

100 Questions & Answers

About Fasting (Sawm) & Ramadan Ethics

A Fun Islamic Learning Guide for Children

At-Turath Academy of Qur'an

Islamic Studies for Young Learners

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SECTION A

Basic Knowledge About Fasting

Q1. What is fasting in Islam?

A: Fasting means staying away from food, drink, and other things that break the fast from dawn until sunset for the sake of Allah.

Q2. What is fasting called in Arabic?

A: It is called Sawm or Siyam.

Q3. In which month do Muslims fast?

A: Muslims fast during the month of Ramadan.

Q4. Is fasting obligatory for Muslims?

A: Yes, fasting in Ramadan is obligatory for adult Muslims who are able to fast.

Q5. Where is the command to fast mentioned in the Qur'an?

A: Allah commands Muslims to fast in Surah Al-Baqarah, 2:183.

Q6. Why do Muslims fast?

A: We fast to obey Allah, develop Taqwa, control ourselves, and become better Muslims.

Q7. What is Taqwa?

A: Taqwa means being conscious of Allah and trying to obey Him and stay away from sins.

Q8. When does the fast begin?

A: The fast begins at true dawn (Fajr).

Q9. When does the fast end?

A: The fast ends when the sun sets at Maghrib.

Q10. What is Suhoor?

A: Suhoor is the meal eaten before Fajr during Ramadan.

Q11. What is Iftar?

A: Iftar is the meal with which a fasting person breaks the fast after sunset.

Q12. Is Suhoor important?

A: Yes. Suhoor is a Sunnah and brings blessing.

Q13. What should we do when it is time for Iftar?

A: We should break the fast promptly after sunset and make Dua.

Q14. What is the best way to break the fast?

A: It is Sunnah to break the fast with dates and water if available.

Q15. What should we say before breaking our fast?

A: We should make Dua to Allah and thank Him for the food and the opportunity to fast.

Q16. Can children fast?

A: Children are not required to fast before puberty, but they can gradually practice fasting with their parents' guidance.

Q17. At what age does fasting become obligatory?

A: It becomes obligatory after a Muslim reaches puberty, provided they are able to fast.

Q18. Does fasting teach patience?

A: Yes. Fasting teaches us patience, self-control, and perseverance.

Q19. Does fasting only mean staying hungry?

A: No. Fasting also means controlling our tongue, eyes, ears, hands, and behavior.

Q20. What is the main goal of fasting?

A: The main goal is to develop Taqwa and become closer to Allah.



SECTION B

Things That Break or Affect the Fast

Q21. Does eating intentionally break the fast?

A: Yes. Eating intentionally during the fasting hours breaks the fast.

Q22. Does drinking intentionally break the fast?

A: Yes. Drinking intentionally breaks the fast.

Q23. What if someone eats or drinks by mistake because they forgot they were fasting?

A: They should stop as soon as they remember and continue their fast.

Q24. Does swallowing saliva break the fast?

A: No. Normally swallowing one's own saliva does not break the fast.

Q25. Can we brush our teeth while fasting?

A: Yes, but we must be careful not to swallow toothpaste or water.

Q26. Can we take a shower while fasting?

A: Yes. Taking a shower does not break the fast.

Q27. Can we swim while fasting?

A: Yes, but we must be careful not to swallow water.

Q28. Can we taste food while fasting?

A: We should avoid unnecessary tasting, and if tasting is necessary, we must be very careful not to swallow anything.

Q29. Does vomiting break the fast?

A: Unintentional vomiting does not normally break the fast, but intentionally causing oneself to vomit can affect the fast.

Q30. Does using perfume break the fast?

A: No, using perfume does not break the fast.

Q31. Can we use eye drops while fasting?

A: This is a matter of Islamic jurisprudence with some details and differences of opinion, so a qualified scholar should be consulted for specific circumstances.

Q32. Can we take medicine while fasting?

A: Many medicines taken by mouth break the fast, while other forms have different rulings. A qualified scholar should be consulted.

Q33. What if someone becomes seriously ill while fasting?

A: If fasting harms them, they should follow the Islamic ruling for illness and consult a qualified scholar.

Q34. Can a traveler stop fasting?

A: A traveler may have a concession not to fast, according to Islamic rules, and can make up the missed fast later.

Q35. What should a person do if they miss a fast because of a valid excuse?

A: They should make up the missed fasts when they are able, according to the relevant Islamic ruling.



SECTION C

Ramadan Manners and Character

Q36. Should a fasting person get angry easily?

A: No. Ramadan should teach us patience and self-control.

Q37. What should we do when someone makes us angry?

A: We should control ourselves, avoid arguing, and respond calmly.

Q38. Should we fight while fasting?

A: No. Muslims should avoid fighting, arguing, and bad behavior.

Q39. What should we say if someone insults us?

A: We should remain calm and remind ourselves, "I am fasting."

Q40. Is lying allowed while fasting?

A: No. Lying is sinful whether we are fasting or not.

Q41. Is backbiting allowed while fasting?

A: No. Backbiting is sinful and goes against the purpose of fasting.

Q42. What is backbiting?

A: Backbiting means saying something true about another person that they would dislike if they heard it.

Q43. What is gossip?

A: Gossip is talking about people and their private matters, often in a harmful or unnecessary way.

Q44. Should we swear while fasting?

A: No. A Muslim should keep their speech clean and respectful.

Q45. Should we use bad words during Ramadan?

A: No. Ramadan is a time to improve our speech and character.

Q46. Should we argue with our parents during Ramadan?

A: No. We should speak respectfully to our parents and obey them in what is good.

Q47. How should we treat our siblings during Ramadan?

A: We should be kind, patient, helpful, and forgiving toward them.

Q48. Should we make fun of other people?

A: No. Islam teaches us to respect others and never mock or humiliate them.

Q49. Should we cheat during Ramadan?

A: Absolutely not. Cheating is dishonest and against Islamic character.

Q50. Can a person fast but still behave badly?

A: A person may technically fast, but bad behavior goes against the spirit and purpose of fasting.



SECTION D

Ramadan and the Qur'an

Q51. Why is Ramadan special for the Qur'an?

A: Ramadan is the month in which the Qur'an was revealed.

Q52. What should we do with the Qur'an during Ramadan?

A: We should read it, listen to it, understand its meaning, and try to follow it.

Q53. Should children read the Qur'an during Ramadan?

A: Yes. Children should develop a habit of reading and learning the Qur'an.

Q54. Is it better to read the Qur'an quickly or thoughtfully?

A: We should try to read correctly and thoughtfully, while also increasing our recitation according to our ability.

Q55. Should we understand what we recite?

A: Yes. Understanding the meaning helps us live according to the Qur'an.

Q56. What is a good Ramadan Qur'an goal?

A: A good goal is to recite regularly, understand some verses, and act upon what we learn.

Q57. Should we listen carefully when the Qur'an is being recited?

A: Yes. We should listen respectfully and avoid unnecessary talking.

Q58. What should we do after learning a Qur'anic teaching?

A: We should try to practice it in our daily life.

Q59. Is memorizing the Qur'an valuable?

A: Yes. Memorizing the Qur'an is a great act of worship.

Q60. What is more important than simply finishing the Qur'an?

A: Understanding, respecting, and acting upon the Qur'an are extremely important.



SECTION E

Salah and Worship in Ramadan

Q61. Should we pray more during Ramadan?

A: Yes. Ramadan is an excellent opportunity to increase our worship.

Q62. What is Taraweeh?

A: Taraweeh is a special night prayer performed during Ramadan.

Q63. Is Taraweeh performed after Isha?

A: Yes. Taraweeh is generally performed after the Isha prayer.

Q64. Should children learn to pray Taraweeh?

A: Children can be encouraged to attend and pray according to their age and ability.

Q65. Should we pray only in Ramadan?

A: No. The five daily prayers are obligatory throughout the year.

Q66. Should we pray Fajr on time during Ramadan?

A: Yes. We should make every effort to pray Fajr on time.

Q67. What should we do if we wake up late for Fajr?

A: We should pray as soon as we wake up and take steps to avoid missing it again.

Q68. Is Dua important during Ramadan?

A: Yes. Ramadan is a special time to make Dua to Allah.

Q69. What can we ask Allah for in Dua?

A: We can ask Allah for forgiveness, guidance, good character, success, safety, and goodness in this life and the Hereafter.

Q70. Should we make Dua for other people?

A: Yes. We should make Dua for our parents, family, teachers, friends, and the Muslim Ummah.



SECTION F

Helping Others and Sharing

Q71. Should Ramadan make us more generous?

A: Yes. Ramadan should teach us generosity and kindness.

Q72. Should we share our food with others?

A: Yes. Sharing food, especially Iftar, is a beautiful Ramadan practice.

Q73. Should we help our parents prepare Iftar?

A: Yes. Helping our parents is a good deed and shows gratitude.

Q74. Should children help clean the house during Ramadan?

A: Yes. Helping with household work is part of being responsible and caring.

Q75. What should we do if a classmate does not have enough food?

A: We should help them if we can and treat them with dignity and kindness.

Q76. Should we give charity in Ramadan?

A: Yes. Charity is highly encouraged in Ramadan.

Q77. What is Zakat?

A: Zakat is an obligatory form of charity on qualifying wealth under specific Islamic rules.

Q78. What is Sadaqah?

A: Sadaqah is voluntary charity or an act of kindness done for the sake of Allah.

Q79. Can a child give Sadaqah?

A: Yes. A child can give voluntary charity from what they are permitted to give.

Q80. Can helping someone be a form of Sadaqah?

A: Yes. Many acts of kindness can be rewarded as Sadaqah.



SECTION G

Ramadan Ethics for School and Social Life

Q81. Should a Muslim student study during Ramadan?

A: Yes. Ramadan does not mean stopping our education and responsibilities.

Q82. Should we use fasting as an excuse for laziness?

A: No. We should manage our energy wisely and remain responsible.

Q83. Should we respect classmates who are not fasting?

A: Yes. We should treat everyone respectfully and never insult or pressure them.

Q84. What should we do if our non-Muslim friend asks why we fast?

A: We can politely explain that Muslims fast to worship Allah, develop self-control, and become more grateful.

Q85. Should we force someone to fast?

A: No. We should teach Islam with wisdom and kindness.

Q86. Should we waste time on social media during Ramadan?

A: We should avoid wasting excessive time and use our time for beneficial activities.

Q87. Can video games become a problem during Ramadan?

A: Yes, if they cause us to miss Salah, neglect responsibilities, or waste too much time.

Q88. Should we watch inappropriate videos while fasting?

A: No. We should protect our eyes, heart, and mind from inappropriate content.

Q89. Should we listen to harmful or vulgar speech?

A: No. We should protect our ears and avoid inappropriate content.

Q90. What should we do when we see something inappropriate online?

A: We should look away, close it, and move to something beneficial.



SECTION H

Gratitude, Self-Control and Personal Growth

Q91. What does hunger teach us?

A: Hunger teaches us patience and helps us appreciate the blessings of food and drink.

Q92. Should we complain all day because we are hungry?

A: No. We should remain patient and remember the purpose of fasting.

Q93. Should we waste food at Iftar?

A: No. We should take what we need and avoid wasting food.

Q94. Why should we be thankful for food?

A: Food is a blessing from Allah, and we should appreciate it instead of taking it for granted.

Q95. Should we eat excessively at Iftar?

A: No. We should eat moderately and avoid overeating.

Q96. What should Ramadan change in us?

A: Ramadan should make us more patient, honest, kind, disciplined, generous, and conscious of Allah.

Q97. What should we do when Ramadan ends?

A: We should continue the good habits we developed during Ramadan.

Q98. Should we continue reading the Qur'an after Ramadan?

A: Yes. The Qur'an should remain part of our daily life throughout the year.

Q99. What is the biggest lesson of Ramadan?

A: The biggest lesson is to obey Allah, control ourselves, care for others, and live with Taqwa.

Q100. What should I say to myself when Ramadan becomes difficult?

A: Tell yourself: “I am fasting for Allah. Allah knows my effort, and every sincere effort is valuable.”



Ramadan Mubarak!

May Allah accept our fasting, prayers, and good deeds.