



## The Book of Fasting from Manhaj as-Salikeen

by Abdur-Rahman ibn Nasir as-Si'dee

### LESSON TWO

#### [THOSE EXCUSED FROM FASTING]

- ٢٤٦ - وَالْمَرِيضُ الَّذِي يَتَصَرَّرُ بِالصَّوْمِ، وَالْمَسَافِرُ، هُمَا أَفْطَرُ وَالصَّيَامُ. Sick people harmed by fasting and travelers have the option of fasting or not fasting.
- ٢٤٧ - وَالْحَائِضُ وَالنَّفْسَاءُ، يَحْرُمُ عَلَيْهِمَا الصَّيَامُ، وَعَلَيْهِمَا الْقَضَاءُ. Fasting is *haram* for menstruating women or those experiencing postpartum bleeding. They must make up the fast.
- ٢٤٨ - وَالْحَامِلُ وَالْمَرْعُ إِذَا خَافَتَا عَلَى وَلَدِيهِمَا، أَفْطَرَتَا، وَقَصَّتَا، وَأَطْعَمَتَا عَنْ كُلِّ يَوْمٍ مَسْكِينًا. Pregnant and breastfeeding women who fear for their child should not fast. They must make up the days as well as feed a needy person for each day they did not fast.
- ٢٤٩ - وَالْعَاجِزُ عَنِ الصَّوْمِ، لِكِبَرٍ أَوْ مَرَضٍ لَا يَرْجَى بَرْؤُهُ، فَإِنَّهُ يَطْعَمُ عَنْ كُلِّ يَوْمٍ مَسْكِينًا. Those who cannot fast due to old age or an incurable disease must feed a poor person for each day missed.

#### [THINGS THAT NULLIFY THE FAST]

- ٢٥٠ - وَمَنْ أَفْطَرَ فَعَلِيهِ الْقَضَاءُ فَقَطْ، إِذَا كَانَ فَطَرَهُ بِأَكْلِ، أَوْ بِشَرْبٍ، أَوْ قِيءٍ عَمْدًا، أَوْ حِجَامَةٍ، أَوْ إِمْنَاءٍ بِمُبَاشَرَةٍ. Whoever breaks the fast by eating, drinking, intentional vomiting, *hijamah* (cupping), or frottage-induced emission of semen must make up the day only.
- ٢٥١ - إِلَّا مَنْ أَفْطَرَ بِجَمَاعٍ فَإِنَّهُ يَقْضِي وَيَعْتِقُ رَقَبَةً، فَإِنْ لَمْ يَجِدْ فَصِيَامُ شَهْرَيْنِ مُتَتَابِعَيْنِ، فَإِنْ لَمْ يَسْتَطِعْ فَأِطْعَامُ سِتِّينَ مَسْكِينًا. However, those who break the fast by sexual intercourse must make up the day and free a slave. If he cannot free a slave, he must fast two consecutive months. If he cannot do so, he must feed sixty poor people.

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[FORGETTING WHILE FASTING]	
٢٥٢ - وَقَالَ النَّبِيُّ ﷺ: ((مَنْ نَسِيَ وَهُوَ صَائِمٌ فَأَكَلَ أَوْ شَرِبَ فَلْيُسِّمْ صَوْمَهُ، فَإِنَّمَا أَطْعَمَهُ اللَّهُ وَسَقَاهُ)) مُتَّفَقٌ عَلَيْهِ.	[1 <sup>st</sup> ] The Prophet ﷺ said: “Whoever forgets that he is fasting, and eats or drinks, should complete his fast, for it is Allah Who has fed him and given him drink.” Agreed upon.
[SUHUR & IFTAR]	
٢٥٣ - وَقَالَ ﷺ: ((لَا يَزَالُ النَّاسُ بِخَيْرٍ مَا عَجَلُوا (الفطر)) مُتَّفَقٌ عَلَيْهِ.	[2 <sup>nd</sup> ] He ﷺ also said: “People will remain upon goodness as long as they hasten the breaking of the fast.” Agreed upon.
٢٥٤ - وَقَالَ ﷺ: ((تَسَحَّرُوا، فَإِنَّ فِي السُّحُورِ بَرَكَه)) مُتَّفَقٌ عَلَيْهِ.	[3 <sup>rd</sup> ] He ﷺ also said: “Eat the pre-dawn meal, for there is blessing in <i>suhur</i> .” Agreed upon.
٢٥٥ - وَقَالَ ﷺ: ((إِذَا أَفْطَرَ أَحَدُكُمْ فَلْيُفْطِرْ عَلَى تَمْرٍ، فَإِنْ لَمْ يَجِدْ فَلْيُفْطِرْ عَلَى مَاءٍ، فَإِنَّهُ طَهُورٌ)). رَوَاهُ الْخَمْسَةُ.	[4 <sup>th</sup> ] He ﷺ also said: “When one of you breaks his fast, he should do so with dates. If dates are not available, break it with water, for water is purifying.” Collected by ‘the Five’.
[CHARACTER REFINEMENT WHILE FASTING]	
٢٥٦ - وَقَالَ ﷺ: ((مَنْ لَمْ يَدَعْ قَوْلَ الزُّورِ وَالْعَمَلَ بِهِ، وَالْجَهْلَ فَلَيْسَ لِلَّهِ حَاجَةٌ فِي أَنْ يَدَعَ طَعَامَهُ وَشَرَابَهُ)) رَوَاهُ الْبُخَارِيُّ.	[5 <sup>th</sup> ] He ﷺ also said: “Whoever does not abandon false speech, evil actions, and foolishness, Allah has no need for him to leave his food and drink.” Collected by al-Bukhari.
[FASTING ON BEHALF OF THE DECEASED]	
٢٥٧ - وَقَالَ ﷺ: ((مَنْ مَاتَ وَعَلَيْهِ صِيَامٌ، صَامَ عَنْهُ وَلِيُّهُ)) مُتَّفَقٌ عَلَيْهِ.	[6 <sup>th</sup> ] He ﷺ also said: “Whoever dies while owing some days of fasting, an heir should fast on his behalf.” Agreed upon.