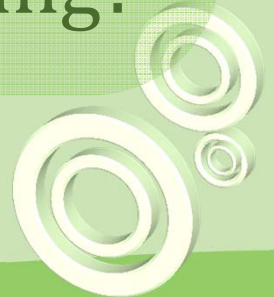


Rules of Fasting in the Month of Ramadhan: Part 2

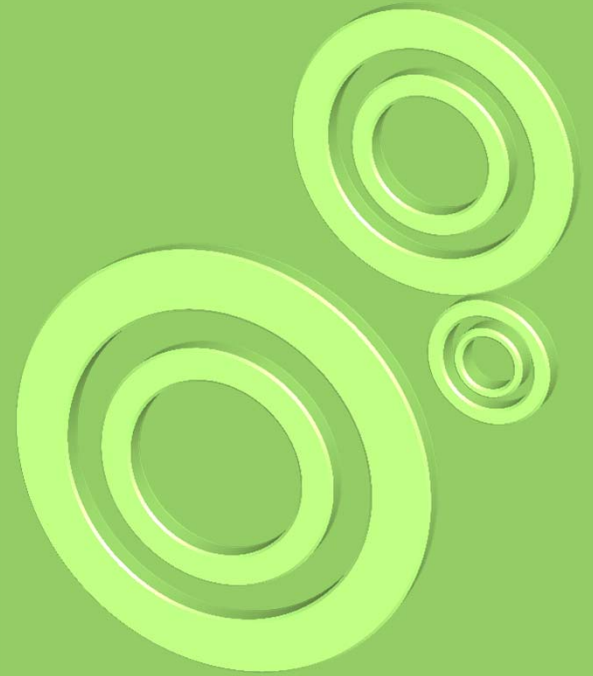
According to Fatawa of Ayatullah
Sistani and Ayatullah Khomeini (qs)
Salim Yusufali
July 2013

What We'll Cover insha'Allah

- Do I need to fast?
 - If I don't need to fast, are there any consequences?
- When do I fast?
- How should I fast?
- What are the consequences of not fasting?



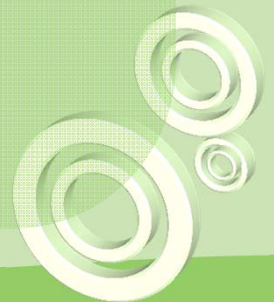
When do I fast?



The month of Ramadhan begins when one of the following occurs...

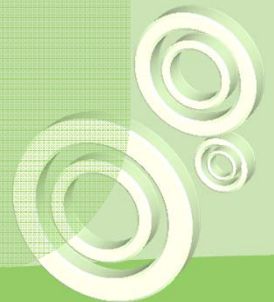
- I see the new crescent with my own eyes
 - By the naked eye only (Ayat. Sistani)
 - Optical device can also be used (Ayat. Khomeini)
- Two local aadil witnesses report having seen it
- So many people report seeing it locally that I derive conviction
- I derive conviction through some other means
- Ayat. Khomeini: The *waliyy faqeeh* issues a decree
- 30 days of the previous month have passed

Note: Trying to sight the moon (*istihlaal*) is *mustahab*.



Does an out-of-town sighting count?

- Yes, if that sighting necessitates (Ayat. Khomeini: the possibility of) sighting in my area (were it not for circumstances like bad weather). Factors to consider:
 - Altitude
 - Magnitude
 - Time crescent will remain in horizon after sunset
 - Azimuth (elongation)



Fasting is from **Fajr** til **Maghrib**

- **Fajr:** The true dawn. **Maghrib:** When the redness in the Eastern sky has faded out into darkness
- Fasting needs to take place *from when one is certain that fajr has set in until one is certain that the time for maghrib has arrived* (Ayatullah Sistani)
 - Taking precaution is recommended
- Timings need to be ascertained with conviction – timetables & software can help to attain conviction but should be used with care
- Unintentionally eating/drinking/etc. past fajr time and being careless about its arrival → invalid fast + qadhaa



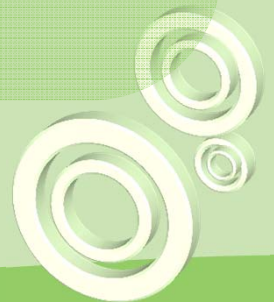
In places where there is no night or no complete darkening takes place

- If the redness in the eastern sky never disappears but there is a time of darkening and a time of lighting up, the start of the relative lighting up is taken as fajr
- If there is no night at all, it's waajib to move to another place during shahr Ramadhan (Ayatullah Sistani)
- Rules of weakness, harm and excessive difficulty may apply

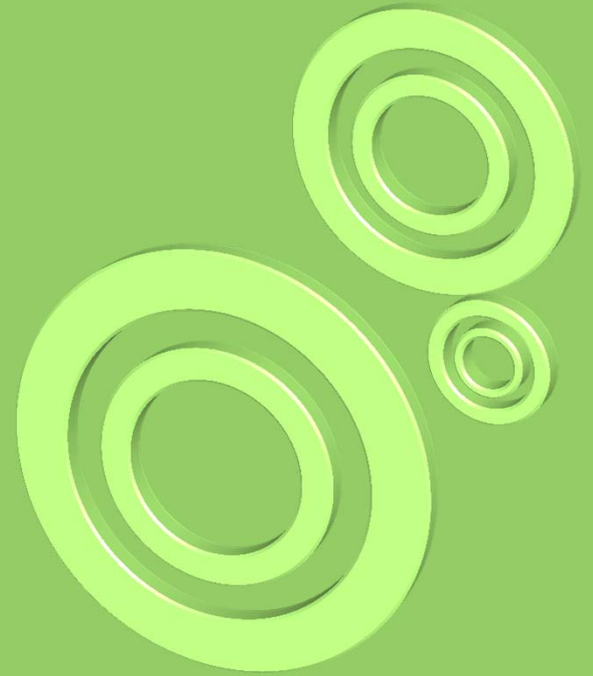


It is *mustahab* to perform the maghribayn prayers before iftaar

- Unless:
 - Someone is waiting
 - Doing so will cause one to not be able to recite the prayer with proper attention

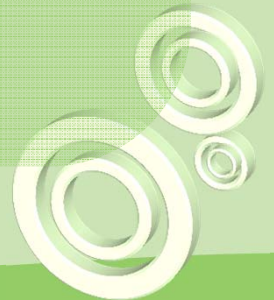


How should I fast?



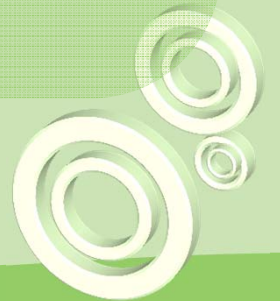
Step 1: Having a Niyyah (Intention, Purpose)

- A niyyah is something that you have while performing an act of worship.



Step 1: Having a Niyyah (Intention, Purpose)

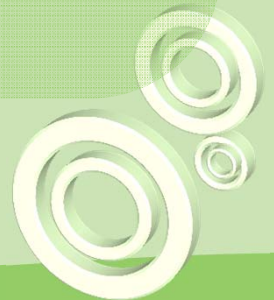
- If someone asks me why I'm fasting, I should know that I am fasting in the month of Ramadhan out of obedience to Allah (swt)



When do I need to intend to fast?

Three Options:

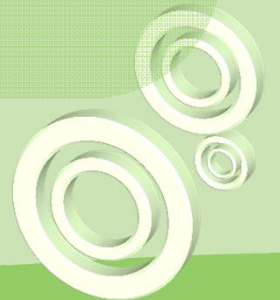
- Option 1: By fajr time each day
 - If I forget, and I remember before the time of dhuhur, and I haven't done anything to break my fast, I can still make the intention to fast.
 - If I remember after dhuhur and I haven't done anything to break my fast, it is *ihitiyaat wajib* to make the intention to fast and do qadhaa as well.



When do I need to intend to fast?

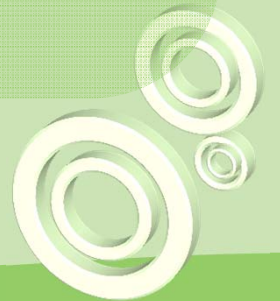
Option 2: Before the month begins

- For the entire month at one go before the month begins. This intention should be present throughout the month.



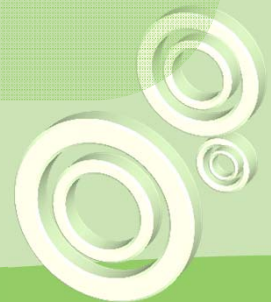
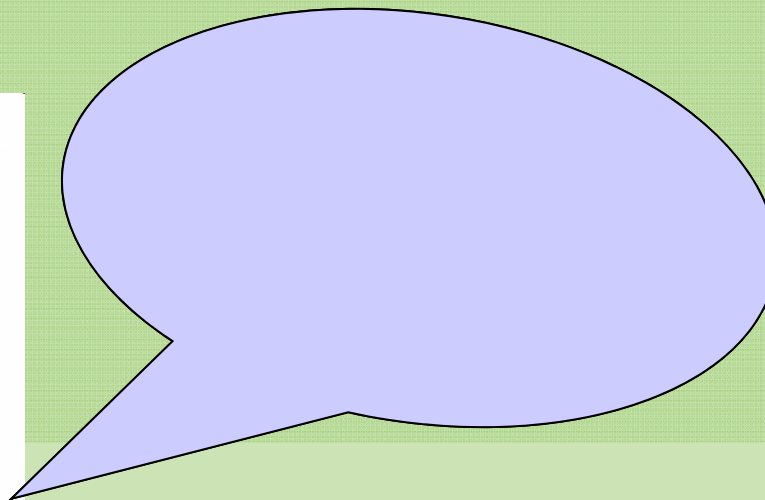
When do I need to intend to fast?

- Option 3: Before the month begins and before each fast



It's the 30th of Sha'aban and I'm not sure if the moon was seen yet!

- Fasting is not wajib, but if I fast, I should not intend that this is a fast for the month of Ramadhan!

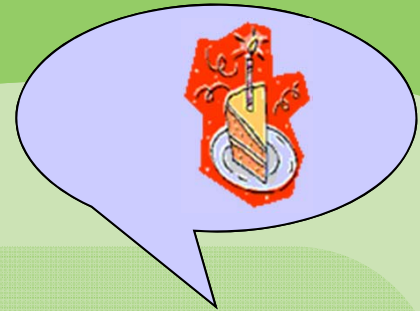


If I get news that today is the 1st of Ramadhan...

- If I am fasting, I will convert my niyyah to the month of Ramadhan
- If I am not fasting,
 - If I haven't done anything to violate a fast, I must start fasting (if it's before dhuhr time!)
 - Otherwise I have to do imsaak (refrain from doing anything that would break a fast) and qadhaa

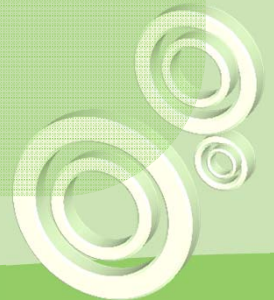


I must keep the niyyah throughout the fast



Wanting to break the fast, or even being unsure about continuing the fast - even if I repent and don't actually go ahead with it – invalidates the fast!

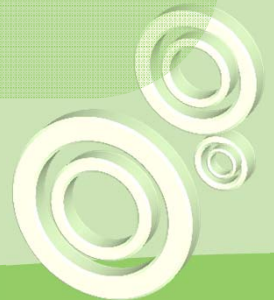
Example: It's really hot outside! I step out and suddenly find myself doubting whether I have the resolve to actually stick it out. "I think I deserve some juice," I whisper to myself.



Step 2: Refrain from 9 Things from Fajr til Maghrib

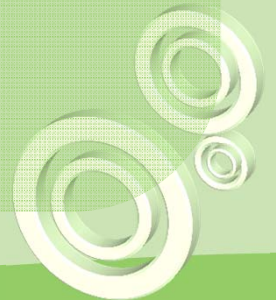
- Food and drink
- Liquid enema
- Vomiting
- Swallowing thick dust and smoke
- Immersing head under water

- Spousal relations
- Istimnaa
- Remaining in Janabah after fajr
- Lying about Allah and His Prophet (s)



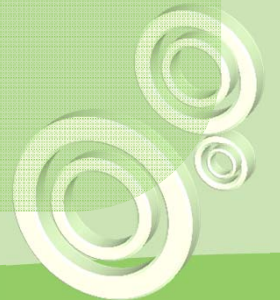
No food and drink

- I can't eat and drink from fajr to maghrib
 - What if I have food in my mouth at fajr time?

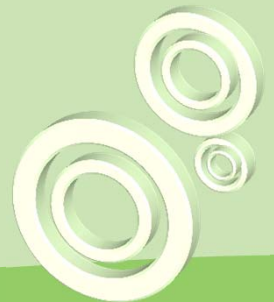
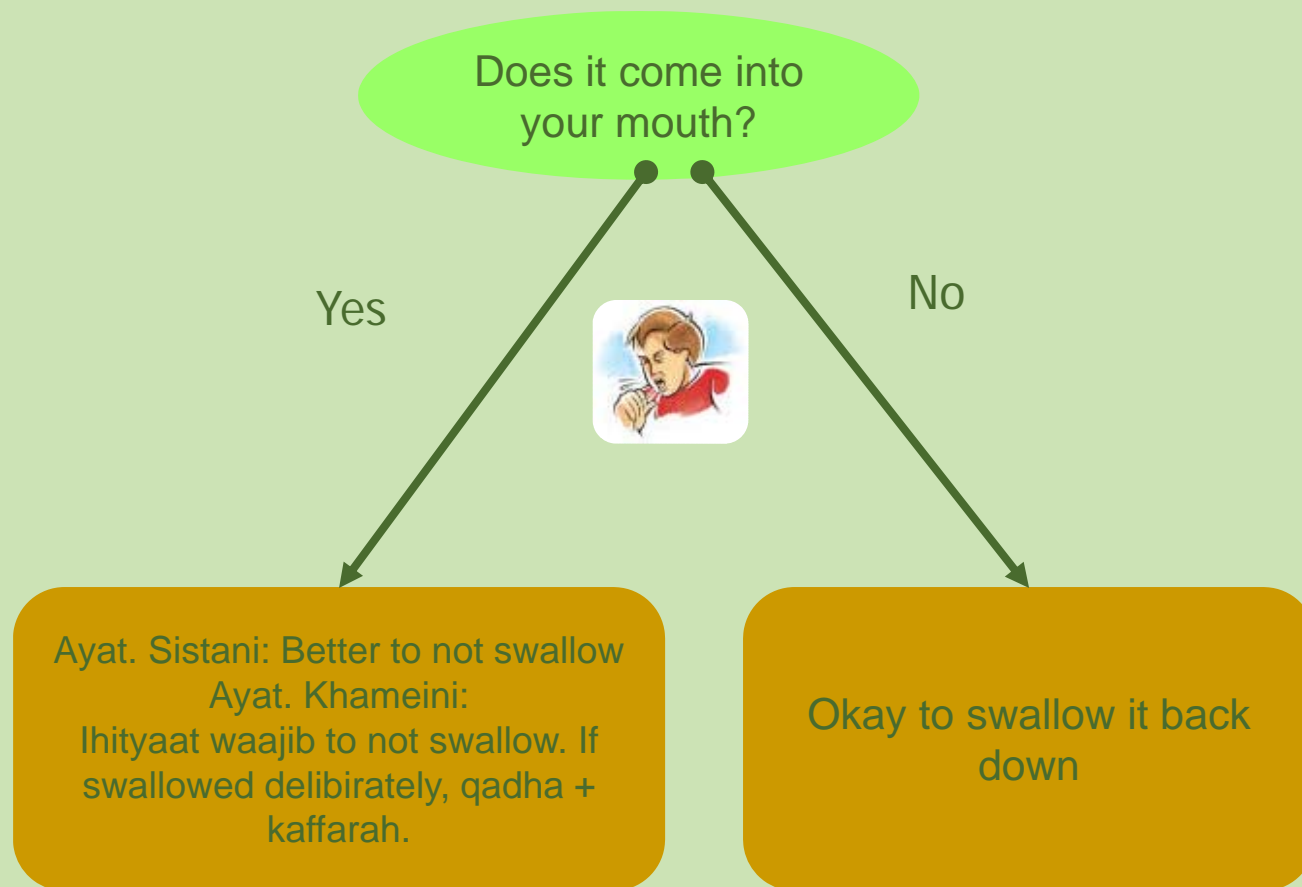


In order for my fast to be broken,
eating/drinking has to be...

- Deliberate
- Swallowed
 - I need to clean my teeth if I know I'll swallow some food stuck in my teeth
- From the “outside”
 - Saliva is okay
 - Coughing up or spitting up – see next slide
- Through the mouth



Coughing up phlegm, congestion, mucous



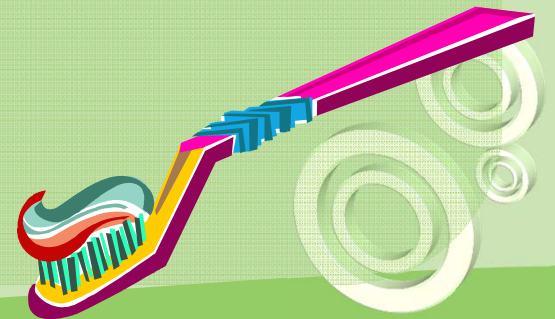
Can I rinse my mouth with water when fasting?

- Yes, as long as you don't swallow and you're certain you can control yourself!
- Recommended to spit out 3 times after rinsing
- In some cases if it is swallowed then qadhaa is necessary



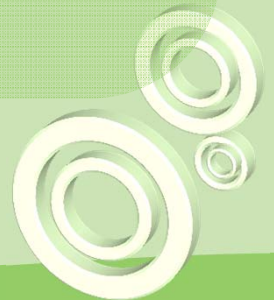
Can I clean my teeth?

- Yes, brushing - even with toothpaste - and flossing - even with flavored floss - is ok as long as nothing is swallowed deliberately
- Using a wet toothbrush is makrooh
 - Troubling others with bad breath can be haraam
 - Suggestion: Brush before fajr, and if need be, use toothpaste throughout the day



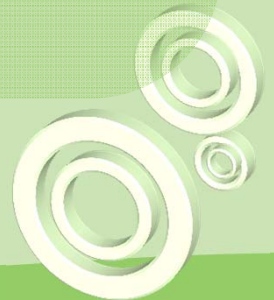
Can I take medicine?

- Medicine that enters through the mouth (orally) like pills and syrups: Not ok (unless necessary, in which case qadha is necessary)
- Inhaler: Ok, as long as it enters the respiratory tract and medicine is not swallowed



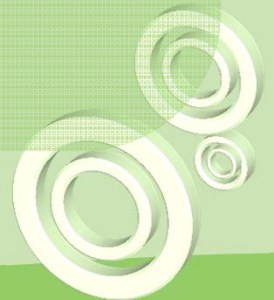
Can I take medicine?

- Eyedrops, nosedrops, eardrops:
 - Ok, even if you taste something in your mouth
 - Should not be used as a way to eat or drink



Injections

- Medicinal injections while fasting: Okay
- Anesthetic injections while fasting (Ayat. Khameini: ok, Ayat. Sistani: better to avoid)
- Food- base injections (Ayat. Sistani: better to avoid, Ayat. Khameini: ihtiyaat waajib to avoid)
- Vaccination (Ayat. Khameini: as long as the vein is not injected)



Better to avoid...



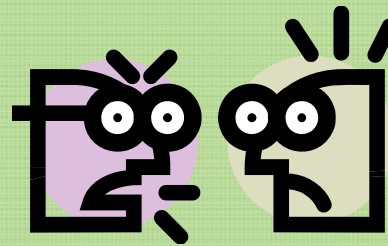
Rinsing with water excessively



Smelling fragrance from herbs and flowers (perfume is ok)



Tooth extraction or any other action which will cause bleeding in the mouth



Pointless argumentation and dispute

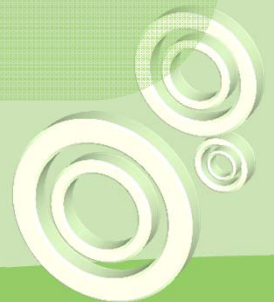


A wet tooth brush for brushing

Step 2: Refrain from 9 Things from Fajr til Maghrib

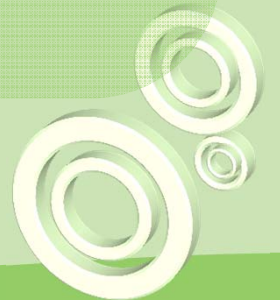
- Food and drink
- Liquid enema
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- Spousal relations
- Istimnaa
- Remaining in Janabah after fajr
- Lying about Allah and His Prophet (s)



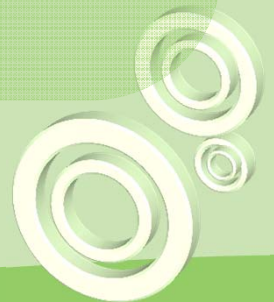
Vomiting

- Vomiting breaks my fast - if it is deliberate!
 - Deliberate vomiting → qadha is wajib
 - Otherwise my fast is still intact



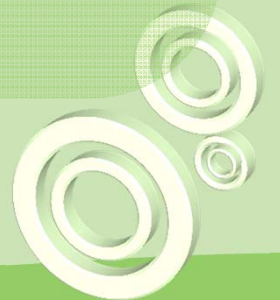
Questions about Vomiting

- I feel like vomiting. Do I have to stop myself from vomiting?
 - Yes, if doing so will not cause harm or difficulty (Ayat. Khomeini)
 - Not necessary (Ayat. Sistani)



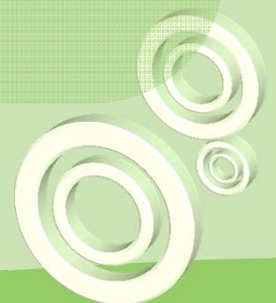
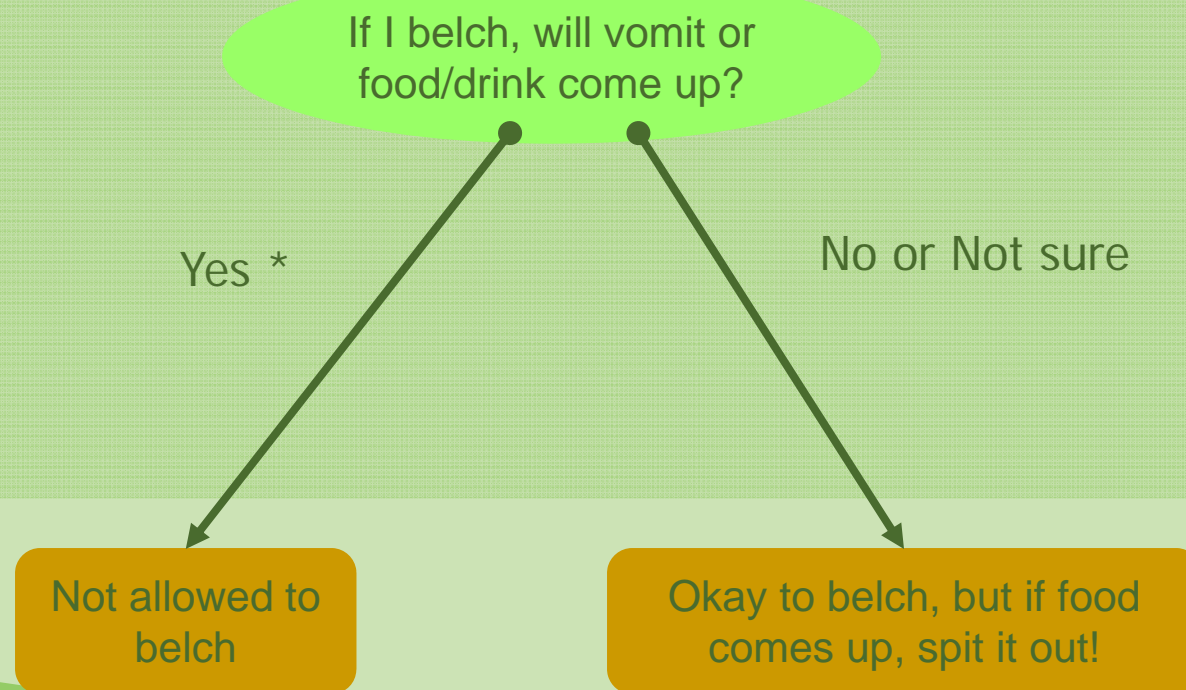
Questions about Vomiting

- Can I eat at night if I know it will make me vomit?
 - Yes, but after vomiting, qadha is
 - Wajib (Ayat. Khomeini)
 - Mustahab (Ayat. Sistani)



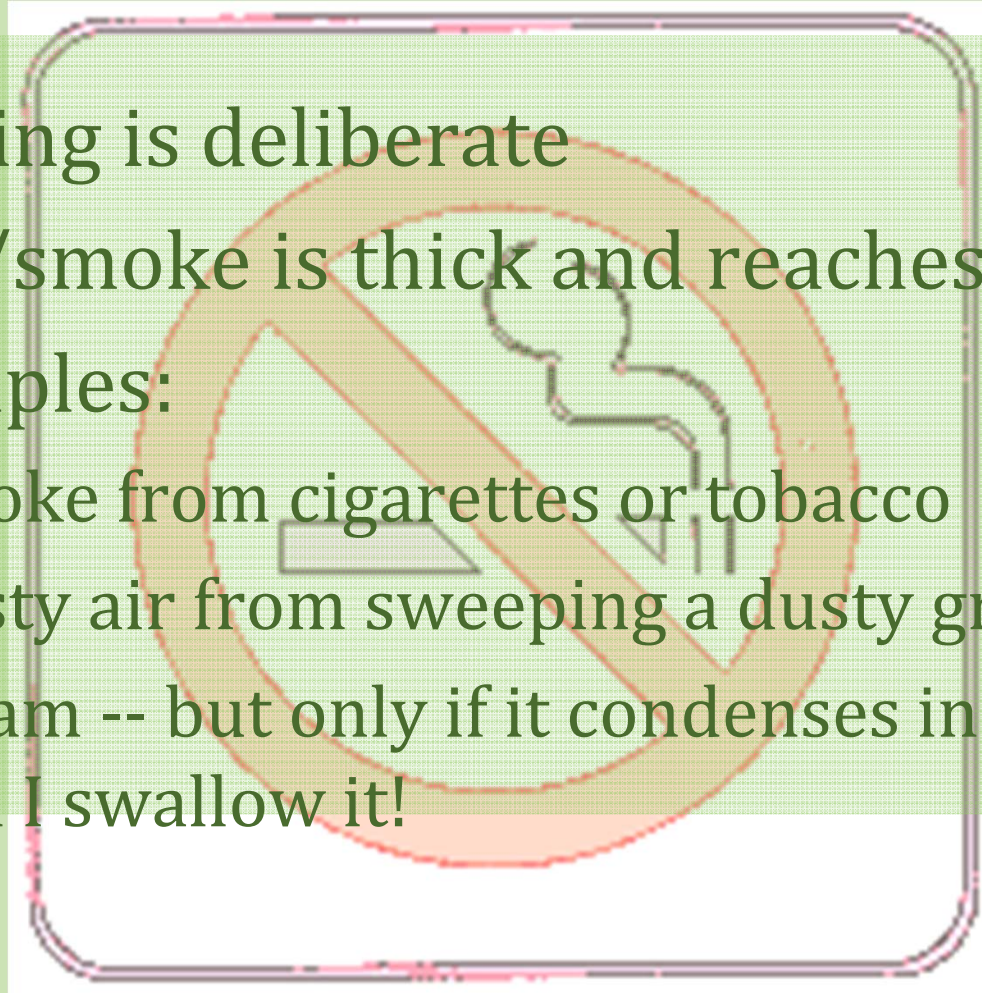
Is deliberate belching allowed?

- to belch: To expel gas noisily from the stomach through the mouth; burp.



Inhaling dust and smoke breaks my fast when...

- Inhaling is deliberate
- Dust/smoke is thick and reaches throat
- Examples:
 - Smoke from cigarettes or tobacco
 - Dusty air from sweeping a dusty ground
 - Steam -- but only if it condenses in my mouth and I swallow it!



Can I deliberately put my head under water while fasting?

- Ayatullah Khamenei
Ihtiyaat waajib to avoid and
invalidates fast



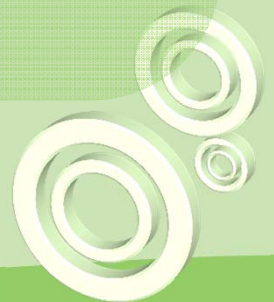
- Ayatullah Sistani
Severely makruh but does not invalidate fast
- Showering is okay
- Taking a bath is okay as long as I don't dip my head under water
 - It is makruh for a woman to sit in water when fasting



Step 2: Refrain from 9 Things from Fajr til Maghrib

- Food and drink
- Liquid enema
- Vomiting
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- Immersing head under water

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- Remaining in Janabah after fajr
- Lying about Allah and His Prophet (s)



Some other things that will break my fast

- Sexual intercourse
 - Kissing and other acts that may lead to something that would cause the fast to break is not allowed unless one is certain of himself / herself, in which case it's makrooh
- Istimnaa = Any deliberate act that causes the discharge of semen
- Intentionally remaining in the state of janabah / haydh / nifas til fajr (details to come)



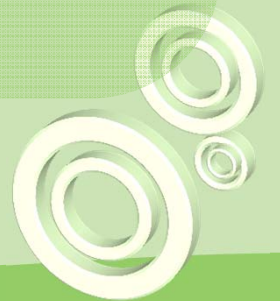
What if I enter the state of janabah at night?

- Deliberately staying in this state until fajr time invalidates my fast
- If there is not enough time left for a ghusl before fajr, tayammum in place of ghusl
 - Should then do ghusl before doing the fajr prayer
 - If there wasn't enough time left because of a valid reason, qadhaa is mustahab
- If I don't do ghusl [or tayammum], my fast is batil. Consequence: making up fast + kaffarah



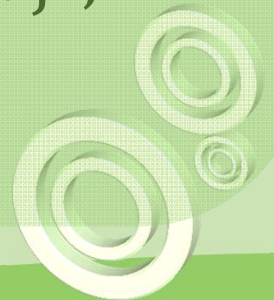
For a woman who becomes clean from haydh/ nifaas at night

- Needs to perform ghusl before fajr, or tayammum if there is not enough time for or unable to perform ghusl



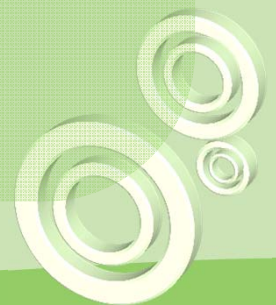
Can I go to sleep at night after entering the state of janabah?

- Yes, if I am intending to wake up before fajr to do ghusl and I'm confident of about waking up
 - If I oversleep past fajr without waking up: no qadha
 - If I wake up once before fajr and then oversleep: qadha
 - If I wake up twice before fajr and then oversleep: qadha and kaffarah (Ayat. Sistani: kaffarah is mustahab)
- Otherwise, if I sleep without intending to wake up before fajr to perform ghusl, and I sleep past fajr, I have to do qadha and pay kaffarah



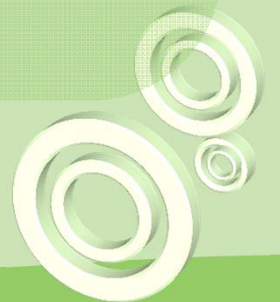
What if I enter the state of janabah while asleep?

- If it happens at night:
 - If I wake up
 - Before fajr, I have to do ghusl
 - Can only go back to sleep if I intend to wake up before fajr to do the ghusl and I am confident I will do so. If I oversleep, have to give qadhaa.
 - After fajr, my fast is intact
 - Slight differences in rulings of Ayat. Khomeini
- If it happens during the day: my fast is intact



A common scenario where tayammum would become wajib

- In a night in the month of Ramadhan, I enter the state of janabah (or I become clean from haydh) but I don't have time to do ghusl before fajr



Kaffarah

- Penalty for deliberately breaking one's fast: For each day, either:
 - Feeding 60 poor people to their fill or giving each one *mudd* of foodOR
 - Fasting for two months
- In some cases, such as breaking the fast by eating food which is *haraam*, both penalties may apply

