

Question 468) - What is the ruling of fasting in Islaam?

A: The fast of the month of Ramadan is Fard upon every mature Muslim, male and female. Allaah says, "o you who believe! Fasting has been prescribed upon you just as it was prescribed upon those before you that you may acquire Taqwa." [al-Baqarah:183] The fasts besides the fast of Ramadan are voluntary and one gets rewarded for them just as in other voluntary worship. However, if one has made nazr [vow] of a fast then it becomes Wajib to fulfil it.

~ al-Quduri ~