

Pregnant/Breastfeeding Woman making up her Fast of Ramadhaan

Ijaabatus Saa'il 'an Ahimm al-Masaa'il

By

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Question: All praise is due to Allaah, the Lord of all the worlds. May prayer of blessing and peace be upon our Prophet, Muhammad, and upon his family and all of his companions. I bear witness that there is no god worthy of being worshiped except Allaah alone, Who has no partner, and I bear witness that Muhammad is His servant and Messenger. To proceed: Our brother the questioner asks about a woman who is not able to fast during Ramadhaan due to delivery of a baby or pregnancy.

Answer: Then it is a matter of making up the fast (*Al-Qadhaa'*). This is as Allaah, Who is free of imperfections and Most High, says in His Noble Book:

﴿فَمَنْ كَانَ مِنْكُمْ مَّرِيضًا أَوْ عَلَى سَفَرٍ فَعِدَّةٌ مِّنْ أَيَّامٍ أُخَرَ﴾

“So whoever among you is ill or on a journey, then (he must make up) a number of other days (i.e. fast an equal number of days outside of Ramadhaan).”

Sooratul-Baqarah (2):184

So she must make up the fast during a time in which she is able (to fast), regardless of whether it is after a year, two years, or three years.

﴿لَا يُكَلِّفُ اللَّهُ نَفْسًا إِلَّا وُسْعَهَا﴾

“Allaah does not burden a soul except with what it can bear.”

Sooratul-Baqarah (2):286

And indeed it has been reported in the *Sunan* collections from a hadeeth related by Anas bin Malik Al-Ka'bee ؓ that he said,

“I came to the Messenger of Allaah ﷺ, and he said, ‘Come eat some food.’ So I said, ‘O Messenger of Allaah, verily I am fasting.’” Meaning that the man (Anas) was traveling. So the Prophet ﷺ said, “Indeed Allaah removed from the traveler half of the prayer, and He has removed from the traveler, the pregnant woman, and the breastfeeding woman, the (obligation of the) fast.”

Or with this meaning.

The meaning of “removed” here is temporary removal (of obligation). This is due to the verse which you have heard:

﴿فَمَنْ كَانَ مِنْكُمْ مَّرِيضًا أَوْ عَلَىٰ سَفَرٍ فَعِدَّةٌ مِّنْ أَيَّامٍ أُخَرَ﴾

“So whoever among you is ill or on a journey, then (he must make up) a number of other days (i.e. fast an equal number of days outside of Ramadhaan).”

Sooratul-Baqarah (2):184

Among the people of knowledge there are those who say that if the year passes and she does not make up the first Ramadhaan, then she is required to make an expiation (i.e. by feeding poor people as well) along with making up the days of fasting. They also say that the person, any person, regardless of whether he was sick or traveling, if the year passed (without him making up the fast), then he is required to make an expiation along with making up the fast. However, there is not any evidence from the Book of Allaah or the *Sunnah* of the Messenger of Allaah ﷺ. There is nothing other than statements of opinion from some of the *Salaf* (the early Muslim generations).

As for us, we take the obvious meaning of the verse, and Allaah, the Mighty and Majestic, does not say, “So whoever among you is ill or on a journey, then (he must make up) a number of other days, and if a year passes and he does not make up the fast, he must make an expiation.”

﴿وَمَا كَانَ رَبُّكَ نَسِيًّا﴾

“And your Lord is not forgetful.”

Soorah Maryam (19):64

Therefore, there is nothing due on her except that she makes up the fast whenever she is able, even if three months of Ramadhaan pass or more and then after that she is able to make it up, then she makes it up. Allaah is the One Who is sought for help. In addition, it is not necessary that making up the days of fasting be consecutive. This is so that the matter will not be difficult upon her. So if she fasts three days and then does not fast a day, or if she fasts a day and then does not fast the next day, that is permissible. The matter is according to her strength and ability. So here we see ‘Aa’ishah ؓ saying that she would still have some days to make up from Ramadhaan, meaning due to menstruation, then she would not make it up until Sha’baan (i.e. the month preceding the next Ramadhaan, almost a year later). ‘Aa’ishah meant by this to show that making up the fast is not something that has to be hastened. Allaah is the One Who is sought for help.

