

4 – Fasting when on a journey – part one

From ‘Aaishah *radi Allaahu ‘anhaa* that Hamzah ibn ‘Amr al Aslamee *radi Allaahu ‘anhu* said to the Prophet *sall Allaahu ‘alaihi wa sallam*:

Should I fast upon the journey?

And he was a person who was plentiful in fasting.

So he said, ***“If you wish, then fast. And if you wish, then abstain from fasting.”***

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The Shaykh ‘Abdullaah ibn ‘Abdir Rahmaan aale Bassaam *rahimahullaah* (who died in 2003 CE) commented:

The Companions *radi Allaahu ‘anhum* knew that the Merciful Legislator did not give the concession to refrain from fasting upon a journey except as a mercy to them and out of compassion for them.

So Hamzah al Aslamee had steadfastness and strength upon fasting and he was one who loved *al khayr* (goodness), and was plentiful in fasting *radi Allaahu ‘anhu* . So he asked the Messenger of Allaah *sall Allaahu ‘alaihi wa sallam*, “Should I fast upon the journey?”

So the Prophet *sall Allaahu ‘alaihi wa sallam* gave him the choice between fasting and refraining from fasting, saying, “If you wish to, then fast. And if you wish, then abstain from fasting.”