37940 - A teacher breaking his fast so that he can keep his voice loud

the question

My work involves teaching and so using my voice. Last year whilst fasting, being without water caused my throat and voice great distress. I had to drink water (but no need to eat) in order to sustain my voice. As a consequence I did not fast during school time, but made up for all the missed fasts during the Christmas holidays. Please let me know if this is allowed.

Detailed answer

Praise be to Allah.

Fasting Ramadaan is one of the pillars of Islam, and one of the most important religious duties. It is not permissible for the Muslim to take the matter lightly at all.

If there is a conflict between religious and worldly interests, the religious interests must take precedence.

Either you should try to reconcile between fasting and your work, which is easy in sha Allaah because many Muslims carry on fasting whilst working as teachers, or you should take leave from work, even if that is unpaid leave, during this month so that you will be able to fast.

See also question no. 12592.