



these times. In places near the Arctic and Antarctic circles, clocks are used to measure the day instead of using the sun.

á Bahá'ís should keep the Fast from the age of maturity, which is 15. After the age of 70 they need not fast.

#### Exemptions

á Those who are ill should not fast:

“In clear cases of weakness, illness or injury the law of the Fast is not binding.”

“The law of the Fast is ordained for those who are sound and healthy; as to those who are ill or debilitated, this law hath never been nor is now applicable.”

á Those who are doing heavy manual work need not fast. They should show respect for the law by eating “with frugality and in private”.

#### Travelling

á Those who are travelling need not fast, if the journey is longer than 9 hours.

á A journey is the whole period of travel, from leaving one place until arriving at the destination, it is not just the time spent in a car, train, boat, plane, etc.

á Those who are travelling on foot need not fast, if the journey is longer than 2 hours.

á If a traveller arrives at a place during the Fast, and is going to stay there for at least 19 days, he or she should fast following the first 3 days after arrival.

á If a traveller stays in one place for less than 19 days, he or she need not keep the Fast during that time.

á Travellers who reach home during the Fast should start fasting from the day after they arrive.

#### Women only

á Women who are pregnant or breast-feeding should not fast.

á Women need not fast during a period, provided that each day they perform their ablutions (washing of the hands and face) and repeat 95 times “Glorified be God, the Lord of Splendour and Beauty”. In this case a day means between one noon and the next.

#### Naw-Rúz

The day of the spring equinox which signals the end of the Fast is a Holy Day for Bahá'ís. This is the first day of the new year and is known as Naw-Rúz. It is a time of celebration, of starting the new year spiritually refreshed.

“We have enjoined upon you fasting during a brief period, and at its close have designated for you Naw-Rúz as a feast.” — Bahá'u'lláh

The text of all these leaflets remains the copyright of Warwick Bahá'í Bookshop. The Bookshop is happy for people to download individual copies for their own purposes. Printed copies can be purchased from the Warwick Bookshop. Individuals or communities wishing to translate or print these leaflets in other countries please contact the Bookshop for permission.

## METADATA

Views25601 views since posted 2012-09-19; last edit 2026-04-18 14:46 UTC;

previous at [archive.org.../warwick\\_bahai\\_fast](https://archive.org.../warwick_bahai_fast)

Language

English

Permission

author

Share

Shortlink: [bahai-library.com/3760](https://bahai-library.com/3760)

Citation: [ris/3760](https://ris/3760)

select Collection:

Archives

Articles

Articles-unpublished

Audio

Bibliographies

BIC

Biographies

Books

Chronologies

Compilations

Compilations-NSA

Compilations-personal

Documents

East-asia

Encyclopedia

Essays

Etc

Excerpts

Fiction

Glossaries

Guardian

Histories

Introductory

Letters

Maps

Music

Newspapers  
NSA-documents  
NSA-letters  
Personal  
Pilgrims  
Poetry  
Presentations  
Resources  
Reviews  
Scripts  
Software  
Statistics  
Study  
Talks  
Theses  
Transcripts  
Translations  
UJH-documents  
UJH-letters  
Video  
Visual  
Writings

home

sitemap

series

chronology

search:  
author

title

date

tags

adv. search  
languages

inventory

bibliography

abbreviations

links

about

contact

**RSS**

**new**

— The Baha'i Fast: Warwick Leaflets (Used by permission of the curator)