

Fasting Series | Shaykh ‘Abdul-‘Azīz ibn Bāz

Hastening to Break the Fast

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

عَنْ سَهْلِ بْنِ سَعْدٍ رَضِيَ اللَّهُ عَنْهُمَا، أَنَّ رَسُولَ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ
وَسَلَّمَ قَالَ: «لَا يَزَالُ النَّاسُ بِحَيْرٍ مَا عَجَلُوا الْفِطْرَ»

Sahl ibn Sa‘d (رضي الله عنه) narrated that Allāh’s Messenger
(صلى الله عليه وسلم) said:

The people will not cease to remain upon
goodness so long as they hasten with the
breaking of the fast.¹

¹ Ṣaḥīḥ al-Bukhārī (no. 1957) and Ṣaḥīḥ Muslim (no. 1098)

عَنْ عُمَرَ بْنِ الْخَطَّابِ - رضي الله عنه - قَالَ: قَالَ رَسُولُ اللَّهِ -
صلى الله عليه وسلم:- «إِذَا أَقْبَلَ اللَّيْلُ مِنْ هَهُنَا وَأَدْبَرَ النَّهَارُ مِنْ
هَهُنَا فَقَدْ أَفْطَرَ الصَّائِمُ»

‘Umar ibn al-Khaṭṭāb (رَضِيَ اللهُ عَنْهُ) narrated that Allāh’s
Messenger (صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ) said:

If the night approaches from here and the day
departs from here then the fasting one is to
break his fast.²

Explanation of Shaykh ‘Abdul-‘Azīz ibn Bāz (رَحْمَةُ اللهِ):³

The first ḥadīth establishes that the Sunnah is to
hasten the ifṭār (breaking the fast) and that the
Ummah (Muslim nation) will continue to be upon
goodness as long as they hasten to break their fast as
soon as the sun sets.

² Ṣaḥīḥ al-Bukhārī (no. 1941) and Ṣaḥīḥ Muslim (no. 1100)

³ Explanation of ‘Umdah al-Aḥkām, Dār al-Riyādah (pgs. 254-255)

In a ḥadīth [qudsī], Allāh says:

«أَحَبُّ عِبَادِي إِلَيَّ أَعْجَلُهُمْ فِطْرًا»

“The most beloved of my slaves to me are those who are quickest to break their fast.”⁴

Likewise, it is better to have suḥūr (eating the pre-dawn meal) in the last part of the night, which comes in the ḥadīth Zayd ibn Thābit that they ate *saḥūr* with the Prophet (صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ). Anas [ibn Mālik] asked him: “How much time was between the adhān and *saḥūr*?” He said: “Enough time to recite fifty verses”- meaning: the Prophet (صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ) delayed the suḥūr to the last part of the night. Suḥūr is a highly recommended Sunnah as the Prophet (صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ) said:

«تَسَحَّرُوا فَإِنَّ فِي السَّحُورِ بَرَكَاتًا»

“Eat the *saḥūr* (pre-dawn meal) for there are blessings in the meal.”⁵

⁴ Jāmi’ al-Tirmidhī (no. 700)

In the second ḥadīth, ‘Umar ibn al-Khaṭṭāb (رَضِيَ اللهُ عَنْهُ) narrated that Allāh’s Messenger (صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ) said: **“If the night approaches from here and the day departs from here then the fasting one is to break his fast.”**

“If the night approaches from here”: From the east.

“...and the day departs from here”: From the west.

“...then the fasting one is to break his fast”: When the sun sets and completely disappears, the fasting person should break his fast. This is the case even if some yellowness remains on the mountain tops and trees. However, if the sun has not set but is covered by a mountain, palace or other structure then one should not break their fast until they are certain that it has completely disappeared.

⁵ Ṣaḥīḥ al-Bukhārī (no. 1923) and Ṣaḥīḥ Muslim (no. 1095)