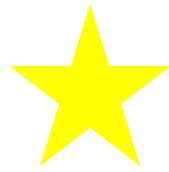




Al-Ansaar Welfare & Education

— Madrasah Tajweedul Qur'an —

# UNDERSTANDING SAWM



## Revision Booklet PART 1

LESSONS 1 - 10

Name : \_\_\_\_\_

# LESSON 1

Pages  
6 - 7

## Introduction to Sawm

**SAWM** - the Arabic word which means fasting.

What is fasting? = to stay away from all food and drink, WITH the intention of fasting from Subah Sadiq until Sunset.

Another word for this is **IMSAAK**.

A fast WITHOUT an intention = NOT VALID IN RAMADHAN. So if you didn't make an intention, you stayed hungry and thirsty for no reason!

It is NOT necessary to verbally say the intention, intention in the mind is sufficient.

**SUBAH SADIQ** = The first light that appears horizontally in the sky at night (Dawn).

Fajr Salah also begins at this time.

**SUNSET** = When the fast is complete. Maghrib Salah is also prayed at this time.

**SUHOOR** / **SEHRI** = The meal Muslims have before Dawn in Ramadhan.

It is **SUNNAH** to have Suhoor.

Why is Suhoor important?

1. Ensures a person has strength for the rest of the day.
2. The Prophet (S.A.W) said there is blessing in Suhoor.
3. The Prophet (S.A.W) said the difference between the fasting of Muslims and people of the book (Jews and Christians) is Suhoor.

**IFTAAR** = The meal eaten by Muslims when breaking the fast at sunset.

It is MUSTAHAB to not delay in breaking the fast. A Muslim should eat immediately after sunset.

It is SUNNAH to break the fast with dates or water.

NOTE : Learn the 2 Du'as that are recited when breaking the fast.

**KEYWORDS I NEED TO KNOW:**

Sawm	Imsaak	Subah Sadiq
Suhoor / Sehri	Iftaar	

## The Purpose of Fasting

There are many reasons why Allah has ordered Muslims to fast.

Why should we know these reasons?

1. So that we are able to benefit from fasting.
2. So that fasting can create a positive change in our life.

Reasons why we fast:

1. To attain **TAQWA**.

Taqwa is an inner quality that keeps a person away from sins. We stay away from sins because by staying hungry and thirsty, Muslims develop self - discipline and control to stay away from sins.

A life with Taqwa will lead to a life that is pleasing to Allah.

Quranic Ayah : "Fasting has been compulsory on you like it was on the people that came before you, so that you attain Taqwa".

2. By fasting, Muslims learn to sympathise with the poor people who are hungry everyday. This encourages us to thank Allah for all His favours and motivates us to try and help the poor people by doing charity.

3. Fasting promotes a sense of community spirit. This is because Muslims gather regularly in the Masjid for salah, lectures and study circles etc.

4. By fasting, Muslims appreciate the value of food and this ensures that he does not waste any food.

## KEYWORDS I NEED TO KNOW:

Taqwa

### LESSON 3

Pages  
12 - 13

## The Categories of Sawm

There are FOUR categories of Sawm. Learn them all!

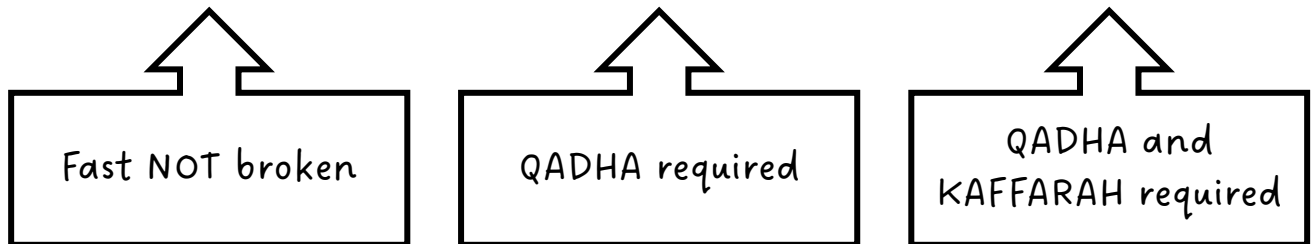
	Category of Fast	Explanation
1	FARDH	1. Fasting in Ramadhan. 2. Doing Qadha of any missed fasts in Ramadhan.
2	WAJIB	1. Make a specific vow. E.g. "If my mother recovers, I will fast on Monday 1 <sup>st</sup> April". 2. Make a non-specific vow. E.g. "If my mother recovers, I will fast one day". No date is specified.
3	SUNNAH	Fasting on the days that the Prophet (S.A.W) fasted on. E.g. Fasting on the Day of Arafah (9 <sup>th</sup> Dhul Hijjah).
4	HARAAM	Fasting on any of the following 5 days of the year: 1. Eid ul Fitr (1 <sup>st</sup> Shawwal) 2. Eid ul Adha (10 <sup>th</sup> Dhul Hijjah) 3. 11 <sup>th</sup> , 12 <sup>th</sup> and 13 <sup>th</sup> Dhul Hijjah

## LESSON 4

Pages  
16 - 18

### The Fiqh of Fasting

There are 3 things covered in this chapter...



What is QADHA and KAFFARAH?

**QADHA** = Make up for a fast that was missed in Ramadhan or broken in Ramadhan because of a valid reason (E.g. illness). The fast is made up by keeping another fast.

NOTE: A person should not delay in keeping Qadha, they should be made up as soon as possible.

**KAFFARAH** = A penalty to make up for breaking a fast in Ramadhan ON PURPOSE.

## ACTS THAT DO NOT BREAK THE FAST:

	FAST NOT BROKEN
1	Injections
2	Using eye drops
3	Taking a bath or shower
4	Swallowing saliva (But it is MAKROOH is you gather it in your mouth on purpose and swallow)
5	Rubbing oil on the body
6	Applying perfume / surma (eyeliner)
7	Using a Miswak
8	Eating or drinking by accident
9	Vomiting unintentionally
10	Water entering the ears
11	Committing sins like backbiting etc. But you should stay away from this!
12	Using toothpaste and mouthwash. However, this is Makrooh and if swallowed, the fast is broken!

## ACTS THAT BREAK THE FAST AND REQUIRE QADHA:

FAST BROKEN AND QADHA REQUIRED	
1	Missing a fast in Ramadhan for a valid reason
2	Putting oil or medicine in the ears or nose
3	Taking medicine via the mouth. E.g. using an asthma pump
4	Water goes in the throat when gargling or up the nose whilst cleaning the nose during Wudhu
5	Vomiting a mouthful intentionally (meaning you are unable to control it)
6	To swallow vomit intentionally, even if it is less than a mouthful

## ACTS THAT BREAK THE FAST AND REQUIRE QADHA AND KAFFARAH:

FAST BROKEN AND QADHA AND KAFFARAH REQUIRED	
1	Eating or drinking something ON PURPOSE, even though you know that is Ramadhan.

The Prophet (S.A.W) said that if you even miss one fast in the month of Ramadhan, you cannot make up for that even by fasting for an entire lifetime.

This means that the reward will be lost. But after Qadha and Kaffarah, that person will no longer be sinful.

### **KEYWORDS I NEED TO KNOW:**

Qadha	Kaffarah
-------	----------



## What is Kaffarah?

How is Kaffarah done?

Kaffarah must be done in the following order:

1. Freeing a slave. The slave can be Muslim or non - Muslim. However, this is sometimes not possible as we live in the UK.
2. Fasting for 60 days - one after the other. If you miss any day in between, the fasts must be started from the beginning.
3. Feeding 60 poor people twice a day, in the morning and the evening. You can also give the equivalent of both meals in cash to the 60 poor people.

The Kaffarah is going to be ONE of the three steps above. So if step 1 is not possible, try step 2 and then step 3 etc.

NOTE : Kaffarah is only done for the fasts of Ramadhan. Not for any other fasts outside of Ramadhan.

## Fasting in Ramadhan

### What are the virtues of Ramadhan?

1. Allah says in the Qur'an that fasting has been made compulsory upon you like those who came before you, so that you may attain Taqwa.
2. When Ramadhan comes, the doors of Heavens are opened, doors of Hell are closed and Shaytaan are chained up.
3. Paradise has 8 doors and one of them is Rayyan. Only the people who fasted will be allowed to enter Paradise in this door.
4. The smell that comes from the mouth of a fasting person is sweeter in the eyes of Allah than the scent of musk.
5. If people found out all the blessings of Ramadhan, they would wish that Ramadhan lasted the entire year.
6. If you perform a Nafil act in Ramadhan, you will be rewarded like he performed a Fardh act and if you perform a Fardh act, you will be rewarded as though you performed 70 acts.

### When did Ramadhan begin?

At first, when the Prophet (S.A.W) was in Madinah, the following fasts used to be Fardh:

1. 1 day of fasting on 10<sup>th</sup> Muharram
2. 3 days of fasting every lunar month on the 13<sup>th</sup>, 14<sup>th</sup> and 15<sup>th</sup>.

2 YEARS AFTER MIGRATION, the fasting of Ramadhan became compulsory on the Muslims and the above fasts became optional instead.

## What is the importance of fasting in Ramadhan?

1. It is Fardh.
2. It is a pillar of Islam.

If a Muslim doesn't fast, they will be sinful.

## Who is fasting compulsory on?

	Condition	Explanation
1	MUSLIM	A non - Muslim doesn't have to fast.
2	SANE	Fasting is not compulsory on an insane person.
3	ADULT	Fasting is not compulsory on children.

## Which people do NOT have to fast?

	Category	Explanation
1	TRAVELLER	If a person is travelling 54 miles or more (48 miles in Islam), they do not have to fast if it will be difficult.
2	SICK PERSON	E.g. if the doctor that says the fasting person will become more ill by fasting. E.g. a diabetic.
3	PREGNANT WOMAN	If by fasting, the unborn baby could be harmed.
4	SUCKLING MOTHER	If by fasting, the baby or mother could be harmed.
5	ELDERLY	If the person is too old, too weak or ill to fast.

In the first 4 categories of people who don't have to fast, they will have to make Qadha later on once their excuse is no longer valid.

For an old person, they will give **FIDYAH** instead.

What is Fidyah?

Fidyah is a small compensation given to the poor. For each fast, Fidyah is approximately £2. this may change depending on currency rates.

**KEYWORDS I NEED TO KNOW:**

Fidyah

# LESSON 7

Pages  
27 - 29

## Starting Ramadhan

What are the 12 Islamic Months?

Muharram  
Safar  
Rabi ul Awwal  
Rabi ul Akhir  
Jumaadal Ulaa  
Jumaadal Ukhraa  
Rajab  
Sha'ban  
Ramadhan  
Shawwal  
Dhul Qa'dah  
Dhul Hijjah

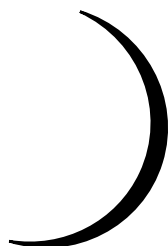
NOTE : Each month will have 29 or 30 days. The same applies to Ramadhan, which means everybody will fast for either 29 or 30 days.

How is each month started?

Each Islamic month is started with the sighting of the HILAL.

**HILAL** = The moon sighted at the beginning of each month. In English, this is called the new crescent.

The new crescent moon looks very thin and the edges point towards the left.



- The **LUNAR** calendar is based on the moon.
- The **SOLAR** calendar is based on the sun. It is also called the **GREGORIAN** calendar. It begins at January and ends at December.
- Muslims do not follow the Solar calendar.
- The Lunar year has 354 days, as opposed to 365 in the Solar year.

NOTE : Learn the Du'a that is recited upon seeing the Hilal.

How is the Hilal sighted in the UK?

- The UK is far away from the **EQUATOR** (centre of the earth).
- It can be possible to see the moon in the UK, but sometimes it is difficult due to all the clouds and rain. This hides the moon.

So how do Muslims start their month in the UK?

1. Try to sight the moon if possible.
2. If it is hidden, the sighting of other countries can be affected.

Difference of opinion:

- Some people follow Saudi Arabia.
- Some people follow Morocco since it is the closest Islamic country.
- Some follow South Africa.

**KEYWORDS I NEED TO KNOW:**

Hilal	Lunar	Solar
Gregorian	Equator	

## Important Terminology

	English	Explanation
1	FIDYAH	The compensation given by the elderly to the poor, approx £2. This is if they are too weak to fast in Ramadhan or make Qadha at a later date.
2	HILAL	The moon given to the moon sighted at the beginning of each month. In English, it is called the new crescent.
3	IFTAAR	The meal eaten at the time of breaking the fast.
4	KAFFARAH	A penalty to compensate for breaking a fast in Ramadhan on purpose.
5	QADHA	To make up for a fast by keeping another fast. This is if the fast was broken in Ramadhan or not kept for a valid reason.
6	SAWM	To fast - abstain from eating, drinking from Subah Sadiq until sunset, with the intention of fasting.
7	AS SUBAH SADIQ	First light that appears horizontally in the sky at night. Fasting starts from this time and so does Fajr. In English, this is called Dawn.
8	SUHOOR	The meal Muslims have before Dawn in Ramadhan.
9	TAQWA	An inner quality that keeps a person away from sins and leads to a life that is pleasing to Allah.

### Fasting in the UK

Because of the UK being far away from the centre of the equator, we experience the following in the UK:

1. Winter = Short days and long nights
2. Summer = Long days and short nights

Due to this, the length of fasts always changes.

In winter, the fasts will be shorter.

In summer, the fasts will be longer.

Countries that are near to the equator will not experience big differences in the lengths of their fasts. E.g. Saudi Arabia, India etc.



## **Practical Guidelines for Fasting in the UK**

Good health = the key to happiness.

What we eat affects our health.

We must be very careful that we follow guidelines when fasting so that we do not cause ourselves any harm.

1. Have Suhoor so we have energy for the day.
2. Eat the right types of food at Suhoor and Iftaar time. E.g. fruit, vegetables, cereal, milk, meat etc.
3. Avoid junk foods. E.g. crisps, chocolate, samosas, fried food etc. These are harmful and will make us feel more hungry.
4. Make sure you have sufficient rest during the day and at night. Try and have a nap if possible - even if it's for one hour. This will make sure we have energy and are not tired for Taraweeh etc.