

Ahadeeth on the virtue of fasting (Ramadan)

Allaah says: **“Every good deed of the son of Adam is for him except fasting, for it is for Me and I will reward it.”** [A *qudsee* hadeeth reported by Al-Bukhaaree and Muslim]

The Prophet, sallAllaahu 'alayhi wa sallam, said: **“By the One in whose Hand the soul of Muhammad r is, the breath that comes out of the mouth of the one fasting is better to Allaah than the scent of musk. There are two times of joy for the person who fasts: When he breaks his fast, he is happy because he broke his fast, and when he meets his Lord, he is happy because of his fast.”** [Reported by Al-Bukhaaree and Muslim]

The Prophet said: **“Indeed there is a door in Paradise called *Ar-Rayyaan*. On the Day of Judgement, those who fast will enter through it, and no one else besides them will enter in through it. It will be said: ‘Where are those who fasted?’ So they will stand up. No one else will enter in through it besides them. So when they have entered it, it will close and no one else will enter in through it after them.”** [Reported by Al-Bukhaaree and Muslim]

The Prophet, sallAllaahu 'alayhi wa sallam, said: **“When the month of Ramadaan comes in, the doors of Paradise are opened and the doors of the Hellfire are closed and the devils are chained.”** [Reported by Al-Bukhaaree and Muslim]

The Prophet, sallAllaahu 'alayhi wa sallam, said: **“Whoever fasts Ramadaan with faith and seeking reward, he will have his previous sins forgiven.”** [Al-Bukhaaree and Muslim]

The Prophet, sallAllaahu 'alayhi wa sallam, was asked about fasting on the Day of 'Arafah, so he said: **“Doing that expiates sins committed in the past year and the following year.”** And he was asked about fasting on the day of 'Ashoora, so he, sallAllaahu 'alayhi wa sallam, said: **“It expiates sins committed in the previous year.”** [Reported by Muslim]

The Prophet, sallAllaahu 'alayhi wa sallam, said: **“The five daily prayers; one Friday prayer to the next Friday prayer; and (fasting) Ramadaan to the next Ramadaan expiate the sins that occur in between them, so long as the major sins are avoided.”** [Reported by Muslim]

The Prophet, sallAllaahu 'alayhi wa sallam, said: **“There is not a servant (of Allaah) that fasts a day in the way of Allaah, except that Allaah removes his face from the fire by the distance of seventy years because of that.”** [Reported by Al-Bukhaaree and Muslim]

The Prophet, sallAllaahu 'alayhi wa sallam, said: **“The most excellent (month for) fasting after Ramadaan is Allaah's month of Muharram. And the most excellent prayer after the obligatory prayer is the night prayer (i.e. Tahajjud).”** [Al-Bukhaaree and Muslim]

The Prophet, sallAllaahu 'alayhi wa sallam, said: **“Making 'Umrah in Ramadaan is equal to making Hajj – or making Hajj with me.”** [Reported by Al-Bukhaaree and Muslim]

The Prophet, sallAllaahu 'alayhi wa sallam, did not observe fasting in any month more than in the month of Sha'baan. [Reported by Al-Bukhaaree and Muslim]

The Prophet, sallAllaahu 'alayhi wa sallam, said: **“Fasting three days 31 in every month is like fasting the whole year.”** [Reported by Al-Bukhaaree and Muslim]

“The Prophet, sallAllaahu 'alayhi wa sallam, used to aspire to fast on Monday and Thursday.” [Reported by At-Tirmidhee with an authentic chain]

The Prophet said: **“The most beloved fast to Allaah is the fast of (Prophet) Dawood – he would fast one day and not fast the next day.”** [Reported by Al-Bukhaaree and Muslim]

When the Prophet, sallAllaahu 'alayhi wa sallam, came to Madeenah, he found the Jews fasting on the day of 'Ashoora, so he asked them: **“What is this day, which you are fasting?”** They replied: **“This is a great day – the day in which Allaah rescued Moses and his people (from their enemy), and in which Pharaoh and his people were drowned. So Moses fasted on this day out of gratefulness, so we fast on it (also). The Prophet said: “We have more right and claim to Moses than you.”** So the Prophet, sallAllaahu 'alayhi wa sallam, fasted that day and he ordered (the Muslims) to fast (on that day also). [Reported by Al-Bukhaaree and Muslim]

'Aa'isha, radyAllaah 'anhaa, reported: **“I said: 'O Messenger of Allaah! What if I knew which night Laylat-ul-Qadr was, what should I say in it?' He, sallAllaahu 'alayhi wa sallam, said: 'Say: O Allaah, You are All-Pardoning, and You love to forgive, so forgive me.'”** (*Allaahumma innaka 'affuwwun tuhibbul 'afwa fa 'afu 'annee*).” [Reported by At-Tirmidhee]

The Prophet, sallAllaahu 'alayhi wa sallam, said: **“Fasting, prayer, giving charity and enjoining good and forbidding evil absolve the trials a man faces with his family, his money, his children and his neighbor.”** [Reported by Muslim]

The Prophet said: **“O young men! Whoever amongst you can afford it, then let him get married. For it is the best means for lowering the gaze (from looking at women), and it is the best means of keeping the private parts chaste (from fornication). But whoever is not able (to marry), then let him observe fasting, for it is a protection.”**

THE LAST TEN NIGHTS OF RAMADAAN

The Prophet, sallAllaahu 'alayhi wa sallam, said: **“Whoever stands (in night prayer) during Ramadaan with faith and seeking reward (from Allaah), all of his previous sins will be forgiven.”** [Al-Bukhaaree and Muslim]

‘Aa’isha, radyAllaah 'anhaa, clarified the number of *rak’aat* for the Night Prayer, as the Prophet, sallAllaahu 'alayhi wa sallam, used to pray it. **“The Prophet, sallAllaahu 'alayhi wa sallam, did not exceed eleven (11) rak’aat in Ramadaan or out of it.”** [Reported by Al-Bukhaaree and Muslim]

“When the last ten days of Ramadaan would come, the Prophet, would tighten his waistwrapper (*izaar*), spend the night in worship, and wake his family.” [Reported by Al-Bukhaaree and Muslim]

And **“Allaah’s Messenger, sallAllaahu 'alayhi wa sallam, would exert himself in the last ten days (of Ramadaan) more than he would at other times.”** [Reported by Muslim]

And **“The Messenger of Allaah, sallAllaahu 'alayhi wa sallam, would perform ‘Itikaaf(seclusion in the masjid) during the last ten days of Ramadaan.”** [Reported by Al-Bukhaaree and Muslim]

“When the Prophet, sallAllaahu 'alayhi wa sallam, wanted to perform ‘Itikaaf, he would pray Fajr (in the masjid) and then begin his ‘Itikaaf.” [Reported by Al-Bukhaaree and Muslim]

One of the most important reasons why the last ten nights are so honorable is because Laylat-ul-Qadr (The Night of Decree) falls in it. Allaah says: **“Laylat-ul-Qadr is better than a thousand months.”** [Surah Al-Qadr: 3]

And He says: **“Indeed, We revealed it (this Qur’aan) on a blessed night.”** [Surah Ad-Dukhaan: 3]

The Prophet, sallAllaahu 'alayhi wa sallam, said: **“Whoever stands in night prayer during Laylat-ul-Qadr with faith and seeking reward (from Allaah), his past sins will be forgiven.”** [Reported by Al-Bukhaaree and Muslim] And he, sallAllaahu 'alayhi wa sallam, said: **“On the morning following Laylat-ul-Qadr, the sun rises not having any rays.”** [Reported by Muslim]

RECOMMENDED ACTS OF FASTING

The pre-dawn meal (*suhoor*) is highly recommended for those who fast. And delaying it until just before Fajr is more rewarding and more blessed. The Prophet, sallAllaahu 'alayhi wa sallam, said: **“Have *suhoor* for verily there is blessing in the *suhoor*.”** [Reported by Al-Bukhaaree and Muslim]

Anas, radyAllaah 'anhu, reported on Zaid Ibn Thaabit, radyAllaah 'anhu, that he said: “We had *suhoor* with the Prophet, sallAllaahu 'alayhi wa sallam, then he stood up for the prayer.” I (Anas) said: “How much time was there between the Adhaan and the *suhoor*?” He said: “The length of time it takes to recite fifty ayaat.” [Reported by Al-Bukhaaree]

It is recommended for those fasting to hasten in breaking the fast as soon as the sun sets. The Prophet, sallAllaahu 'alayhi wa sallam, said: **“The people will not cease to be upon good so long as they hasten in breaking the fast.”**¹⁹ And he, sallAllaahu 'alayhi wa sallam, said: **“When the night comes from here and the day leaves from here, and the sun sets, the fasting person must break his fast.”** [Both of these hadeeths are reported by Al-Bukhaaree and Muslim]

It is recommended to break the fast before praying, with fresh dates, but if not, then with dry dates, and if not, then with water. **“The Prophet, sallAllaahu 'alayhi wa sallam, used to break the fast before praying with fresh dates. But if there were no fresh dates, he used to break it with dry dates. And if there were no dry dates, he would take sips of water.”** [Reported by At-Tirmidhee with a sound chain of narration]

It is recommended for the person fasting to spend time in reciting and studying the Qur'aan, and in sitting with the people of righteousness and knowledge, as well as increasing in giving away charity for good causes during Ramadaan. **“The Prophet, sallAllaahu 'alayhi wa sallam, was the most generous amongst people. And the time when he was the most generous was in the month of Ramadaan when Jibreel would meet him. Jibreel used to meet him every night during Ramadaan until it ended, in which the Prophet, sallAllaahu 'alayhi wa sallam, would present him with the Qur'aan. When Jibreel used to meet him, he, sallAllaahu 'alayhi wa sallam, was more generous with good than the fair wind.”** [Reported Al-Bukhaaree and Muslim]

THINGS A FASTING PERSON IS ALLOWED TO DO

1. Taking a bath and pouring cold water over oneself, as well as gargling to cool and moisten the mouth and tongue.
2. *Hijaamah* (Cupping) and anything that resembles it, so long as it doesn't lead to weakness, for then it would be disliked (*makrooh*). **"The Prophet, sallAllaahu 'alayhi wa sallam, received *Hijaamah* while he was fasting."** [Reported by Al-Bukhaaree] As for the hadeeth: **"The person doing the *Hijaamah* and the one receiving the *Hijaamah* may break their fast"**, then it is abrogated, for that used to be in the beginning of Islaam.
3. Using the *Siwaak* (tooth-stick). This is based on the generality of the Prophet's, sallAllaahu 'alayhi wa sallam, saying: **"If it were not that I would be putting my nation to hardship I would have ordered them to use the *Siwaak* along with every *wudoo*."** [Reported by Al-Bukhaaree]

The person who is fasting is not exempted from this because the *Siwaak* is highly recommended at all times without exception – in Ramadaan and out of Ramadaan, before the sunrise and after it.

4. Delaying the bath (*ghusl*) that is necessary after sexual intercourse (from the previous night) until after Fajr starts: It is authentically reported that the time for Fajr would come in while the Prophet was in a state of *Janaabah* (sexual impurity) from his wives. So he, sallAllaahu 'alayhi wa sallam, would bathe (perform *ghusl*) and fast." [Reported in Al-Bukhaaree and Muslim]
5. Kissing, embracing and fondling the wife, without having sexual intercourse. This is unless the man fears for himself that he will fall into the act of intercourse, for then he must avoid this. 'Aa'isha, radyAllaah 'anhaa, reported that: **"Allaah's Messenger, sallAllaahu 'alayhi wa sallam, would kiss and embrace (his wives) while he was fasting. But he had more power to control his desires than any of you."** [Reported by Al-Bukhaaree and Muslim]
6. Applicable medicines (such as creams or injections) that do not go to the stomach, **so long** as they do not serve the purpose of food and drink
7. Using kohl (a black substance applied to the eyelids) and eye-drops
8. Swallowing one's saliva or its likes, which normally flow from the mouth or the nose to the throat. The person who is fasting must beware of going too deep when inhaling water (up the nose or mouth) during *wudoo*, based on the saying of the Prophet, sallAllaahu 'alayhi wa sallam: **"Go deep when inhaling water (during *wudoo*) unless you are fasting."** [Reported by the collectors of the Sunan with an authentic chain of narration]