



RECOMMENDED ETIQUETTES OF RAMADHAN

- To partake the pre-dawn meal (Suhoor)
- To break the fast (by eating or drinking) as soon as possible once Maghrib sets in
- To break one's fast on three fresh dates
- To say the recommended supplications when breaking the fast:

*Allahumma laka sumtu wa bika
amantu wa `alayka tawakkaltu wa
`ala rizqika aftartu*

*'O Allah, I have fasted for You, believed in You,
placed my trust in You, and broken my fast on
Your provision'*

- To be generous and increase in excellence in one's dealings with others
- Increase in recitation of the Quran and remembrance of God (Zikr)
- Recommended to make the intention of I'tikaaf (spiritual retreat) in the mosques
- To participate in Terawih prayers
- To seek for Lailatul Qadar (The Night of Decree) especially during the last 10 nights of Ramadhan
- To participate in Eid prayer upon completion of Ramadhan
- To try to fast 6 optional days in the month of Shawal

NULLIFIERS OF FAST

The following things break one's fast:

- Food and drink
- Sexual intercourse
- Emission of semen through masturbation (to distinguish between nocturnal emission which doesn't nullify fasting)
- Self-induced vomiting
- The insertion of a substance into a body cavity through an open passage

Those who are excused from fasting*:

- A person who falls sick
- A traveller

**Making up missed days of Ramadhan is an obligation. If someone misses the obligatory fast, he or she has to make up for those missed days later on after Ramadhan has concluded. With the exception of the 2 days of Eid during the Islamic calendar, any day is perfect to make the intention to fast from sunrise to sunset.*



WELCOMING Ramadhan

"OH YOU WHO BELIEVE! FASTING IS
PRESCRIBED TO YOU AS IT WAS PRESCRIBED
TO THOSE BEFORE YOU, THAT YOU MAY
LEARN PIETY AND RIGHTEOUSNESS."

QUR'AN 2:183





WHO IS OBLIGATED TO FAST?

The conditions of those obligated to fast during Ramadhan are four:

- 1) Muslim
- 2) Reached puberty
- 3) Mentally Sound
- 4) Ability to fast

The conditions which make ones fast valid are four:

- 1) Islam
- 2) Sanity
- 3) Purity from menstruation or lochia (nifas)
- 4) Maintain one's fast from dawn to dusk

The integrals of fasting are two:

- 1) The intention*
- 2) Refraining from those things that nullify the fast from dawn to dusk

**The intention should be resolved in the heart and recommended to say with the tongue. To say in the heart is to simply 'know' in the heart, or 'run' the intention through in one's mind.*

The intention for a fast in Ramadhan must:

- 1) Be made at night, prior to sunrise
- 2) Consist of the type of fast intended (Ramadhan)
E.g. "I intend to fast tomorrow for Ramadhan."

WISDOM OF FASTING

- Fasting connects us to Allah (SWT). Abstaining from physical desires raises our state of taqwa - consciousness of Allah (SWT), and allows us to refocus on our spiritual state.
- Fasting cleanses our bodies from harmful impurities and revitalises our souls by teaching self-control and self-discipline.
- Fasting encourages us to sympathise with those less fortunate than us. The pangs of hunger remind us of those who are deprived of food, thus encouraging charitable acts.
- Fasting removes past sins. It is related in a hadith that Allah (SWT) said, "Every (sinful) deed can be expiated; and the fast is for Me, so I will give the reward for it; and the smell which comes out of the mouth of a fasting person, is better in Allah's sight than the smell of musk." - Bukhari

WHAT IS RAMADHAN?

Ramadhan is the ninth month of the Islamic lunar calendar. Fasting (Sawm in Arabic) during this month is one of the five Pillars of Islam.

Ramadhan is a blessed month, which is of great benefit to us in both this life and the next. It is the month of fasting, prayer, reflection and remembrance of Allah, the Exalted.

It is a chance for us to draw ourselves closer to Him and re-discover the purpose for our existence. Anyone who fasts the whole of the month of Ramadhan faithfully and seeking his reward will have their past sins forgiven.

