
Sports and exercise during night in Ramadhaan

(Liqā' al-Baab al-Maftooh, 116/13)

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the name of Allaah, the Most Merciful, the Bestower of Mercy

Question: During the nights of Ramadhaan, some of the youth play sports or do exercise. What is your advice?

Shaykh al-Uthaymeen (رَحِمَهُ اللهُ)¹: We think that such activities are a waste of time and cause people to miss out on highly rewarding acts of worship. This is not what the Muslim youth should be doing with their lives; what they should be doing in their lives is worshipping Allaah, may He be exalted, and striving to benefit the Muslims, either by walking about in the marketplaces and speaking out against any evil they see, in a polite and gentle manner, or by gathering to read Qur'aan.

As for wasting time with such matters, this leads to loss. Now in reality their society has lost these youth if they are wasting all their time in such pursuits.

If a person wants to have fun by playing permissible sports such as football (soccer), but he does that in moderation, we do not see anything wrong with that, because it is training and strengthening the body, helping the mind to relax and dispelling boredom.

¹ (رَحِمَهُ اللهُ) (rahimahullaah) May Allaah the Most High have mercy on him