

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