

Types of Fasting (Saum)

1. Define *Fardh saum* (obligatory fasting)

This refers to the fasting of the month of Ramadhan. In case the fasts of Ramadhan are missed due to sickness, travelling or other acceptable reasons, it must be observed afterwards at any convenient time.

2. Discuss *Qadha* (redeeming)

- i. It is the fasting which is observed to replace or to make up for the days in which one was unable to fast due to sickness, travelling or other acceptable reasons.
- ii. If someone dies while he/she was to perform Qadhaa, then the heir has to do it on his/her behalf by either fasting those days or paying Fidyah(compensation) on every day missed.
- iii. The fidya is feeding two poor proper meals every day for the days missed.

3. Discuss the *Fidya* under fasting

- i. A pregnant woman will not fast but after delivering and suckling her baby then she will pay (fast)
- ii. A sick person who is unable to fast will break the fasting but later pay when he is able
- iii. A person in a journey is allowed to eat until finishes his journey then will pay back
- iv. NB: All the Fidyah should be paid before the coming of Ramadhan

4. Discuss the *Kafarah* (Expiation)

This is the type fasting which becomes compulsory due to the following conditions:

- i. Kafarah performed by someone who break the rules of Ihram and the pilgrim who is performing Tamattuu type of Hajj- fasting 10 days
- ii. Breaking an oath deliberately – fasting 3 days
- iii. Killing a Muslim unintentionally – fasting 60 days.
- iv. Performing sexual intercourse during the day time of Ramadhan- fasting 2 consecutive months (60 days).

5. Discuss the *Sunnah (optional)* fasts

Sunnah fast is an act of religious act ordained or practiced by the prophet (saw) i.e.

- i. Two days on ninth and tenth of Muharam.
- ii. Ayyam al- bidh (13,14 &15) of lunar month
- iii. Monday and Thursday etc.

6. Describe *Nadhr (vowed)* fast

When a Muslim make it obligatory on himself to fast a day as a way of thanking Allah, then he is expected to accomplish such fast.

7. Mention the persons exempted from fasting

- i. Children under the age of puberty.
- ii. Insane people, those who are not accountable for their actions.
- iii. Sick persons whose healthy is likely to deteriorate as a result of fasting
- iv. Travelers, those going for a lawful journey not less than 95km.
- v. Expectant mothers.
- vi. Nursing mothers
- vii. Women in menstruation
- viii. Extremely old person, who cannot fast.
- ix. A woman who is in her nifas
- x. Risk of life, if a person is sure of his death on account of hunger and thirst he may breakfast.

8. State the Acts that nullify saum

- i. The menses and post child birth bleeding.
- ii. Sexual intercourse during the day time of Ramadhan
- iii. If anything enters one`s alimentary canal through any of the opening.
- iv. If a person cease to be a Muslim
- v. If one loses his sense through fainting.
- vi. Vomiting intentionally.
- vii. Eating or drinking intentionally.

9. State the forbidden days to fast

- i. Voluntary fasts observe by the wife without her husband`s consent.
- ii. Fasting on Friday or Saturday alone
- iii. Fasting continuously without eating in between
- iv. Fasting on a doubtful day (yaumu shaki) when there is unconfirmed report that the moon was sighted (29 of shaban).
- v. Idd days
- vi. The days Tashreeq (the 3 days following Iddul-Hajj)

10. Mention the recommended days to fast

- i. Six days after Ramadhan
- ii. The day of Arafat
- iii. Every Monday and Thursday of every week
- iv. The white days i.e. 13th - 14th - 15th of every month
- v. Tasua and Ashura i.e. 9th and 10th of Muharam

11. State the significance of holy month of Ramadhan

- i. Ramadhan is the name of the ninth month of the Islamic calendar.
- ii. Fasting is compulsory during the whole of this month for every Muslim, male and female.
- iii. Fasting during Ramadhan is the fourth pillar of Islam.
- iv. It is holiest month of the year.
- v. Whoever fasts in this month and observes all its restriction his sins will be forgiven.
- vi. The night of power (Lilatul-Qadr) is found in the month of Ramadhan.
- vii. Lailatul Qadr is equal to one thousand months and so any good deed done on this night is equivalent to a good deed performed of on one thousand months.
- viii. On this month all devils are chained.
- ix. Gates leading to paradise are open and gate leading to hell are closed.
- x. Quran was revealed in this month

12. Discuss Itkaf during the month of Ramadhan

- i. Itkaf means a private devotional exercise by confining oneself in the mosque for certain period for the sake of Allah.
- ii. The time spent can be utilized in prayers, reading Quran, meditating, reciting tasbeeh and doing any activities which will bring person close to Allah.
- iii. When one is in the mosque should maintain respect.
- iv. Itkaf is sunnah and can be carried out any time a person feels like doing so. It is even more recommended in Ramadhan especially in the last ten days when a person could get the opportunity of praying during LailatulQadr.
- v. The state of Itkaf is not spoiled if one goes out of the mosque to perform the necessities i.e. eating, visiting the toilet etc.
- vi. Women who are in the monthly period cannot perform Itkaf.
- vii. Women wishing to perform Itkaf should seek the consent of their husbands.

13. Mention the significance of Itkaf

- i. It raises the status of a Muslim
- ii. It annoys devil
- iii. It pleases Allah
- iv. It makes one near to Allah
- v. It puts off over sins
- vi. It keeps one away from evils
- vii. It brings a Muslim near to Allah

14. Discuss the significance of Taraweh

- i. It shows unity of Muslims as they pray together
- ii. One will get *Thawab*
- iii. It is a sunnah act
- iv. *Duas* are highly accepted during Taraweh
- v. It strengthen one's heart
- vi. It can be prayed during the time when Allah descended to the Earth

15. State the significance of night of power (*lailatul qadar*)

- i. This night is better than a 1000 months
- ii. The first revelation was done during this night

- iii. Peace prevails till dawn
- iv. Angel Jibril together with other angels descend to the Earth in this night
- v. In this night Allah answers
- vi. Different between Islamic fasting and fasting of people other faith

16. Discuss the Islamic fasting

- i. Abstain from food, drink and sex while fasting of people other faith abstain from only certain foods e.g Meat
- ii. Its compulsory for healthy adults muslims while fasting of people other faith it is not compulsory
- iii. Fasting can take place any time of the year except the faradh one which is observed in the month of ramadhan while fasting of people other faith only take place at a certain time of the year E.g Easter
- iv. There is sunnah and obligatory fasting while fasting of other people faith there are no such categories.

IRE FORM TWO

This e-book contains :

- Covers all IRE topics
- Provides strong points for answering IRE school and national exams

Order Now for :

Ksh 100



EASY ARABIC

ISLAMIC RELIGIOUS EDUCATION (IRE)

FORM TWO

Covers all topics using Q&A approach . Highly recommended for studying as well as revision purposes

Authored by: Legendary Amin Wali Ahmed

For More Info | Visit | easyarabic.com