



KSIJ MELBOURNE

KHOJA SHIA ITHNA-ASHARI JAMAAT MELBOURNE INC.

ABN: 17 169 570 29

In the name of Allah (swt), the Most Compassionate, the Most Merciful

DAILY SEHAR & IFTAR DUAS

STARTING FAST (SEHAR)

- It is highly advised not to neglect the suhur (meal before starting fast) even if a single date or drink of water are had. A Hadith reads that Allah swt and his angels bless those who seek forgiveness in the last hours of the night and have the meal before starting their fasts.
- It is recommended to recite Sura Qadr at the time of saher for a Hadith reads that any believer who recites Sura Qadr at the meal before starting the fast & the meal of breaking the fast/iftar will be rewarded as sacrificing his blood for the sake of Allah between these two periods.

BREAKING FAST (IFTAR)

- It is advisable to postpone breaking one's fast until the evening/night prayers have been performed (after reciting the Magrib & Isha Prayer - if offered together), unless one is too weak to keep fasting or other people are waiting for you to break the fast.
- It is advisable to begin breaking fast with dates.
- It is advisable to recite Sura Qadr at the time of breaking the fast and the following dua:

اللَّهُمَّ لَكَ صُومْتُ وَعَلَى رِزْقِكَ أَفْطَرْتُ وَعَلَيْكَ تَوَكَّلْتُ -

O my Allah, for Thee, I fast, and with the food Thou gives me I break the fast, and I rely on Thee.

- It has been narrated that Imam Ali (as) used to say the following when he would break his fast:

بِسْمِ اللَّهِ اللَّهُمَّ لَكَ صُومْنَا وَعَلَى رِزْقِكَ أَفْطَرْنَا
فَتَقَبَّلْ مِنَّا إِنَّكَ أَنْتَ السَّمِيعُ الْعَلِيمُ -

In the name of Allah, O Allah, we fast, and with the food Thou gives us we break the fast, an obligation we fulfill, and Thou art Hearer, Knower

- It is advisable to say the following at the first bite of food taken:

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ يَا وَاسِعَ الْمَغْفِرَةِ اغْفِرْ لِي -

In the name of Allah, the Beneficent, the Merciful, O He whose indulgence is boundless, forgive me.