

The Fast of Ramadan

“O Believers, fasting is prescribed upon you just as it was prescribed upon those before you, so that you may attain Taqwa” (Surah Baqarah)



The Fast of Ramadan

The virtues of the month of Ramadan are well known to Muslims with fasting being the main Ibadah. It is mentioned in a Hadith, "Whoever fasts in Ramadan out of faith and with the hope of reward, all his previous sins will be forgiven." (Bukhari)

In this auspicious month, Allah Ta'ala forgives sins, the gates of heaven are opened, the gates of hell are closed, the devils are chained up and in it is a blessed night which is better than 1000 months (83 years and 4 months).

Due to blessings of Ramadan, a Muslim experiences a refreshment of faith and a renewed vigour to do good deeds. This is facilitated through obligatory fasting during the day and recitation of the Quran in Taraweeh prayers at night.

Importance of Fasting

In Islam, fasting means to refrain from eating, drinking and cohabitation from Subh Sadiq (pre-dawn) to sunset with the intention of observing fast.

Observing the fast of Ramadan is a fundamental tenet of Islam. The person who denies the obligation of fast in this month does not remain a Muslim. A person who does not observe the fast is guilty of a major sin and is deprived of great blessings.

Miscellaneous Rules of Fasting

1. Fasting is obligatory upon every sane adult Muslim male and female in the month of Ramadan. It is not obligatory for a minor to fast, however, they should be encouraged to fast from the age of seven
2. The fast commences from early dawn and terminates at sunset
3. It is highly recommended (Sunnah) to partake of some meal before dawn - this meal is known as "Suhoor/Sehri"

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4. The fasting person should break his fast at sunset, preferably with dates or a drink of water
5. In the event of a fast breaking accidentally or by mistake, it is compulsory (wajib) to remain in the state of fasting till sunset. The broken fast must be kept after Ramadan
6. Applying eye drops or surmah into the eyes does not break the fast

Factors that Nullify the Fast

The fast will be nullified in the following instances and only Qaza becomes necessary :

1. Vomiting a mouthful intentionally and willfully or returning vomit down the throat in-voluntarily
2. Pouring medicine/oil into the nose or the ear
3. Letting water down the throat whilst gargling (whilst being conscious of the fast)
4. Deliberately eating, thinking that one's fast has been broken, after one has mistakenly eaten
5. Eating particles of food stuck between the teeth, provided the substance is the size of a grain or larger. If the particles of food stuck between the teeth are taken out of the mouth and eaten again, the fast will break, irrespective of the size of the particle
6. Swallowing such things that are not normally eaten e.g. wood, iron, cloth, etc.
7. Letting the smoke of incense sticks/cigarettes, etc., pass intentionally through the mouth or the nose
8. If someone thrusts something into the mouth of a fasting person and this goes down his throat

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9. Swallowing blood (discharged from the mouth), if the quantity is equal to or greater than the saliva

10. Partaking of Sehri after dawn, thinking it is still night and breaking the fast (Iftar) thinking that the sun has already set when in actual fact the sun had not

The fast will be nullified in the following instances and Qaza and Kaffarah become necessary:

Intentionally eating, drinking and to have intercourse

N.B. Kaffarah is the penalty which the Shariah imposes upon a Believer for flagrant violation of the sanctity of fasting during the month of Ramadan.

Kaffarah is fulfilled by:

1. Fasting for two months consecutively, and if one does not have the strength to fast, then
2. feeding sixty poor and hungry persons two meals, or feeding one person two meals a day for sixty days

Some undesirable acts whilst fasting

1. To chew gum or similar substance and to clean the teeth with toothpaste or tooth- powder. It is permissible to use Miswak whilst fasting.
2. To indulge in unnecessary conversation, back-biting, slanderous and abusive utterances.
3. To collect one's saliva and swallow it.
4. Delaying deliberately the obligatory bath for ritual purity

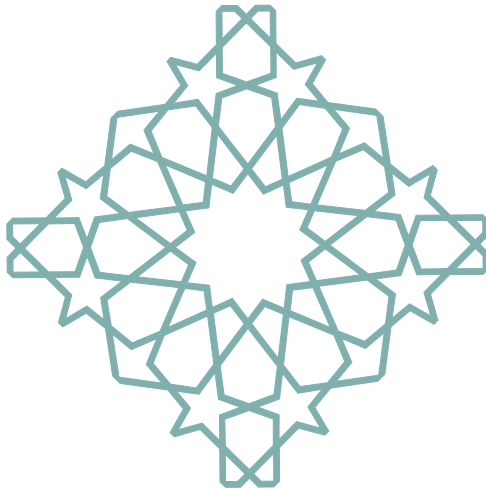
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5. To use excess water while cleaning the nose or throat.

Factors that exempt a person from fasting in Ramadan

1. Being on a Shari journey
2. Sickness
3. Weakness and old age
4. Insanity

The missed fast must be kept once a person is able to.





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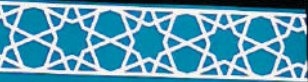
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About Darul Ihsan

Darul Ihsan Humanitarian Centre provides education, guidance, social, empowerment and welfare services to the community. In providing this service, we adopt a holistic approach, that gives due importance to basic needs as well as human rights and dignity of those that we serve.

Founding Philosophy

Darul Ihsan Humanitarian Centre is a multi-purpose, humanitarian-services providing organisation. 'Ihsan' means compassion towards mankind and to act with excellence. The Centre was established in the year 2000 with the primary objective of serving humanity and alleviating poverty and hardship locally and abroad. Since its inception, it has developed and established many humanitarian projects and provides a variety of free services to the community.

Key Objectives

One of the key objectives of the Centre is to promote a better understanding of humanity and peace, thereby serving as a bridge-builder between faiths and communities. Through guidance, Ubuntu and empowerment, the organisation hopes to train and develop the youth to become torch bearers of hope, peace and compassion to humanity.

