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*Fasting Made  
Easy*

By

Mufti A.H. Elias

## INTRODUCTION

All praise is for Allaah. We praise Him, seek His help and ask for His forgiveness. We seek refuge in Allaah from the evil within ourselves and from our evil actions.

Whomsoever Allaah guides, none can misguide. I bear witness that none has the right to be worshipped but Allaah alone, who has no partner, and I bear witness that Hadhrat Muhammad (Sallallahu alayhi wasallam) is the obedient servant and Rasul. Blessings be upon the Sahabah (Radhiallahu-anhu) - the Companions of Nabi (Sallallahu alayhi wasallam).

"Fasting Made easy" is an easy to understand compilation of laws based mainly on the texts of the famous book, "*Nurul Ezza*" by Sheikh Abdul Iklas Hasanul Wafai Shurumbulaihi Hanafi (A.R). We have added wherever necessary some sections for the Muslims of our age.

For details refer to our works (1) "*Kitaabus Saum*" and (2) "*Taraweeh in Detail*".

This book can be used as revision text in adult classes and upper classes in the local Madrashes. It will be useful for those who have newly accepted Islaam.

Kindly make dua(prayers) that Allaah Ta'aala accepts this book just as He has accepted its original.

Mufti A H Elias

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## FASTING MADE EASY

*"O MUSLIMS FASTING IS PRESCRIBED FOR YOU AS IT WAS PRESCRIBED FOR THOSE BEFORE YOU, THAT YOU MAY GUARD AGAINST EVIL"*

### DEFINITION

Fasting means abstention (from daybreak (pre-dawn) to sunset) from allowing anything to enter into the stomach or any other part of the body which is related to the stomach and abstention from sex.

### CAUSE FOR FASTING

The Ramadaan fast becomes Fardh by the entering of the first part of Ramadaan. Every day of Ramadaan is in itself the cause for its obligatory fast in Ramadaan.

### CONDITIONS FOR THE VALIDITY OF THE FAST

On whom is Ramadaan fast obligatory:

1. One must be in Ramadaan;
2. One must be a major/adult; (Not obligatory for minors)
3. One must be sane;
4. One must be aware of the fact that fasting is obligatory on Muslims;
5. One must be free from those things which render fasting excusable.

### VALID REASONS FOR NOT OBSERVING THE FAST

There are ten valid reasons on account of which one is allowed not to observe the fast and they are as follows:

1. Being on journey;
2. Sickness;



























