



﴿يَا أَيُّهَا الَّذِينَ ءَامَنُوا كُتِبَ عَلَيْكُمُ الصِّيَامُ كَمَا كُتِبَ عَلَى الَّذِينَ مِن قَبْلِكُمْ لَعَلَّكُمْ تَتَّقُونَ﴾ (١٨٣) أَيَّامًا مَّعْدُودَاتٍ فَمَن كَانَ مِنكُم مَّرِيضًا أَوْ عَلَى سَفَرٍ فَعِدَّةٌ مِّنْ أَيَّامٍ أُخَرَ وَعَلَى الَّذِينَ يُطِيقُونَهُ فِدْيَةٌ طَعَامُ مِسْكِينٍ فَمَن تَطَوَّعَ خَيْرًا فَهُوَ خَيْرٌ لَهُ. وَأَن تَصُومُوا خَيْرٌ لَّكُمْ إِن كُنتُمْ تَعْلَمُونَ ﴿١٨٤﴾ شَهْرُ رَمَضَانَ الَّذِي أُنزِلَ فِيهِ الْقُرْءَانُ هُدًى لِّلنَّاسِ وَبَيِّنَاتٍ مِّنَ الْهُدَى وَالْفُرْقَانِ فَمَن شَهِدَ مِنكُمُ الشَّهْرَ فَلْيَصُمْهُ وَمَن كَانَ مَرِيضًا أَوْ عَلَى سَفَرٍ فَعِدَّةٌ مِّنْ أَيَّامٍ أُخَرَ يُرِيدُ اللَّهُ بِكُمُ الْيُسْرَ وَلَا يُرِيدُ بِكُمُ الْعُسْرَ وَلِتُكْمِلُوا الْعِدَّةَ وَلِتُكَبِّرُوا اللَّهَ عَلَى مَا هَدَىٰكُم وَلَعَلَّكُمْ تَشْكُرُونَ ﴿١٨٥﴾ (سورة البقرة: ١٨٣-١٨٥)

- 2:183. O you who believe! Fasting is prescribed to you as it was prescribed to those who came before you, that you may become pious.
- 2:184. [Fasting] for a specific number of days; but if any of you is ill, or on a journey, he should fast the same number of other days. For those who can fast only with extreme difficulty, there is a way to compensate, which is to feed a needy person [for each day]. But whoever gives more than that, of his own accord, that is better for him. And it is better for you to fast, if only you knew.
- 2:185. Ramadan is the month in which the Qur'an was sent down, as guidance for humankind, and as clear signs that show the right way and distinguish between right and wrong. So every one of you who is present [at his home] during that month should spend it in fasting, but if anyone is ill, or on a journey, he should fast the same number of other days. Allah intends for you ease, and He does not want to make things difficult for you. [He wants you] to complete the prescribed number of days, and to glorify Him for His having guided you, and so that you may be grateful to Him.