

Fasting :

What are the preferred fasts, disliked fasts and forbidden fasts?

A) The preferred days:

1) The Day of Arafa: (i:e the ninth day of the Ze-Al-Hija) it is preferred to those who are not in the state of Ihram fast the day as the Messenger of Allah (May Allah bless him and grant him salvation) said :” *Fasting the day of Arafat expiates the sins of two preceding and two following years while fasting the day “Ashura”(i:e the tenth of Muharram) expiates the sins of one preceding year”.*

2) The Days of Ashura and Taswa: They are the ninth and the tenth of Muharram .They are preferred as the messenger of Allah (May Allah bless him and grant him salvation) said: “While fasting the day Ashura (i: e: the tenth of Muharram) expiates the sins of one preceding year”. Additionally, the Prophet (May Allah bless him and grant him salvation) fasted as well as enjoyed people to fast the day.

B) The disliked Fasts:

- 1) Fasting the day of arafa: it is disliked only for “Muhrum” (a pilgrim in the state of Ihram) that he fasts the day of Arafa as the messenger of Allah (May Allah bless him and grant him salvation) forbade fast.**
- 2) Fasting only Fridays:** it is disliked because the messenger of Allah (May Allah bless him and grant him salvation) said: Do not fast Friday as it is your feast day except you fast one day before or after it.
- 3) Fasting the days of Shaban:** it is disliked because the messenger of Allah (May Allah blesses him and grants him salvation) said: “When you come to the middle of Shaban do not fast”.

C) The Forbidden Fasts:

- 1) Fasting the ID days:** (either Id Al-Fitr or Id Al-Adha) as Omar (May Allah bless be pleased with him) said: “These are the two days that Allah’s Apostle (May Allah bless him and grant him salvation) forbade fasting on them: the day on which you break your fast, and the day on which you eat from your sacrifices “.

The Stipulations of fasting:

1) The Commuter:

When a Muslim travel for a Qasr distance (i:e forty eight miles) he is permitted to breakfast while traveling provided that he makes up for those missed days (on which he breakfast) according to Allah's words "*but if one of you is ill, or on journey ,the prescribed number (should be made up) from days later*" (184)

2) The Sick :

When a Muslim has an illness in Ramadan, he breakfasts if he is not able to fast, or continues his fasting if he is able to endure the pain. The sick who is recovering from his illness waits till he recovers and then he makes up for those missed days; however, if he is not sure about this recovery ,he breakfasts and gives a handful of food as an alms for every day he breakfasts according to Allah's words "*For those who can do it (with hardship) ,is a ransom*"(184)

3) The Aged: When a Muslim reaches the age of senility in which he is not able to fast, he breakfasts and gives a handful of food as alms for every day he breakfasts.

4) The Pregnant and the breast -feeder

A pregnant woman is allowed to breakfast if she has fears of abortion, but when the excuse is no longer existing ,she makes up for the missing days of her fasting .If she is rich she gives a “Mudd” (a handful) of wheat in charity for every day she breakfasts and this will be preferable for her. The same rule applies to the breast-feeder if she has fears concerning herself and her baby.

Terminology:

Disliked: مكروه

Preferred : محبب

Forbidden : محرم

Sacrifices : اضحية

Commuter: مسافر

The Sick: المريض

The Aged: كبار السن

The pregnant: الحامل

The breast –feeder: المرضعة