

When Fast is Prohibited

There are certain occasions when fast becomes unlawful; these are:

- 1) Fasting the first day of the month of Shawwal (Eidul-Fitr).
- 2) Fasting the tenth day of the month of Thul-Hijjah (Eidul-Adha).
- 3) Fasting the eleventh and twelfth of Thul-Hijjah by anyone, pilgrim or non-pilgrim, who is then present at Mina.
- 4) Fast which is not required, such as that of the sick, the woman during her menstrual or post-natal (after having delivered) period, or fasting for a transgression committed (such as fasting to thank Allah for having been able to kill another Muslim), and the fast of one on a journey except if such person seeks the fulfillment of a dear and lawful worldly wish and goes to visit the Prophet's shrine in Medina.
- 5) Fasting with the intention to prolong his fast till beyond sunset.
- 6) Fast of silence with the intention of hoping to seek nearness to Allah. Such fast was granted to a few holy men and women after the latter sought and obtained permission from the Almighty such as the case of Zakariyya (as) and Maryam mother of Jesus (as).
- 7) The fast of doubt: if one is not sure whether the day he is fasting is part of the month of Sha'ban or that of the month of Ramadhan.
- 8) The fast of a wife who deliberately goes against her husband's wish not to fast.

Some Muslims, particularly Shi'as, may disagree with some of these eight items depending on who they follow as their *marji' taqlid*. When in doubt, ask your *marji'* or his representative, and Allah knows best.

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