Sallallahu Alayhi Wa Salam) said: "If anyone breaks his fast one day in Ramadan without a concession granted to him by Allah, a perpetual fast will not atone for it."*

*(Abu Dawud, Book 13, Number 2390)*

Prophet (Sallallahu Alayhi Wa Salam) stated the action to take for one who broke a fast in Ramadan.

*A man broke the fast in Ramadan and the Prophet (Sallallahu Alayhi Wa Salam), ordered him to make kaffara by freeing a slave, or fasting two consecutive months, or feeding sixty poor people, and he said, "I can't do it." Someone brought a large basket of dates to the Prophet, and he said, "Take this and give it away as sadaqa." He said, "Prophet (Sallallahu Alayhi Wa Salam), there is none more needy than I am." The Prophet (Sallallahu Alayhi Wa Salam), laughed until his eye-teeth appeared, and then he said, "Eat them."*

*(Muwatta, Book 18, Number 18.9.28 )*

If in Ramadan, any of the days of fasting were missed, they must be made up for before the next Ramadan. Muslims generally should try to make up for them as soon as possible because any days that are missed are considered as a debt to Allah (Subhanahu Wa Ta'ala).

*The Prophet (Sallallahu Alayhi Wa Salam) said, "Whoever died and he ought to have fasted (the missed days of Ramadan) then his guardians must fast on his behalf."*

*(Bukhari, Volume 3, Book 31, Number 173)*

## FASTING IN SHAWWAL

*The Prophet (Sallallahu Alayhi Wa Salam) said, "Whoever observes the Ramadan fast and follows it with six days of fast in Shawwal, it is as if he has fasted Dahr (the whole year)".*

*(Sahih Muslim, Book 006, Number 2614)*

Shawwal is the tenth month in the lunar calendar. The first of Shawwal is Eid- ul-Fitr. After the festivity of Eid it is recommended to observe six days of fast. This fast may be observed continuously non-break, or it may be observed one day at a time.

***The Prophet (Sallallahu Alayhi Wa Salam) used to exert himself in devotion during the last ten nights to a greater extent than at any other time.***

***(Sahih Muslim, Book 006, Number 2644)***

During this time, he limited his contact with people and intensified his supplications and du'as to Allah (Subhanahu Wa Ta'ala). The Prophet (Sallallahu Alayhi Wa Salam) did this in order to attune his heart even more with Allah (Subhanahu Wa Ta'ala) and to free his mind from the concerns of the world.

***With the start of the last ten days of Ramadhan, The Prophet (Sallallahu Alayhi Wa Salam) used to work hard and used to offer Salaat (prayers) all the night, and used to keep his family awake for the Salaat (prayers).***

***(Sahih Bukhari, Volume 3, Book 32, Number 241)***

## **ITIKAAF**

***The Prophet (Sallallahu Alayhi Wa Salam) mentioned that he would practice Itikaf in the last ten days of Ramadhan. 'Aisha asked his permission to perform Itikaf and he permitted her.***

***(Bukhari, Volume 3, Book 33, Number 261)***

It used to be the general practice of the Prophet (Sallallahu Alayhi Wa Salam) to perform Itikaaf (secluding oneself in the Mosque) in the Holy month of Ramadhan.

***The Prophet (Sallallahu Alayhi Wa Salam) used to observe Itikaf during the last ten days of Ramadhan. One year he did not observe Itikaf. When the next year came, he observed Itikaf for twenty nights (i.e. days).***

***(Abu Dawud, Book 13, Number 2457)***

## **COMPENSATION FOR FASTS MISSED IN RAMADHAN**

Allah (Subhanahu Wa Ta'ala) has stated very clearly the action to be taken if there is a valid excuse for missing a fast of Ramadhan.

***Allah (Subhanahu Wa Ta'ala) says in Al-Qur'an, "(Observing Saum – fasts, for a fixed number of days, but if any of you is ill or on a journey, the same number (should be made up) from other days. And as for those who can fast with difficulty, (e.g. an old man, etc.), they have (a choice either to fast or) to feed a Miskeen (poor person) (for every day). But whoever does good of his own accord, it is better for him. And that you fast, it is better for you if only you knew."***

***(Al-Qur'an 2:184)***

In addition to the sick and the old, the Prophet (Sallallahu Alayhi Wa Salam) also mentioned other categories of people that are allowed to miss a fast of Ramadhan:

## **FASTING IN RAMADHAN**

Fasting (Sawm) in Ramadhan, the 9<sup>th</sup> month in the Hijri Calendar, is one of the Five Pillars of Islam. The meaning of Sawm is to 'abstain'. In this month, Allah (Subhanahu Wa Ta'ala) has made fasting compulsory to us as He had to earlier peoples and nations. Fasting involves total abstinence from eating, drinking, smoking and conjugal relations, and all forms of vice from dawn till sunset.

***The Prophet (Sallallahu Alayhi Wa Salam) said, "There is a gate in Paradise called Ar-Raiyan, and those who observe fasting will enter through it on the Day of Resurrection and none except them will enter through it".***

***(Sahih Bukhari, Volume 3, Book 31, Number 120)***

During the month of Ramadhan, the Prophet (Sallallahu Alayhi Wa Salam) used to apportion to Ramadhan a degree of worship that was not set aside to any other month. The Prophet (Sallallahu Alayhi Wa Salam) spent his day in remembrance, recitation, learning and providing advice and training. His nights were spent in supplication and humiliation unto Allah (Subhanahu Wa Ta'ala), seeking His help, support, victory and guidance.

***The Prophet (Sallallahu Alayhi Wa Salam) said, "If someone draws near to Allah during Ramadhan 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".***

***(Tirmidhi Hadith 1965)***

Fasting earns great reward as clearly stated in the above Hadith. When Allah (Subhanahu Wa Ta'ala) rewards an action as purely His, then the reward is limitless.

***The Prophet (Sallallahu Alayhi Wa Salam) said that Allah (Subhanahu Wa Ta'ala) said "All actions a human being does are for himself except fasting. It is done for My sake, and I will give a reward for it and the reward of good deeds is multiplied 10 times".***

***(Sahih Bukhari Volume 3, Book 31, Number 118, & Sahih Muslim, Book 006, Number 2564)***

Ramadhan is an annual training programme to refresh us for carrying out our duties towards Allah (Subhanahu Wa Ta'ala). Fasting develops self-control and helps us to overcome selfishness, greed, laziness and other faults. This month of patience gives us an opportunity to experience for ourselves what it is like to have an empty stomach. This develops our feeling for the poor and hungry people. Fasting teaches us to control the love of comfort.

If difficulty is experienced in fasting, one should bear it cheerfully and not complain. Should we feel fatigued at the time of Taraweeh (Ramadhan nightly prayer), this too should be borne with fortitude.

It should also be borne in mind that fasting does not aim at inflicting punishment upon people or taking on unbearable burdens. The underlying idea behind it is to teach moderation and spiritual discipline so that human temptations may not become so wild and uncontrollable as to flout the commands of the Great Master. To be a true servant of Allah (Subhanahu Wa Ta'ala), it is essential that man should be able to conform his behaviour to the moral and spiritual discipline embodied in the Shari'ah of Islam. Fasting is indispensable for this moral and spiritual training.

***The Prophet (Sallallahu Alayhi Wa Salam) said, "When the month of Ramadhan starts, the gates of mercy are opened and the gates of Hell are locked and the devils are chained".***  
(Sahih Muslim, Book 006, Number 2361)

The hadith below gives some very important points regarding Ramadhan:

***The Prophet (Sallallahu Alayhi Wa Salam) said "Fasting is a shield or protection from the fire and from committing sins. If one is fasting, he should avoid sexual relation with his wife and quarrelling, and if somebody should fight or quarrel with him, he should say, 'I am fasting.' There are two pleasures for the fasting person, one at the time of breaking his fast, and other at the time when he will meet Allah; then he will be pleased because of his fasting."***  
(Sahih Bukhari, Volume 3, Book 31, Number 128)

In this month, the rebellious 'Shayateen' (Satans) are chained, so as not to provoke those evils which they normally do during months other than Ramadhan. A question may arise here that, when the 'Shayateen' are chained, how it is that we still do see evil committed? The reply is that evil may not necessarily be caused by the rebellious 'Shayateen'. People have for eleven months lived in obedience to 'Shayateen' whims and wishes, and so performing evil deeds instigated by them becomes second nature. Consequently, evil is being done in and out of Ramadhan.

Therefore the feelings and lessons we experience should stay with us throughout the year. In Al-Qur'an, Muslims are commanded to fast so that they may "become pious". This piety and devotion is especially felt during Ramadhan, but we all must strive to make the feelings and attitude stay with us during our "normal" lives. That is the true goal and test of Ramadhan.

Aisha (RA) asked the Prophet (Sallallahu Alayhi Wa Salam) to tell her what prayers to say on Laylatul Qadr if she knew which night it was, and he told her to say,

اللَّهُمَّ إِنَّكَ عَفُوفٌ تُحِبُّ الْعَفْوَ فَاعْفُ عَنِّي

***"O Allah, You are forgiving and love to forgive, so forgive me."***  
(Tirmidhi, Hadith 2091)

***The Prophet (Sallallahu Alayhi Wa Salam) said, "Seek Laylatul Qadr in the last ten nights. If one among you shows slackness and weakness in the earlier part of Ramadhan, it should not be allowed to prevail upon him in last week".***  
(Sahih Muslim, Book 006, Number 2621)

During the last third of Ramadhan, one should read more of Al-Qur'an and remember Allah (Subhanahu Wa Ta'ala) more often, even constantly. For Muslims, the last ten days should be a time to perfect one's fast and avoid anything that may break it. It is a time to give more charity and to settle disputes and forgive one another. It is also a time for soul searching, evaluating one's life, supplicating, and asking forgiveness. This should be done sincerely because if Allah (Subhanahu Wa Ta'ala) accepts the supplications, the reward is the remission of one's sins. The best time to do it is in the last part of the night.

***The Prophet (Sallallahu Alayhi Wa Salam) said, "When the last one third of the night remains, Allah, the Glorious One, descends towards the lower heaven and proclaims "Is there anyone supplicating to Me, so that I grant his supplication? Is there anyone begging of Me for anything, so that I grant him his wish? Is there anyone who seeks My forgiveness, so I forgive him?"***  
(Sahih Bukhari, Volume 8, Book 75, Number 333)

Allah (Subhanahu Wa Ta'ala) has concealed the exact date of the Night of Power so that we would double our efforts during the last ten days. He is also testing the serious and the non-serious. The seriously interested person will search for it late at night and in the early hours until he or she attains it, regardless of the hardship.

***The Prophet (Sallallahu Alayhi Wa Salam) said, "Whoever stands in prayers and worships on the night of Power, with complete faith and sincere hope of gaining reward, all his previous sins are forgiven".***  
(Sahih Bukhari, Volume 3, Book 32, Number 226)

It is recommended to seek the night and spend it diligently in devotion, including night Sunnah prayers (Tahajjud) and recitation of Al-Qur'an. This citation indicates that regardless of whether a person knows the night or not Allah (Subhanahu Wa Ta'ala) will grant forgiveness for previous shortcomings.

If he cannot gain Allah (Subhanahu Wa Ta'ala)'s pleasure in Ramadhan, then when will he do so? The way to seek Allah (Subhanahu Wa Ta'ala)'s pardon for his sins is to fulfil his obligations in Ramadhan as enjoined by Allah (Subhanahu Wa Ta'ala) such as fasting, offering 'Taraweeh' prayers and repentance on past sins. Those who are sincere with Allah (Subhanahu Wa Ta'ala) will find that all their sins throughout the year will be forgiven in Ramadhan, if they avoid major sins. Even the fish in the sea seek forgiveness on their behalf until they break their fast.

The Prophet (Sallallahu Alayhi Wa Salam) termed the first 10 days of Ramadhan as period of Mercy, whereby Allah (Subhanahu Wa Ta'ala)'s mercy is showered on the believers. Those who express their gratitude to Allah (Subhanahu Wa Ta'ala) for his bounties, receive them in large measure as Allah (Subhanahu Wa Ta'ala) says in Al-Qur'an says,

***"If you are grateful, I will add more (favours) unto you, But if you show ingratitude, truly My punishment is terrible indeed."*** (Al-Quran 14:7)

The second 10 days of Ramadhan is when forgiveness is granted to the believers as reward for the fasting during the first part. The last 10 days of Ramadhan brings immunity from Hell. In Ramadhan, you should endeavour to perform three things in great number:

1) 'Kalima Tayyiba' (Laa ilaha illa hu muhamadur rasulullah). If the seven heavens, the earth and all its occupants were placed in one pan of a scale and this 'Kalima' on the other, the 'Kalima' would outweigh everything.

2) 'Istighfaar' (Beg for Allah (Subhanahu Wa Ta'ala)'s forgiveness). Whoever says a great deal of 'Istighfaar', Allah (Subhanahu Wa Ta'ala) opens a way out for him from all difficulties and releases him from sorrows.

3) Beg for entry into Paradise and seek refuge with Allah (Subhanahu Wa Ta'ala) from the fire of 'Jahannam' (Hell).

### **LAYLATUL QADR (NIGHT OF POWER)**

***Allah (Subhanahu Wa Ta'ala) says in Al-Qur'an, "There is a night in the month which is ... better than a thousand months".*** (Al-Qur'an 97:3)

The night of "Laylatul Qadr" is described as being greater in blessedness and spiritual virtue than 1,000 months. Therefore fortunate is that person who attains the full blessings of this night by spending it in the worship of Allah (Subhanahu Wa Ta'ala).

***The Prophet (Sallallahu Alayhi Wa Salam) said, "Every servant of Allah who observes fast for a day in the way of Allah, Allah would remove, because of this day, his face farther from the Fire of Hell to the extent of seventy years' distance".***  
(Sahih Muslim, Book 006, Number 2570)

Fasting is the way to piety and the fear of God. Fasting narrows the food and blood arteries. They are known to be canals of the devils, hence fasting reduces their insinuation. It further weakens carnal desires, thoughts and temptations of disobedience.

Fasting enhances bodily health. It gets rid of contaminated matter, eases the stomach, purifies the blood, eases the working of the heart, brightens the spirit, refines the soul and disciplines the character. When an individual fasts, his soul is humbled and his carnal desires are dispelled. There is a great reward for fasting, as it shows a Muslim obeying Allah (Subhanahu Wa Ta'ala) and submitting to His command.

### **FASTING IN THE MONTH OF SHA'BAN**

***The Prophet (Sallallahu Alayhi Wa Salam) used to fast till one would say he would never stop fasting, and he would abandon fasting till one would say he would never fast. I never saw the Prophet fasting for a whole month except the month of Ramadhan, and did not see him fasting in any month more than in the month of Shaban.*** (Sahih Bukhari Volume 3, Book 31, No 190)

The Prophet (Sallallahu Alayhi Wa Salam) has told us not to fast one or two days before Ramadhan as we need to keep our physical and spiritual strength to make the most of this blessed month.

***The Prophet (Sallallahu Alayhi Wa Salam) said, "None of you should fast a day or two before the month of Ramadhan unless he has habit of fasting (Nawafil) (and if his fasting coincides with that day) then he can fast that day."***  
(Bukhari, Volume 3, Book 31, No.138, Muslim, Book 006, Number 2382)

We should try our best to keep some fasts in Shaban.

***The Prophet (Sallallahu Alayhi Wa Salam) is reported to have asked one of the Companions "Did you fast in the middle of Sha'ban?" The Companion replied, "No". Thereupon the Prophet (Sallallahu Alayhi Wa Salam) said: "If you did not observe fast, then you should observe fast for two days".***  
(Sahih Muslim, Book 006, Number 2607)

## THE WISDOM BEHIND FASTING

Fasting in Ramadhan is not merely physically restraining from the obvious food and drink, but the total commitment of the servant's body and soul to the letter and spirit of fasting.

- 1) The fast of the self, means to be free from all carnal desires.
- 2) The fast of the mind is avoiding thoughts about things other than Allah (Subhanahu Wa Ta'ala).
- 3) The fast of the hand is not touching/taking what does not belong to it.
- 4) The fast of the nose means not sniffing or smelling unlawful things.
- 5) The fast of the feet is not going places where sinful acts are propagated.
- 6) The fast of the eye is to prevent it from seeing forbidden things.

**Allah (Subhanahu Wa Ta'ala) says in Al-Qur'an, "Tell the believing men to lower their gaze and be mindful of their chastity; this will be most conducive to their purity. And tell the believing women to lower their gaze and be mindful of their chastity, and not display their charms (in public) beyond what may (decently) be apparent thereof, hence let them draw their head-covering over their bosoms".**

*(Al-Qur'an 24:30-31)*

- 7) The fast of the tongue is guarding against lying, backbiting, slandering, reviling, abusing others, cursing, indecent conversation, swearing and false evidence. The Prophet (Sallallahu Alayhi Wa Salam) said: "A Muslim is he from whose tongue and hands other Muslims are safe".

**The Prophet (Sallallahu Alayhi Wa Salam) said, "Whoever does not give up forged speech and evil actions, Allah is not in need of his leaving his food and drink (i.e. Allah will not accept his fasting)."**

*(Sahih Bukhari, Volume 3, Book 31, Number 127)*

- 8) The fast of the ears is not to listen to idle talk, gossip, lyrics and notes that contain obscene and indecent things. Listening to Al-Qur'an bears the fruit of faith, guidance, light and prosperity. It fills the heart with wisdom, tranquillity, intimacy and contentment. It is a source of protection from the dangerous, deviant and sinful thoughts.

- 9) The fast of the heart means casting out from it the love of worldly things and by emptying it of all corrupt material such as, false beliefs, evil suggestions, filthy intentions and degenerate thoughts.

## DU'AS OF A FASTING PERSON

**The Prophet (Sallallahu Alayhi Wa Salam) said, "There are three whose supplication is not rejected, one who has just ended a fast, a just imam, and one who has been wronged whose supplication is raised by Allah above the clouds and for which the gates of Heaven are opened. Allah says, 'I swear by My might that I shall certainly help you, though it be after some time.'"**

*(Tirmidhi Hadith 2248)*

The du'as of a fasting person is never refused. The final hour before the setting of the sun is one of the greatest hours of the day. Therefore submit before Allah (Subhanahu Wa Ta'ala) all your needs. However Muslims are generally so absorbed in eating that we neglect this opportunity.

The Prophet (Sallallahu Alayhi Wa Salam) informed us that when a fasting Muslim prays for anything from Allah (Subhanahu Wa Ta'ala), he definitely receives one out of the following three things: He gets exactly what he asked for. Or Allah (Subhanahu Wa Ta'ala) either removes from his path some great calamity in exchange for what he desired. Or the reward for that which he prayed for is stored for the Hereafter.

Therefore, du'a is indeed very important, and to neglect it at any time is a matter of great loss. Should Allah (Subhanahu Wa Ta'ala) find that granting us what we beseech from Him is in our welfare and interest, He grants it, otherwise not. It should be borne in mind that there are certain conditions under which du'as are accepted, in the absence of these, du'a may be often rejected. When 'Haraam' is consumed, the du'as are not accepted. A person who fasts and breaks his fast with "Haraam" food, is like a sick person, who takes medicine as a cure, but also adds a little poison, which destroys him.

## ASKING FORGIVENESS IN RAMADHAN

**The Prophet (Sallallahu Alayhi Wa Salam) said "Let there be smeared with dust the nose of the person in whose presence I am mentioned, and he does not invoke blessing upon me, the one who has opportunity to see the month of Ramadhan and it comes to an end without his securing pardon for himself and one who finds alive his aged parents, both of them or one of them, and through them (by serving them) he does not enter Paradise."**

*(Tirmidhi Hadith 927)*

By this the Prophet (Sallallahu Alayhi Wa Salam) meant the person who in Ramadhan, the month of blessings and righteousness, who still spends the days in sin and disregards his duties, thus he doesn't gain forgiveness.

We should hasten to break our fasts.

**The Prophet (Sallallahu Alayhi Wa Salam) said, "The people will remain on right path as long as they hasten breaking of the fast (Iftaar). (Sahih Bukhari, Volume 3, Book 31, Number 178 & Muslim, Book 006, Number 2417)**

To eat dates to break one's fast is a Sunnah.

**The Prophet (Sallallahu Alayhi Wa Salam) said "When one of you is fasting, he should break his fast with dates, but if he cannot get any, then (he should break his fast) with water, for water is purifying". (Abu Dawud, Book 13, Number 2348)**

It is also very important that we do not delay the Maghrib salah unnecessarily and pray soon after breaking the fast.

**Abu 'Atiyya reported "I and Misruq went to 'A'isha (Allah be pleased with her) and Masruq said to her "There are two persons among the Companions of Muhammad (Sallallahu Alayhi Wa Salam) none of whom abandons the good, but one of them hastens to observe sunset prayer and break the fast, and the other delays in observing the sunset prayer and in breaking the fast", whereupon she said "Who hastens to observe sunset prayer and break the fast?" He said "It is 'Abdullah". Upon this she said "This is how The Prophet (Sallallahu Alayhi Wa Salam) used to do. (Sahih Muslim, Book 006, Number 2419)**

It is a Sunnah to use Miswaak.

**"The Prophet (Sallallahu Alayhi Wa Salam) chewed Miswaak while fasting". (Sahih Bukhari, Volume 3, Book 31, Number 154)**

It is recommended to take care of the mouth, teeth and gums all the time, and more so during fasting. This can be achieved by the use of Miswaak, a special stick or root (from Arak tree) that is used to cleanse the teeth and strengthen the gums. However, for a thorough cleaning of the teeth and gums the use of the common toothbrush and toothpaste should be a regular daily habit.

**The breath of the observer of fast is sweeter to Allah (Subhanahu Wa Ta'ala) than the fragrance of musk". (Sahih Bukhari, Volume 3, Book 31, Number 118 & Sahih Muslim, Book 006, Number 2564)**

**The Prophet (Sallallahu Alayhi Wa Salam) said: "There is a piece of flesh in the body if it becomes good (reformed) the whole body becomes good but if it gets spoilt the whole body gets spoilt and that is the heart."**

**(Sahih Bukhari, Volume 1, Book 2, Number 49)**

The believer's heart abstains from pride and egotism as these traits breaks its fast. Egotism is when the individual sees himself as perfect and better than others. The cure for this self-importance is to look at one's faults and short-comings, thousands of sins and misdeeds that one has committed, wrongs that one has done and forgotten, but knowledge of which are with Allah (Subhanahu Wa Ta'ala).

**Allah (Subhanahu Wa Ta'ala) says in Al-Qur'an, "do they, perchance, envy other people for what God has granted them out of his bounty?" (Al-Qur'an 4:54)**

The heart of the believer fasts and abstains from envy as envy lowers righteous deeds and stops its progress toward Allah (Subhanahu Wa Ta'ala).

## **AVOIDANCE OF THINGS THAT CONTRADICT SPIRIT OF FASTING**

**Allah (Subhanahu Wa Ta'ala) says in Al-Qur'an, "Eat and drink (freely), but do not waste: verily, He does not love the wasteful!" (Al-Qur'an 7:31)**

Some people who fast waste money on meals both at the beginning and the breaking of the fast in Ramadhan. They prepare food enough for a crowd of people consisting of numerous dishes. Then, at the end of this, they only eat a little and throw the remainder into the refuse. This is contrary to the great teachings of Islam.

There are other people who fill the stomach with delicious foods at "Sehri", so that one does not feel hungry until "Iftaar". When opening their fast, they indulge in excessive eating and drinking. This however, defeats the purpose of fasting, one of which is to empty the stomach of all contaminated material by reducing the intake of food.

Many people spend their fasting hours sleeping. As a result it seems as if they did not fast. The wisdom of fasting is that the one who fasts should experience pangs of hunger and savour thirst in order to gain the pleasure of Allah (Subhanahu Wa Ta'ala).

There are also people who make no effort to do good by giving charity. They do not honour their tables by allowing others to break their fast with them.

## WHAT DOES AND DOESN'T BREAK THE FAST

*The Prophet (Sallallahu Alayhi Wa Salam) said: "Neither vomiting, nor emission, nor cupping breaks the fast."*  
(Abu Dawud, Book 13, Number 2370)

There are certain things that break a person's fast, the most obvious being those things that are explicitly forbidden during fasting, i.e. eating, drinking, sexual relations and during menstruation, for females. However, if one eats something forgetfully, then this fast does not have to be made up:

*The Prophet said, "If somebody eats something forgetfully while he is fasting, then he should complete his fast, for Allah has made him eat and drink."*  
(Sahih Bukhari, Volume 3, Book 31, Number 154)

A certain degree of affection is allowed between spouses as this Hadith shows:

*'A'isha reported, "The Prophet (Sallallahu Alayhi Wa Salam) used to kiss me while observing fast and who among you can control his desire as the Prophet (Sallallahu Alayhi Wa Salam) could control his desire."*  
(Sahih Muslim, Book 006, Number 2438)

However, the Prophet (Sallallahu Alayhi Wa Salam) did report the following Hadith:

*A man asked the Prophet (Sallallahu Alayhi Wa Salam) whether one who was fasting could embrace (his wife) and he gave him permission; but when another man came to him, and asked him, he forbade him. The one to whom he gave permission was an old man and the one whom he forbade was a youth.*  
(Abu Dawud, Book 13, Number 2381)

## WHAT A SICK MAN DOES WHEN FASTING

There are some situations when a person can break their fast.

*"If a man succumbs to an illness which makes fasting very difficult for him and exhausts him and wears him out, he can break his fast."*  
(Muwatta, Book 18, Number 18.15.41)

## ETTIQUETTES OF RAMADHAN

*The Prophet (Sallallahu Alayhi Wa Salam) said "He who does not determine to fast before dawn does not fast".*  
(Abu Dawud, Book 13, Number 2448)

We should try our best to get up for Sehri.

*The Prophet (Sallallahu Alayhi Wa Salam) said, "Eat a little before dawn (Sehri) as there is blessings in taking meal at that time."*  
(Sahih Muslim, Book 006, Number 2412)

Many people are deprived of this great blessing because of their own laziness. Even if there is no food, then one date should be eaten or a drink of water taken. The period before dawn is considered blessed because it is in the last third of the night, the time of divine descent and forgiveness. It is another special time when du'as are accepted.

Some time should be left after taking the suhoor and before the Fajr adhan / prayer:

*"We took the suhur with the Prophet (Sallallahu Alayhi Wa Salam). Then he stood for the prayer." I asked, "What was the interval between the suhur and the Adhan?" He replied, "The interval was sufficient to recite fifty verses of the Quran."*  
(Sahih Bukhari, Volume 3, Book 31, Number 144)

It is also narrated that even when the Fajr adhan was made, it was not necessarily the time to stop eating because the true dawn arises when the streaks of the whiteness of dawn are horizontal. However these days this is difficult to ascertain in some countries and in these circumstances we should keep enough time to eat to be confident that we are not eating when dawn appears.

*The Prophet (Sallallahu Alayhi Wa Salam) said, "The adhan of Bilal may not mislead you with regard to your food at the commencement of the fast, nor the vertical (streaks) of whiteness in the horizon (for it is an indication of false dawn). You should stop eating (food) till (the whiteness) spreads like it. Hammad narrated it and with the gesture of his band he explained, the horizontal position (of the streaks of light)."*

(Sahih Muslim, Book 006, Number 2409)

Because of the great reward for feeding a fasting person, in many places 'Iftaar'(the breaking of the fast at sunset) is served in mosques, with the food donated or brought by individuals to share. This contact between the various levels of society helps to create a real bond of brotherhood in the Muslim community.

***The Prophet (Sallallahu Alayhi Wa Salam) said, "When a man dies all of his deeds come to an end, except for three: ongoing charity, knowledge which is benefited from, or pious offspring who pray for them."***

***(Sahih Muslim, Book 013, Number 4005)***

The Prophet (Sallallahu Alayhi Wa Salam) enjoined Zakaah on those who fast to purify them from any indecent act or deeds. It is a sort of purification of the soul on the individual level, a cure against miserliness, and a social safety net. The rich are obliged to come in contact with the poor and the poor with the even less fortunate. Zakaah provides for the poor and spares them the humiliation of asking for charity.

## HOW THE BLESSED MONTH RAMADHAN STARTS

***The Prophet (Sallallahu Alayhi Wa Salam) said, "Do not fast till you see the new moon, and do not break the fast till you see it, but if the weather is cloudy calculate about it."***

***(Sahih Muslim, Book 006, Number 2363)***

It is very important to start the best month in the Islamic year correctly. It is very clear in Al-Qur'an and Sunnah that we should look for the moon and if it is sighted then the month has started. It is also clear that we should look for the moon in our own country of residence as stated in the hadith below:

***Umm Fadl said, "I saw the new moon (of Ramadhan) on Friday". Abdullah b. 'Abbas (Allah be pleased with him) asked me (about the new moon of Ramadhan) and said "When did you see it?" I said "We saw it on the night of Friday". He said "Did you see it yourself?" I said "Yes" and the people also saw it and they observed fast and Mu'awiya also observed fast, whereupon he said "But we saw it on Saturday night. So we would continue to observe fast till we complete thirty (fasts) or we see it (the new moon of Shawwal)". I said "Is the sighting of the moon by Mu'awiya not valid for you?" He said "No, this is how The Prophet (Sallallahu Alayhi Wa Salam) has commanded us".***

***(Sahih Muslim, Book 006, Number 2391)***

## FASTING WHILST TRAVELLING

***Hamza bin 'Amr Al-Aslami asked the Prophet, "Should I fast while travelling?" The Prophet replied, "You may fast if you wish, and you may not fast if you wish."***

***(Sahih Bukhari, Volume 3, Book 31, Number 164)***

Fasting whilst travelling is optional, so there is no sin on the one who chooses not to fast whilst on a journey if they feel that it will weaken them. Allah (Subhanahu Wa Ta'ala) has allowed man not to fast, whilst travelling because He knows that his slaves may not be able to cope.

***Anas reported "We were with the Prophet (Sallallahu Alayhi Wa Salam) on a journey. Some of us had been observing the fast and some of us had not been fasting. We got down at a place on a hot day. Most of us had the cloth for shelter. There were also those amongst us who sheltered themselves against the rays of the sun with the help of their hands. The observers of the fast fell down (on account of weakness). Those who had not observed it got up and pitched tents and watered the mounts. Thereupon the Prophet (Sallallahu Alayhi Wa Salam) said "The breakers of the fast have taken away the reward today".***

***(Sahih Muslim, Book 006, Number 2484)***

## RECITATION OF AL-QUR'AN DURING RAMADHAN

***Allah (Subhanahu Wa Ta'ala) says in Al-Qur'an, "Ramadhan is the (month) in which was sent down Al-Qur'an, as a guide to mankind, also clear (Signs) for guidance and judgement (Between right and wrong)".***

***(Al-Qur'an 2:185)***

The entire month of Ramadhan is in essence a celebration of Al-Qur'an's revelation, which is described as a ***"Guide and Mercy for those who do good."*** (Al-Qur'an 31:3). Ramadhan celebrates God's Mercy by which He sent a guiding light in Al-Qur'an that leads human life towards the path of good and virtue and protects the human soul from evil and vice. Al-Qur'an is life, spirit, salvation, happiness, reward and recompense. It is a divine teaching, a constitution and eternal wisdom.

***Prophet (Sallallahu Alayhi Wa Salam) said, "Read Al-Qur'an for surely it will be an intercessor for you on the Day of Judgement".***

***(Sahih Muslim Book 4 No 1757)***

In his final year, the Prophet (Sallallahu Alayhi Wa Salam) recited the Al-Qur'an twice in Ramadhan. Muslims should try to read the entire Al-Qur'an at least once during Ramadhan.

Many others read or recite Al-Qur'an during Taraweeh Prayers (Ramadhan nightly prayers), which are held only during Ramadhan, or in private late night Prayers called Tahajjud.

However the common practice these days is that Taraweeh prayers are rushed in order to complete Al-Qur'an. This goes against the teaching of Islam as Allah (Subhanahu Wa Ta'ala) says in Al-Qur'an: "**and recite Al-Qur'an in slow, measured rhythmic tones.**" (73:4). Commenting on this Ibn Kathir says this means "recite it slowly, for that will help in understanding Al-Qur'an and contemplating it. This is how the Prophet (Sallallahu Alayhi Wa Salam) used to recite". Although it is desirable to complete Al-Qur'an in Ramadhan to follow the sunnah, it should be read with understanding and contemplation in order to draw closer to Allah (Subhanahu Wa Ta'ala) by increasing our guidance insh'Allah.

**The Prophet (Sallallahu Alayhi Wa Salam) said "Fast three days a month." 'Abdullah said, "I am able to fast more than that." They kept on arguing on this matter till the Prophet (Sallallahu Alayhi Wa Salam) said, "Fast on alternate days, and recite the whole Qur'an once a month." 'Abdullah said, "I can recite more (in a month)," and the argument went on till the Prophet (Sallallahu Alayhi Wa Salam) said, "Recite the Qur'an once each three days." (i.e. you must not recite the whole Qur'an in less than three days).**

*(Sahih Bukhari, Volume 3, Book 31, No. 199)*

Therefore we are encouraged to read Al-Qur'an often but should not try to complete it in less than seven days as we should be learning from it and implementing Allah (Subhanahu Wa Ta'ala)'s commands and laws into our lives. Therefore we should not just read it without meaning.

Muslims who cannot read Arabic well, should spend some time each day listening to a tape or CD of Al-Qur'an being recited. Muslims consider Ramadhan to be a good time to get into the habit of reading at least some of Al-Qur'an or its translation every day, and if they haven't read either of them cover to cover, Ramadhan is the time to do it.

## TARAWEEH PRAYER

**The Prophet (Sallallahu Alayhi Wa Salam) said: "Whoever observes night prayer in Ramadhan as an expression of his faith and to seek reward from Allah, his previous sins will be blotted out".**

*(Sahih Bukhari, Volume 3, Book 32, Number 226)*

Muslims should during this month make an extra effort to perform Taraweeh Prayer (Ramadhan nightly prayer), preferably in congregation. Taraweeh has a special merit over other nights. Taraweeh is part of physical and spiritual training, for its observation soon after Iftaar insures timely and proper digestion of food. There are also spiritual rewards awaiting the observers of this prayer. It must be mentioned here that Taraweeh prayers, although very beneficial to read, are not compulsory as stated by the Prophet (Sallallahu Alayhi Wa Salam) himself.

**'A'isha reported that Prophet (Sallallahu Alayhi Wa Salam) prayed one night in the mosque and people also prayed along with him. He then prayed on the following night and there were many persons. Then on the third or fourth night (many people) gathered there, but the Prophet (Sallallahu Alayhi Wa Salam) did not come out to them (for leading the Tarawih prayer). When it was morning he said: "I saw what you were doing, but I desisted to come to you (and lead the prayer) for I feared that this prayer might become obligatory for you". (He the narrator) said: It was the month of Ramadhan. (Sahih Bukhari, Volume 2, Book 13, Number 46)**

## CHARITY IN RAMADHAN

**It is reported that "The Prophet (Sallallahu Alayhi Wa Salam) was naturally the most generous of people and he used to be more generous than ever in the month of Ramadhan". (Sahih Bukhari, Volume 3, Book 31, Number 126)**

Allah (Subhanahu Wa Ta'ala) has given you, so Muslims should try to give generously in Ramadhan, both Sadaqah (optional charity) and Zakaah (obligatory charity). Every time a servant of Allah (Subhanahu Wa Ta'ala) gives something in charity Allah (Subhanahu Wa Ta'ala) eases his physical, spiritual and mental conditions. He expands for him His sustenance. Sadaqah does not only have to be money. It can also be a good deed—such as helping another person—done for the sake of Allah (Subhanahu Wa Ta'ala) and without expecting any reward from the person. Even a smile is considered charity in Islam. Most Muslims pay their Zakaah during Ramadhan because the reward is so much greater in that month. Wealth is like water, if its flow is obstructed it becomes brackish, and if it flows, it becomes sweet and fresh.

**The Prophet (Sallallahu Alayhi Wa Salam) said "This is the month of charity in which believer's sustenance is increased. Whosoever feeds a fasting person or gives a fasting person a single date or a sip of water, to break the fast, for him there shall be forgiveness of his sins and he will be saved from the fire of hell, and for him shall be the same reward as for him (whom he fed)".**

*(Tirmidhi Hadith 1965)*