

أَلْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ وَالصَّلَاةُ وَالسَّلَامُ عَلَى سَيِّدِ الْمُرْسَلِينَ  
أَمَّا بَعْدُ فَأَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

## Madanī Campaign of Nafl Fasts

### 8 Madanī pearls regarding Nafl fasts in remembrance of Ramadan

1. The Prophet of Rahmah, the Intercessor of Ummah صَلَّى اللهُ تَعَالَى عَلَيْهِ وَآلِهِ وَسَلَّمَ has stated: If someone observes a Nafl fast and even if he is given the whole earth full of gold, his reward will still remain incomplete, he will be given his reward on the Day of Judgement only. (*Musnad Abī Ya'la, vol. 5, pp. 353, Hadīs 6104*)
2. **Organizational grading for fast lovers:**

**Excellent:** The one who observes “Saum-e-Dāwūdī” [the fast observed by Prophet Dāwūd عَلَيْهِ السَّلَامُ وَعَلَيْهِ السَّلَامُ], it means observing fast every alternate day. Moreover, observing at least 15 fasts in a month at his convenience or observing fasts throughout the year except on five prohibited days will also attain an ‘Excellent’ position. (It is Makrūh Tahrīmī to observe fasts on Eid-ul-Fitr, and 10, 11, 12, 13 Zul-Hijja-til-Harām. (*Durr-e-Mukhtār, Rad-dul-Muhtār, vol. 3, pp. 391*)

**Good:** One observing fast on every Monday and Thursday will attain a ‘good’ position. (Observing fasts on Monday and Thursday is a Sunnah. However, one observing seven fasts in a Madanī month at his convenience will also be organizationally deemed to have attained a ‘good’ position.)

**Average:** One observing fasts on every Monday or, due to some compulsion, on the weekly holiday will be attaining an ‘average’ position. (That way, he will be observing four or five fasts in a month.)
3. If a Nafl fast is observed intentionally, then it will be Wājib (mandatory) to complete the fast. If one invalidates a Nafl fast, it’s Qadā (i.e., observe the invalidated fast again) will be Wājib. (*Durr-e-Mukhtār, vol. 3, pp. 473*)
4. If an employee or a labourer observes Nafl fast and finds it difficult to fulfil his duty, then it is compulsory to obtain permission from the employer first. However, one can perform his duty properly, then permission is not required.

(*Rad-dul-Muhtār, vol. 3, pp. 478*)

(If one is an employee of a Waqf [charity-based] organization and cannot do his work properly due to Nafl fast, it will be of no use to obtain permission from anyone. Employees are under the impression that fasting has no effect on their work but it is, at times, greatly affected. Especially those working at public places such as cooks and

waiters at the hotels and labourers are more likely to be confronted with this problem. If they observe fast just assuming that their work will not be affected, this is not sufficient. They must ponder seriously over this issue lest they end up earning Harām sustenance as a result of carelessness in their duty just because of the fondness of Nafl fast. The teachers at religious Madāris should take special care of this matter in particular as they must not be allowed any leave/relaxation by anyone during the Nafl fast in the Waqf organizations).

5. If a student acquiring religious education notices even slight loss of his studies, he must not observe Nafl fasts. He can simply try to secure “Good” grade by observing Nafl fasts on the week holidays. Similarly, if the participants of the Madanī Qāfilah feel even slight weakness, they should not observe Nafl fasts as well, so that the most excellent deeds of acquiring religious knowledge and conveying the call to righteousness are not hindered. Moreover, if someone is unable to observe fasts during Madanī Qāfilah, his organizational grade will not be affected provided his ‘performance’ is permanently satisfactory.
6. If any excellent deed is affected due to a Nafl fast, one should not observe the fast in such a situation. For instance, an Islamic brother who has such a responsibility which requires a lot of public dealings and due to Nafl fast he tends to become irritated or annoyed, he should not also observe the fast even if he is able to complete the assigned duties, because refraining from misbehaviour with the people is more important than observing a Nafl fast.
7. If parents forbid their son from observing a Nafl fast for fear of illness, the son must obey his parents.
8. A married woman is not allowed to observe a Nafl fast without permission from her husband. (*Rad-dul-Muhtār, vol. 3, pp. 477*)

### **Majlis Madanī In’āmāt** (Dawat-e-Islami)

*Translated into English by*

**Majlis-e-Tarājim** (Dawat-e-Islami)

### **Madanī request**

The Islamic brothers joining the Madanī campaign of Nafl fasts should send their name, city name, mobile number and your grade (Excellent, Good, Average) through SMS to [+92 312 5921226](tel:+923125921226).

**Suggestion:** Paste these pages onto your diary.