

# ***Ramadhaan Has Arrived!***



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*Ramadhaan* is a great month in the sight of Allaah The Almighty. It is the month in which the Quran was revealed on a night which is better than a thousand months. Allaah The Almighty Says (what means): ***{The Night of Decree [in Ramadhaan] is better than a thousand months. The angels and the Spirit descend therein by permission of their Lord for every matter. Peace it is until the emergence of dawn.}*** [Quran 97:3-5]

*Ramadhaan* is the month of the Quran and fasting. During this month the devils are chained and Muslims intensify acts of obedience and worship and seek closeness to their Lord through giving charity to the poor and needy.

### *The Meaning of Ramadhaan*

*Ramadhaan* means fasting, which is abstention from food, drink and sexual relations as a means of drawing closer to Allaah The Almighty.

### *The Time of fasting*

The time of fasting starts from the break of dawn until sunset.

### *The Ruling of fasting*

It is obligatory for Muslims to fast the month of *Ramadhaan* as this is the fourth pillar of Islam. Allaah The Almighty Says (what means): ***{O you***

*who have believed, decreed upon you is fasting as it was decreed upon those before you that you may become righteous.} [Quran 2: 183]*

Each adult Muslim, man or woman, who is sane and physically able to fast is required to fast the month of *Ramadhaan*.

### *Prerequisites of fasting in Ramadhaan*

- 1- Islam: A non-Muslim is not required to fast unless he embraces Islam.
- 2- Sanity: An insane Muslim is not required to fast unless he regains his sanity.
- 3- Maturity: Fasting is not due before attaining the age of puberty. However, if a child is able to fast, he should be asked to do so in order to get accustomed to it.
- 4- Physical ability: Whoever is unable to fast due to old age or an incurable illness is not obliged to fast and is instead required to feed a needy person for each day.
- 5- Attaining the age of discretion: Before this age, a child should not fast.
- 6- Cessation of menstruation: The fasting of a menstruating woman is invalid until her bleeding stops.
- 7- Cessation of post-partum bleeding: The fasting of a woman who experiences post-partum bleeding is invalid until that state comes to an end.
- 8- Intention: One has to make the intention to fast for each day on the night preceding it. Fasting is invalid without intention, which is made in the heart only. This is contrary to voluntary fasting, which does not need an intention to be made the night before.

### *Six acts of Sunnah related to fasting*

- 1- Delaying the *Suhoor* (pre-dawn meal) to the last part of the night but before the break of dawn.
- 2- Hastening in having the *Iftaar* (fast-breaking) meal when the sun sets.
- 3- Increasing righteous deeds and intensifying voluntary prayer, charity, recitation of the Quran, remembrance of Allaah, supplication and asking Allaah for forgiveness.
- 4- Meeting insults and abuse with the term, "I am fasting". One must not react to abuse in the same way; rather, he should react with what is best in order to attain rewards and keep safe from sin.
- 5- Supplication at the time of breaking the fast: He can say, "*Allaahumma laka sumtu, wa 'ala rizqika aftartu, fataqabbal minni, innaka anta as-samee'u al-'Aleem (O Allaah, I have fasted for You and I have broken the fast with Your provision so accept it from me. You are The Hearer, The Knowledgeable).*"
- 6- Breaking the fast with ripe dates if they are available; if not, then with dried dates; if not, then with water.

### *Excuses allowing a Muslim not to fast during Ramadhaan*

Four types of people are excused for not fasting during *Ramadhaan*:

- 1- A sick person who would be harmed by fasting as well as a traveler who is traveling for the distance that allows for shortening the prayer. It is better for these two persons to not fast, and they are required to

make up for the missed days. Nonetheless, if they fast, their fasting would still be valid and accepted.

- 2- A woman experiencing menstruation or post-partum bleeding should not fast and should later make up for the missed days. If she does choose to fast under such circumstances, her fasting would be invalid and rejected.
- 3- The pregnant and nursing woman. If, in such a circumstance, she expects harm to afflict the fetus or the child, she is allowed to not fast, make up for the missed days later on and also feed a needy person for each day. If she does fast in these circumstances, her fasting would be valid and accepted. If such a woman expects harm to afflict herself (rather than her child), she is allowed to not fast and then make up for the missed days only – without having to feed needy people.
- 4- A person who is unable to fast due to old age or an incurable illness is allowed to not fast and feed a needy person for each day a half of a *Saa'* (about 1500 grams) of the staple food of that land.

### *Distinguishing characteristics of Ramadhaan*

Allaah The Almighty made the month of *Ramadhaan* distinguished from other months with many characteristics and virtues therein, including:

- 1- The smell of the mouth of the fasting person smells better to Allaah than the fragrance of musk.
- 2- The angels continue asking Allaah to forgive the fasting persons until they break their fast.

- 3- Allaah decorates His Paradise everyday and Says, ***“My righteous servants are about to be alleviated from all burdens and harms and then move to you.”***
- 4- The devils are chained.
- 5- The gates of Paradise are opened and the gates of Hellfire are closed.
- 6- In it is *Laylat Al-Qadr* (the Night of Divine Decree) which is better than a thousand months. Whoever is deprived of the blessings of this night has been deprived from a tremendous amount of goodness.
- 7- Those who fasted are forgiven upon the last night of *Ramadhaan*.

### *Asserted righteous deeds during Ramadhaan*

**1- Fasting:** It was narrated that the Prophet ﷺ said: ***"Every act of the son of Aadam is for him, every good deed is multiplied in reward by seven hundred multiples. Allaah The Exalted Says: 'Except fasting. It is (exclusively) meant for Me and I (alone) will reward it. He (the fasting person) has abstained from food and drink, and sexual pleasures for My sake.' The fasting person has two occasions of joy: one when he breaks his fast and the other when he meets his Lord. Surely, the breath of one who observes fasting smells better to Allaah than the fragrance of musk."*** [Al-Bukhaari & Muslim]

Undoubtedly, this great reward is not for a person who abstains from food and drink only; rather, it is as the Prophet ﷺ said: ***"Whoever does not***

*give up false speech and acting upon it, Allaah does not need him to give up his food and drink."* [Al-Bukhaari]

In this regard, the Prophet ﷺ also said: *"Fasting is a shield (from Hell). If one of you is fasting, he should avoid sexual intercourse and quarreling. If someone insults him, he should say, 'I am fasting.'"* [Al-Bukhaari & Muslim]

O servant of Allaah, when you fast, you should do that with your hearing, you eyes, your tongue and all the other parts of your body. You should not make similar the day when you are fasting and the day when you are not, as narrated on the authority of Jaabir رضي الله عنه.

**2- Performing Qiyaam (night voluntary prayer):** It was narrated that the Prophet ﷺ said: *"Whoever observes the night voluntary prayers during the month of Ramadhaan out of sincere faith and hoping to attain the reward of Allaah, all his past sins will be forgiven."* [Al-Bukhaari & Muslim]

An important caution: You should complete the *Taraaweeh* (a special voluntary night prayer in *Ramadhaan*) with the Imaam in order to be considered as one of those who spend (the night) in prayer. The Prophet ﷺ said: *"Whoever prays with the Imaam until he finishes, Allaah will record for him as if he spent the whole night in prayer."* [Abu Daawood, An-Nasaa'i, At-Tirmithi & Ibn Maajah]

**3- Charity:** The Prophet ﷺ was the most generous of people in giving charity, but he was generous to the utmost during the month of *Ramadhaan*. He was more generous in giving charity than a blowing wind. It was also narrated that the Prophet ﷺ said: *"The best charity is that which is given during Ramadhaan."* [At-Tirmithi]

*Charity has many forms, including:*

A- Providing food: Allaah The Almighty Says (what means): *{And they give food in spite of love for it to the needy, the orphan, and the captive, [Saying], "We feed you only for the countenance of Allaah. We wish not from you reward or gratitude. Indeed, We fear from our Lord a Day austere and distressful." So Allaah will protect them from the evil of that Day and give them radiance and happiness, and will reward them for what they patiently endured [with] a garden [in Paradise] and silk [garments].}* [Quran 76: 8-12]

The righteous predecessors were keen to provide food for others and they gave this precedence over many acts of worship. It is equally rewarded whether you feed a hungry person or your good Muslim brother. Hence, poverty is not a condition for feeding a person. It was narrated that the Prophet ﷺ said: *"Whoever provides food for a hungry believer, Allaah will provide him with food from the fruits of Paradise. Whoever provides water for a thirsty believer, Allaah will provide him with water from the Sealed Nectar."* [At-Tirmithi]



Some of the righteous predecessors, including Al-Hasan and Ibn Al-Mubaarak رضي الله عنه would feed their Muslim brothers while they themselves were fasting. They would serve them and attend to their well-being.

B- Providing food for those breaking their fast: It was narrated that the Messenger of Allaah ﷺ said: *"Whoever feeds a fasting person will have a reward equal to that of the fasting person, without any reduction in the latter's reward."* [At-Tirmithi]

**4. Intensifying recitation of the Quran:** My dear brother and sister, you should be keen to recite the noble Quran with reflection and humbleness. The righteous predecessors were tremendously influenced by the Quran. Abu Hurayrah رضي الله عنه narrated: *"When the verses in which Allaah The Almighty Says (what means): {Then at this statement do you wonder? And you laugh and do not weep.} [Quran 53:59-60] were revealed, the people of Suffah (poor people who used to stay in the courtyard of the Prophet's mosque) wept until tears began to trickle down their cheeks. When the Prophet ﷺ heard their weeping, he wept with them and his weeping made us weep. The Messenger of Allaah ﷺ said: 'The person who weeps in humility to Allaah will not enter Hell.'*" [At-Tirmithi]

**5- Sitting in the mosque until sunrise:** It was narrated that when the Prophet ﷺ performed the *Fajr* (dawn) prayer, he sat in his place of prayer until sunrise. [Muslim]

Anas رضي الله عنه narrated that the Prophet ﷺ said: *"Whoever performs the Fajr prayer in congregation and remains seated, remembering Allaah until sunrise, then performs a two-Rak'ah (unit) prayer, it will be for him as the reward of a complete, complete, complete Hajj and 'Umrah."* [At-Tirmithi; Al-Albaani: *Saheeh* (Authentic)] If this is the reward promised for any day of the year, then how will it be for the days of *Ramadhaan*, the days of mercy and forgiveness?

**6- Observing *I'tikaaf* (ritual-seclusion in the mosque):** It was narrated that the Prophet ﷺ observed *I'tikaaf* for ten days in *Ramadhaan*. But in the year of his death, he observed *I'tikaaf* for twenty days." [Al-Bukhaari]

**7- Performing 'Umrah during *Ramadhaan*:** It was narrated that the Prophet ﷺ said: *"An 'Umrah performed in Ramadhaan is equal in reward to Hajj."* [Al-Bukhaari & Muslim]



**8- Seeking Laylat Al-Qadr (the Night of Decree):** Allaah The Almighty Says (what means): *{Indeed, We sent the Quran down during the Night of Decree. And what can make you know what is the Night of Decree? The Night of Decree is better than a thousand months.}* [Quran 97: 1-3]

The Prophet ﷺ said: *"Whoever observes the optional night prayer during Laylat Al-Qadr with sincere faith and hope for the reward of Allaah will have his past sins forgiven."* [Al-Bukhaari & Muslim]

The Prophet ﷺ would seek *Laylat Al-Qadr* and commanded his Companions رضي الله عنهم to also look out for it. He ﷺ would wake up his family members

during the last ten nights in the hope that they would catch the blessed night.

*Laylatul-Qadr* is sought during the last ten nights of *Ramadhaan*, and in particular the odd nights.

'Aa'ishah  narrated that she said: "O Messenger of Allaah, what if I knew when *Laylat Al-Qadr* was - what should I say in it?" He  said: "**Say: *Allaahumma innaka 'affuwun tuhibbul 'afwa fa'fu 'anni (O Allaah, You are the Ever-Pardoning and You love to pardon, so pardon me.)***" [Ahmad]

**9- Intensifying remembrance and mentioning of Allaah, supplication and seeking forgiveness:** The days and nights of *Ramadhaan* are virtuous times, so seize the opportunity by increasing your remembrance of Allaah and making supplications, especially during the times when supplications are answered, including:

\*When breaking the fast, since the fasting person has an answered supplication when he breaks his fast.

\*The last third of the night, which is when our Lord descends and Says: "***Is there anyone asking that I may give; is there anyone seeking forgiveness that I may forgive?***"

\*Asking for forgiveness during the last part of the night (shortly before dawn), as Allaah The Almighty Says (what means): ***{And in the hours before dawn they would ask forgiveness.}*** [Quran 51:18]

\* Seeking the hour when the supplication is answered on Friday. This hour is most likely the last hour of the daytime.

### *Breaches to be avoided while fasting*

- 1- Simply alternating the night into daytime and vice versa.
- 2- Abandoning some of the obligatory prayers due to sleeping.
- 3- Overeating and overdrinking.
- 4- Wasting time.
- 5- Having the *Suhoor* meal early and then sleeping without performing the *Fajr* prayer.
- 6- Driving in a reckless manner in the moments that precede breaking the fast, and driving aggressively and recklessly in general.
- 7- Failing to perform the *Taraaweeh* prayer in full.
- 8- Spending the working hours with colleagues in backbiting and tale-bearing as well as other actions which would invalidate fasting.
- 9- The woman spending most of her time in the kitchen.

### *Other noteworthy points related of fasting*

- 1- One must fast during the month of *Ramadhaan* out of sincere faith and hoping to attain the reward of Allaah, not for any other purpose.

- 2- A fasting person may be afflicted with wounds, a nosebleed or unintentionally have some water or other substances that reach his throat. Such matters do not invalidate fasting, as long as they are done unintentionally.
- 3- One is permitted to make his intention to fast while he is in a state of *Janaabah* (post sexual-intercourse impurity) and then perform *Ghusl* (ritual bathing) after the break of dawn. If the state of menstruation or post-partum bleeding ends before the break of dawn, a woman has to perform *Ghusl* and then perform the *Maghrib* (sunset) and '*Ishaa*' (evening) prayers and then fast.
- 4- A fasting person is permitted to use the *Siwaak* (tooth-cleaning stick), whether at the beginning of the day or at any other time. It is recommended for him to use it, just as when he is not fasting.
- 5- The times of *Ramadhaan* must be utilized in doing righteous deeds, such as prayer, charity, reciting the Quran, remembering and mentioning Allaah, supplicating to Him and asking for forgiveness. *Ramadhaan* is an opportunity to increase one's righteous deeds and purify the heart from corruption.
- 6- Fasting disciplines the soul and purifies the self from afflicting people with abuse or harm.
- 7- One's fasting is still valid when smoke or dust unintentionally enters his throat, as this is impossible to avoid.
- 8- When a fasting person eats or drinks during the daytime out of forgetfulness or ignorance, those who see him are required to remind him, as this is from cooperation upon righteousness and piety.

- 9- The fasting person and others as well must avoid sins, including all unlawful talk, looking, listening, eating and drinking.
- 10- It is recommended for one to be openhanded and keen to recite the Quran during *Ramadhaan* out of following the example of the Prophet ﷺ and seeking reward from Allaah.
- 11- Some of the causes of forgiveness and repentance in *Ramadhaan* are fasting, spending the night in worship, observing prayers in *Laylat Al-Qadr* with sincere faith and hope for the reward of Allaah, reciting the Quran, remembering Allaah, supplicating, asking for forgiveness, repentance to Allaah, providing food for the fasting persons and giving in charity.
- 12- The best charity is that which is given in *Ramadhaan*.
- 13- Fasting is better for one who is allowed to break the fast, unless it is very difficult or harmful for him. Allaah The Almighty Says (what means): ***{But to fast is best for you, if you only knew.}*** [Quran 2: 184]
- 14- One should seek *Laylat Al-Qadr*, as it is better than a thousand months. The Quran was revealed on this night. Allaah The Almighty Says (what means): ***{The month of Ramadhaan [is that] in which was revealed the Quran.}*** [Quran 2: 185]
- 15- The angels continue asking forgiveness for the fasting persons until he breaks his fast.
- 16- *Ramadhaan* is the month of patience; and patience is rewarded with Paradise.
- 17- The fasting people are forgiven upon the last night of *Ramadhaan*, just like a worker should be given his payment after finishing his work.

- 18- During *Ramadhaan*, mercy descends, sins are forgiven and supplications are answered.

### *Guidelines to be followed during Ramadhaan*

- 1- Fasting during the month of *Ramadhaan* out of sincere faith and hoping to attain the rewards of Allaah, for all one's past sins will be forgiven then.
- 2- Avoid breaking the fast on one of the days of *Ramadhaan* without a *Sharee'ah*-approved excuse, but if one does so, he is required to make up for this day, give the *Kaffaarah* (expiation) and sincerely repent to Allaah.
- 3- Provide a meal of breaking the fast for the fasting persons in order to receive a reward similar to theirs.
- 4- Perform the five obligatory prayers in congregation at their fixed times in order to receive the reward of Allaah and win the protection of Allaah in *Ramadhaan* as well as at other times.
- 5- Give charity intensively during *Ramadhaan*, for the best charity is that given in *Ramadhaan*.
- 6- Avoid wasting your time without doing righteous deeds. You will be questioned about your time, reckoned for it and rewarded or punished accordingly.
- 7- Perform '*Umrah* during *Ramadhaan*, for an '*Umrah* performed in *Ramadhaan* is equal in reward to *Hajj*.
- 8- Learn from fasting how to fear Allaah, be mindful of him in public and secret, show gratefulness for His favors, keep upright on

obeying Him by obeying all His commands and avoiding all that is forbidden.

- 9- Avoid exceeding limits due to fasting so that you do not get angry for the most insignificant reasons under the pretext that you are fasting. Rather, fasting should be a source of tranquility and reassurance for you.
- 10- Intensify remembrance and mentioning of Allaah, seeking forgiveness, asking to enter Paradise and salvation from Hell in *Ramadhaan* and at other times as well. However, this is more required when you are fasting, particularly at the time of breaking the fast and having the *Suhoor* meal. This is one of the most important causes of forgiveness.
- 11- Fast six days of Shawwaal (the month following *Ramadhaan*). It was narrated that the Prophet ﷺ said: ***"Whoever fasts Ramadhaan followed by six (days) of Shawwaal is like him who fasts the whole year."*** [Muslim]
- 12- Keep on increasing your faith, fearing Allaah and doing righteous deeds after *Ramadhaan* and until you die. Allaah The Almighty Says (what means): ***{And worship your Lord until there comes to you the certainty (death).}*** [Quran 15: 99]
- 13- Intensify prayer, fasting and asking Allaah to exalt the mention of the Prophet ﷺ his family, Companions and followers until the Day of Judgment.
- 14- Muslims unanimously agree that fasting in *Ramadhaan* is an obligation. So, whoever denies the obligation of fasting in *Ramadhaan* is an apostate and he must be asked to repent and return to Islam.



- 15- The fast of *Ramadhaan* was legislated during the second year after *Hijrah* (emigration). The Prophet ﷺ fasted the month of *Ramadhaan* nine times during his life. This makes fasting an obligation upon each Muslim who is mature and sane.
- 16- Avoid lying, cursing, backbiting and tale bearing, as this diminishes the reward of fasting.

### *Zakaat Al-Fitr*

- 1- This is the due physical and spiritual *Zakaah* (charity) after ending the fast of *Ramadhaan*.
- 2- It is obligatory and to be paid by each Muslim for himself as well as for those whom he is required to spend on.
- 3- Its amount is one *Saa'* of the common staple food of the land and that which is over and above his and his family's requirements for the night and day of '*Eed*.
- 4- A *Saa'* measures four *Mudds*. The *Mudd* measures two middle-sized handfuls, which equals about 3 kilograms.
- 5- The best of what is given is what is most beneficial to the poor.
- 6- It is given on the day of '*Eed* but before the prayer. It may also be given a day or two before the '*Eed*. It is impermissible, however, to delay it after the '*Eed* prayer unless there is a *Sharee'ah*-approved excuse. Otherwise, it is not accepted and simply counted as ordinary charity.
- 7- It is to be given in the place where one resides at the time of giving it.

- 8- Giving its value is impermissible as this does not conform with the *Sunnah* of the Prophet ﷺ.
- 9- It is given to the same recipients of standard *Zakaah*. The poor, the needy and those in debt are worthier of it.
- 10- It is obligatory that it is received by the recipient or his agent on time.

### *Conclusion*

My brother and sister in Islam, I advise you not to miss a single day of fasting in *Ramadhaan*. If you were to abandon the fasting of a day of *Ramadhaan*, without a *Sharee'ah*-approved excuse, you would not ever be able to compensate for it even if you were to fast for the rest of your life. After the end of the month of *Ramadhaan*, you are required to continue in obeying Allaah and make the month of *Ramadhaan* a beginning for changing bad habits and behavior into acts of worship and virtuous deeds.

I ask Allaah to accept your deeds, free you from Hell and make you one of those who are accepted by Him.