

## Core Curriculum

### 3 Foundations of Islam - Obligatory Acts

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

**Question:** Is fasting during the month of Ramadan obligatory?

**Answer:** It is obligatory for all eligible Muslims.

**Question:** Can I choose which month I want to fast for the 30-day obligatory fast instead of the month of Ramadan?

**Answer:** No, it must be during the month of Ramadan.

**Question:** Can I fast half of the month of Ramadan, take a break and fast some other time during the year?

**Answer:** You cannot do that without a valid reason.

**Question:** What is the purpose of fasting during the month of Ramadan?

**Answer:** It is to produce God consciousness by helping your mind and will detach itself from your daily desires that are often compulsive.

**Question:** Can I fast if I am sick?

**Answer:** As long as it does not pose a health danger