

## Chapter Five

### “Recommended Acts of Fasting”

There are **six** recommended acts of fasting:

1. Hastening to break the fast.
2. Delaying the pre-dawn meal.
3. Increasing in good deeds.
4. If insulted, audibly saying: “I am fasting”.
5. Saying the following supplication when breaking the fast: “[The thirst is gone, the veins are moist, and the reward has been earned; Allah willing<sup>1</sup>].
6. Breaking the fast with moist dates; if they are not available, then with dry dates, and if they are not available, then with water.

## Chapter Six

### “This who have an Excuse to Break the Fast and Four Rulings Connected to Them”

#### [1] – Impermissible:

Whoever does not have a valid, Islamic excuse (e.g. ill or travelling), it is impermissible to break the fast of *Ramadhaan*.

#### [2] – Obligatory:

Breaking the fast is obligatory on the following:

- a woman on her menses.
- a woman who is experiencing post-partum bleeding.
- anyone who must save someone from death (e.g. saving someone who is drowning).

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<sup>1</sup> *Shaykh al-Albaanee* graded this *hadeeth* as sound (*hasan*). See “*Irwaa al-Ghaleel*”, vol. 4/ pg. 390.

### [3] – Recommended:

Breaking the fast is recommended for the following:

- The traveler, who has travelled a distance that would allow him to shorten the prayer, to break the fast.
- It is recommended for the sick person, who fears harm (e.g. a prolonging in healing or an increase in the illness), to break the fast.

### [4] – Permissible:

- It is permissible for the resident, who sets out to travel, in the middle of the day, to break the fast.
- It is permissible for the pregnant and breastfeeding woman, who fear for their own health, or the health of the child, to break the fast.

However, if they fear for the health of the child alone, it is upon the child's guardian (e.g. the father) to feed a poor person, [on behalf of the mother], for each missed day of fasting.

## Chapter Seven

### “Immediately Refraining”

Here are some scenarios when a person must immediately refrain from nullifiers of the fast [out of respect for the month of *Ramadhān*]:

1. When a non-Muslim accepts Islam.
2. When Muslim woman's menses ceases.
3. When a sick person heals.
4. When a traveler returns to his or her place of residence [during the day].
5. When a child reaches puberty/ adulthood.
6. When an insane person regains sanity.

When any of these things occur during the daytime, the following must be done: They must refrain from the nullifiers of the fast, and a compensatory fast must be completed.

In valid cases, wherein it is permissible for a Muslim not to fast a day(s) during *Ramadhān*, another type of fast cannot be performed on that day (e.g. a voluntary fast).



Comprehension Questions on Chapters Five, Six, and Seven  
Five: "Recommended Acts of Fasting", Six: "This who have an Excuse to Break the Fast, and Four Rulings Connected to Them" Seven: "Immediately Refraining"

Question #1:

Mention a supplication that can be said when breaking the fast?

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Question #2:

If insulted, what should the fasting person say?

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Question #3:

Name **three** recommended acts to do while fasting:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Question #4:

Look at the following scenarios. Then, chose the correct ruling regarding breaking the fast. Here is an example:

Example: Someone who has no valid excuse. Answer: (impermissible)

1. The traveler, who has travelled a distance that would allow him to shorten the prayer - Answer ( )
2. A woman on her menses or has post-partum bleeding - Answer ( )
3. The pregnant and breastfeeding woman, who fear for their own health, or the health of the child - Answer ( )

Question #5:

If a person has a valid excuse to miss fasting a day of *Ramadhān*, he or she can fast another type of fast on that day (e.g. a voluntary fast). - [True or False.]