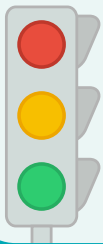


What Breaks My Fast?



Learning Objectives

In this lesson, I will:



- Identify the two pillars of fasting
- Describe the actions that break the fast
- Explain when you are allowed to break your fast



Key Words

Self-control
Nourish
Medication

T Thinking Starter

Is it easy or hard to fast while you are ill? Why?



The Pillars of Fasting

Fasting in the month of Ramadan teaches us **self-control**, patience, and demonstrates our servitude ('ubudiyyah) to Allah سبحانه و تعالى. There are two pillars that you need for your fasting to be valid:

- 1 The first pillar is making a **sincere intention** in your heart that you are fasting for the sake of Allah. For fard (obligatory) fasts, like in Ramadan, you must make the intention **before fajr** time begins.
- 2 The second pillar is **not eating or drinking** from the adhan of fajr until the adhan of maghrib.

For a sunnah fast, you can make an intention later in the day, as long as you haven't eaten or drunk anything since fajr.



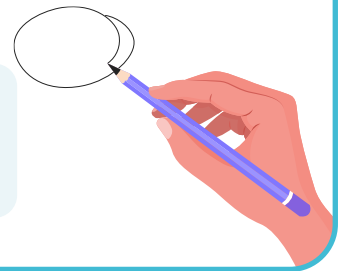
One day, the Prophet صلى الله عليه وسلم woke up and asked his wife, 'A'ishah رضي الله عنها, "Do we have any food to eat?" She replied, "No." So the Prophet صلى الله عليه وسلم said, "Then I am fasting today." (Muslim)



Task 1

Circle the correct words in the following sentence.

When we keep a **sunnah/fard** fast, such as in Ramadan, we must make our intention before **fajr/dhuhr** time **ends/begins**.



The Breakers of Fasting

When we fast, we must stay away from more than just food and drink. Anything that enters the body and **nourishes** it or affects it physically may break our fast. If we do anything that breaks our fast, then we must make it up by fasting an extra day.

Nourish: to give the body what it needs to grow and stay healthy.



The following actions break the fast:

1

Eating or drinking intentionally

If you eat or drink knowingly, your fast is broken. Even if you thought it was before fajr or after maghrib but got the time wrong, the fast is still broken.



2

Chewing something

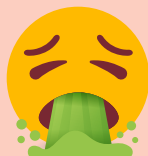
This includes anything with flavour, like chewing gum, and even things that people don't usually eat, like grass or leaves.



3

Vomiting intentionally

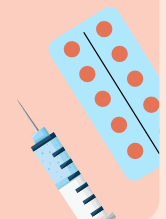
Intentionally making yourself vomit breaks your fast.



4

Injections and medication

Any medication that is taken by mouth or injected into the body breaks your fast.



If you eat or drink **forgetfully**, then your fast is still valid! Even if you eat or drink a lot, as long as you stop eating as soon as you remember.

Our beloved Prophet ﷺ said: "If any of you forgetfully eats or drinks while fasting, then he should complete his fast, because Allah has fed him and given him drink." (Bukhari & Muslim)

Islam is easy!





Task 2

Have the following kids broken their fast? **Circle the correct answer.**



I was feeling hungry and ate some bread in the afternoon.

has broken
fast

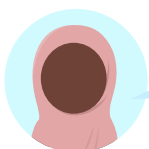
has not
broken fast



I went to the doctor and he gave me an injection for my illness.

has broken
fast

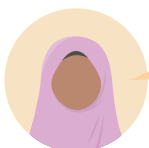
has not
broken fast



I forgetfully put chewing gum in my mouth. I spat it out as soon as I remembered I was fasting.

has broken
fast

has not
broken fast



I drank some water ten minutes before maghrib because I didn't check the time.

has broken
fast

has not
broken fast

Fasting When Ill or Travelling

In Ramadan, there are times where it may become hard for us to fast. Allah سبحانه وتعالى makes it easy and lets us break our fast and make it up later.

We are allowed to break our fast in two cases. Allah سبحانه وتعالى says:

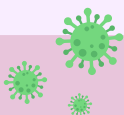
وَمَنْ كَانَ مَرِيضًا أَوْ عَلَى سَفَرٍ فَعِدَّةٌ مِنْ أَيَّامٍ أُخَرَ ﴿١٨٥﴾

“Whoever is ill or travelling, then they make up the number of fasts [after Ramadan].” (Surah al-Baqarah:185)

1

Illness

If you are too ill to fast, then you do not have to fast. You can also break your fast to eat and drink so you stay healthy.



2

Travel

If you are travelling on a journey which allows you to do qasr (shortening), then you do not have to fast and you can also break it.



In both cases, you will need to make up the missed days after Eid al-Fitr.



Do you remember the conditions for when qasr (shortening) is allowed?



Task 3

a) Circle the correct answers.

1. Which two situations allow us to break our fast?
 - a) Feeling hungry and sleepy
 - b) Illness and travel
 - c) Forgetting to fast and being tired
2. What must a person do after breaking their fast due to illness or travel?
 - a) Pray extra salah to compensate
 - b) Fast extra days after Ramadan
 - c) Nothing. The fast is cancelled
3. What happens if someone makes themselves vomit while fasting?
 - a) Their fast stays valid
 - b) Their fast is broken
 - c) They get extra reward
4. Which of these breaks the fast?
 - a) Taking a nap
 - b) Getting an injection
 - c) Using miswak
5. When can you make up for your missed fasts from Ramadan?
 - a) Before Eid
 - b) On the day of Eid
 - c) After Eid al-Fitr
6. Which of the following does **not** break your fast?
 - a) Swallowing food on purpose
 - b) Eating by mistake and then stopping right away
 - c) Taking medicine by mouth

b) Work in pairs. One of you can pretend to call in with the above questions.

Your partner can be an Imam/Mufti who answers you correctly.



I Act On What I Learn

I will stay away from things that might break my fast.
I will make up my fast if I break it or become ill.

P Progress Check



1. What are the two pillars of fasting?
2. What four actions break the fast?
3. When are you allowed to break your fast?