



MUSLIM  
CONVERTS

## Core Curriculum

### 3 Foundations of Islam - Obligatory Acts

#### 3.10 **Fasting in Islam, its Purpose, Dos and Don'ts**

Fasting Rules from Islamic Laws by Sayyed Ali Sistani

Philosophy of Hajj and Fasting by Mushtaq Hussein Shahidi

Fast of the Month of Ramadan by Yasin T. al-Jibouri