

Islamic School of Stanford
7th Grade Quranic Studies

Student Name: _____

Date: 2/15/2009

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RAMADAN CH11

1. What is the definition of Fasting (*Siyaam*)?

Siyaam in Arabic means abstaining; in Islam it means abstaining from things that break the fast, from dawn until sunset, having first made the intention (*Niyyah*) to fast.

2. How the onset of *Ramadan* is determined?

The onset of *Ramadan* is confirmed by the sighting of the new moon, or by the completion of the thirty days of *Sha'baan*. Whoever sees the crescent of the new moon or hears about it from a trustworthy source is obliged to fast.

3. What is the ruling on Fasting?

Muslims agreed that fasting the month of *Ramadan* is obligatory, the evidence for, which is in the *Quran* and *Sunnah*:

Allah says:

“O you who believe observing al-sawm (the fasting) is prescribed for you as it was prescribed for the hose before you” Al-Baqarah 2:183

The Prophet (peace and blessings of Allah be upon him) said:

“Islam is built on five (pillars)...etc” among, which he mentioned fasting in Ramadan.

4. Who is obliged to Fast?

- A. Muslim.
- B. Sane.
- C. Mature adult, children are encouraged to fast for training only, starting at the age of 7.
- D. Resident, settled, not traveler.
- E. Healthy.

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5. What are some of the Sunnah of Fasting?

- A. We should make sure that we eat and drink something at *Suhoor*, and that we delay it until just before the *Adhan* of *Fajr*.
- B. Reading and memorizing Quran.
- C. Do more prayer, and supplications (*Dawwa*).
- D. Avoid all sins especially back biting (*Ghiba*).
- E. Giving charity (*Sadaqa*).

6. Who is allowed not to Fast?

- A. Traveler.
- B. Sick.
- C. Elderly.
- D. Pregnant woman, or in state of menstruation (*Hayd*) or post-natal bleeding (*Nifas*).

7. What are the things that break the Fast?

- A. Deliberate eating or drinking during the time of Fasting.
- B. Deliberate vomiting.

** Injections that are not given to replace food and drink but are used to administer medications such as penicillin and insulin, do not break the fast, regardless of whether they are intra-muscular or intravenous. But to be on the safe side, all these injections should be given during the night.

8. What are the things that do NOT break the Fast?

- A. Rinsing, gargling so long as one avoids swallowing any thing that reaches the throat.
- B. Medications absorbed through the skin, such as creams and patches.
- C. Taking shower, and brush the teeth.
- D. Using *Siwaak* (*Sunnah*).
- E. Things that one cannot avoid swallowing, like one's saliva, or dust from grinding flour.
- F. Perfume but not too much.

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9. What are some of the virtues of Fasting?

- A. Allah all mighty has chosen fasting for himself, and he will reward it and multiply the reward without measure.
- B. Fasting Ramadan is equivalent to fasting ten months.
- C. Whoever fasts one day for the sake of Allah, Allah will remove his face seventy years' distance from the Fire.
- D. Fasting will intercede for a person on the Judgment Day.
- E. The night of *Qadir*, first revelations of Quran.

10. What are some of the benefits of Fasting?

- A. If a person's stomach is hungry, this will keep many of his other faculties from feeling hunger or desires, but if his stomach is satisfied his tongue, eye, hand ...etc will start to feel hungry. Fasting leads to the defeat of *Shaytan*, it control desires and protects one's faculties.
- B. When the fasting person feels the pangs of hunger, he experiences how the poor feel, so he has compassion towards them and gives them something to ward off their hunger.
- C. Fasting trains the will to avoid desires and keep away from sin.
- D. Fasting is demonstration of the unity of the Muslims, as the *ummah* fasts and breaks its fast at the same time.
- E. More people will come to the mosque for prayer.