

Ramadan Essentials: Suhoor, Iftar, Etiquette & More

Description

Bismillahi Wal Hamdullillah Was Salaatu Was Salaatu â□□ alaa Rasoolillahi

Ammaa Baâ□□ d:

From the Sunan of fasting:

Taking the suhoor (pre-dawn meal)

Upon the authority of Anas ibn Maalik â□□ Radhiyallahu anhu who said: The Prophet â□□ Sallallahu Alaihi Was Salam said: ***â□□ Take the suhoor for indeed in the suhoor there is barakah (blessings)â□□***

(Agreed Upon)

Upon the authority of Amr Ibnil â□□ Aas -Radhiyallahu â□□ anhu who said: â□□ ***The difference between our fast and the fast of the people of the book is eating at the time of Suhoor***â□□

(Collected by Muslim (1096))

From the best forms of Suhoor

Upon the authority of Abu Hurairah â□□ Radhiyallahu â□□ anhu who said: â□□ ***Dates are a blessed form of Sahoor for the believerâ□□***

(Collected by Abu Daawood (2345) and declared â□□ Saheehâ□□ by Sh Al Albaani)

The best time for Suhoor

The best time for suhoor is the time the Messenger â Sallallahu alaihi Was Salam took it.

Upon the authority of Zaid Ibn Thaabit â Radiyallahu anhu â who said â *We took the Suhoor meal with the Prophet â Sallallahu alahi Was Salam then he stood to prayer* so I said: â *What was the amount of time between the adhan and the Sahoor? He said: â Approximately (the time it takes to recite) fifty verses*â

(Agreed Upon)

The time of Iftaar

Upon the authority of Umar Ibn Al Khataab â Radhiyallahu anhu who said: â The Messenger of Allah â Sallallahu alaihi Was Salam said: ***â If the night approaches from here and the day disappears from here and the sun sets, then the fasting person has broken his fast (i.e that is the time for him to break the fast)â***

(Agreed Upon)

the word â hereâ is clarifyed in the following narration

Upon the authority of Abdullah ibn Abi Aufaa â Radhiyallahu anhu who said: â *We travelled with thte Messenger of Allah while he was fasting. So when the sun had set he said* â ***Disembark and prefare food for us!***(the term used is â fajnahâ which literally means to mix but is a reference to mixing milk or labn with water or mixing flour with water in the preperation of a meal) He (the companion) said: â *Should we not wait until evening*?â He said: â ***Disembark and prepare food for us!*** He (the companion) said: â *But the day is still upon you*!â he said: â ***Disembark and prepare food for us***!â so he disembarked and prepared food for them. The Prophet â Sallallahu alaihi Was Salam then said: â ***If you see the night approach from here, then the fasting person has broken his fast*** (i.e. that is the time for him to break his fast) *and he pointed with his finger towards the east*â

(Agreed Upon)

Hastening to break the fast

Upon the authority of Sahl Ibn Saâ d who said that the Messenger of Allah â Sallallahu alaihi Was Salam said: â ***The people will not cease to be upon good as***

long as they hasten to break their fastâ□□

(Agreed Upon)

It should be known that delaying the Iftaar is a characteristic of the people of the book!

Upon the authority of Abu Huraira who narratted from the Prophet â□□ Sallallahu â□□ alaihi Was Salam who said: â□□ ***The Religion will not cease to be manifest as long as the people hasten to break fast, since the Jews and the Christians delay***â□□

(Collected by Abu Daawood (2353) and declared â□□ Hasanâ□□ by Shaikh Al Albaani)

What the fasting person breaks his fast with

Upon the authority of Anas ibn Maalik who said â□□ *The Messenger of Allah â□□ Sallallahu alaihi Was Salam used to break his fast upon fresh soft dates before praying, and if not fresh soft dates then dry dates, and if not then he would take some mouthfuls of water*â□□

(Collected by Abu Dawood (2356) and declared â□□ Saheehâ□□ by Shaikh Al Albaani)

When he breaks it he says..

Upon the authority of Marwaan Ibn Saalim who narrates from Ibn Umar who said the Messenger of Allah â□□ Sallallahu Alaihi Was salam when he broke his fast he would say â□□ ***Dhahaba Dhamaaâ□□ u wab tallatil â□□ Urooqu Wa Thabatal Ajru Inshallah (The thirst has gone, the veins are moist, and the reward is established inshallah)***

(Collected by Abu Dawood (2357) and declared â□□ Hasanâ□□ by Shaikh Al Albaani - Rahimahullah)

If he breaks his fast with someone who provides them food

Upon the authority of Anas Ibn Maalik that the messenger of Allah â□□ Sallallahu Alaihi Was Salam went to Saâ□□ d Ibn Ubaadah and he (Saâ□□ d) brought him bread and oil then ate. Then the prophet â□□ Sallallahu alaihi Was Salam said: â□□ ***Aftara â□□ Indakum As Saaâ□□ imoon, Wa akala taâ□□ aamakumul abraar Wa Sallat alaikumul Malaaâ□□ ikah (May fasting people break their fasts with you, may the righteous eat your food and may the Angels supplicate for you)***

The virtue of preparing food for fasting people even if it is little

Upon the authority of Zaid Ibn Khaalid Al Juhani â Radhiyallahu anhu who said: The Messenger of Allah â Sallallahu alaihi wa Salam â ***Whoever provides food for the fasting person to break his fast he has the like of his reward, without that depleting from the reward of the fasting person in the slightest***â

(Collected by At Tirmidhi (807) and declared â Saheehâ by Shaikh Al Albaani)

The fasting person avoids lewdness ,cursing and argumentation

Upon the authority of Abu Hurairah â Radhiyallahu â Anhu that the messenger â Sallallahu alaihi was salam said: ***If one of you sees his day fasting, then let him not utter lewdness or speak ignorantly, if someone attempts to curse or fight him he should say â Indeed I am fasting!â Indeed I am fasting***!â

(Agreed Upon)

Wallahu aâ lam

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Category

1. Worship

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