

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Ramadaan Zaahid?

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Q: Some people say: Indeed it is upon the Muslim to transform into a *Zaahid* (ascetic) during Ramadaan so that he abstains from all delights and enjoyments like food, drink and sexual intercourse with one's spouse and other than that until Ramadaan departs. So is this action legislated?

A: Allah, The Most High, says:

أَحِلَّ لَكُمْ لَيْلَةَ الصِّيَامِ الرَّفَثُ إِلَى نِسَائِكُمْ هُنَّ لِبَاسٌ لَكُمْ وَأَنْتُمْ لِبَاسٌ هُنَّ عَلِمَ اللَّهُ أَنَّكُمْ كُنْتُمْ تَخْتَانُونَ أَنْفُسَكُمْ فَتَابَ عَلَيْكُمْ وَعَفَا عَنْكُمْ فَالآنَ بَاشِرُوهُنَّ وَابْتَغُوا مَا كَتَبَ اللَّهُ لَكُمْ وَكُلُوا وَاشْرَبُوا حَتَّى يَتَبَيَّنَ لَكُمُ الْخَيْطُ الْأَبْيَضُ مِنَ الْخَيْطِ الْأَسْوَدِ مِنَ الْفَجْرِ

“It is made lawful for you to have sexual relations with your wives on the night of As-Saum. They are Leebaas [i.e. body cover, or screen, or Sakan, (i.e. you enjoy the pleasure of living with them - as in Verse 7:189)], for you and you are the same for them. Allah knows that you used to deceive yourselves, so He turned to you (accepted your repentance) and forgave you. So now have sexual relations with them and seek that which Allah has ordained for you (offspring), and eat and drink until the white thread (light) of dawn appears to you distinct from the black thread (darkness of night), then complete your Saum (fast) till the nightfall.” [2:187]

In this noble verse Allah has allowed for the fasting person during the night of fasting, everything that he is prevented from during the day from food, drink, and all of the other permissible things while seeking assistance with them upon the obedience of Allah, Glorified be He, Most High.

Leaving off all the permissible things and deprivation of the soul from them while considering this to be worship, is from extremism, whether in Ramadaan or in other than it.

And the Prophet (*sallahu 'alayhi wasallam*) said:

“Verily I fast and I break my fast, I pray and I sleep, and I marry (women), so whoever goes against my way is not from me.”

[Al-Bukhaari: 6/116 on the authority of Anas bin Maalik, may Allah be pleased with him.]

This is his guidance (*sallahu 'alayhi wasallam*) in Ramadaan and outside of it. And (the meaning of) *Zuhd* (abstinence) is not to forsake that which Allah has made permissible.

