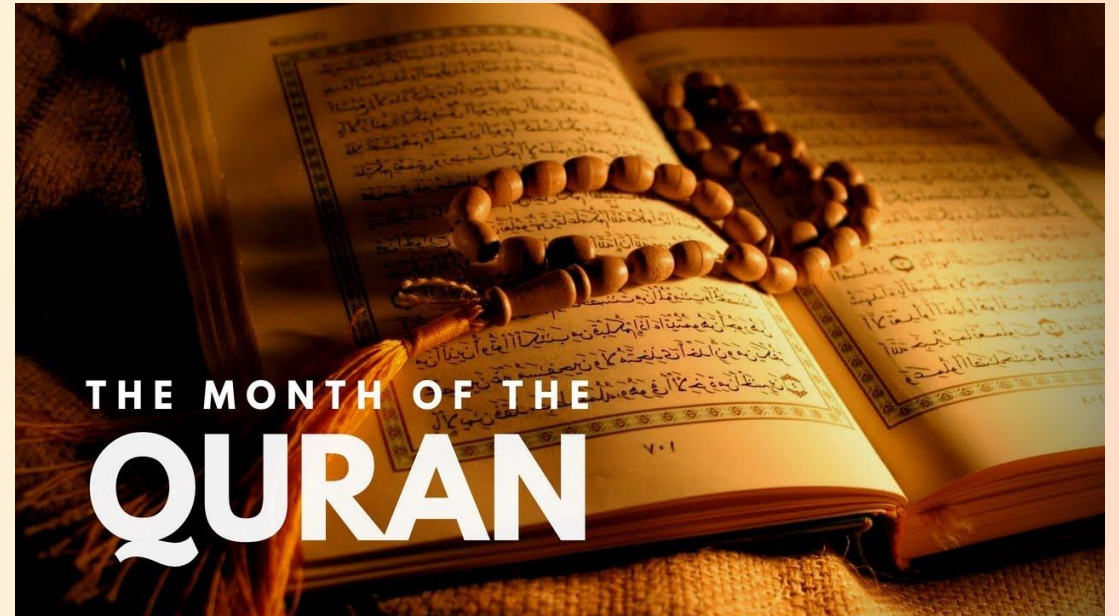




# **ALI-542: Preparation for Holy Ramadan 1441**

The Season of Blossoming

# Let us begin with two narrations



وَتَعَلَّمُوا الْقُرْآنَ فَإِنَّهُ رَبِيعُ الْقُلُوبِ

لِكُلِّ شَيْءٍ رَبِيعٌ وَرَبِيعُ الْقُرْآنِ شَهْرُ  
رَمَضَانَ.

We all want to live quality lives!



وَإِنَّهُ لَحَبِيبُ الْخَيْرِ لَشَدِيدٌ

But many people do not know what is true life of highest quality?

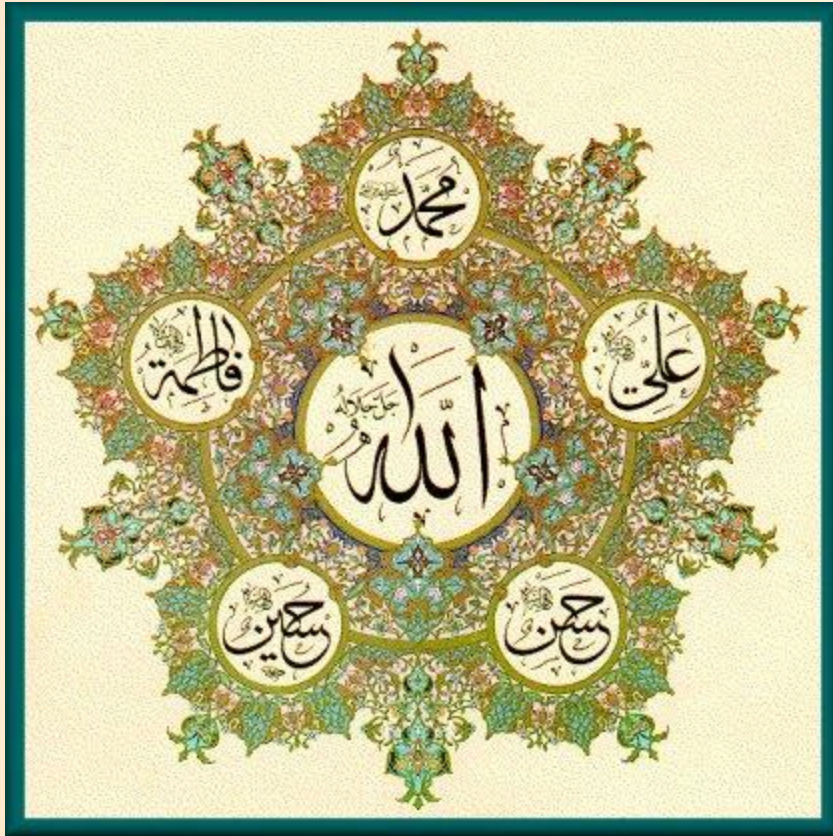


وَ إِذَا قِيلَ لَهُمْ تَعَالَوْا إِلَىٰ مَا أَنزَلَ  
اللَّهُ وَ إِلَىٰ الرَّسُولِ قَالُوا حَسْبُنَا مَا  
وَجَدْنَا عَلَيْهِ آبَاءَنَا أَوْ لَوْ كَانَ  
آبَاؤُهُمْ لَا يَعْلَمُونَ شَيْئًا وَ لَا  
يَهْتَدُونَ

But to peek into somebody's *batini* life and even understanding what they are experience is so close to impossible!



The Holy Prophet (s) & the Ahl al-Bayt (a) lived the lives of highest quality and pleasure!



مَنْ عَمِلَ صَالِحًا مِنْ ذَكَرٍ  
أَوْ أَنْتَى وَ هُوَ مُؤْمِنٌ  
فَلنُحْيِيَهُ حَيَاةً طَيِّبَةً وَ  
لنَجْزِيَنَّهُمْ أَجْرَهُمْ بِأَحْسَنِ  
مَا كَانُوا يَعْمَلُونَ

Let us also take *ibrat* from ongoing events





Let this month of Ramadhan be  
a different one

If we are prepared & if we make the resolution then it is very easy!

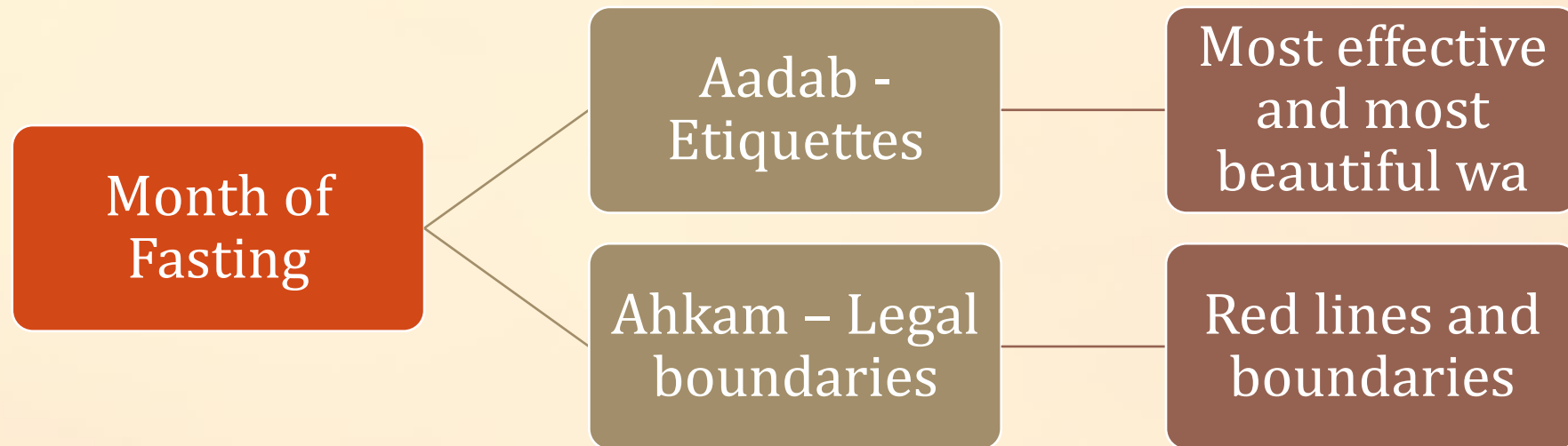


Again let us go through another narration...



لا يَكُونَنَّ شَهْرُ رَمَضَانَ عِنْدَكُمْ كَغَيْرِهِ مِنْ  
الشُّهُورِ ؛ فَإِنَّ لَهُ عِنْدَ اللَّهِ حُرْمَةً وَفَضْلًا  
عَلَى سَائِرِ الشُّهُورِ ، وَلَا يَكُونَنَّ شَهْرُ  
رَمَضَانَ يَوْمٌ صَوْمِكُمْ كَيَوْمِ فِطْرِكُمْ .

# What are we going we discuss?



# Etiquettes of Fasting

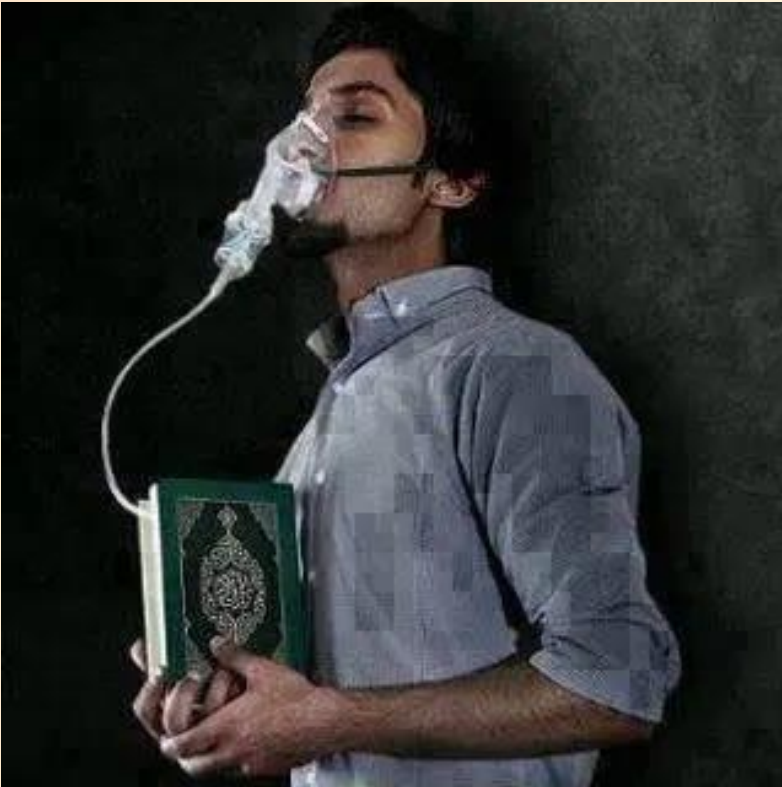
In the teachings of Ahl al-Bayt ('a)

# 1. Staying away from *haram*



مَا أَفْضَلُ الْأَعْمَالِ فِي هَذَا الشَّهْرِ  
فَقَالَ يَا أَبَا الْحُسَيْنِ أَفْضَلُ الْأَعْمَالِ  
فِي هَذَا الشَّهْرِ الْوَرَعُ عَنْ مَحَارِمِ اللَّهِ  
سَمَاعِي

## 2. Connection with the Qur'an



لَوْ مَاتَ مَنْ بَيْنَ الْمَشْرِقِ وَالْمَغْرِبِ لَمَا  
اسْتَوْحِشْتُ بَعْدَ أَنْ يَكُونَ الْقُرْآنُ مَعِي وَكَانَ  
عِذَا قَرَأَ - مَا لِكَ يَوْمَ الدِّينِ يُكْرِمُهَا حَتَّى كَادَ  
أَنْ يَمُوتَ.

### 3. Dua & Connection with Allah



يَا أَيُّهَا النَّاسُ أَنْتُمُ الْفُقَرَاءُ إِلَى اللَّهِ ﷻ وَاللَّهُ هُوَ الْغَنِيُّ الْحَمِيدُ

**O MANKIND! YOU ARE THE ONES WHO STAND IN NEED OF ALLAH, AND ALLAH—HE IS THE ALL-SUFFICIENT, THE ALL-LAUDABLE.**

## 4. Muwasaat – Empathy and compassion for people



هنگام که به همراه آفتاب  
به خانه ی یتیمکان بیوه زنی تابیدی  
و صولت حیدری را  
دستمایه ی شادی کودکانه شان کردی  
آیا تاریخ، به تحبیر، بر دَرِ سرای  
خشک و لرزان همانده بود؟

أَيُّهَا النَّاسُ مَنْ فَطَّرَ مِنْكُمْ صَائِمًا  
مُؤْمِنًا فِي هَذَا الشَّهْرِ كَانَ لَهُ بِذَلِكَ عِنْدَ  
اللَّهِ عِتْقٌ نَسَمَةٍ وَ مَغْفِرَةٌ لِمَا مَضَى مِنْ  
ذُنُوبِهِ

## 5. Of course balance is the key!



We need a balanced timetable specifically for the month of Ramadhan!

ALI 542: Prep for Holy Ramadan 1441





# Ahkam of Fasting

Selected important Laws

# Learning to get the Ahkam from the source

www.sistani.org/english/book/48/

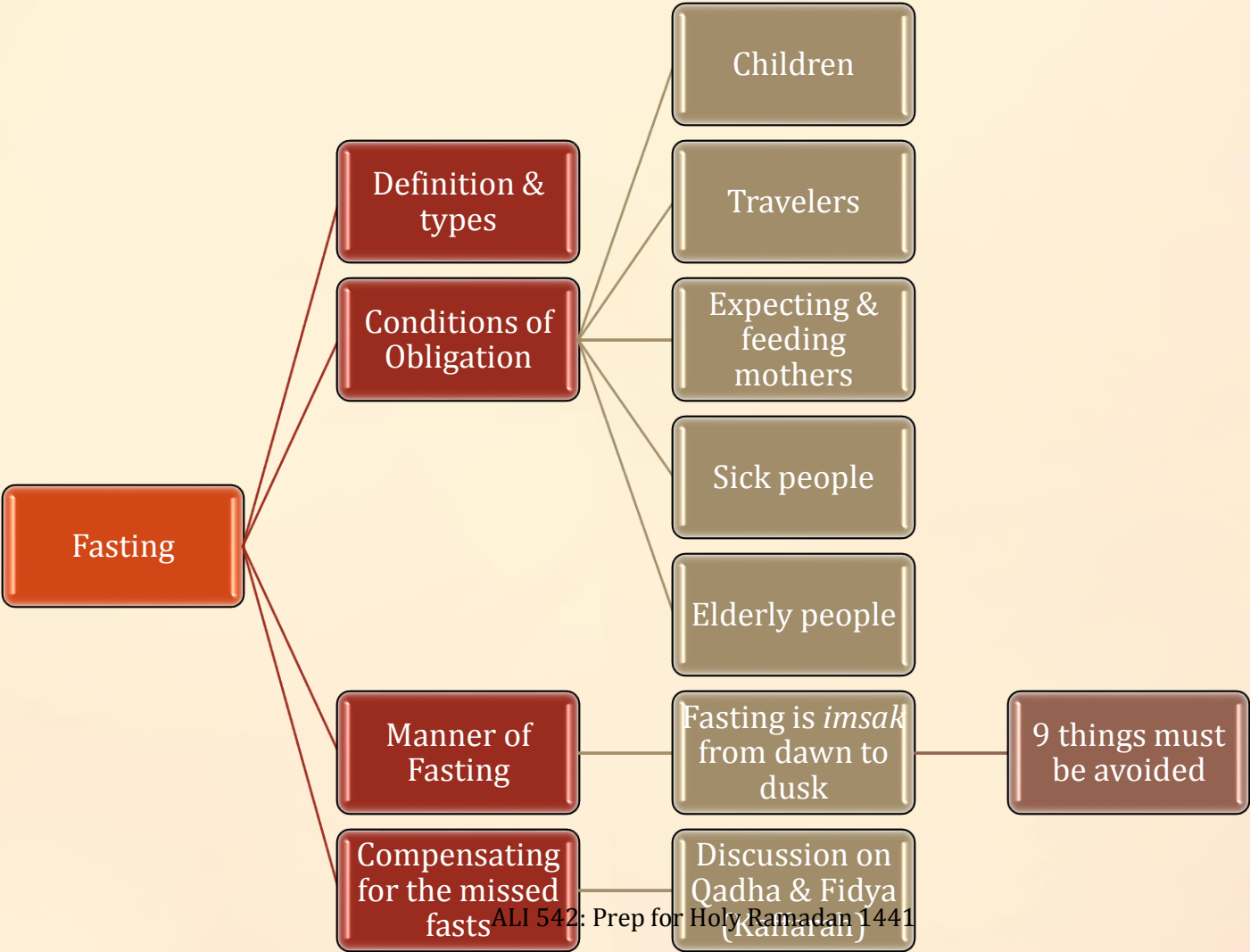
Qaḍā' prayers » Timing someone to perform prayers (1)

- CHAPTER FOUR » Fasting (Ṣawm)
- Fasting » Intention (niyyah)
- Fasting » Things that invalidate (mubṭilāt) a fast
- Fasting » Laws of things that invalidate a fast
- Fasting » Things that are disapproved (makrūh) for a fasting person to do
- Fasting » Times when it is obligatory (wājib) to both make up (qaḍā') and give recompense (kaffārah)
- Fasting » Recompense (kaffārah) of a fast
- Fasting » Times when it is obligatory (wājib) to only make up (qaḍā') a fast
- Fasting » Laws of a lapsed (qaḍā') fast
- Fasting » Laws of fasting for a traveller
- Fasting » Those on whom fasting is not obligatory (wājib)
- Fasting » Ways of establishing the first of the month
- Fasting » Unlawful (ḥarām) and disapproved (makrūh) fasts
- Fasting » Recommended (mustaḥabb) fasts
- Fasting » Times when it is recommended (mustaḥabb) for one to abstain from things that invalidate a fast
- CHAPTER FIVE » Spiritual Retreat (T'ṭikāf)

Type here to search

2:39 AM 4/18/2020

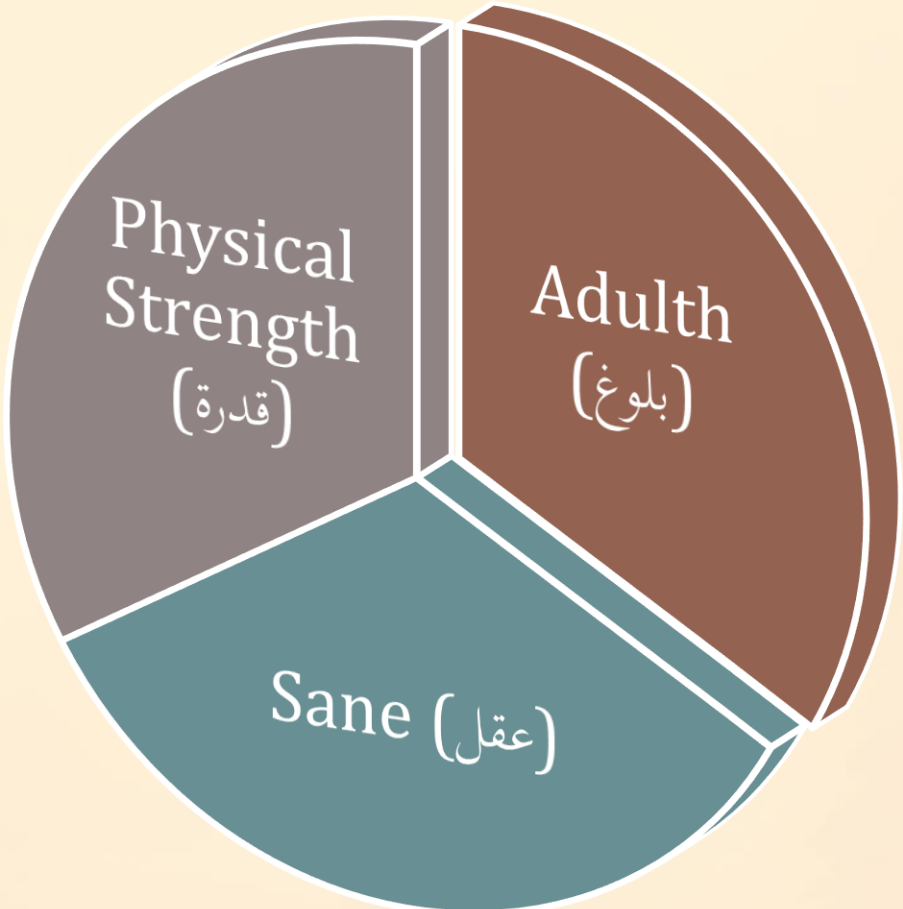
# Overall Structure



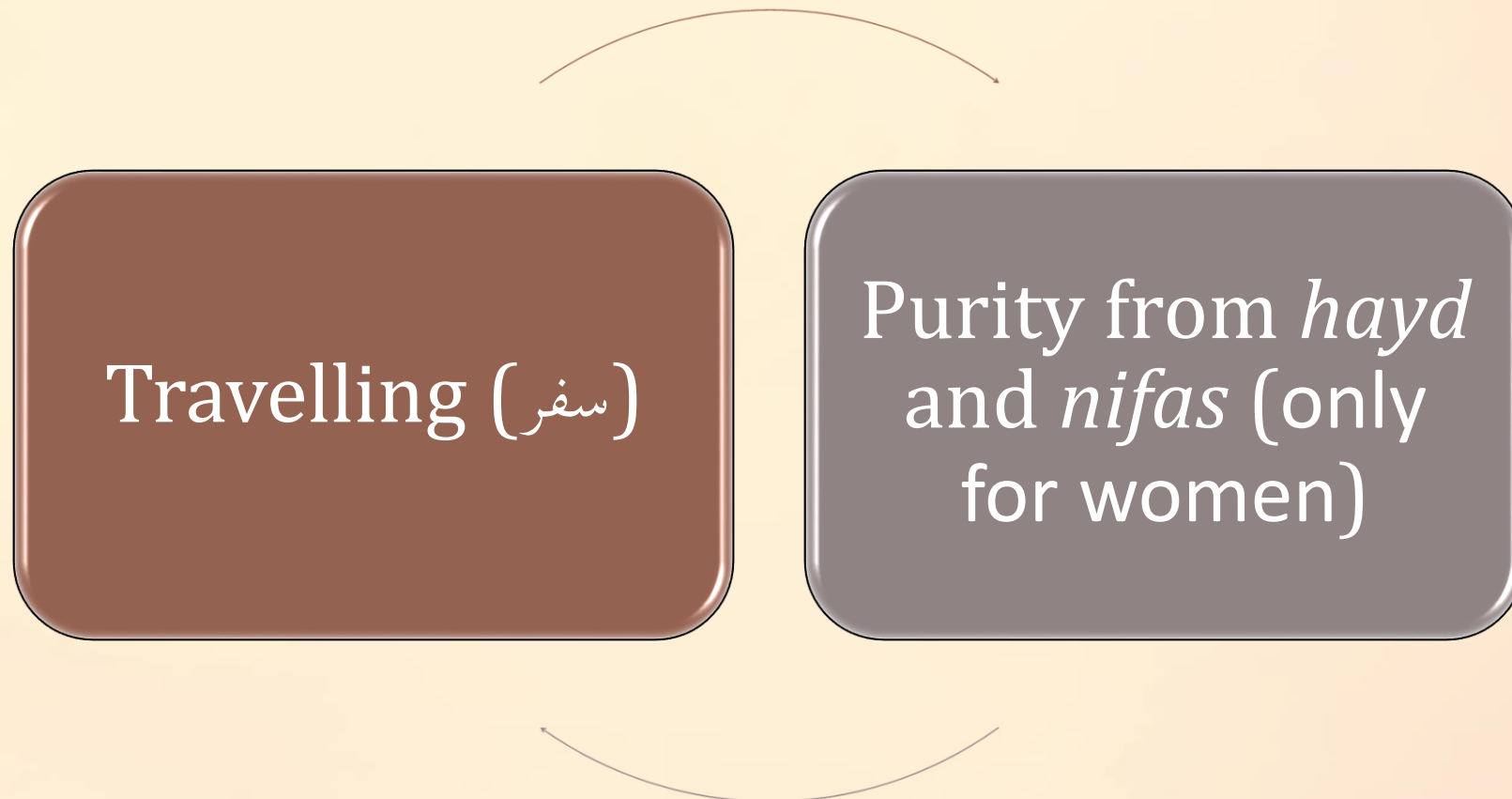
# Conditions of Fasting

with focus on special groups

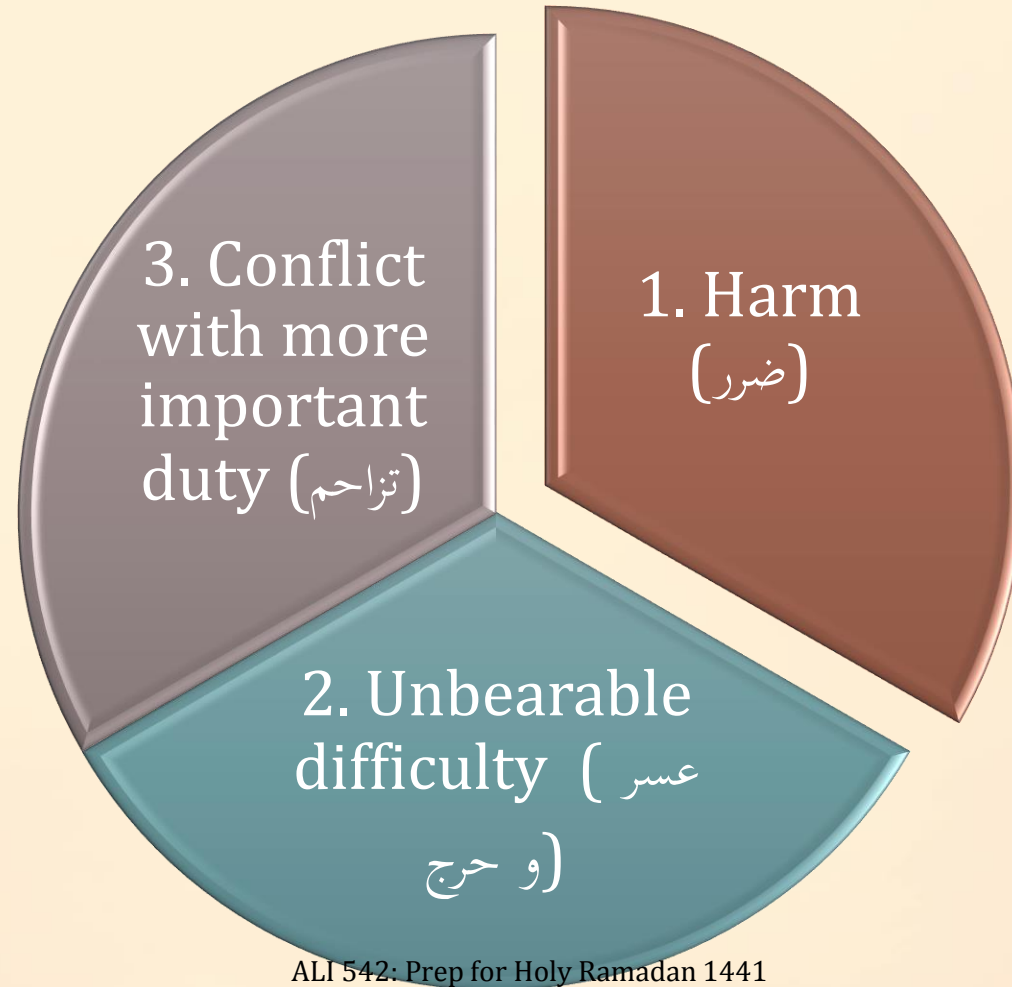
# Common general conditions



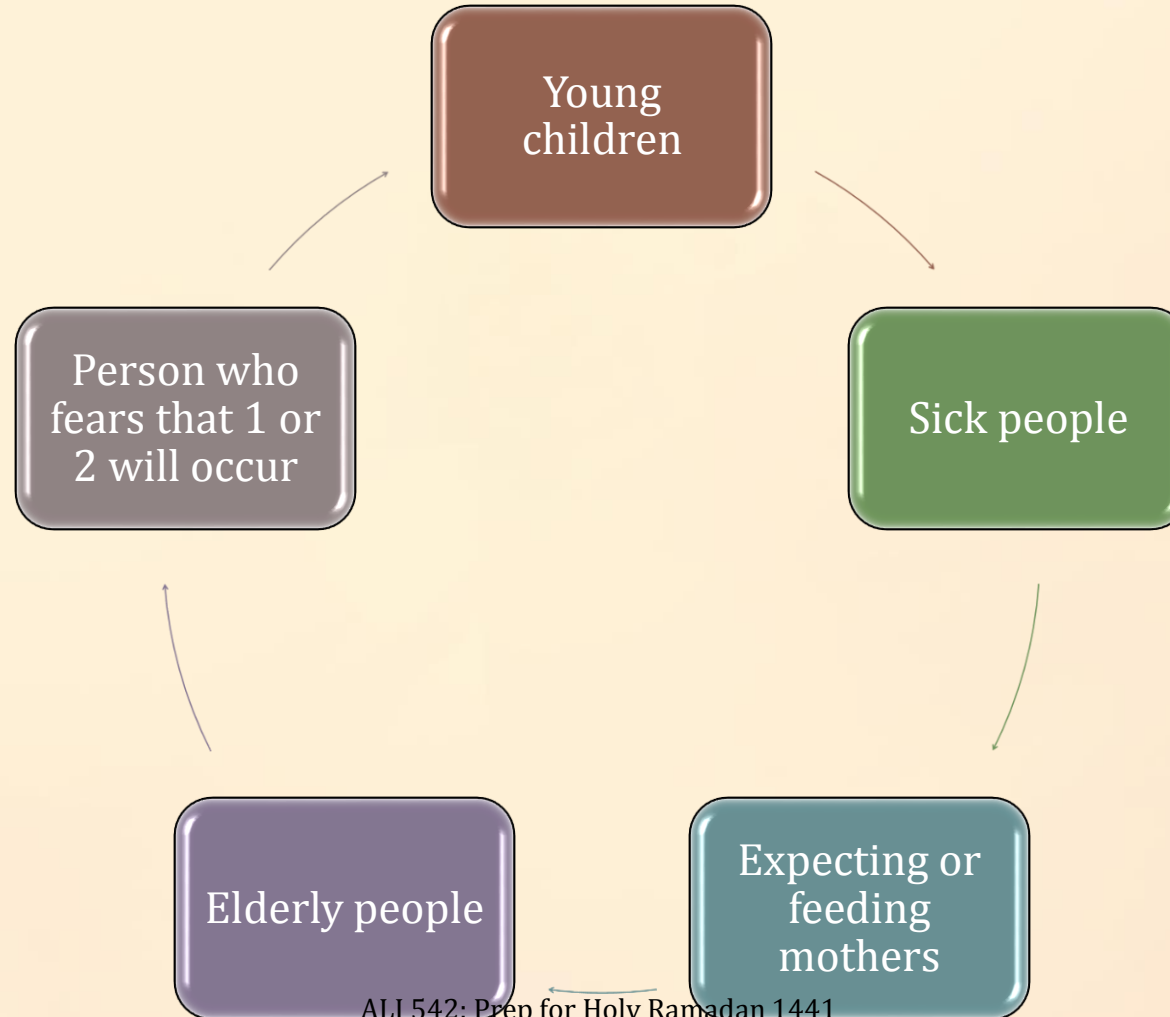
## Specific to fasting



# General rules of exceptions



# Examples of condition 1 & 2





# What is harm (ضرر) and how to assess it?



# What if someone fasts despite the fear of harm?

- If there is harm (and the harm is extreme: Sistani), I have sinned and the fast is invalid.
- Otherwise, if I turn out to be okay, the fast is valid.

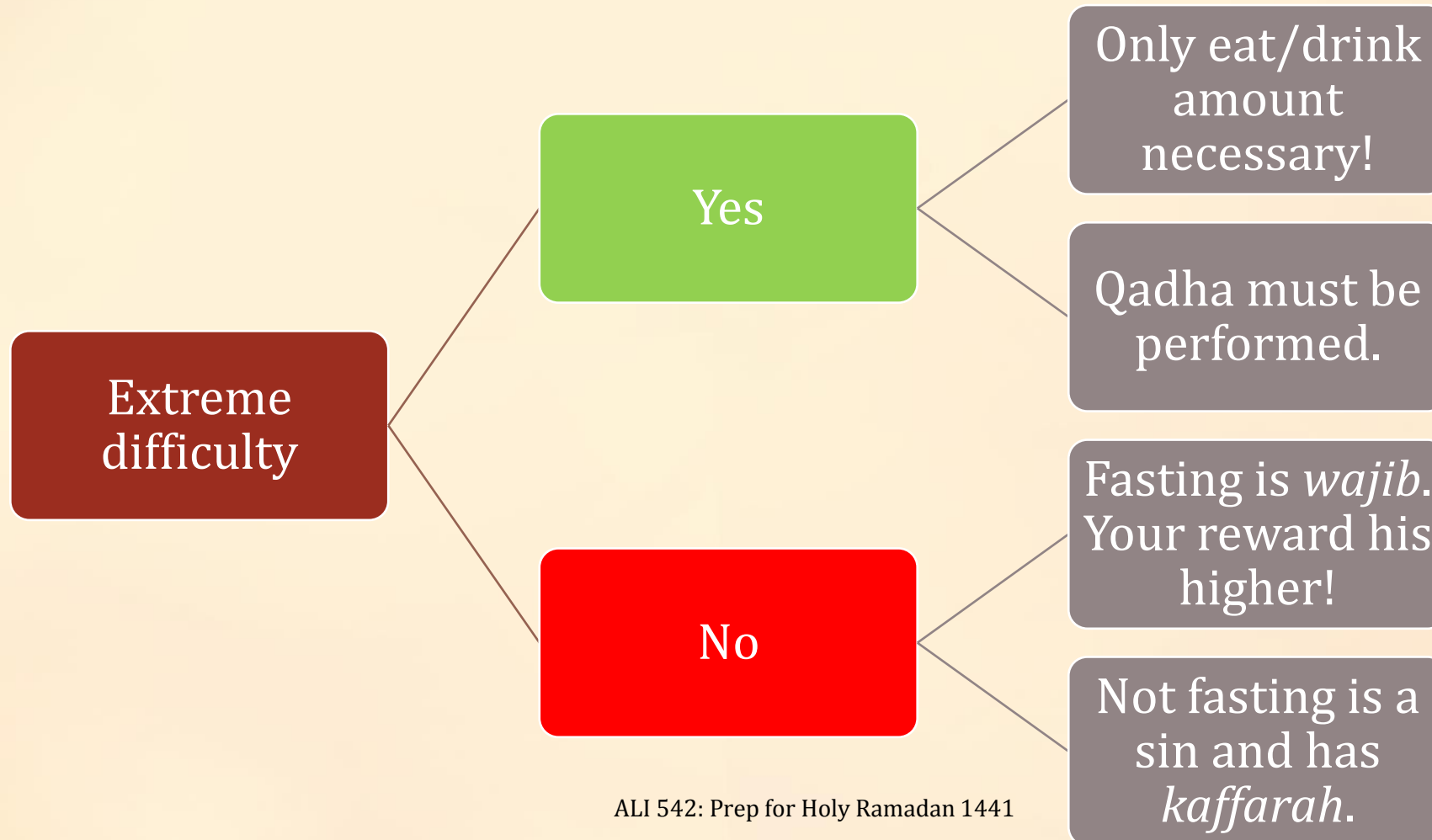
# *Baligh*

what if they are too young to fast?

# The Right Attitude – We need to prepare our children



# If they cannot fast, rules of exception come in



Same algorithm applies in case of extreme difficulty to...



*Sick people*

how should they conduct themselves?

Fasting is not obligatory if I'm sick and I fear (on rational grounds) ...

Intensify my sickness



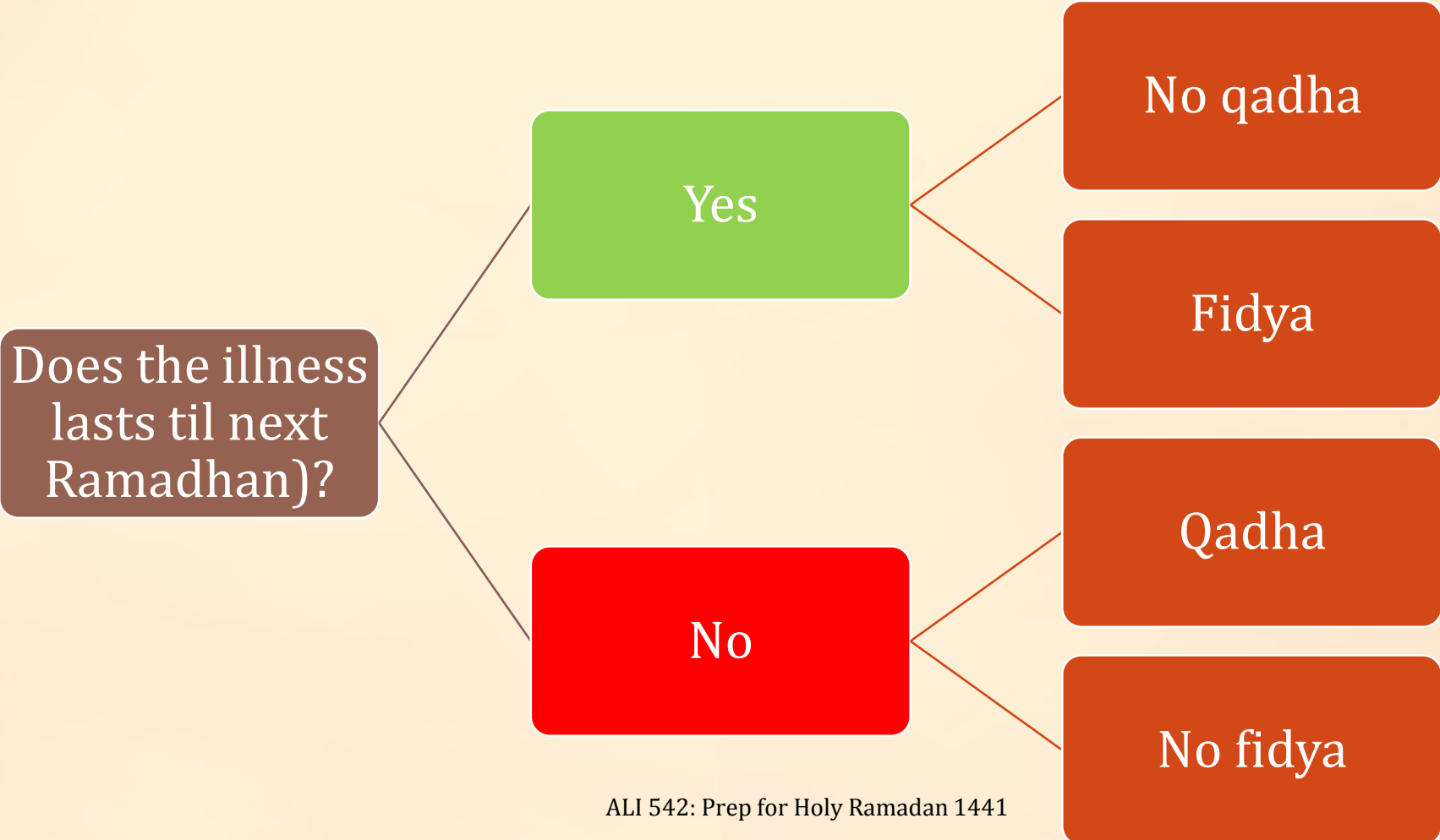
Prolong my recovery



Increase the pain



# What is the consequence if I don't fast due to sickness?



# *Expecting & feeding mothers*


same principle of *harm* applies here...

# Expecting mother

Fasting is not *wajib* if she fears harm for the child



Ayatullah Sistani – If harm is considerable it is *haram*  
Ayatullah Khamenei – It is *haram* even for regular harm



Close to delivery – Qadha + Fidya  
Not close to delivery – Only Qadha

# Feeding mother

Fasting is not *wajib* if she fears harm for the child



Ayatullah Sistani – *Ihtiyat Wajib* to use alternate if available.

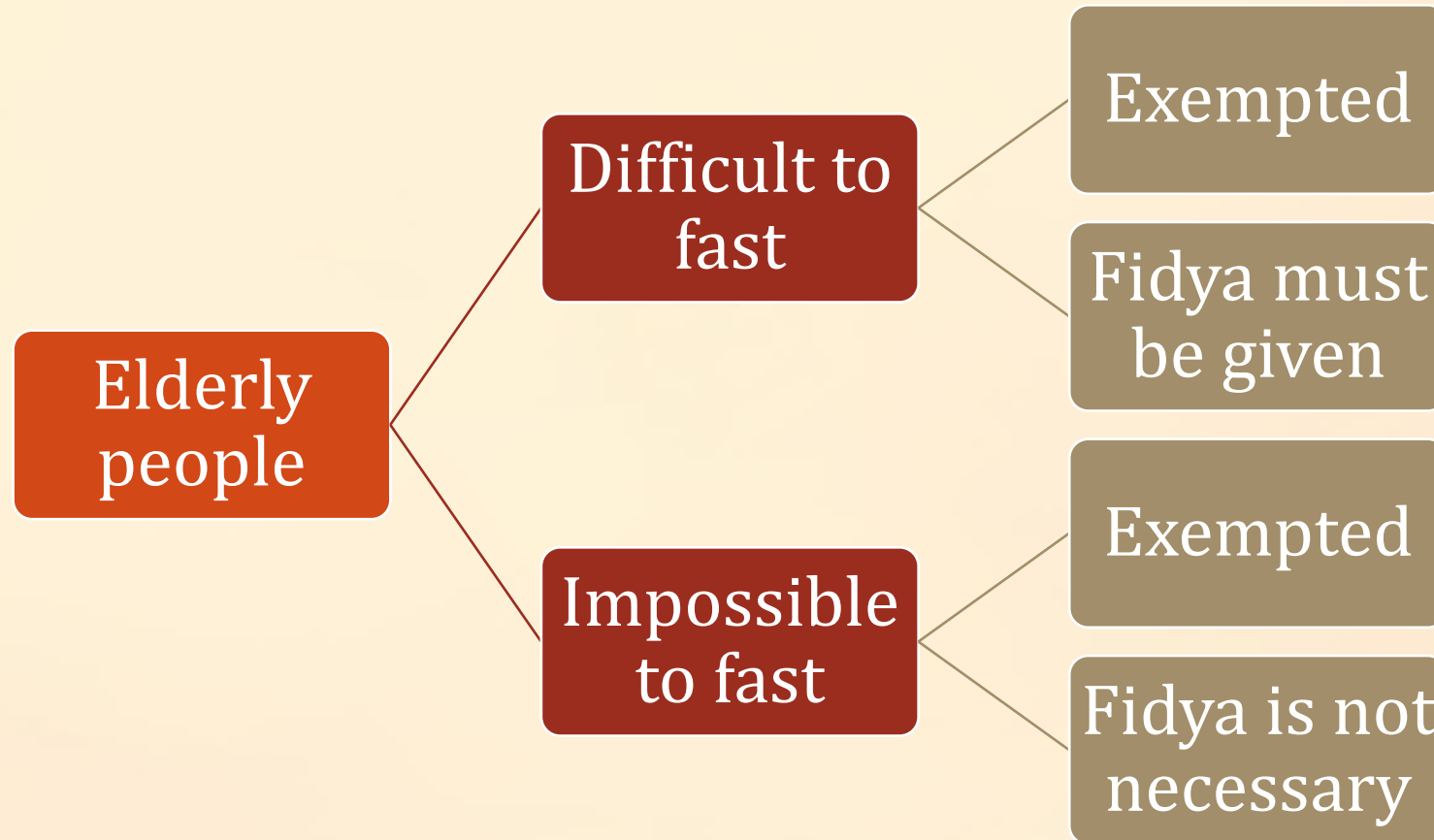


Consequence – Qadha + Fidyah

# *Elderly*

There are some specific rules

# If they cannot fast, rules of exception come in



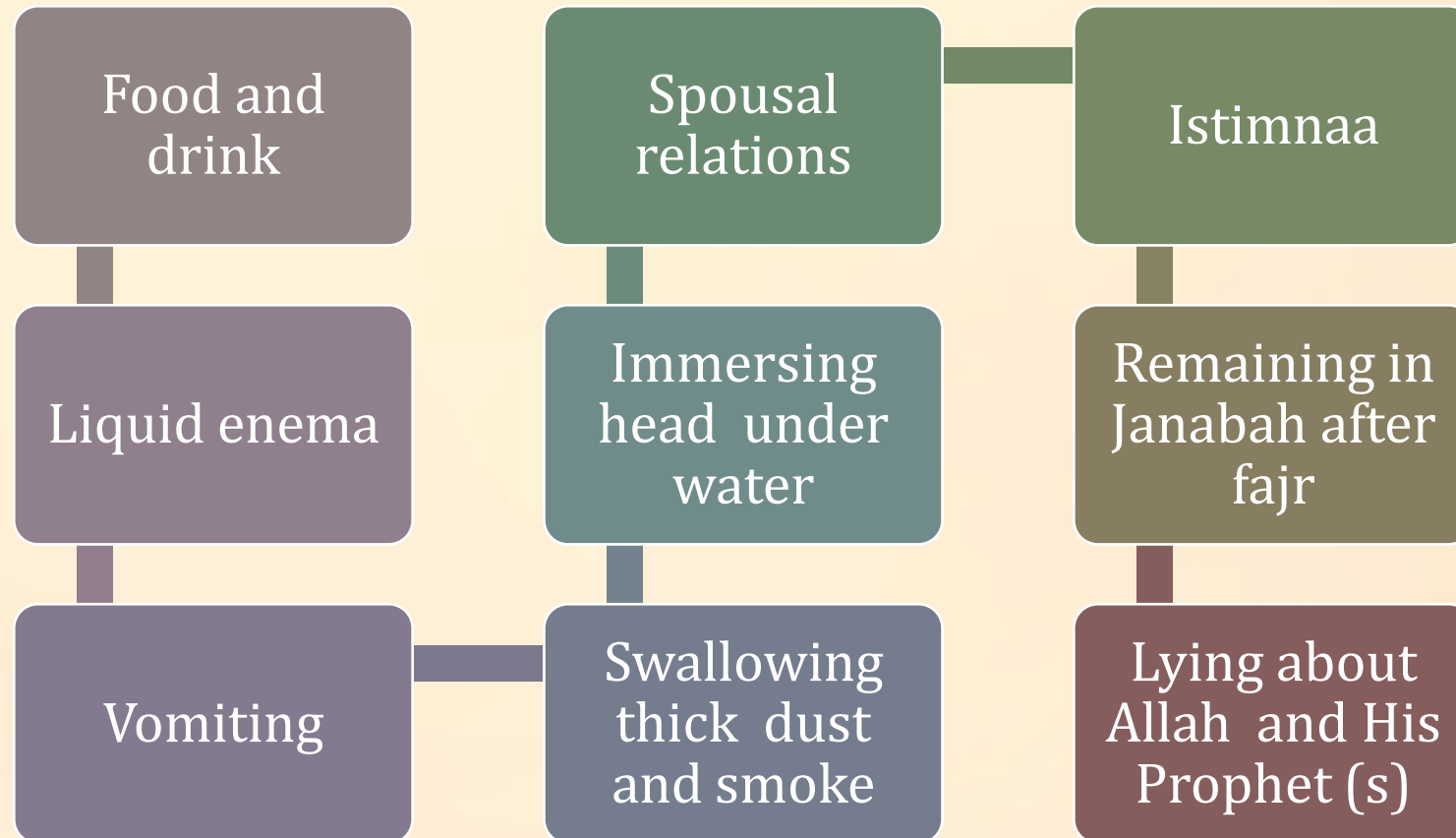
Note: According to Ayat. Khomeinii, if an elderly person regains ability to fast, it is ihtiyaat waajib to make up the fasts that are missed.



# Manner of Fasting

Crux of fasting is *imsak* and controlling the self!

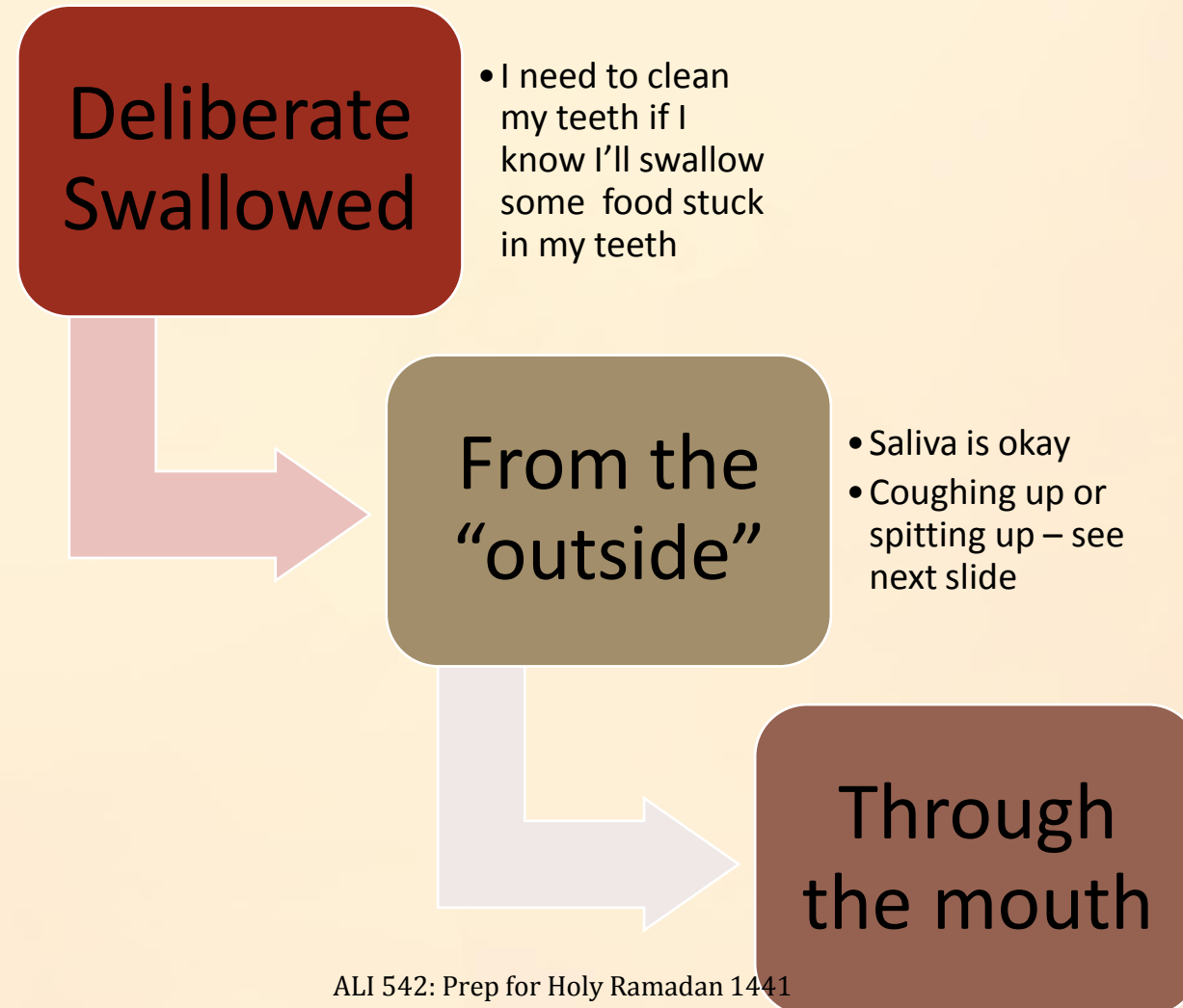
# Refrain from 9 Things from Fajr till Maghrib





# Eating & Drinking

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



# Coughing up phlegm, congestion, mucous



Does it come into your mouth?

Yes

Ayat. Sistani: Better to not swallow  
Ayat. Khameini: Ihityaat waajib to not swallow

If swallowed deliberately, qadha + kaffarah.

No

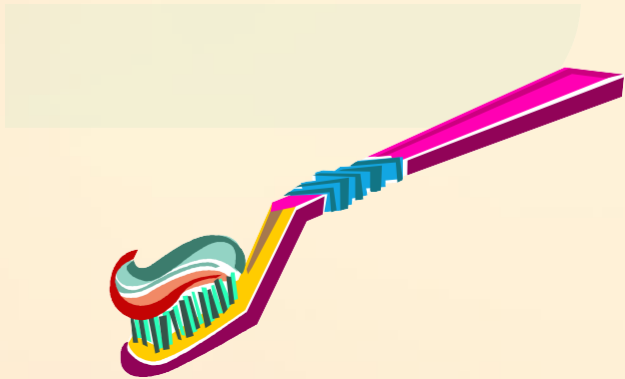
Okay to swallow it back down

# Can I rinse my mouth with water when fasting?

- Yes, as long as you don't swallow
- Makrooh to do so to without a valid purpose
- 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

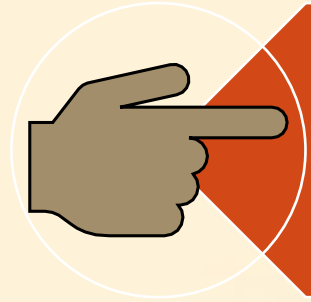
Using a wet toothbrush / stick is makrooh

According to some, using a dry brush is mustahab

# Sexual matters

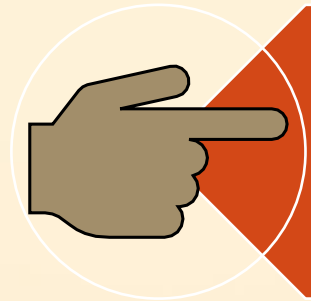
spousal relationship, istimna, etc.

# These things break the fast as well

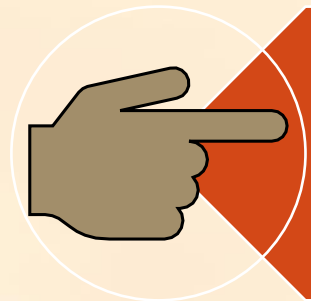


## Sexual intercourse

- Kissing and other acts that will lead to something that would cause the fast to break is not allowed



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
- If haydh/nifass starts before maghrib then fast is invalid and qadha is needed

# 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
- 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.

- Ayat. Sistani: If I oversleep, have to give qadhaa.

- Ayat Khomeini: If I wake up again and go back to sleep and oversleep, have to give qadhaa.

- After fajr, my fast is intact

- If it happens while asleep after fajr: my fast is intact



Can I take medicine?

## 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. Khomeini: ok, Ayat. Sistani: better to avoid)
- Food- base injections (Ayat. Sistani: better to avoid, Ayat. Khomeini: ihtiyaat waajib to avoid)
- Vaccination (Ayat. Khomeini: as long as the vein is not injected)

Vomitting



# 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)

Inhaling dust & thick smoke

# 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!

Submerging head in water

# 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



Some things to Avoid



# Better to avoid...



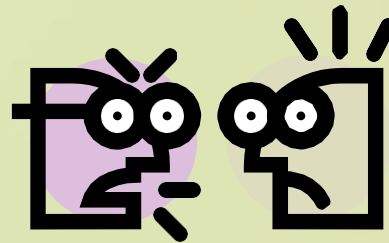
Rinsing with water excessively



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



# Compensation for the missed fasts

only a bit about Kaffarah...

# Kaffarah

- Penalty for deliberately breaking one's fast: Qadha, plus, for each day, either:
  - Feeding 60 poor people to their fill or giving each one *mudd* of food (can't be individual who are *wajib al-nafaqah*) (Sistani: ihtiyaat waajib that it be a mu'min)
- OR
  - Fasting for two months
- When the fast is broken with something *haram*, it is ihtiyaat mustahab to give both kaffarahs
- See sources for laws regarding when one is unable to do either of these

# When does Kaffarah apply?

- When one of the following is done *intentionally*:
  - Eating / drinking
  - Sexual intercourse
  - *Istimnaa'*
  - Remaining in state of *janabah* til Fajr
- If one was ignorant about one of these acts breaking one's fast, Kaffarah does not apply, unless his ignorance was not excusable and he wasn't sure about it being okay to do.

# End of the Session

kazimb@gmail.com