

Notes of Lectures on Fiqh

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MUSTAHAB FASTS IN ISLAM

☀ According to the Hadith of Holy Prophet (SAW), keeping three days of fasting in any Islamic month will give rewards of keeping fast for the whole month.

☀ The following fasts are Mustahab in Islam:

1. First and last Thursday of every Islamic month
2. First Wednesday after 10th of every Islamic month
3. 13th, 14th and 15th of every Islamic month
4. All days of the month of Rajab
5. All days of the month of Shaban
6. Day of Nowroz (21st of March)
7. 4th to 9th of Shawal
8. 25th Zilqad (Dahwul Arz)
9. 29th Zilqad
10. 1st to 9th of Zilhajj (especially 9th)
11. 18th of Zilhajj (Eid-e-Ghadeer)
12. 24th Zilhajj (Eid-e-Mubahila)
13. 1st, 3rd and 7th of Muharram
14. 17th of Rabiul Awwal
15. 15th of Jamadiul Awwal
16. 27th of Rajab (Roz-e-Mabas)
17. Qaza fast of any Mustahab fast

RULES ON KAFFARA FOR NOT KEEPING RAMADAN FASTS

☀ If a fast in Ramadan is missed without any valid reason or the fast is broken intentionally before its completion, then you have to do Qaza of that fast as well as you must offer one of the following Kaffara (penalty) for **each** missed fast:

- (a) keeping 60 fasts, or
- (b) feeding 60 poor momins,

☀ If the fast is broken intentionally by a haram act (e.g. wine, or ascribing lies to Allah), then both types of Kaffara must be offered.

☀ If kaffara of 60 fasts is opted, then the first 31 days of these fasts must be on consecutive days (i.e. without any gap), and the remaining 29 days of fasts can be non-consecutive. If a fast is missed during the first 31 days, then you have to start all over again. For consecutive fasts, one must make sure that any date of haram fast (e.g. Eidul Adha) does not occur during these 31 fasts. For women, gaps in fasting due to monthly period are allowed.

- ✳ If Kaffara of feeding 60 poor momins is opted, then either all of them should be fed to their fill, or each must receive food grains of 750 grams. The 60 persons can be of any age – even a new born baby. Their must be 60 persons. It is not allowed to feed 30 persons two times to make up the number 60. It is also not allowed to pay money instead of food to those 60 poor momins.
- ✳ If you are keeping Qaza fast of Ramadan, and this Qaza fast is broken intentionally without valid reason after zohr time, then Kaffara will be 3 days of fasting, or feeding 10 poor momins, or paying 750 grams of grains to 10 poor momins.
- ✳ If the Kaffara of a Ramadan fast is due, and you do not offer that Kaffara until the next Ramadan comes, then the same must be offered later on.
- ✳ If someone is so poor in health and wealth that he cannot offer any of the Kaffara, then he can give Sadaqa to poor as much he can.
- ✳ If a woman has to offer Qaza of Ramadan due to her monthly period, then she should offer Qaza before the arrival of next Ramadan. But if she does not offer Qaza until next Ramadan, then she has to offer Qaza later on, as well as pay a Fidya (penalty) of 750 grams of food grains for each missed fast. This amount of Fidya will remain the same even if she delays Qaza of Ramadan by another year or so.
- ✳ If poor are not available in the country of residence, then one must arrange feeding of poor in overseas countries.