

ALI 681: Ramadan Prep

FAQ about Rules of Fasting in the Month of Ramadhan

According to Fatawa of Ayatullah
Sistani and Ayatullah Khomeini

What We'll Cover insha'Allah

- Fasting for children who are not *baaligh*
- What if I can't bear it?
- Fasting and travel
- Fasting for expecting and feeding mothers
- Fasting for those who are sick
- What if I have qadhaa left over?
- Does X break my fast?
- Taking medicine



Should children who are not
baaligh fast?



Fasting of a non-baaligh

- Imam Sadiq (peace be upon him) said: “And at the age of 7, we ask our children to fast to their capability, either half of the day or more or less, and we order them to break their fast when they become hungry or thirsty. This is so that they become used to fasting. Thus you should ask your [male] children to fast at the age of 9, and tell them to break their fast when they are thirsty or hungry.” (*Usul al-Kafi*)



Practical Suggestions

- Fasting before physical maturity has developed: should not be encouraged
- Fasting after the physical maturity has developed, but before coming of age: should be encouraged to break fast when they are thirsty or hungry
- Avoid asking young children, “Are you fasting today?” or somehow hint it is better to fast for a child who has not come of age to fast the entire day



What if I can't bear it?



Is my nine year old daughter too young to fast?

- Fasting is an obligation on those who have come of age unless it entails significant harm or unbearable difficulty
- The human body is amazing at being able to adapt
- The social effect of having a community fast together is amazing



What if I'm fasting and things get difficult?

Will continuing involve **unbearable weakness** or **extreme difficulty**?

Yes

No

Will continuing make you incapable of performing work which is *essential* to your livelihood?

No

Bear the difficulty with patience!

Yes

Eat / drink the amount necessary, refrain from eating / drinking any more, do *qadha*



What if fasting will make me sick or harm me?

- If I fear (based on rational grounds) that I will be harmed by fasting, fasting is not obligatory
 - Example: By fasting, I won't be able to take some heart medicine at the right time which could in turn result in heart issues.
- Consequence: Qadhaa



What does the doctor say?

- Doctor's opinion can be the source of the fear of harm
 - Example: I go for a checkup and the doctor tells me that fasting is not good for my diabetes situation. His/her word causes me to fear that fasting will cause me harm.
- But, if I'm certain fasting won't cause me any harm despite what the doctor says, I must fast



What if I fast despite the fear of harm?

- If there is harm (and the harm is extreme: Sistani), I have sinned and the fast is invalid.



Fasting is invalid if I'm not sick but...

- If I fear (based on rational grounds) I will get significantly sick by fasting.
- Example: I just recovered from an infection and today is my day to recuperate. If I fast, I fear that I won't recuperate properly and the infection will come back.
- Consequence: Qadhaa



What about the elderly?

Exempted if difficult
to fast

FIDYA

Exempted if
impossible to fast

NO FIDYA
(IW there is
for Ayatullah
Khamenei)



What if I get sick?



Fasting is not obligatory if I'm sick and...

- I fear (based on rational grounds) it will
 - intensify my sickness or
 - prolong my recovery or
 - increase the pain.

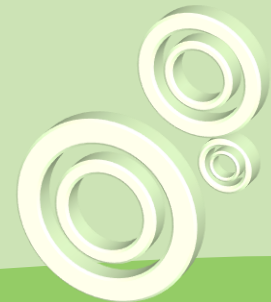
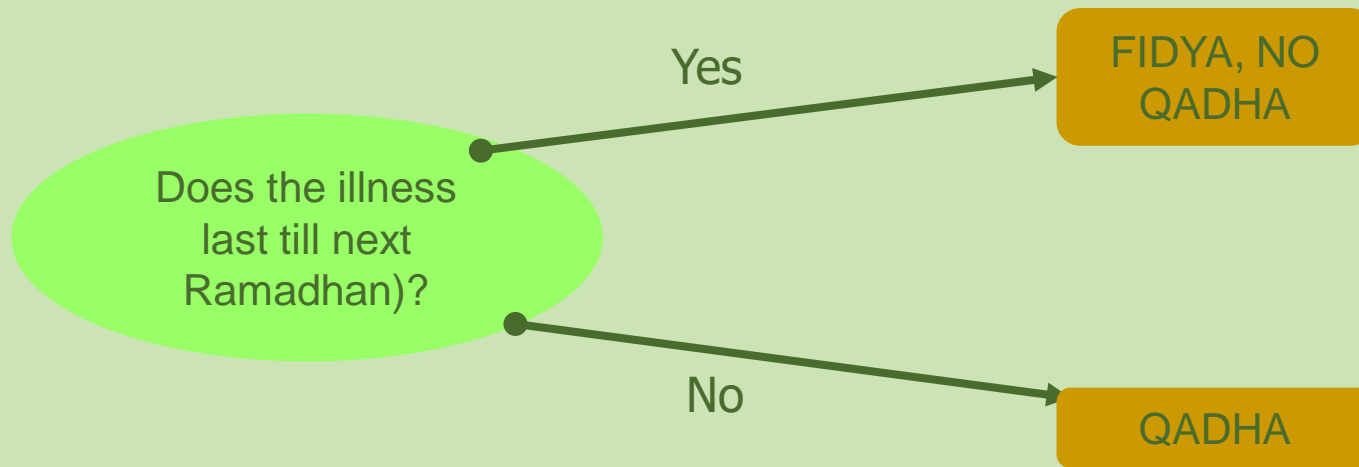


Examples of one's responsibility when sick

- I am sick and I need to constantly drink fluids to get better (fasting is invalid, qadhaa is necessary)
- I have a mild cough and fasting might keep my throat feeling uncomfortable (fasting is valid and necessary)
- Ayat Sistani: If the harm is extreme, fasting is a sin! Ayat. Khomeini: Fasting is a sin if there is harm, whether or not it's extreme.



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



Should expecting mothers or
mothers who are feeding
fast?



If a woman is expecting

If she fears (based on rational grounds) that fasting will harm her or the child's health, fasting is not obligatory. And if this harm is dangerous, fasting is prohibited.

Ayat. Khomeini: In the case of harm, fasting is prohibited.

Example: After the ultrasound she is told by the doctor to eat frequent meals to ensure proper growth of the child.



If a woman is expecting,

Consequence of woman not fasting in scenario describe on previous slide:

If she is close to delivery: qadhaa + fidyah

If she is not close to delivery: qadhaa



If a woman is breastfeeding and her milk supply is low,

If she fears (based on rational grounds) that fasting will harm her or the child's health, fasting is not obligatory.

Ayat. Sistani / Imam Khumayni: *Ihtiyaat waajib* for her to use an alternative if available.

To discuss: Is using formula a valid alternative?

Consequence: qadhaa + fidyah.



What effect does traveling
have on my fasting?



Am I allowed to travel during the month of Ramadhan?

- Yes, although doing so can be *makrooh* in some circumstances
- It is *ihtiyaat mustahab* for a traveler to stay away from food, drink, and sexual intercourse during the daytime of the month of Ramadhan



If I travel, I am exempted from fasting and my fasting is invalid unless...

- I am planning to stay in a place for ten days or more
- I am considered to be a 'frequent traveler'
- I am traveling to my '*watan*'
- The travel is sinful



I am allowed to break my fast when traveling

- As soon as I intend to travel the required distance (approx. 22 km) away from the city border and I have crossed the *hadd al-tarakkhus* (where a traveler has gone far enough to be hidden from the sight of city-dwellers)
 - Note: The ruling is slightly different if I am traveling away from a place of temporary residency.



What if I have *qadhaa* fasts
to make up?



What if I don't know how many to make up?

- If I'm unsure whether I have to make up, for example, 10 or 15 fasts, 10 is wajib
 - Ayat Khamenei: Except when you know when you stopped fasting (for example 10th of Ramadhan) but unsure about the end date of your travel (for example 15th or 16th)

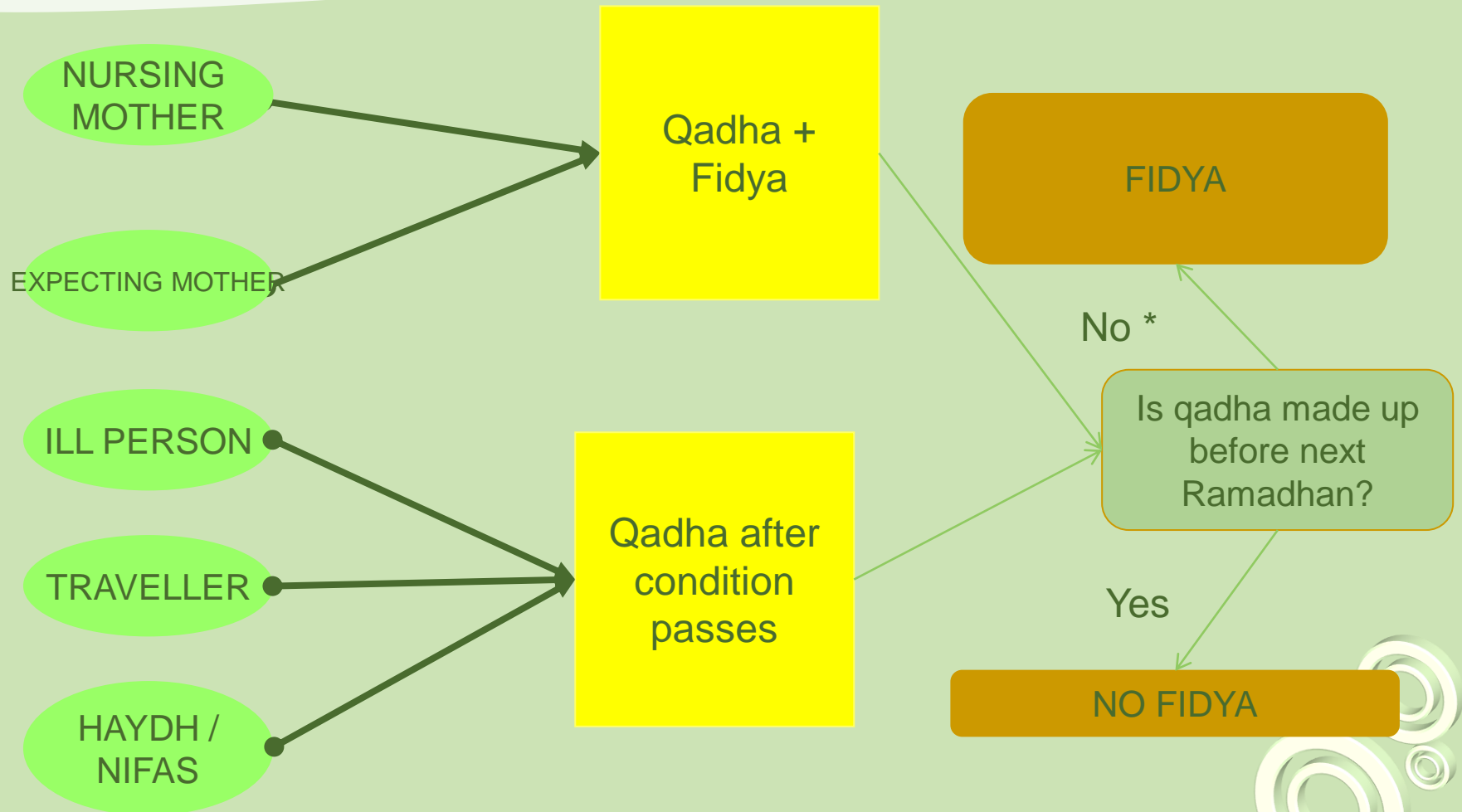


Do I have to make up a qadhaa fast before the next month of Ramadhan?

Ayat. Sistani: *mustahab*. Ayat Khamenei: *ihtiyaat waajib*. But in either case, if next month of Ramadhan comes, *fidyah* will be *wajib* as well. Example: In Ramadhan 1435 I missed a fast due to illness. If I'm able to make it up before Ramadhan 1436 but I don't, I will still owe the qadhaa fast as well as *fidyah*.



Those who do have to give qadhaa



About fidyah

- Fidyah is one mudd = 3/4 kg of food (better to give wheat) to a poor Muslim (Sistani: shi`ah)
 - This is different than just feeding someone a meal
- Fidyah for multiple days can be given to one person
- Must be delivered as food (not as money to buy food)
 - Exception (Ayat. Khomeini): when the recipient can be trusted as a *wakeel*
- Can appoint a *wakeel* (like a trusted charity) who will take money and distribute
- Does not need to be given right away but shouldn't be delayed negligently



What breaks my fast?



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?

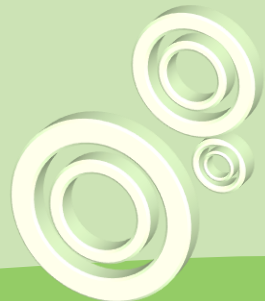
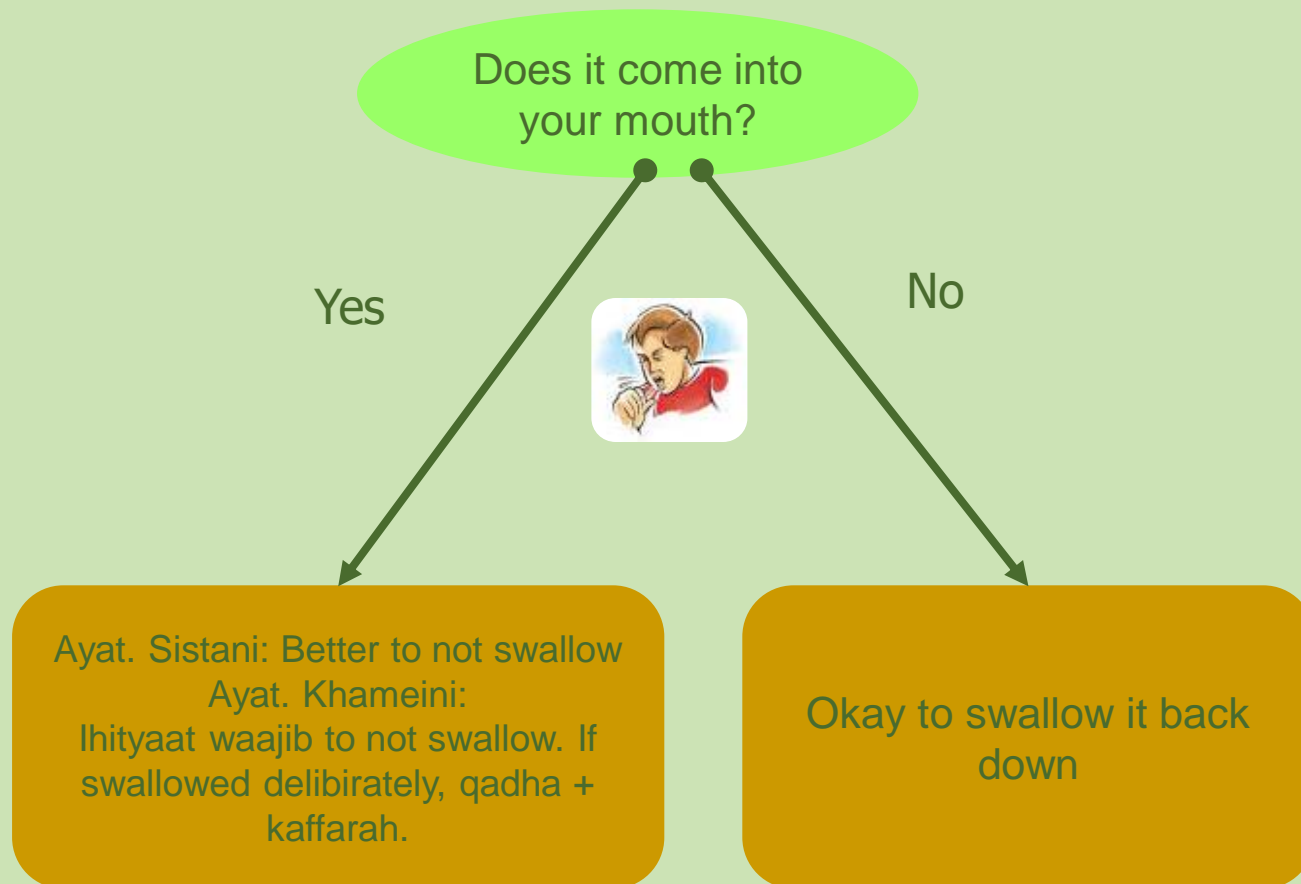


In order for my fast to be broken, eating/drinking has to be...

- 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



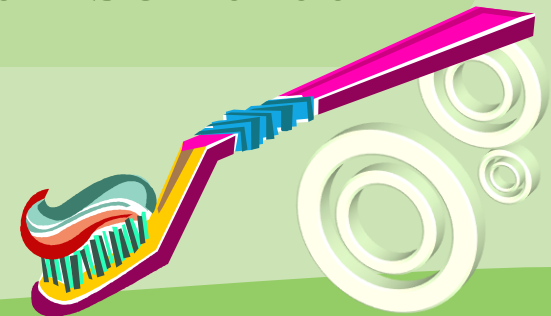
Can I rinse my mouth with water when fasting?

- Yes, as long as you don't swallow
- Makrooh to do so to without a valid purpose
- In some cases if it is swallowed then qadhaa is necessary

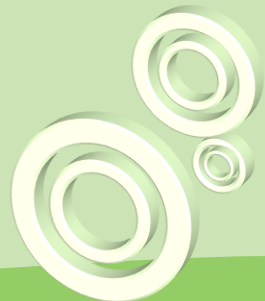
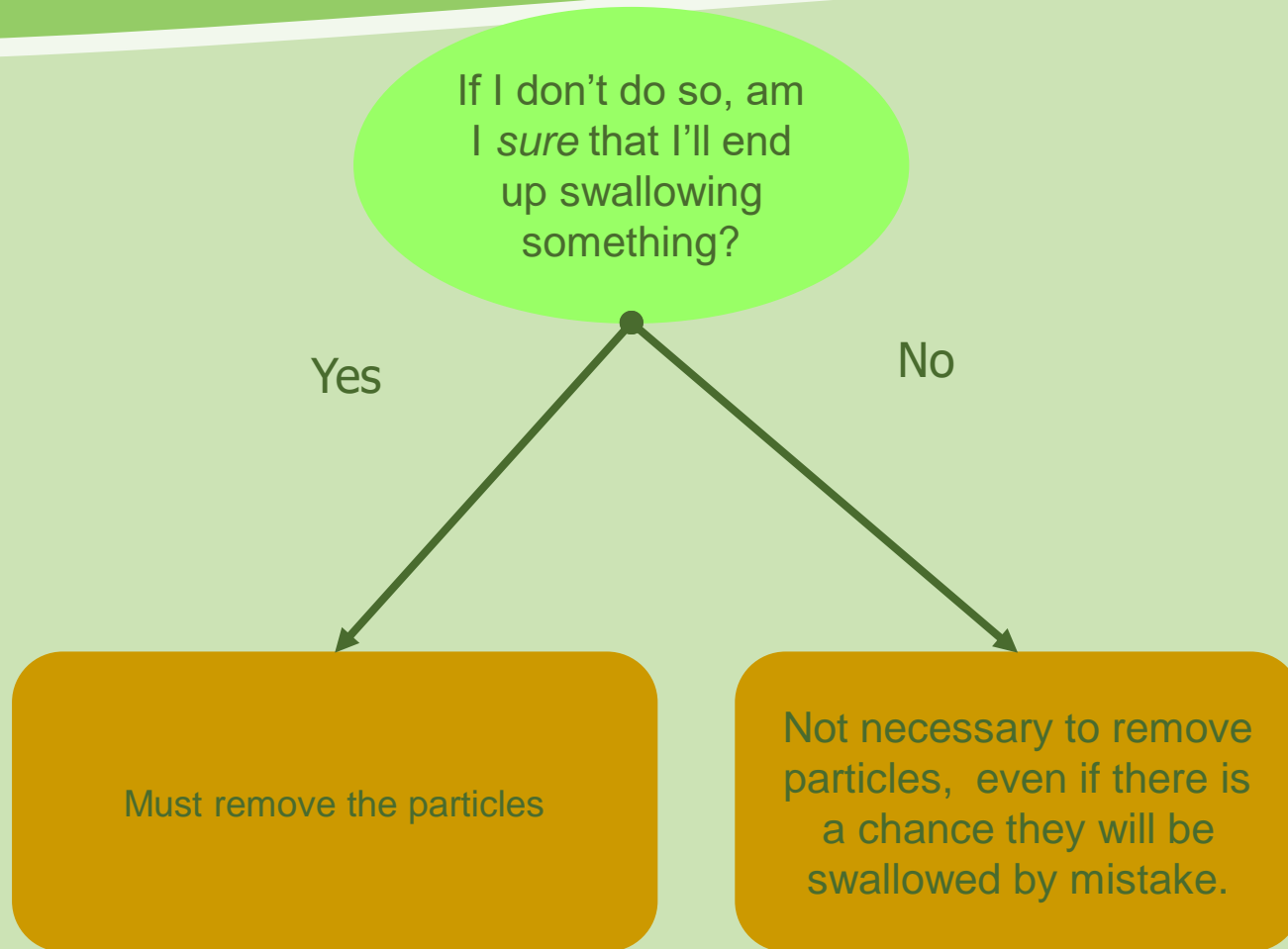


Can I clean my teeth?

- 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
- Troubling others with bad breath can be haraam



Do I have to floss or use a toothpick to remove any food particles before fasting?



Vomiting

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



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