

Rulings of Fasting for Youth

Based on Shaykh Uthaymeen's Fiqh of Worship

Part 2

What are the categories of Fasting?

The categories of Fasting are two:

1. Fasting which is obligatory for you to do, like the fasting we are doing this month of Ramadhan.
2. Fasting which is NOT obligatory for you to do, like fasting on Mondays and Thursday or any optional fasting.

So, what is the ruling of Fasting Ramadhan?

Fasting Ramadhan is obligatory according to **Quran** and **Sunnah**¹. Meaning if you fast you will be rewarded by Allaah and if you do not you will be sinning and disobeying Allaah.

Allaah says in the **Quran**:

يَا أَيُّهَا الَّذِينَ آمَنُوا كُتِبَ عَلَيْكُمُ الصِّيَامُ كَمَا كُتِبَ عَلَى الَّذِينَ مِن قَبْلِكُمْ لَعَلَّكُمْ تَتَّقُونَ

¹ What the Prophet ﷺ said and did.

“O, you who believe! Fasting has been prescribed (obligated) for you as it was prescribed for those before you, that you may become righteous.” 2:183

And in the Quran it also says:

..فَمَنْ شَهِدَ مِنْكُمُ الشَّهْرَ فَلْيَصُمْهُ

“So, whoever of you sees (the crescent moon on the first night of) the month (of Ramadhaan), then he must fast (during) it...” 2:185

And in the Sunnah, the Prophet ﷺ said:

إذا رأيتموه فصوموا

“If you see it (the crescent moon for the month of Ramadhaan) then fast”

And he also said:

بُنِيَ الْإِسْلَامُ عَلَى خَمْسٍ: شَهَادَةِ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَأَنَّ مُحَمَّدًا رَسُولُ اللَّهِ، وَإِقَامِ الصَّلَاةِ، وَإِيتَاءِ الزَّكَاةِ، وَحَجِّ الْبَيْتِ، وَصَوْمِ رَمَضَانَ

"Islam has been built on five [pillars]: testifying that there is no deity worthy of worship except Allah and that Muhammad is the Messenger of Allah, establishing the prayer, paying the zakat (obligatory charity), making the hajj (pilgrimage) to the House, and fasting in Ramadhan."

Compiled by Abu Anas Atif Hasan

Source: Fiqh of Worship | Shaykh Uthaymeen pg. 245