

The Laws of Fasting

Part 2



tasneeminstitute
ENRICHING THE SOUL

What Invalidates My Fast?

- **1.Eating and drinking** الأكل والشرب
- If you intentionally eat or drink anything, your fast is invalid.
- the definition of eating and drinking is to ingest something by way of your throat

Actions That Do Not Break Your Fast

- Accidentally ingesting something
- Using eye, nose, or ear drops
- Using an I.V drip
- Injection
- Applying medication on an open wound
- Swallowing saliva

Actions That Do Not Break Your Fast

- Swallowing phlegm (better not to swallow if it enters the mouth)
- Tasting food without swallowing it
- Brushing your teeth (as long as you do not willfully swallow any toothpaste)

What Invalidates My Fast?

- **2. Sexual Intercourse** الجماع
- Intercourse invalidates the fast
- No other intimate activity invalidates the fast unless it results in seminal emission
- It is makrooh to engage in other intimate activity

What Invalidates My Fast?

- **Note:** It is permissible to engage in intimate relations with your spouse during the nights of Ramadan because of the following verse:

What Invalidates My Fast?

أَحِلَّ لَكُمْ لَيْلَةَ الصِّيَامِ الرَّفَثُ إِلَى نِسَائِكُمْ هُنَّ لِبَاسٌ لَكُمْ وَأَنْتُمْ لِبَاسٌ
لَهُنَّ عِلْمٌ مِمَّا اللَّهُ أَنْكُمْ كُنْتُمْ تَخْتَانُونَ أَنْفُسَكُمْ فَتَابَ عَلَيْكُمْ وَعَفَا عَنْكُمْ
فَالآنَ بَاشِرُوهُنَّ وَابْتَغُوا مَا كَتَبَ اللَّهُ لَكُمْ

“You are permitted, on the nights of the fast to go to your wives. They are a garment for you, and you are a garment for them. God knew that you were betraying yourselves, so He relented unto you and pardoned you. So now lie with them and seek what God has prescribed for you...” Quran 2:187

What Invalidates My Fast?

- **3. Masturbation** الاستمناء
- Self-gratification is haram in all circumstances for men and women. It breaks your fast if it results in seminal discharge or climax.
- Intentionally doing anything that causes ejaculation invalidates the fast and is a sin
- Any seminal emission that takes place during sleep does not break your fast.

What Invalidates My Fast?

عن عبد الرحمن الحجاج في الصحيح قال سئلت سألت أبا عبد الله
(ع) عن رجل يعبث باهله في شهر رمضان حتى يمى قال عليه
الكفارة مثل ما على الذي يجمع

Abdul Rahman b. al-Hajjaj reports: “I asked Aba Abdillah (a.s) about a man who engages in foreplay with his wife in the month of Ramadan until he ejaculates. He said: He must pay the same kaffara as one who engages in sexual intercourse.”

What Invalidates My Fast?

- **4. Intentionally remaining in a state of Janaba until Fajr** **تعمد البقاء على الجنابة الى الفجر**
- What makes me Junub?
 1. Sexual intercourse
 2. Reaching climax and/or ejaculation.

What Invalidates My Fast?

روى أبو بصير ، عن أبي عبد الله (عليه السلام)

في رجل ، أجنب في شهر رمضان ، بالليل ، ثم ترك الغسل متعمداً حتى أصبح ؟

قال (عليه السلام) : يُعتق رقبة ، أو يصوم شهرين متتابعين ، أو يطعم ستين

مسكين...

Abu Basir once asked Imam al-Sadiq about a man who becomes mujnib in the night during the month of Ramadan and intentionally neglects ghusl until morning. The Imam replied: He must free a slave, or fast two consecutive months or feed 60 poor people..."

What Invalidates My Fast?

- **Question:** If I become Junub at night during Ramadan (through sexual activity or a wet dream) what should I do?

What Invalidates My Fast?

Answers:

1. If you perform ghusl right away, you are safe.
2. If you make a conscious decision to wake up in time to make ghusl before Fajr, there are two scenarios.

What Invalidates My Fast?

- Scenario 1:

You feel confident you will wake up. If you do not wake up your fast is correct. If you wake up and then fall asleep a 2nd time, then your fast is invalid and you must make it up.

What Invalidates My Fast?

- Scenario 2:

You do not feel confident you will wake up. If you do not wake up until after Fajr your fast is invalid and you must make it up.

What Invalidates My Fast?

- If there is not enough time to perform a ghusl you must do tayammum before Fajr
- If you do not leave yourself enough time to even do tayammum, your fast is invalid and you must make it up and pay kaffarah.

What Invalidates My Fast?

- **5. Inhaling thick dust and smoke**

إيصال الغبار الغليظ الى الحلق

- As a precaution, you must not intentionally allow thick dust or smoke to reach your throat

What Invalidate My Fast?

- Therefore, smoking is not permitted
- If you are at risk of exposure to dust or smoke, you should wear a mask
- Accidental inhalation is fine
- Inhaling or ingesting thin smoke or dust is fine
- Inhalers are permissible to use

What Invalidates My Fast?

- **6. Intentional vomiting** **تعمد القيء**
- Intentionally vomiting nullifies the fast even if it is necessary to expel a poison or relieve an upset stomach
- Unintentional vomiting does not break your fast
- Vomit that does not reach the throat and goes back down does not break the fast

What Invalidates My Fast?

روى الحلبي : عن الإمام الصادق (عليه السلام) :
إذا تقياً الصائم ، فقد أفطر ...

Al-Halabi reports that Imam al-Sadiq said: If a fasting person vomits, they break their fast...”

What Invalidates My Fast?

- **7. Taking a Liquid enema الإحتقان بالمائع**
- An enema is medication that is administered through the rectum
- Liquid enema breaks the fast, not solid ones

What Invalidates My Fast?

سأل أبو نصر عن أبي الحسن (عليه السلام) :
عن رجل يحتقن ، تكون به العلة - في شهر رمضان - ؟
فقال : الصائم ، لا يجوز له أن يحتقن

Abu Nasr asked Imam al-Ridha about a man who uses an enema in the month of Ramadan due to an illness. He replied: It is not permissible for someone who is fasting to use an enema.”

What Invalidates My Fast?

- **8. Intentionally lying about God, His messenger or the Imams**

• الكذب على الله أو رسوله أو أحد المعصومين

- Intentionally lying about God, Prophet Muhammad, and as a precaution, about the Imams breaks your fast.
- We need to be careful about attributing traditions to the Ahlul Bayt without verifying

What Invalidates My Fast?

قال أبو بصير : سمعت أبا عبد الله (عليه السلام) يقول :
إنَّ الكذب على الله ، وعلى رسوله وعلى الأئمة ، يفطر الصائم

Abu Basir said: I heard Imam al-Sadiq say: Verily, lying about God and about His messenger and about the Imams breaks the fast.”

What Invalidates My Fast?

- **9. Immersing head in water** رمس الرأس في الماء
- Immersing the head in water, partially or completely does not invalidate your fast; but it is makrooh to do so, according to Ayatollah Sistani.
- Most of our jurists believe it does break the fast. So those who do not do taqleed of Ayatollah Sistani must refer to their Marji'

What Invalidates My Fast?

- **Rule of thumb:** The preceding 6 actions only break your fast if:
 - 1. You do them intentionally. Thus, if you accidentally eat or drink, your fast is correct.
 - 2. You do them by choice. Thus, if it so happens that without your choice a bug flies into your mouth and you reflexively swallow, your fast is correct.
- **Note:** If you are forced to eat, drink, or have sex (raped), your fast is invalid, and you must make it up. If you are forced to do any of the other things you must continue the fast and make it up as a precaution

Who is Exempt From Fasting?

- **1. Seniors:**

- -If fasting is impossible:

Qadha: NO

Kaffara: NO

Fidya: NO

- If fasting is extremely difficult

Qadha: NO

Kaffara: NO

Fidya: YES

Who is Exempt From Fasting?

- **2. Polydispic: Those who feel excessive thirst**
- If fasting is impossible

Qadha: Recommended if possible

Kaffara: NO

Fidya: NO

If fasting is extremely difficult:

Qadha: Recommended if possible

Kaffara: NO

Fidya: YES

Who is Exempt From Fasting?

- **3. Pregnant women at full term**
- - If fasting is harmful to them or their fetuses:

Qadha: YES

Kaffara: NO

Fidya: YES

Who is Exempt From Fasting?

- **4. Nursing mothers and wet-nurses**
- If they have insufficient milk and fasting is harmful to them or their fetuses:

Qadha: YES

Kaffara: NO

Fidya: YES

Who is Exempt From Fasting?

- **5. The Insane**

- - If they remained insane the entire day:

Qadha: NO

Kaffara: NO

Fidya: NO

Who is Exempt From Fasting?

- **6. The Unconscious**

- - If they remained unconscious the entire day:

Qadha: NO

Kaffara: NO

Fidya: NO

Who is Exempt From Fasting?

- **7. Children**

- - If they have not yet become baligh:

Qadha: NO

Kaffara: NO

Fidya: NO

Who is Exempt From Fasting?

- **8. Menstruating women**

Qadha: YES

Kaffara: NO

Fidya: NO

Who is Exempt From Fasting?

- **9. Women with postpartum bleeding**
 - - This is bleeding that is seen during childbirth:
Qadha: YES
Kaffara: NO
Fidya: NO

Who is Exempt From Fasting?

- **10. Travelers**

- - All the conditions mentioned earlier apply:

Qadha: YES

Kaffara: No

Fidya: NO

Who is Exempt From Fasting?

- **11. The Sick**
- - If fasting worsens their sickness, delays recovery, increases pain, or even threatens to do any of these:

Qadha: YES

Kaffara: NO

Fidya: NO

Who is Exempt From Fasting?

- **11. The Sick**

- - If their sickness lasts till the following
Ramadan:

Qadha: NO

Kaffara: NO

Fidya: YES

Who is Exempt From Fasting?

- **12. The Healthy**

- - If fasting will likely cause them sickness or harm:

Qadha: YES

Kaffara: NO

Fidya: YES

Making Up a Missed Fast

- Fasts missed for the following reasons do not need to be made up:
 - 1. Fast missed by a senior
 - 2. Fast missed by a polydipsic
 - 3. Fast missed because of insanity from dawn to dusk
 - 4. Fast missed because you were unconscious from dawn to dusk
 - 5. Fast missed before you became baligh
 - 6. Fast missed by a convert before he or she became Muslim

ALL other fasts must be made up

How Do I Make Up For Missed Fasts?

- There is no time constraint on making missed fasts, though it is better not to delay it till the following Ramadan
- If you cannot or do not, make it up until the next Ramadan, you must pay a fidya in addition to the make-up fast.

How Do I Make Up For Missed Fasts?

- You must specify in your intention that “it is a make-up (qadha) fast”
- You may not offer mustahab fasts as long as you are liable for obligatory fasts

What If I Die Before I Can Make Up My Missed Fasts?

- If you missed the fast because of an illness, and you died before you got better, you are not liable for the missed fasts
- If you missed the fast because of menstruation or postpartum bleeding, and you died before you had enough time to make them up, you are not liable for the missed fasts
- If you missed fasts because you were not religious and you died before making them up, you are liable for those fasts. Mention this in your will

What is Kaffara?

- Kaffarah is a penalty that is paid to “cover” the effects of a sin
- There are 3 options for the Kaffara for a fast of Ramadan:

What is Kaffara?

- 1. Free a slave (not applicable)
- 2. Fast for 60 continuous days. Fasting for 1 month + 1 day must be continuous and the rest of the 60 days can be spread out

What is Kaffara?

- 3. Feed 60 poor people
 - The poor people do not need to be Muslims
 - Must be 60 separate people, so you cannot feed one person multiple times
 - You may feed them in 2 ways. Feed each to his/her full. Or give each one 750 g (1.7lbs) of food.

Note: Any food will suffice

Under What Circumstances Must I Give Kaffara?

- If you intentionally break your fast in one of the following ways:
 1. By eating
 2. By drinking
 3. By having sexual intercourse
 4. By masturbating
 5. By intentionally remaining junub till the time of morning prayers

Under What Circumstances Must I Give Kaffara?

- If you do not know that these acts break your fast, you do not have to pay kaffara
- At most, there is only one kaffara per day. Even if you do multiple things in a day, you only need pay one kaffara
- It is mustahab to fast 60 days and feed 60 poor people if you break your fast with something forbidden like alcohol.

Under What Circumstances Must I Give Kaffara?

- If a husband and wife are fasting, and he forces her to have sexual relations, he must pay 2 kaffaras as a precaution
- There is no time constraint for the kaffara, but you should not take the matter lightly

What is Fidya?

- Fidya is defined as a penance paid as a “ransom” for not fasting where you have permission not to fast.
- The fidya is 750 g of food (1.7 lbs) per missed fast.

Note: Actual food must be given, not the monetary equivalent

What is Zakat Al-fitra?

- a religious tax that must be paid at the end of the month of Ramadan
- it equals 4 mudd= 3 kg (6.6 lbs) of a staple food per person.
- Monetary value is about \$15 per person

Who Must Pay Zakat Al-fitra?

- Anyone who combines the following criteria:
 1. Adult or baligh
 2. Sane
 3. Conscious
 4. Not poor
 5. Zakat is not paid by another

On Whose Behalf Must I Pay?

- For myself and for all my dependents and staying guests as of maghrib on the eve of Eid.
 - -Dependents include:
 - 1. Wife
 - 2. Children including infants and children who are away from home but still dependent
 - 3. Elderly parents
- Note:** Not due on dinner guests

When Must I Pay Zakat Al-fitra?

- After maghrib on the eve of Eid until:
 - Before Eid prayer, if you attend the prayer
 - Before Dhuhr on Eid day, if you do not attend the Eid prayer

How Must I Pay Zakat Al-fitra?

- By setting aside the amount of food or money and designating it as zakat al-fitra
- **Note:** Once it is set aside, it may not be exchanged for another amount.

To Whom Must I Pay Zakat al-fitra?

- - To any poor person who combines the following criteria:
 - 1. A Twelver Shia
 - 2. The money is not going to help them sin against God
 - 3. Performs prayers regularly, abstains from alcohol, and from public indecency, as a precaution
 - 4. They are not a sayid unless you are a sayyid.
- **Note:** A sayyid cannot accept the zakah of a non-sayyid.
- You must give priority to local poor over others