Sukon

The Sukon Ramadan Guide

Fasting, Taraweeh, Laylat al-Qadr, Zakat al-Fitr and Eid

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1. The month of the Quran

> *"The month of Ramadan is the one in which the Quran was revealed, a guidance for the people… So whoever among you witnesses the month, let him fast it."* — Quran, Surah Al-Baqarah 2:185

> *"Whoever fasts Ramadan out of faith and hoping for reward, his past sins will be forgiven."* — Sahih al-Bukhari 38

2. Who must fast — and who is excused

Fasting is obligatory on every adult, sane Muslim who is able to fast and is not travelling.

Situation	Rule
Illness that fasting would worsen	Excused; make up the fasts later
Travelling (a journey of the distance set by your school)	Allowed not to fast; make up later
Menstruation or post-natal bleeding	Must not fast; make up later
Pregnancy or breastfeeding with fear of harm	Excused; make up later (some scholars also require Fidya)

Old age or a lasting illness with no hope of recovery	Excused; pay Fidya for each day

Children are encouraged to practise fasting gently before they reach adulthood.

3. Sehri and Iftar

> *"Take Sehri, for in Sehri there is blessing."* — Sahih al-Bukhari 1923

Eat Sehri before true dawn (the start of Fajr). Break the fast as soon as the sun has set — the Prophet ﷺ broke his fast with fresh dates, or dry dates, or water.

Dua at Iftar

ذَهَبَ الظَّمَأُ وَابْتَلَّتِ الْعُرُوقُ وَثَبَتَ الْأَجْرُ إِنْ شَاءَ اللَّهُ

Dhahabaz-zama'u wabtallatil-uruqu wa thabatal-ajru in sha Allah

The thirst has gone, the veins are moistened, and the reward is certain, if Allah wills.

Sunan Abu Dawud 2357

Sehri and Iftar times for Indian cities are on the Sukon Ramadan timetable.

4. What breaks the fast

- Eating or drinking on purpose.
- Marital relations during the day (this also requires Kaffarah).
- Deliberate vomiting.
- Menstruation or post-natal bleeding starting.
- Smoking.

Eating or drinking by genuine forgetfulness does not break the fast — complete the fast. Brushing teeth without swallowing, a bath, and eye drops are allowed in most schools; injections that are not nutritional are allowed by many scholars. Ask a scholar about medicines.

5. Taraweeh and the Quran

Taraweeh is the night prayer of Ramadan after Isha. Many masjids complete the whole Quran in Taraweeh. Read the Quran daily yourself too — even a few pages with meaning.

> *"Whoever stands in prayer during Ramadan out of faith and hoping for reward, his past sins will be forgiven."* — Sahih al-Bukhari 37

6. Laylat al-Qadr

> *"The Night of Decree is better than a thousand months."* — Quran, Surah Al-Qadr 97:3

Seek it in the odd nights of the last ten nights. The Prophet ﷺ would strive in worship in the last ten more than at any other time, and many people make I'tikaf in the masjid.

Dua for Laylat al-Qadr

اللَّهُمَّ إِنَّكَ عَفُوٌّ تُحِبُّ الْعَفْوَ فَاعْفُ عَنِّي

Allahumma innaka afuwwun tuhibbul-afwa fa'fu anni

O Allah, You are Pardoning and You love to pardon, so pardon me.

Jami at-Tirmidhi 3513

7. Zakat al-Fitr and Eid

Zakat al-Fitr is due from every Muslim who has food beyond the needs of the day of Eid, for himself and those he supports, including children. It must be given before the Eid prayer so that the poor can celebrate too. Local scholars announce the amount each year.

- On Eid morning: take a bath, wear your best clean clothes, and eat something sweet (dates) before going to the Eid al-Fitr prayer.
- Say the Takbir on the way.
- Greet people with "Taqabbalallahu minna wa minkum" (May Allah accept from us and from you).
- Visit family, and remember the poor and the lonely.

8. Missed fasts, Fidya and Kaffarah

Fasts missed for a valid reason are made up (qada) before the next Ramadan. Fidya — feeding one poor person for each day — is for those who cannot fast and cannot make up. Kaffarah, for deliberately breaking a Ramadan fast, is heavier: freeing a slave (not applicable today), else fasting 60 days in a row, else feeding 60 poor people. Ask a scholar about your situation; Sukon can arrange Fidya and Kaffarah meals for you.

A note on this book

This guide is general guidance written to be accepted by the major schools, with differences noted where they matter. For a question about your own situation, ask a verified scholar on Sukon — always free.

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