

Q: 5 – Title: My question is regarding fasting fardh or nafl in the evening i ...

Question

My question is regarding fasting fardh or nafl in the evening i make intention to make fasting tomorrow i prepared everything but the problem is sleep overtake me at the time of eating suhoor. I wake up when the muadhin calling the azaan second time for fajur salaah. I did not make my suhoor. It is permissible to continue my fasting even i did not eat in the suhoor. JAZAKALLAH HU KHAIR.

Answer

In the name of Allah, Most Gracious, Most Merciful

Assalaamu `alaykum waRahmatullahi Wabarakatoh

Sehri is an act of worship and a means of blessings. However, if one's eyes do not open for sehri, he should keep his fardh fast despite not having sehri. To leave out fardh fasts on account of not making sehri is a major sin.

Radul Muhtar Vol: 2 Pg: 419 (H.M. Sa'eed Company)

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However, if one does not get up for sehri in a nafl fast, then he has the option of not fasting.

And Allah knows best

Wassalam

**MI. M. Jawed Iqbal,
Student Darul Iftaa**

Checked and Approved by:

Mufti Ebrahim Desai

Darul Iftaa, Madrassah In'aamiyyah