

It is Better to Fast when on Journey?

Q: Saum-18: Is it better to fast or not to fast when travelling?

Answer: one has the option to either fast or not to fast when travelling, one fears weakness and hardship when fasting on journey, it is best not to fast. One may then repeat the fast upon returning home. However, if there will be no weakness to hardship, it will be best to fast. And Allaah knows best what is most correct.

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