

In the name of God, the Most Gracious, the Most Merciful

#Sohbet

10/02/2021

Fasting the Three Holy Months

“The three months are approaching and some brothers and sisters are asking us whether they can fast these upcoming Three Months. There is permission for those who want to fast, it is a good and beautiful custom, it is a Sunnah of our Holy Prophet ﷺ. Some fast it all, some fast some of it. Days are neither too long nor too short, they're of medium length so it is appropriate and good times to fast. However, what is more of an important matter is that those who are born as Muslims then reach puberty and do not fast in Ramadan, there are some who do not, need to make it up. But before they make it up (Qada'), there's the Kaffarah (penance) fasting that is done one time. Even if a person hasn't fasted all their life, the Kaffarah (penance) fasting is for two months straight, without a gap, for men. For ladies it's different, they have their own excuses, and out of necessity they have to give a break. So the Kaffarah (penance) fasting is 60 days without giving a break. Some months are 29 days while others are 30 days. But after the 60th day [of the the Kaffarah (penance) fasting] is done, you start the Qada' (make up) fasting. You could do the the Qada' (make up) fasting slowly, you don't have to do it all at once.

Rajab enters on Saturday, and it might be 59 or 60 days until Ramadan, we're not exactly sure. So if they're going to do the Kaffarah (penance) fasting, it is best to start either Tomorrow (Thursday 11) or the day after (Friday 12) so they can complete the 60 days before Ramadan. Ramadan is Fard, it doesn't count as Kaffarah or Qada'. This is all for those who are Muslim by birth. But for those who became Muslim later, there's no Kaffarah fasting for them because when they become Muslim all of their past sins are forgiven and they are responsible for their worships from that point on;

they're not responsible for anything before that. Yet if after becoming Muslim they also don't fast a day of Ramadan, then they have to do the Kaffarah as well. May we be successful and may it be blessed and with Barakah insha'Allah."

-- Mawlana Shaykh Muhammad Adil ق

#ShaykhMehmetEffendi

#NaqshbandiHaqqani

奉至仁至慈的真主之名

教导

2021/02/10

三个圣月的斋戒

三个圣月即将来临，一些兄弟姐妹问我们，他们是否可以在这即将到来的三个月里封斋。对于想要斋戒的人这是允许的。这是一种美好的习俗，它是我们神圣先知(愿主福安之)的逊乃。一些人封整月的斋，一些人只封其中数天，现在的日子不长也不短，中等长度，是适合斋戒的好时日。然而，更重要的是，那些生来就是穆斯林的人到了成年却不在莱麦丹月斋戒，对于这些人他们需要还补斋戒，但在还补之前，他们要一次性完成罚赎的斋戒。即使一个人一生都没有斋戒，对于男性，他们的罚赎是不间断地斋戒两个月，对于女性有所不同，她们有自己的理由，出于必要，她们不得不休息一下。因此，罚赎的斋戒是中间没有休息的 60 天。有些月份是 29 天，有些月份是 30 天，在 60 天罚赎斋戒完成之后你可以开始还补的斋戒，还补的斋戒可以慢慢封，不必立刻完成。

星期六进入热哲卜月，可能还有 59 天或 60 天才能到斋月，我们不完全确定。因此，如果他们要罚赎斋戒，最好从明天(星期四)或者后天(星期五)开始，这样他们就可以在斋月之前完成 60 天。斋月是主命，不能算作罚赎斋戒或还补斋戒。这一切都是针对那些出生时

就是穆斯林的人，对于那些后来才成为穆斯林的人，他们没有罚赎的斋戒，因为当他们成为穆斯林时，他们过去所有的罪都被赦免了。从成为穆斯林之时起，他们要为自己的拜功负责，在此之前他们不需要对任何事情负责。然而，成为穆斯林之后，如果他们在斋月不斋戒，那么他们必须封罚赎的斋戒。愿我们成功，愿我们得到祝福和吉庆，银沙安拉！

- - 毛拉纳·舍以海·穆罕默德·阿迪尔