

Name:

Date:

## Ramadhaan

Fasting in the month of RAMADHAAN is one of the five pillars of Islam.

Fasting in the month of Ramadhaan is FARDH upon every Muslim, male and female who is sane and mature.

Fasting in ISLAM means to stay away from EATING, DRINKING and COHABITATION from Subha Sadiq (early dawn) to sunset with the intention of fasting. Generally, we say that fasting begins after SAHOOR (Sehri) and carries on until IFTAAR.

### Niyah (Intention)

1. The intention of fasting is NECESSARY. If a person stays away from all those things that break ones fast WITHOUT a Niyah, the fast will NOT be valid.
2. It is NOT necessary to say the Niyah verbally as Niyah means to intend. Thus, the intention at heart will do. However it is better to say the Niyah verbally as well. The Niyah in Arabic is:

بِصَوْمٍ غَيْرٍ نَوَيْتُ

3. If you forget to do Niyah at sehri time, you can still do the Niyah anytime up until midday in Ramadhaan. There are different rules for other fasts kept outside Ramadhaan.

*Dua at the time of Iftaar:*

اللَّهُمَّ لَكَ صُمْتُ وَبِكَ آمَنْتُ وَعَلَى رِزْقِكَ أَفْطَرْتُ

### Mustahab (Preferable) Acts in Fasting

1. To partake of SEHRI (the meal before Subha Sadiq).
2. To delay the Sehri upto a little before Subha Sadiq.
3. To break one's fast immediately after the sunset.
4. To break one's fast with dry or fresh dates if available.

### Makrooh (Undesirable) Acts while fasting

1. To chew gum, rubber, plastic items or other such things.
2. To taste any article of food or drink and spit it out.
3. To collect one's saliva in the mouth and then to swallow it trying to quench thirst.
4. To use paste or tooth powder to clean one's teeth. It is okay to clean with a miswaak of any fresh branch or (tooth stick).
5. To complain of hunger and thirst.
6. To take the water too much up the nostrils when cleaning the nose.
7. To gargle more than necessary.
8. To quarrel, argue, use filthy or indecent words.
9. To backbite, tell a lie and swear etc. are sinful acts even when one is not fasting. Therefore they become even worse when fasting.

