

The background of the cover is a photograph of a person's hands holding a white bowl filled with several dark, wrinkled dates. The lighting is soft, highlighting the texture of the dates and the skin of the hands. The entire image is framed by a thin, double-lined gold border.

One Allah

الله

# Ramadan and Voluntary Fasting Handbook

from  
Quran and Sunnah

**"As part of our efforts to spread authentic Islamic knowledge to the world and revive the traditions of the Prophet Muhammad (ﷺ), our team at "One Allah" has presented this "Ramadan and Voluntary Fasting Handbook" for all to benefit from.**

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**O you who have believed, decreed upon you is  
fasting as it was decreed upon those before you  
that you may become righteous**

Surah Al Baqarah 2:183



### **Narrated Abu Sa`id (ra):**

I heard the Prophet (ﷺ) saying, "Indeed, anyone who fasts for one day for Allah's Pleasure, Allah will keep his face away from the (Hell) fire for (a distance covered by a journey of) seventy years."

Sahih al-Bukhari 2840

### **Narrated Abu Huraira (ra):**

Allah's Messenger (ﷺ) said, (Allah says about the fasting person), 'He has left his food, drink and desires for My sake. The fast is for Me. So I will reward (the fasting person) for it and the reward of good deeds is multiplied ten times.'

Sahih al-Bukhari 1894

### **Abu Qatada reported (ra) that a person came to the Messenger of Allah (ﷺ) and said:**

How do you fast? The Messenger of Allah (ﷺ) felt annoyed. When 'Umar (Allah be pleased with him) noticed his annoyance, he said: We are well pleased with Allah as our Lord, with Islam as our code of life, and with Muhammad as our Prophet. We seek refuge with Allah from the anger of Allah and that of His Messenger. 'Umar kept on repeating these words till his (the Prophet's) anger calmed down. Then Umar said: Messenger of Allah, what is the position of one who fasts perpetually? He (ﷺ) said: He neither fasted nor broke it, or he said: He did not fast and he did not break it. 'Umar said: What about him who fasts for two days and does not fast one day? He (ﷺ) said: Is anyone capable of doing that? He ('Umar) said: What is the position of him who fasts for a day and doesn't fast on the other day? Thereupon he (the Holy Prophet) said: That is the fast of David (peace be upon him). He ('Umar) said: What about him who fasts one day and doesn't fast for two days. Thereupon he (the Messenger of Allah) said: I wish I were given the strength to do that. Thereafter he (ﷺ) said: Fasting three days every month and that of Ramadan every year is a perpetual fasting. I seek from Allah that fasting on the day of 'Arafa may atone for the sins of the preceding and the coming years, and I seek from Allah that fasting on the Day of Ashura may atone for the sins of the preceding year.

Sahih Muslim 1162 a

# Virtues of Fasting



## 1) Virtues of Fasting

### 1.1) Reward of Fasting is with Allah

**Abu Huraira (ra) reported Allah's Messenger (ﷺ) as saying:**

Every (good) deed of the son of Adam would be multiplied, a good deed receiving a tenfold to seven hundredfold reward. Allah, the Exalted and Majestic, has said: With the exception of fasting, for it is done for Me and I will give a reward for it, for one abandons his passion and food for My sake.

Sahih Muslim 1151 e

**Narrated Abu Huraira (ra):**

Allah's Messenger (ﷺ) said, "Allah said, 'All the deeds of Adam's sons (people) are for them, except fasting which is for Me, and I will give the reward for it.' Fasting is a shield or protection from the fire and from committing sins. If one of you is fasting, he should avoid sexual relation with his wife and quarreling, and if somebody should fight or quarrel with him, he should say, 'I am fasting.' By Him in Whose Hands my soul is' The unpleasant smell coming out from the mouth of a fasting person is better in the sight of Allah than the smell of musk. There are two pleasures for the fasting person, one at the time of breaking his fast, and the other at the time when he will meet his Lord; then he will be pleased because of his fasting."

Sahih al-Bukhari 1904

### 1.2) Fasting Protects One from the Hellfire

**Narrated Abu Sa`id (ra):**

I heard the Prophet (ﷺ) saying, "Indeed, anyone who fasts for one day for Allah's Pleasure, Allah will keep his face away from the (Hell) fire for (a distance covered by a journey of) seventy years."

Sahih al-Bukhari 2840

### 1.3) Gate exclusive for those who observe Fasting

**Narrated Sahl bin Sa`d (ra):**

The Prophet (ﷺ) said, "Paradise has eight gates, and one of them is called **Ar-Raiyyan** through which none will enter but those who observe fasting."

Sahih al-Bukhari 3257

### 1.4) Dua of a Fasting person is accepted

**It was narrated from Abu Hurairah that the Messenger of Allah (ﷺ) said:**

There are three whose supplications are not turned back: A just ruler, and a fasting person until he breaks his fast. And, the supplication of one who has been wronged is raised by Allah up to the clouds on the Day of Resurrection, and the gates of heaven are opened for it, and Allah says, 'By My Might I will help you (against the wrongdoer) even if it is after a while.'

Sunan Ibn Majah 1824

# Sunnahs of Fasting

## 2) Sunnahs of Fasting

### 2.1) Eating Suhoor

#### **Narrated Anas bin Malik (ra):**

The Prophet (ﷺ) said, "Take Suhoor as there is a blessing in it."

Sahih al-Bukhari 1923

#### **It was narrated that Abu Sa'eed al-Khudri (ra) said:**

The Messenger of Allah (ﷺ) said: "Suhoor is a blessed meal, so do not omit it, even if one of you only takes a sip of water, for Allah and His angels send blessings on those who eat suhoor."

Musnad Ahmad 11003

### 2.2) Delaying Suhoor

#### **Narrated Anas (ra):**

Zaid bin Thabit said, "We took the Suhoor with the Prophet (ﷺ). Then he stood for the prayer." I asked, "What was the interval between the Suhoor and the Adhan?" He replied, "The interval was sufficient to recite fifty verses of the Qur'an."

Sahih al-Bukhari 1921

## 2.3) Hasting to Break the Fast

### Narrated Sahl bin Sa`d (ra):

Allah's Messenger (ﷺ) said, "The people will remain on the right path as long as they rush the breaking of the fast.

Sahih al-Bukhari 1957

## 2.4) Say Bismillah before Eating

### Bismillah

بِسْمِ اللَّهِ

### In the name of Allah

### Jabir b. 'Abdullah (ra) reported Allah's Messenger (ﷺ) as saying:

When a person enters his house and mentions the name of Allah (**Bismillah**) at the time of **entering it** and **while eating the food**, Satan says (addressing himself: You have no place to spend the night and no evening meal; but when he enters without mentioning the name of Allah, Satan says: You have found a place to spend the night, and when he does not mention the name of Allah while eating food, he (Satan) says: You have found a place to spend the night and evening meal.

Sahih Muslim 2018 a

## 2.5) The Recommended Way To Break The Fast

### Narrated Anas ibn Malik (ra):

The Messenger of Allah (ﷺ) used to break his fast before praying with some fresh dates; but if there were no fresh dates, he had a few dry dates, and if there were no dry dates, he took some mouthfuls of water.

Sunan Abu Dawud 2356

## 2.6) Dua to Recite after Breaking the Fast

### Dhahaba Az-Zamau'a, Wabtallat Al-'Urooq Wa Thabata Al-Ajr in Sha Allah

ذَهَبَ الظَّمَأُ وَابْتَلَّتِ الْعُرُوقُ وَثَبَتَ الْأَجْرُ إِنْ شَاءَ اللَّهُ

(Thirst has gone, the veins are moist, and the reward is assured, if Allah wills)

Sunan Abu Dawud 2357

## 2.7) Using a Miswak while fasting

### Abdur-Rahman bin Abu 'Atiq (ra) said:

"My father told me: 'I heard 'Aishah say, (narrating) from the Prophet (ﷺ): "Siwak is a means of purification for the mouth and is pleasing to the Lord."

Sunan an-Nasa'i 5

# Islamic Days for Fasting

### 3) Islamic Days for Fasting

#### 3.1) Obligatory Fasting of Ramadan

##### 3.1.1) Fasting in the Month of Ramadan

###### **Narrated Ibn `Umar (ra):**

I heard Allah's Messenger (ﷺ) saying, "When you see the crescent (of the month of Ramadan), start fasting, and when you see the crescent (of the month of Shawwal), stop fasting; and if the sky is overcast (and you can't see it) then regard the month of Ramadan as of 30 days."

Sahih al-Bukhari 1900

"The month of Ramadan in which was revealed the Quran, a guidance for mankind and clear proofs for the guidance and the criterion (between right and wrong). So whoever of you sights (the crescent on the first night of) the month (of Ramadan), he must observe Saum (fasts) that month, and whoever is ill or on a journey, the same number [of days which one did not observe Saum (fasts) must be made up] from other days. Allah intends for you ease, and He does not want to make things difficult for you. (He wants that you) must complete the same number (of days), and that you must magnify Allah [i.e. to say Takbir (Allahu-Akbar; Allah is the Most Great) on seeing the crescent of the months of Ramadan and Shawwal] for having guided you so that you may be grateful to Him.

Surah Al Baqarah 2:185

##### 3.1.2) Fasting is a Means of Removing Sins

###### **Narrated Abu Huraira (ra):**

Allah's Messenger (ﷺ) said, "Whoever observes fasts during the month of Ramadan out of sincere faith, and hoping to attain Allah's rewards, then all his past sins will be forgiven."

Sahih al-Bukhari 38



# Virtues of Ramadan and Voluntary Prayers

## 4) Virtues of Ramadan and Voluntary Prayers

### 4.1) Allah frees people from the hellfire in Ramadan

**It was narrated from Jabir (ra) that the Messenger of Allah (ﷺ) said:**

“At every breaking of the fast Allah has people whom He frees (from the Fire), and that happens every night.”

Sunan Ibn Majah 1643

### 4.2) Reward for Praying the Nights of Ramadan

**Narrated Abu Huraira (ra):**

I heard Allah's Messenger (ﷺ) saying regarding Ramadan, "Whoever prayed at night in it (the month of Ramadan) out of sincere Faith and hoping for a reward from Allah, then all his previous sins will be forgiven."

Sahih al-Bukhari 2008

### 4.3) Increase generosity and recitation of Quran

**Narrated Ibn `Abbas (ra):**

The Prophet (ﷺ) was the most generous amongst the people, and he used to be more so in the month of Ramadan when Gabriel visited him, and Gabriel used to meet him on every night of Ramadan till the end of the month. The Prophet (ﷺ) used to recite the Holy Qur'an to Gabriel, and when Gabriel met him, he used to be more generous than a fast wind (which causes rain and welfare).

Sahih al-Bukhari 1902

#### 4.4) Things to do in Ramadan (reward is more)

- 4.4.1) Strive strictly to not miss any of the 5 obligatory Prayer.
- 4.4.2) Pray Taraweeh (after Isha).
- 4.4.3) Pray Tahajjud (best during the last one third of the night).
- 4.4.4) Pray Salat Ad Duha (starts 20-30 minutes after sunrise till 20-30 minutes before Dhuhr).
- 4.4.5) Pray the 12 rakaah sunnah prayers.
- 4.4.6) Do lots of Dhikr & Seek Forgiveness from Allah.
- 4.4.7) Observe the night of Qadr in the last ten nights of Ramadan.
- 4.4.8) Give Sadaqah (charity).
- 4.4.9) Read Daily Quran.
- 4.4.10) Feed a fasting person.
- 4.4.11) Feed the poor & needy.
- 4.4.12) Have good behavior with everyone.

#### 4.5) Things to do on the last 10 nights of Ramadan

1. Make a lot of Dua.
2. Pray Taraweeh & Tahajjud.
3. Increase Quran Recitation.
4. Give Sadaqah (Earn the reward of 10 to 700 times).
5. Increase Dhikr (Remembrance of Allah).

#### 4.6) Night of Al-Qadr

"The night of Al-Qadr (Decree) is better than a thousand months i.e. worshipping Allah in that night is better than worshipping Him a thousand months (i.e. 83 years and 4 months)."

Surat Al Qadr 97:3

## 4.7) Dua of Laylatul Qadr

**It was narrated from 'Aishah (ra) that she said:**

"O Messenger of Allah, what do you think I should say in my supplication, if I come upon Laylatul-Qadr?" He said: "Say:

**Allahumma innaka 'Afuwwun, Tuhibbul-'Afwa, Faa'Fu 'Anni**

اللَّهُمَّ إِنَّكَ عَفُوٌّ تُحِبُّ الْعَفْوَ فَاعْفُ عَنِّي

(Oh Allah, You are the Pardoner, you love to pardon, so pardon me)."

Sunan Ibn Majah 3850

### 4.7.1) Four tips for Laylatul Qadr - better than a thousand months (83.3 years)

- Giving sadaqah on that night will be like giving charity for more than 83.3 years.
- Praying 2 rakat on that night will be like praying for more than 83.3 years.
- Reciting Surat al-Ikhlās 3 times on that night will be like completing the Quran for more than 83.3 years.
- Performing any good deed or dhikr on that night will be like doing it for more than 83.3 years.

## 4.8) Great Reward for Praying on the night of Qadr

### Narrated Abu Huraira (ra):

The Prophet (ﷺ) said, "Whoever established prayers on the night of Qadr out of sincere faith and hoping for a reward from Allah, then all his previous sins will be forgiven.

Sahih al-Bukhari 1901

## 4.9) Sunnah of i'tikaaf (spiritual retreat in the masjid)

### Narrated `Aisha (ra):

Allah's Messenger (ﷺ) used to practice i'tikaaf in the last ten nights of Ramadan and used to say, "Look for the Night of Qadr in the last ten nights of the month of Ramadan."

Sahih al-Bukhari 2020

## 4.10) Taraweeh Prayer (voluntary prayer after Isha)

### Narrated Abu Salama bin `Abdur Rahman (ra):

That he asked `Aisha "How was the prayer of Allah's Messenger (ﷺ) in Ramadan?" She replied, "He did not pray more than **eleven rak`at** in Ramadan or in any other month.

Sahih al-Bukhari 2013

### It was narrated from 'Aishah (ra) that:

The Prophet (ﷺ) used to pray eleven rak'ahs at night, ending them with one rak'ah of witr, then he would lie down on his right side.

Sunan an-Nasa'i 1696

**It was narrated that Ibn Umar (ra) said:**

"I heard the Messenger of Allah (ﷺ) on the minbar, when he was asked about prayers at night, say: "Two by two, then if you fear that dawn will come, pray witr with one rak'ah."

Sunan an-Nasa'i 1669

**It was narrated that Abu Dharr (ra) said:**

The Prophet (ﷺ) said: 'Whoever stands with the Imam until he finishes, it is equivalent to spending the whole night in prayer.'

Sunan Ibn Majah 1327

#### **4.11) Umrah in Ramadan**

**Umm Ma'qil (ra) narrated that:**

The Prophet (ﷺ) said: "Umrah during Ramadan is **equal to Hajj.**"

Jami` at-Tirmidhi 939

# Zakat al Fitr and Eid

## 5) Zakat al Fitr and Eid

### 5.1) Zakat ul Fitr at the time of the Prophet (ﷺ)

#### **Narrated Abu Sa`id Al-Khudri (ra):**

In the lifetime of Allah's Messenger (ﷺ), we used to give one Sa' of food (edible things) as Zakat ul Fitr (to the poor). Our food used to be either of barley, raisins (dried grapes), cottage cheese or dates.

Sahih al-Bukhari 1510

### 5.2) Give Zakat-ul-Fitr before Eid Prayers

#### **It was narrated that Ibn Abbas (ra) said:**

“The Messenger of Allah (ﷺ) enjoined **Zakatul-Fitr as a purification for the fasting person from idle talk and obscenities, and to feed the poor.** Whoever pays it before the (Eid) prayer, it is an accepted Zakah, and whoever pays it after the prayer, it is (ordinary) charity.”

Sunan Ibn Majah 1827

### 5.3) Calculation of Zakat-ul-Fitr

#### **Narrated Ibn `Umar (ra):**

Allah's Messenger (ﷺ) enjoined the payment of one Sa' of dates or one Sa' of barley as Zakat-ul-Fitr on every Muslim whether slave or free, male or female, young or old, and he ordered that it be paid before the people went out to offer the Eid prayer. (One Sa' = 2.5 Kilograms approx.)

Sahih al-Bukhari 1503



#### 5.4) Takbeer for Eids

**Allahu Akbar, Allahu Akbar, Allahu Akbar Laa ilaaha ill-Allah, Allahu Akbar, Allahu Akbar, Wa Lillaah il-Hamd**

اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ لَا إِلَهَ إِلَّا اللَّهُ  
اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ وَلِلَّهِ الْحَمْدُ

Allah is Most Great, Allah is most Great, Allah is most Great, there is no god worthy of worship but Allah, Allah is the Most Great, Allah is the most Great, and to Allah is praise

Al-Musannaf by Abu Shaybah, 2/165-168

#### 5.5) Eid Greeting of the companions of the Prophet (ﷺ)

**Taqabal Allahu Minna Wa Minkum**

تَقَبَّلَ اللَّهُ مِنَّا وَمِنْكُمْ

May Allah accept this worship from us and you

## 5.6) Etiquette of Sacrificing in Eid Al Adha

And the Budn (cows, oxen, or camels driven to be offered as sacrifices by the pilgrims at the sanctuary of Makkah) we have made for you as among the Symbols of Allah; for you therein is good. So mention the Name of Allah over them when they are drawn up in lines (for sacrifice). Then, when they are down on their sides (after slaughter), eat thereof, and feed the beggar who does not ask (men), and the beggar who asks (men). Thus have We made them subject to you that you may be grateful.

It is neither their meat nor their blood that reaches Allah, but it is piety from you that reaches Him. Thus have We made them subject to you that you may magnify Allah for His Guidance to you. And give glad tidings (O Muhammad SAW) to the Muhsinun (doers of good).

وَالْبُدْنَ جَعَلْنَاهَا لَكُمْ مِّنْ شَعَائِرِ اللَّهِ لَكُمْ فِيهَا خَيْرٌ فَاذْكُرُوا اسْمَ اللَّهِ عَلَيْهَا صَوَافٍ فَإِذَا وَجَبَتْ جُنُوبُهَا فَكُلُوا مِنْهَا وَأَطْعِمُوا الْقَانِعَ وَالْمُعْتَرَّ كَذَلِكَ سَخَّرْنَاهَا لَكُمْ لَعَلَّكُمْ تَشْكُرُونَ  
لَنْ يَنَالَ اللَّهُ لُحُومَهَا وَلَا دِمَاؤُهَا وَلَكِنْ يَنَالُهُ التَّقْوَىٰ مِنْكُمْ كَذَلِكَ سَخَّرَهَا لَكُمْ لِتُكَبِّرُوا اللَّهَ عَلَىٰ مَا هَدَاكُمْ وَبَشِّرِ الْمُحْسِنِينَ

Surah Al Hajj 22:36-37

# Voluntary (sunnah) Fasting

## 6) Voluntary (sunnah) Fasting

### 6.1) Fasting Mondays and Thursdays

#### 6.1.1) Deeds presented to Allah on Mondays and Thursdays

**Abu Hurairah (ra) narrated that:**

The Messenger of Allah (ﷺ) said: "Deeds are presented on Monday and Thursday, and I love that my deeds be presented while I am fasting."

Jami` at-Tirmidhi 747

**Abu Huraira (ra) reported Allah's Messenger (ﷺ) as saying:**

The gates of Paradise are not opened but on two days, Monday and Thursday, and then every servant (of Allah) is granted pardon who does not associate anything with Allah, except the person in whose (heart) there is a grudge against his brother. And it would be said: Put both of them off until they are reconciled.

Sahih Muslim 2565 c

### 6.2) Fast Three Days of Each Month

#### 6.2.1) Fasting 13th, 14th, 15th of Islamic Calendar

**It was narrated from Jarir bin 'Abdullah(ra) that the Prophet (ﷺ) said:**

"Fasting three days of each month is fasting for a lifetime, and the shining days of Al-Bid (The White Days) are the thirteenth, fourteenth and fifteenth."

Sunan an-Nasa'i 2420

### 6.2.2) Fasting Monday, Thursday, Thursday

**It was narrated from Ibn 'Umar (ra):**

That the Messenger of Allah (ﷺ) used to fast three days of each month: Monday at the beginning of the month, the following Thursday, then the Thursday after that.

Sunan an-Nasa'i 2414

### 6.2.3) Fasting Thursday, Monday, Monday

**It was narrated that Umm Salamah (ra) said:**

"The Messenger of Allah used to enjoin fasting three days: The first Thursday, and Monday and Monday."

Sunan an-Nasa'i 2419

## 6.3) Fasting on the 10th of Muharram (Ashura)

**Narrated Ibn `Abbas (ra):**

When the Prophet (ﷺ) came to Medina, he found (the Jews) fasting on the day of 'Ashura' (i.e. 10th of Muharram). They used to say: "This is a great day on which Allah saved Moses and drowned the folk of Pharaoh. Moses observed the fast on this day, as a sign of gratitude to Allah." The Prophet (ﷺ) said, "I am closer to Moses than they." So, he observed the fast (on that day) and ordered the Muslims to fast on it.

Sahih al-Bukhari 3397

**Abu Qatadah (ra) narrated that:**

the Prophet (ﷺ) said: "Fast the Day of Ashura, for indeed I anticipate that Allah will forgive (the sins of) the year before it."

Jami` at-Tirmidhi 752

### **Narrated Ibn `Abbas (ra):**

I never saw the Prophet (ﷺ) seeking to fast on a day more (preferable to him) than this day, the day of 'Ashura', or this month, i.e. the month of Ramadan.

Sahih al-Bukhari 2006

**Note:** The expiation of sins that is achieved by fasting "Ashura" refers to minor sins; with regard to major sins, they need separate repentance.

## **6.4) Prophet's Desire to Fast on 9th of Muharram**

### **Ibn 'Abbas (ra) reported:**

That when the Messenger of Allah (ﷺ) fasted on the day of 'Ashura and commanded that it should be observed as a fast, they (his Companions) said to him: Messenger of Allah, it is a day which the Jews and Christians hold in high esteem. Thereupon the Messenger of Allah (ﷺ) said: When the next year comes, God willing, we would observe fast on the 9<sup>th</sup>, but the Messenger of Allah (ﷺ) died before the advent of the next year.

Sahih Muslim 1134 a

## **6.5) Virtue of Shaaban**

### **Usamah bin Zaid (ra) said:**

"I said: 'O Messenger of Allah, I do not see you fasting any month as much as Shaaban.' He said: 'That is a month to which people do not pay much attention, between Rajab and Ramadan. It is a month in which the deeds are taken up to the Lord of the worlds, and I like that my deeds be taken up when I am fasting.'"

Sunan an-Nasa'i 2357

## 6.6) Fasting Six days of Shawwal after Ramadan

**It was narrated from Abu Ayyub (ra) that the Messenger of Allah (ﷺ) said:**

“Whoever fasts Ramadan then follows it with six days of Shawwal, it is as if he fasted for a lifetime.”

Sunan Ibn Majah 1716

## 6.7) Fasting on the Day of Arafah (9th of Dhul Hijjah)

**It was narrated from Abu Qatadah (ra) that the Messenger of Allah (ﷺ) said:**

“Fasting on the Day of ‘Arafah, I hope from Allah, expiates for the sins of the year before and the year after.”

Sunan Ibn Majah 1730

## 6.8) Fasting on days of Tashreeq (pilgrims only)

**Narrated Ibn `Umar (ra):**

Fasting for those who perform Hajj-at-Tamattu` **(in lieu of the Hadi which they cannot afford)** may be performed up to the day of `Arafat. And if one does not get a Hadi and has not fasted (before the Eid) then one should fast of the days of Mina (11th, 12th and 13th of Dhul Hajjah).

Sahih al-Bukhari 1999

# Virtuous Days for Fasting & Good Deeds



## 7) Virtuous Days for Fasting & Good Deeds

### 7.1) Virtues of the First 10 Days of Dhul Hijjah

#### Narrated Ibn `Abbas (ra):

The Prophet (ﷺ) said, "No good deeds done on other days are superior to those done on these (first ten days of Dhul Hijjah)."

Sahih al-Bukhari 969

### 7.2) Fasting the first 9 days of Dhul Hijjah

**It was narrated from Hunaidah bin Khalid (ra), from his wife, from one of the wives of the Prophet, that:**

The Messenger of Allah (ﷺ) used to fast **nine days of Dhul-Hijjah**, the day of 'Ashura', and three days of each month: The first Monday of the month, and two Thursdays.

Sunan an-Nasa'i 2417

#### 7.2.1) Things to do on the first 10 days of Dhul Hijjah

- Make Dua (Increase Dua on the day of Arafah).
- Pray (Tahajjud).
- Fast the first 9 days (**if you are non-pilgrim**).
- Make Dhikr.
- Give Sadaqah (charity).
- Recite Quran.

### 7.3) Adhkar in 10 days of Dhul-Hijjah

It was narrated from ‘Abdullah ibn ‘Umar (ra) that the Prophet (ﷺ) said:

“There are no days that are greater before Allah or in which good deeds are more beloved to Him, than these ten days, so recite a great deal of Tahleel (La ilaha ill-Allah), Takbeer (Allahu Akbar) and Tahmeed (Alhamdulillah) during them.”

اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ لَا إِلَهَ إِلَّا اللَّهُ  
اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ وَلِلَّهِ الْحَمْدُ

Narrated by Ahmad 7/224

### 7.4) Supplication for the Day of Arafah

Amr bin Shu`aib (ra) narrated from his father, from his grandfather, that the Prophet (ﷺ) said:

“The best of supplication is the supplication of the Day of `Arafah. And the best of what I and the Prophets before me have said is: None has the right to be worshipped but Allah, Alone, without partner, to Him belongs all that exists, and to Him belongs the Praise, and He is over all things powerful. (La ilaha illallah, Wahdahu La Sharika Lah, Lahul-Mulku Wa Lahul-Hamdu, Wa Huwa `Ala Kulli Shai'in Qadir).

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ، وَلَهُ الْحَمْدُ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

Jami` at-Tirmidhi 3585

## 7.5) Allah frees more servants from Hell on the day of Arafah

'A'isha (ra) reported Allah's Messenger (ﷺ) as saying:

There is no day when God sets free more servants from Hell than the Day of 'Arafah. He draws near, then praises them to the angels, saying: What do these want?

Sahih Muslim 1348

# Recommended Acts During Fasting

## 8) Recommended acts during Fasting

### 8.1) Maintaining Good Behavior while Fasting

#### **Narrated Abu Huraira (ra):**

The Prophet (ﷺ) said, "Whoever does not give up false statements (i.e. telling lies), and evil deeds, and speaking bad words to others, Allah is not in need of his (fasting) leaving his food and drink."

Sahih al-Bukhari 6057

### 8.2) Reward for feeding a fasting person

#### **Zaid bin Khalid Al-Juhani (ra) narrated that:**

The Messenger of Allah (ﷺ) said: "Whoever provides food for a fasting person to break his fast with, then for him is the same reward as his (the fasting person's), without anything being diminished from the reward of the fasting person."

Jami` at-Tirmidhi 807

# Actions that Invalidate the Fast

## 9) Actions that Invalidate the Fast

### 9.1) Intercourse

**This is the most serious and the most sinful of the things that invalidate the fast.**

**Narrated Abu Huraira (ra):**

While we were sitting with the Prophet (ﷺ) a man came and said, "O Allah's Messenger (ﷺ)! I have been ruined." Allah's Messenger (ﷺ) asked what was the matter with him. He replied **"I had sexual intercourse with my wife while I was fasting."** Allah's Messenger (ﷺ) asked him, **"Can you afford to free a slave?"** He replied in the negative. Allah's Messenger (ﷺ) asked him, **"Can you fast for two successive months?"** He replied in the negative. The Prophet (ﷺ) asked him, **"Can you afford to feed sixty poor persons?"** He replied in the negative. The Prophet (ﷺ) kept silent and while we were in that state, a big basket full of dates was brought to the Prophet (ﷺ). He asked, "Where is the questioner?" He replied, "I (am here)." The Prophet (ﷺ) said (to him), **"Take this (basket of dates) and give it in charity."** The man said, "Should I give it to a person poorer than I? By Allah; there is no family between its (i.e. Medina's) two mountains who are poorer than I." The Prophet (ﷺ) smiled till his premolar teeth became visible and then said, 'Feed your family with it.'

Sahih al-Bukhari 1936

### 9.2) Masturbation

The evidence that masturbation is one of the things that invalidate the fast is the words of Allah in which He says of the fasting person:

**Narrated Abu Huraira (ra):**

Allah's Messenger (ﷺ) said, (Allah says about the fasting person), 'He has left his food, drink and desires for My sake. The fast is for Me. So I will reward (the fasting person) for it and the reward of good deeds is multiplied ten times.'

Sahih al-Bukhari 1894

Causing ejaculation comes under the heading of the desire which the fasting person gives up.

Whoever masturbates during the day in Ramadan has to repent to Allah and refrain from eating and drinking for the rest of the day, and he has to make up that fast later on.

If he starts to masturbate then stops without ejaculating, he has to repent, but his fast is still valid, and he does not have to make it up later because he did not ejaculate. The fasting person should keep away from everything that provokes desire and shun bad thoughts.

With regard to the emission of madhiy (prostatic fluid), the most correct view is that it does not invalidate the fast.

### 9.3) Eating and drinking

This refers to food or drink reaching the stomach via the mouth.

If anything reaches the stomach via the nose, this is like eating or drinking.

#### Asim bin Laqit bin Sabrah (ra) narrated:

From his father who said: "I said. 'O Messenger of Allah (ﷺ)! Inform me about Wudu.' So he said: "Perform Wudu well, and go between the fingers, and perform Istinshaq (excessive amounts of water into the nose) extensively except when fasting."

Jami` at-Tirmidhi 788

If water reaching the stomach via the nose did not invalidate the fast, the Prophet (ﷺ) would not have told those who are fasting not to snuff up water deeply into the nose.



## 9.4) Anything regarded under of heading as eating and drinking

This includes two things:

**9.4.1) Transfusion of blood to one who is fasting** – such as if he bleeds heavily and is given a blood transfusion. This invalidates the fast because blood is formed from food and drink.

**9.4.2) Receiving via a needle** (as in the case of a drip) nourishing substances which take the place of food and drink, because this is the same as food and drink.

With regard to injections which do not replace food and drink, rather they are administered for the purpose of medical treatment – such as penicillin or insulin – or are given to energize the body, or for the purpose of vaccinations, these do not affect the fast, whether they are intravenous or intramuscular (injected into a vein or a muscle).

## 9.5) Drawing blood by means of cupping and the like

**Narrated Shaddad b. Aws (ra):**

The Messenger of Allah (ﷺ) came to a man at al-Baqi' while he was cupping on the 18th of Ramadan; he (the Prophet) was holding my hand. Thereupon he said: A man who cups and a man who gets himself cupped break their fast.

Sunan Abu Dawud 2369

Donating blood comes under the same heading as cupping, because it affects the body in the same way.

Based on this, it is not permissible for a person who is fasting to donate blood unless it is essential, in which case it is permissible. In that case, the donor has broken his fast and must make up that day later on.

If a person suffers a nosebleed, his fast is valid, because that happened involuntarily.

With regard to bleeding that results from extraction of a tooth, surgery or a blood test etc., that does not invalidate the fast because it is not cupping or something that is similar to cupping, unless it has an effect on the body similar to that of cupping.

## 9.6) Vomiting deliberately

### Narrated Abu Hurairah (ra):

The Prophet (ﷺ) said: if one has a sudden attack of vomiting while one is fasting, no expiation is required of him, but if he vomits intentionally, he must make expiation.

Sunan Abu Dawud 2380

Whoever vomits deliberately by sticking his finger in his throat, pressing his stomach, deliberately smelling something nasty or persisting in looking at something that makes him vomit, has to make up his fast later on.

If his gorge rises, he should not suppress it, because that will harm him.

## 9.7) Menstruation and Nifaas (Post-Partum Bleeding)

### Narrated Abu Sa`id Al-Khudri (ra):

The Prophet (ﷺ) said: “Is it not the case that when she gets her menses, she cannot pray or fast?”

Sahih al-Bukhari 304

When a woman sees the blood of her period or nifaas (post-partum bleeding), her fast becomes invalid even if that is one moment before sunset.

If a woman feels that her period has started but no blood comes out until after sunset, her fast is still valid.

If the bleeding of a woman who is menstruating or in nifaas ceases at night and she has the intention of fasting, then dawn comes before she does ghusl, the view of all the scholars is that her fast is valid.

It is preferable for a woman to keep to her natural cycle and to accept that which Allah has decreed for her, and not to take any medicine to prevent her period. She should accept what Allah has decreed for her of not fasting during her period, and make up those days later on. This is what the Mothers of the Believers and the women of the Salaf used to do. In addition, it has been medically proven that these means of preventing menstruation are harmful and many women have suffered menstrual irregularities as a result. If a woman takes pills and her period stops as a result, that is fine, she can fast and her fast is acceptable.

These are things that invalidate the fast. All of them – apart from menses and nifaas – only invalidate the fast if three conditions are met: that the person was aware of the ruling and not ignorant of it; that he did it knowingly and not out of forgetfulness; and that he did it by choice and was not forced to do it.

Reference:

<https://islamqa.info/en/answers/38023/things-that-invalidate-the-fast>

# **Actions that “Do Not” Invalidate the Fast**

## 10) Actions that “Do Not” Invalidate the Fast

### 10.1) Eating & Drinking Forgetfully

#### Narrated Abu Huraira (ra):

The Prophet (ﷺ) said, "If somebody eats or drinks forgetfully then **he should complete his fast**, for what he has eaten or drunk, has been given to him by Allah."

Sahih al-Bukhari 1933

### 10.2) Vomiting involuntarily

#### Narrated Abu Hurairah (ra):

The Prophet (ﷺ) said: if one has a sudden attack of vomiting while one is fasting, no expiation is required of him, but if he vomits intentionally, he must make expiation.

Sunan Abu Dawud 2380

### 10.3) Wet Dream

“If a man experiences a wet dream this does not invalidate his fast, because it was involuntary on his part; it is similar to the case when something enters his throat whilst he is sleeping.”

See al-Mughni by Ibn Qudaamah, vol. 3, p. 22

## 10.4) Medical Purposes under certain conditions

Enemas, eyedrops, eardrops, tooth extraction and treatment of injuries do not invalidate the fast.

Medical tablets that are placed under the tongue to treat asthma attacks etc, so long as you avoid swallowing any residue.

Insertion of anything into the vagina such as pessaries, or a speculum, or the doctor's fingers for the purpose of medical examination.

Insertion of medical instruments or IUD into the womb.

Anything that enters the urinary tract of a male or female, such as a catheter tube, or medical scopes, or opaque dyes inserted for the purpose of x-rays, or medicine, or a solution to wash the bladder.

Fillings, extractions or cleaning of the teeth, whether with a siwaak or toothbrush, so long as you avoid swallowing anything that reaches the throat.

Rinsing the mouth, gargling, sprays etc. so long as you avoid swallowing anything that reaches the throat.

Oxygen or anaesthetic gases, so long as that does not give the patient any kind of nourishment.

Anything that may enter the body via absorption through the skin, such as creams, poultices, etc.

Insertion of a fine tube via the veins for diagnostic imaging or treatment of the veins of the heart or any part of the body.

Insertion of a scope through the stomach wall to examine the intestines by means of a surgical operation (laparoscopy).

Taking samples from the liver or any other part of the body, so long as that is not accompanied by administration of solutions.

Endoscopy, so long as that is not accompanied by administration of solutions or other substances.

Introduction of any medical instruments or materials to the brain or spinal column.

Reference:

<https://islamqa.info/en/answers/38023/things-that-invalidate-the-fast>

# Days When Fasting Is Prohibited

## 11) Days When Fasting is Prohibited

### 11.1) Singling out Friday for Fasting

**Narrated Abu Huraira (ra):**

I heard the Prophet (ﷺ) saying, "None of you should fast on Friday unless he fasts a day before or after it."

Sahih al-Bukhari 1985

### 11.2) Singling out Saturday for Fasting

**Abdullah bin Busr (ra) narrated from his sister that:**

The Messenger of Allah (ﷺ) said: "Do not fast on Saturday except for what has been made obligatory upon you (by Allah). If one of you does not find but a grape peel or a tree's twig, then let him chew it."

Jami` at-Tirmidhi 744

\*If one intends to fast on Saturday, then they must fast either a day before or after it

### 11.3) Days of Tashreeq (11<sup>th</sup>, 12<sup>th</sup>, 13<sup>th</sup> of Dhul Hijjah)

**Narrated `Aisha and Ibn `Umar (ra):**

Nobody was allowed to fast on the days of Tashreeq **except those** (pilgrim performing hajj) **who could not afford the Hadi (Sacrifice).**

Sahih al-Bukhari 1997, 1998



### **Narrated Uqbah ibn Amir (ra):**

The Prophet (ﷺ) said: The day of Arafah, the day of sacrifice, the days of tashreeq are (the days of) our festival, O people of Islam. These are the days of eating and drinking.

Sunan Abu Dawud 2419

### **11.4) The Two Eids**

#### **Abu Huraira (ra) reported:**

That the Messenger of Allah (ﷺ) **forbade fasting** on these two days. Eid-ul-Adha and Eid-ul-Fitr.

Sahih Muslim 1138

# Miscellaneous Rulings On Fasting

## 12) Miscellaneous Rulings on Fasting

### 12.1) Making up obligatory Fasting

[Observing Saum (fasts)] for a fixed number of days, but if any of you is ill or on a journey, the same number (should be made up) from other days. And as for those who can fast with difficulty, (e.g. an old man, etc.), they have (a choice either to fast or) to feed a Miskin (poor person) (for every day). But whoever does good of his own accord, it is better for him. And that you fast, it is better for you if only you know.

The month of Ramadan in which was revealed the Quran, a guidance for mankind and clear proofs for the guidance and the criterion (between right and wrong). So whoever of you sights (the crescent on the first night of) the month (of Ramadan), he must observe Saum (fasts) that month, and whoever is ill or on a journey, the same number [of days which one did not observe Saum (fasts) must be made up] from other days. Allah intends for you ease, and He does not want to make things difficult for you. (He wants that you) must complete the same number (of days), and that you must magnify Allah [i.e. to say Takbir (Allahu-Akbar; Allah is the Most Great) on seeing the crescent of the months of Ramadan and Shawwal] for having guided you so that you may be grateful to Him.

Surah Al Baqarah 2:184-185

### 12.2) Breaking Voluntary Fasting

**It was narrated that 'Aishah (ra) said:**

"The Messenger of Allah came to me one day and said: 'Do you have anything (to eat)?' I said: 'No.' he said: 'Then I am fasting.' Then he came to me after that day, and I had been given some Hais (a sort of sweet dish made from butter, cheese and dates). I had kept some for him as he liked Hais. She said: 'O Messenger of Allah, we have been given some Hais and I kept some for you.' He said: 'Bring it here. I started the day fasting.' Then he ate some of it, then he said: 'The likeness of a voluntary fast is that of a man who allocated some of his wealth to give in charity; if he wishes he may go ahead and give it, and if he wishes he may keep it.'"

Sunan an-Nasa'i 2322

### 12.3) Punishment of breaking obligatory fast before time

**Narrated by Ibn Khuzaymah (1986) and Ibn Hibbaan (7491) from Abu Umaamah al-Baahili who said:**

I heard the Messenger of Allah (ﷺ) say: "Whilst I was sleeping two men came to me and took me by the arm and brought me to a cragged mountain. They said, 'Climb up.' I said, 'I cannot.' They said, 'We will make it easy for you.' So I climbed up until I was at the top of the mountain. Then I heard loud voices. I said, 'What are these voices?' They said, 'This is the howling of the people of Hell.'" Then I was taken until I saw people hanging by their hamstrings, with the sides of their mouths torn and blood pouring from their mouths.' I said, 'Who are these?' He said, 'These are people who broke their fast before it was time.'"

Mawaarid al-Zam'aan, no. 1509 Classed as saheeh by al-Albaani in Saheeh

### 12.4) Heir making up for the remaining fast of the deceased

**A'isha (ra) reported Allah's Messenger (ﷺ) as saying:**

If anyone dies in a state (that he had to complete) some fasts, his heir **must fast on his behalf.**

Sahih Muslim 1147

### 12.5) Fasting is waived for pregnant & breastfeeding women

**It was narrated from Anas bin Malik (ra) that:**

he came to Prophet in Al-Madinah when he was eating breakfast. The Prophet said to him: "Come and eat the breakfast." He said: "I am fasting." The Prophet said to him: "Allah, the mighty and sublime, has waived fasting and half of the prayer for the traveler and for pregnant and breastfeeding women."

Sunan an-Nasa'i 2315

**Note:** The fast of Ramadan must be made up for the days missed when the period of pregnancy and breastfeeding is over.

## 12.6) The Best ways to Fast

**Abu Qatada reported (ra) that a person came to the Messenger of Allah (ﷺ) and said:**

How do you fast? The Messenger of Allah (ﷺ) felt annoyed. When 'Umar (Allah be pleased with him) noticed his annoyance, he said: We are well pleased with Allah as our Lord, with Islam as our code of life, and with Muhammad as our Prophet. We seek refuge with Allah from the anger of Allah and that of His Messenger. 'Umar kept on repeating these words till his (the Prophet's) anger calmed down. Then Umar said: Messenger of Allah, what is the position of one who fasts perpetually? He (ﷺ) said: He neither fasted nor broke it, or he said: He did not fast and he did not break it. 'Umar said: What about him who fasts for two days and does not fast one day? He (ﷺ) said: Is anyone capable of doing that? He ('Umar) said: What is the position of him who fasts for a day and doesn't fast on the other day? Thereupon he (the Holy Prophet) said: That is the fast of David (peace be upon him). He ('Umar) said: What about him who fasts one day and doesn't fast for two days. Thereupon he (the Messenger of Allah) said: I wish I were given the strength to do that. Thereafter he (ﷺ) said: Fasting three days every month and that of Ramadan every year is a perpetual fasting. I seek from Allah that fasting on the day of 'Arafa may atone for the sins of the preceding and the coming years, and I seek from Allah that fasting on the Day of Ashura may atone for the sins of the preceding year.

Sahih Muslim 1162 a

## 12.7) Whoever is not able to marry, is recommended to Fast

**Narrated `Abdullah (ra):**

Allah's Messenger (ﷺ) said, "O young people! Whoever among you can marry, should marry, because it helps him lower his gaze and guard his modesty (i.e. his private parts from committing illegal sexual intercourse etc.), and whoever is not able to marry, should fast, as fasting diminishes his sexual power."

Sahih al-Bukhari 5066

# **Fasting and Quran will intercede for the Believers on the Day of Judgement**

### 13) Fasting and Quran will intercede for the Believer

**Ahmad narrated from ‘Abd-Allah ibn ‘Amr that the Messenger of Allah (ﷺ) said:**

“Fasting and the Quran will intercede for a person on the Day of Resurrection. Fasting will say, ‘O Lord, I deprived him of his food and his desires during the day, so let me intercede for him.’ And the Qur’an will say: ‘I deprived him of his sleep at night so let me intercede for him.’ Then they will intercede.”

Narrated by Ahmad 6626;

classed as saheeh by al-Albaani in Saheeh al-Jaami’, no. 3882.

# Four Sacred Months



## 14) Four Sacred Months

(The sacred months are Muharram, Rajab, Dhu'l-Qa'dah and Dhu'l-Hijjah.)

Verily, the number of months with Allah is twelve months (in a year), in the register of Allah [from] the Day when He created the heavens and the earth; of them four are Sacred, (i.e. the 1st, the 7th, the 11th and the 12th months of the Islamic calendar). That is the right religion, so wrong not yourselves therein, and fight against the Mushrikun (polytheists, pagans, idolaters, disbelievers in the Oneness of Allah) collectively, as they fight against you collectively. But know that Allah is with those who are Al-Muttaqun (the pious - see V. 2:2).

Surah Tawbah 9:36

### **Narrated Abu Bakr (ra):**

The Prophet (ﷺ) said. "(The division of time has turned to its original form which was current when Allah created the Heavens and the Earths. The year is of twelve months, out of which four months are sacred: Three are in succession Dhul-Qa' da, Dhul-Hijjah and Muharram, and (the fourth is) Rajab of (the tribe of) Mudar which comes between Jumadi-ath-Thaniyah and Sha ban."

Sahih al-Bukhari 3197

**14.1) 12 months of the Islamic Calendar, in order are these:**

14.1.1) Muharram

14.1.2) Safar

14.1.3) Rabi' al-Awwal

14.1.4) Rabi' al-Thani

14.1.5) Jumada al-Awwal

14.1.6) Jumada al-Thani

14.1.7) Rajab

14.1.8) Sha'ban

14.1.9) Ramadan

14.1.10) Shawwal

14.1.11) Dhu al-Qi'dah

14.1.12) Dhu al-Hijjah

# The Last Sermon of Prophet Muhammad ((ﷺ

## 15) The Last Sermon of Prophet Muhammad (ﷺ)

Prophet Muhammad (ﷺ) delivered his last sermon (Khutbah) on the ninth of Dhul Hijjah (12th and last month of the Islamic year), 10 years after Hijrah (migration from Makkah to Madinah) in the Uranah Valley of mount Arafat. His words were quite clear and concise and were directed to the entire humanity.

After praising, and thanking Allah he said:

“O People, lend me an attentive ear, for I know not whether after this year, I shall ever be amongst you again. **Therefore, listen to what I am saying to you very carefully and take these words to those who could not be present here today.**

O people, just as you regard this month, this day, this city as Sacred, so regard the life and property of every Muslim as a sacred trust. Return the goods entrusted to you to their rightful owners. Hurt no one so that no one may hurt you. Remember that you will indeed meet your Lord, and that He will indeed reckon your deeds. **Allah has forbidden you to take usury (interest)**, therefore all interest obligation shall henceforth be waived. Your capital, however, is yours to keep. You will neither inflict nor suffer any inequity. Allah has Judged that there shall be no interest and that all the interest due to Abbas ibn Abd Al-Muttalib (Prophet’s uncle) shall henceforth be waived...

**Beware of Satan**, for the safety of your religion. He has lost all hope that he will ever be able to lead you astray in big things, **so beware of following him in small things.**

O people, it is true that you have certain rights with regard to your women, but they also have rights over you. Remember that you have taken them as your wives only under Allah’s trust and with His permission. If they abide by your right then to them belongs the right to be fed and clothed in kindness. **Do treat your women well and be kind to them for they are your partners and committed helpers.** And it is your right that they do not make friends with any one of whom you do not approve, as well as never to be unchaste.

O people, listen to me in earnest, **worship Allah, say your five daily prayers (Salah), fast during the month of Ramadan, and give your wealth in Zakat. Perform Hajj** if you can afford to.

**All mankind is from Adam and Eve, an Arab** has no superiority over a **non-Arab** nor a **non-Arab** has any superiority over an **Arab**; also, a **white** has no superiority over a

**black** nor a **black** has any superiority over a **white** **except by piety (taqwa) and good action.** Learn that every Muslim is a brother to every Muslim and that the Muslims constitute one brotherhood. Nothing shall be legitimate to a Muslim which belongs to a fellow Muslim unless it was given freely and willingly. Do not, therefore, do injustice to yourselves.

Remember, **one day you will appear before Allah and answer your deeds.** So beware, do not stray from the path of righteousness after I am gone. O people, no prophet or apostle will come after me and **no new faith will be born.**

Reason well, therefore, O people, and understand the words which I convey to you. I leave behind me two things, **the Qu'ran and my example, the Sunnah and if you follow these you will never go astray.**

**All those who listen to me shall pass on my words to others and those to others again; and may the last ones understand my words better than those who listen to me directly. Be my witness, O Allah, that I have conveyed your message to your people”.**