



AL·MADRASATU·AL·UMARIYYAH



# ONE DAY INTENSIVE COURSE ON FASTING

AL-DURAR AL-BAHIYYAH KITAB SIYAAM TAUGHT BY USTADH ABDULRAHMAN HASSAN





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A L - D U R A R A L - B A H I Y Y A H K I T A B S I Y A A M TAUGHT BY USTADH ABDULRAHMAN HASSAN





#### **BOOK OF FASTING**

Fasting Ramadan becomes obligatory once its crescent is seen by a trustworthy (Muslim) individual; otherwise, Sha'ban must be completed.

One is to fast thirty days unless the crescent of Shawwal is seen before Ramadan is completed. If the inhabitants of certain area (i.e. country, city, town, village... etc.) see the crescent of Ramadan, then fast the month, other areas must also do the same. The one who fasts must determine intention prior to Fajr.

## Chapter 1: Fasting Nullifiers

The following nullify fasting:

- 1) Eating
- 2) Drinking
- 3) Sexual intercourse
- 4) Deliberately Vomiting

Wisal fasting (i.e. to fast more than one day continuously) is forbidden. One who deliberately nullifies his fasting, must expiate. It is preferred to hasten Futoor (breakfast) and delay Suhoor (late dinner).






### **BOOK OF FASTING**

# Section: Rules on making up missed fasts

One who breaks his fast due to a legitimate reason must make it up.

Breaking the fast for the one on a journey or the like of him is permitted, for one who fears weakness or harm in battle: for them breaking the fasting becomes a must.

As for one who dies before completing fasting, his guardian must take over the fasting. Both the unable and the old who can neither perform nor make up for fasting are to expiate by feeding a needy for each day. As for one who is fasting voluntarily he is the master of himself, there is neither making up nor expiation.




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#### **BOOK OF FASTING**

# Chapter 2: Supererogatory Fasting

It is recommended to fast:

- 1) Six days from Shawwal
- 2) The nine of Dhul-Hijjah

It is recommended also to fast the Month of Muharram, Sha'ban, Mondays and Thursdays, the bright days (13th, 14th and 15th of every lunar month).

The best of supererogatory fasting is to fast every other day. Yet, it is disliked to fast The Dahr (i.e. fasting for very long period of time or fasting every day). It is also disliked to dedicate Fridays and Saturdays to fasting.

It is forbidden to (fast on the following days):

- 1) Fast the two Eids
- 2) The days of Tashreeq (i.e. three days after the Day of Sacrifice in Hajj)
- 3) Fast one or two days prior to Ramadan

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# **BOOK OF FASTING**

# Chapter 3: I'tikaf (Seclusion for Worship in a Mosque)

It is legitimized for a fasting person at any time in the mosques. It is legitimately more confirmed in Ramadan, especially in the last ten days and it is recommended to make every effort for doing righteous good deeds in these days and to stand for prayer in the nights of Al-Qadr. One who is performing I'tikaf should not go out for anything unless very necessary for him.


