

# Mawlana Shaykh Muhammad Adil ar-Rabbani

## FASTING AND SICKNESS

*As-Salāmu ‘Alaykum wa RaḥmatuLlāhi wa Barakātuh.  
A‘ūdhu BiLlāhi Minash-shayṭāni r-rajīm. BismiLlāhi r-Raḥmāni r-Raḥīm.  
Wa ṣ-Salātu wa s-Salāmu ‘alā Rasūlinā Muḥammadin Sayyidi l-Anwalina wa l-Akhirin.  
Madad yā RasūlAllāh, Madad yā Sādāti Aṣḥabi RasūliLlāh, Madad yā Mashāyikhinā,  
Dastūr Mawlana Sheikh Abdullah al-Fā’iz ad-Dāghistāni, Sheikh Muḥammad  
Nāẓim al-Ḥaqqāni. Madad. Tariqatunā aṣ-Suḥbah wa l-Khayru fi l-Jam‘iyyah.*

Bismi Llāhi r-Raḥmāni r-Raḥīm:

وَلَا عَلَى الْمَرِيضِ حَرَجٌ

(Qur’an 24:61). ‘Wa Lā `AláAl-Marīḍi Ḥarajun’, ‘Nor upon the ill constraint.’ Sadaqa Llāhu l-‘Aẓīm. Allāh ‘Azza wa-Jalla says that the sick have permission. Permission for what? They can stay seated while praying. If he is sick, if he cannot fast, that is also allowed for him. Instead of that, he gives a ransom.

Now most people are sick. Illnesses are many. Fasting is good for some. Our Prophet ﷺ says, “صُومُوا تَصِحُّوا تُرْزَقُوا”, “Fast, you will be healthy, and Rizq will come to you.” Fast and you will have health, says our Prophet ṣallá Llāhu ‘alayhi wa-sallam.

There are some cases that people really mustn’t fast. Because if they fast, they may suffer a great harm; their bodies may be harmed. They have permission. In fact, fasting is such a beautiful thing that when the person who fasts doesn’t fast, he gets very sad for not being able to fast. That’s why, when you are obliged, not fasting is better. So, if the body will be harmed, one shouldn’t fast.

But there are some diseases. Doctors now say, “You can fast. You mustn’t fast” according to their own minds. If it does not harm the body, on the contrary, fasting is also good for the sick Allāh ﷻ willing. But as we said, there are some illnesses that when a person becomes thirsty – that person already has weak health or for example, people with kidney problems are forced to not fast, since their kidney will work much less. So, if it is also left without water, it completely stops. Therefore, they are allowed not to fast. Now, for people with diabetes: some have it too much, and for some it’s good. So, a person needs to adjust according to their body. If they can fast, they should fast. If they couldn’t fast, they have permission not to.



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But if Allāh ‘Azza wa-Jalla has given you a good, healthy body, don’t break your fast for small things. Some get the flu, catch a cold or I don’t know what, and break their fast. There’s no need to break their fast. But as we said, when serious things happen, it becomes necessary.

Allāh ﷻ gave this beautiful worship for the benefit of people both physically and spiritually. He ﷻ gave it to both the body and the soul. Allāh ‘Azza wa-Jalla is the one who created us. Allāh ‘Azza wa-Jalla knows us better than we know ourselves.

Therefore, may Allāh ﷻ grant us to fast with all these goodness until the end of our lives, in shā’a Llāh. May He ﷻ not let us leave this beautiful worship. What we mean by leaving is, as we said, leaving must only be when sick or if our health is gone. Then, we will leave it. So may He ﷻ give us health and well-being. And, in shā’a Llāh, may we continue this beautiful worship, and all worships also, until the end of our lives, in shā’a Llāh.

Wa min Allāhi t-Tawfīq. Al-Fātiḥa.

Mawlana Sheikh Muhammad Adil ar-Rabbani  
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