

齋戒的意義

萊麥丹月的齋戒是伊斯蘭五功之一，安拉在《古蘭經》中明文規定萊麥丹月的齋戒。“萊麥丹月中，開始降示《古蘭經》，指導世人，昭示明証，以便遵循正道，分別真偽，故誰在此月中，誰就應當齋戒。患病或旅行的人，當依所缺的日數補齋。安拉要你們便利，不要你們困難，以便你們補足你們所缺的日數，以便你們讚頌安拉引導你們的恩德，以便你們感謝他。”(《古蘭經》2：185)

齋戒並非止於禁絕飲食和夫妻房事；齋戒更是訓練，更是培育：訓練我們忍耐和培育我們敬畏安拉的心。齋月裏，我們更要提醒自己禁絕一切歪念惡事，我們更應該多做禮拜、唸《古蘭經》、施捨和做其他善功。

齋戒的回賜是豐厚的。穆聖(求主賜他平安與吉慶)說：“誰在萊麥丹月為取安拉喜悅而虔誠敬意地封了齋，安拉將恕饒他已往的罪過。”他又說：“齋戒是擋火(指火獄之火)的盾牌。”

The meaning of fasting

Fasting in Ramadhan, one of the Five Pillars of Islam, was stipulated by Allah in the Quran. *It was in the month of Ramadhan that the Quran was revealed as guidance for mankind, clear messages giving guidance and distinguishing between right and wrong. So any one of you who is present that month should fast, and anyone who is ill or on a journey should make up for the lost days by fasting on other days later. Allah wants ease for you, not hardship. He wants you to complete the prescribed period and to glorify Him for having guided you, so that you may be thankful.* (The Quran, 2: 185)

Fasting is not limited to abstaining from food, drink and sex. It is a kind of training. It helps us to develop patience, self-restraint and mindfulness of Allah. In Ramadhan, we should remind ourselves to keep away from all evils, may them be ideas or deeds, such as using foul language; we should offer more prayers, read the Quran more, do more charity and other good deeds.

Fasting earns rich reward. The Prophet, Muhammad (SAW), said: *“Whoever fasts in Ramadhan out of faith and hope of reward, all his previous sins will be forgiven.”* (Bukhari and Muslim) He also said: *“Fasting is a shield (a shield against hellfire).”* (Muslim)

壞齋、補齋、罰贖

齋月裏，每天由黎明至日落禁絕飲食和夫妻房事。如果忘記自己正在齋戒而吃喝了，無論吃喝了多少，只要記起自己在把齋的那一刻馬上停止吃喝，便不壞齋。

病人和行經的婦女不能齋戒，必須在痊癒或行經後按所缺天數還補。旅客、孕婦和哺乳的婦女可以考慮本身或嬰孩身體的情況而決定是否齋戒；如果齋月裏沒有齋戒，則必須隨後盡快還補。年老體弱和長期病患者全年都無法齋戒，便必須繳付罰贖：一天的齋戒以向一個窮人施捨一天的飯食來代替。

齋月裏，無緣無故不齋戒或壞齋，缺一天的齋，應以連續的六十天還補。

Unusual situations

One should abstain from food, drink and sexual intercourse from dawn to sunset during *Ramadhan*. However, in case one eats or drinks absent-mindedly while fasting, and he stops immediately as soon as he remembers that he is fasting, his fast is not broken.

Sick persons may break their fast, in case if they continue fasting, their illness would be aggravated. They should make up the missed days later in the year. It is obligatory for menstruating women to break the fast and to make up the missed days later. Travellers, pregnant & breast-feeding women are permitted not to fast if they are afraid that their (or the baby's) health would be affected. However, they should make up the days of fasting missed later in the year. The elderly and the chronically-sick who are not able to fast all year round should pay a penalty: a day of fasting is compensated by donations given to a poor person for his meals on one day.

If one does not fast or he breaks his fast without reason during *Ramadhan*, he is required to fast 60 consecutive days for one day of fasting missed.

立意、祈禱文、讚詞 What to read

封齋立意

Niyyat (Intention) for commencing fasting

نَوَيْتُ أَنْ أَصُومَ صَوْمَ فَرِيضَةِ الْيَوْمِ مِنْ شَهْرِ رَمَضَانَ خَالِصًا لِلَّهِ تَعَالَى

我虔誠立意，為真主守今日的萊麥丹月天命齋。

I intend to fast this day of *Ramadhan* for the sake of Allah.

開齋祈禱文

Dua for breaking fast

اللَّهُمَّ لَكَ صُمْتُ وَعَلَى رِزْقِكَ أَفْطَرْتُ

主啊！我為你封齋，我以你所賜的給養開齋。

O Allah! I fast for you and I break fast with what You provide me.

他啦威拜立意

Niyyat (Intention) for *Tarawih* Prayer

نَوَيْتُ أَنْ أُصَلِّيَ لِلَّهِ صَلَاةَ التَّرَاوِيحِ رَكَعَتَيْنِ مُقْتَدِيًا بِالْإِمَامِ

我虔誠立意，跟隨伊瑪目（領拜者），為真主禮兩拜他啦威拜。

For Allah, I determine to follow the *Imam* to perform two *Rakat* of *Tarawih* Prayer.

他啦威拜四拜間的讚詞

Glorification of Allah during *Tarawih* Prayer intervals

سُبْحَانَ ذِي الْمُلْكِ وَالْمَلَكُوتِ سُبْحَانَ ذِي الْعِزَّةِ وَالْعَظَمَةِ وَالْقُدْرَةِ وَالْكَبْرِيَاءِ وَالْجَبْرُوتِ سُبْحَانَ الْمَلِكِ الْحَيِّ الَّذِي لَا يَنَامُ وَلَا يَمُوتُ سُبُّوحٌ قُدُّوسٌ رَبُّنَا وَرَبُّ الْمَلَائِكَةِ وَالرُّوحِ لَا إِلَهَ إِلَّا اللَّهُ نَسْتَغْفِرُ اللَّهَ وَنَسْأَلُكَ الْجَنَّةَ وَنَعُوذُ بِكَ مِنَ النَّارِ يَا أَرْحَمَ الرَّاحِمِينَ

讚掌管權柄和萬事萬物的主清淨，讚尊威萬能偉大的主清淨，讚不睡不死永生的主清淨，清淨受讚的主，養育我們的主，養育天使和靈魂的主；一切非主，惟有真主；我們求主恕罪，求你賜給我們天堂，求你護祐我們遠離火獄，慈憫中最慈憫的主啊！

Glory be to Him, the Owner of Sovereignty and of the realms of the heavens and the earth. Glory be to Him, the Possessor of Triumphant Power and exalted Majesty, of supreme Mightiness, Magnificence and subduing Greatness. Glory be to Him, the Sovereignty, the Alive, Who sleeps not and dies not, the Holy and the Perfect one, the Lord of ourselves, of angels and of souls. There is no God but Allah. We ask Allah for forgiveness, we beseech You for the bliss of Heaven, and we seek Your protection from the torments of Hell. O Most Merciful of all who show mercy!

開齋會禮立意

Niyyat (Intention) for *Eid-ul-Fitr* Prayer

نَوَيْتُ أَنْ أُصَلِّيَ لِلَّهِ صَلَاةَ عِيدِ الْفِطْرِ رَكَعَتَيْنِ مُقْتَدِيًا بِالْإِمَامِ

我虔誠立意，跟隨伊瑪目（領拜者），為真主禮兩拜開齋節拜。

For Allah, I determine to follow the *Imam* to perform two *Rakat* of *Eid-ul-Fitr* Prayer.