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Ettiquettes of a Fasting Person

In the Name of God; the Most Compassionate, the Most Merciful

What a Faster is recommended to do?

- 1. Recitation of the Qur'an: "Every thing has a season, and the season of the Qur'an is Ramadhan." Imam Al-Bagir (a.s)
- 2. Invocation: "Indeed there is a granted invocation for every faster at the time of his/her breakfast." The Prophet of Islam (S)
- 3. Endeavour in Worshipping
- 4. Hiding fasting unless the faster is asked.
- 5. Smelling of and wearing perfume (for ladies not in front of strangers): "Perfume is the gift of a faster." The Prophet of Islam (S)
- 6. Feeding the fasting people: "Whoever feeds one who is fasting will have the equivalent reward". The Prophet of Islam (S)
- 7. Breaking his/her fast after Maghrebain Prayers that he/she may gain the reward of those who pray whilst fasting. Unless a faster cannot tolerate it or there is someone who is waiting for him/her to break their fast together.

What a Faster is recommended not to do?

- 1. Dispute, argue and swear.
- 2. Reading poems except for Ahlul–Bait (a.s)
- 3. Kissing, touching and foreplay with ones' spouse.

- 4. Brushing teeth with a wet toothbrush.
- 5. Using eye make-up (Kohl) or eye-drops.
- 6. Rinse out the mouth (Except for Wudhu').
- 7. Giving blood or anything, which makes the faster weak.
- 8. Inhaling where one does not know if it reaches the throat.
- 9. Smelling of flowers specially narcissus,
- 10. Enema with solid.
- 11. Making your clothes wet.
- 12. Sitting in the water (for women),
- 13. Having a full stomach (for those excused from fasting)
- 14. Traveling before the 23rd of Ramadhan,
- 15. Troubling your worker or family.

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