

Fasting is divided to two categories

Voluntary:
In other than that

Obligatory: in Ramadan

Definition of fasting

It is worshipping Allah by abstaining from food, drink and all nullifiers of the fast from the break of true fajr until sunset.

Fasting has two pillars

2

Abstaining from the nullifiers



Allowed Actions for the Fasting Person

- Tasting food if necessary,
- To swallow the saliva,
- Taking a shower,
- Using siwak,
- Applying perfume,
- Keeping cool.

Intention

1

Intention of the voluntary

It is valid at any time of the daytime as long as there was no nullifier, and the reward is accounted from the time of intention was made.

Intention of the obligation

Intention for the obligatory fast: It is necessary to make the intention for the obligatory fast at night (i.e.: before fajr) and it is sufficient to make the intention for the beginning of the month of Ramadan, and its place is the heart, and uttering it is a bid'ah (i.e., innovation).

Nullifiers of fasting:

1- Eating or drinking intentionally, but if someone forgets, then their fast is valid 2- Sexual intercourse. If it is during the day in Ramadan and fasting is obligatory, then the severe expiation is obligated upon him. 3- Ejaculation of semen 4- That which takes the same ruling as eating and drinking such as nutritional vaccines; the non-nutritional vaccines do not break the fast. 5- Cupping (breaks the fast); however giving a little blood for medical tests does not break the fast. 6- Vomiting intentionally. 7- Menses and Post Natal bleeding.

Conditions for the Obligation of Fasting

1- Islam

2- Sanity

3 - Puberty: As for younger children then they should be encouraged to fast by the guardian

4 - Not traveling: It is not obligatory upon the traveler. It is better to fast as long as it is not difficult since the Prophet ﷺ did it, it is quicker in fulfilling the obligation, easier, and to acquire the virtues of the month

5 - Health

6- Not in menses or post-natal bleeding

Prohibited Actions for the Fasting Person

1. Swallowing the spit or phlegm (however it does not break the fast)
2. Kissing the wife if one is not strong to keep away from relations and thus nullifying the fast
3. Every prohibited action outside of Ramadaan
4. Foolishness
5. Fasting two days without breaking the fast

Disliked Actions while Fasting

1. Being excessive when rinsing the mouth and the nose since water may go down the throat
2. Tasting food for no good reason