

KITZUR HALACHOS

| FASTING | R' TZVI YAAKOV STEIN

- There are four fasts instituted by Chazal in order to mourn the loss of the Beis HaMikdash. They are: the Seventeenth of Tammuz, the Ninth of Av, Tzom Gedaliah, and the Tenth of Teves. (Ta'anis Esther was instituted later for a different reason.)¹
- The point of these fasts is to arouse one to teshuvah. Those that waste the day away because they are fasting are defeating the purpose of the fast.²

THE FAST

- The fast starts at dawn (most say it's 72 minutes before sunrise).³
- If one wants to eat before dawn, one should declare that he is not accepting the fast until it begins.⁴ However, if one did not, he may still eat before dawn .
- If one wishes to eat an egg sized amount of bread or cake, he must begin eating at least a half hour before dawn.⁵
- Women may start eating the above even within a half hour of dawn.⁶
- If one feels uncomfortable from refraining from brushing his teeth or using mouthwash, he may do so, but be wary not to swallow.⁷
- Listerine strips are allowed if one is very uncomfortable.
- Preferably no dentist visits should be undergone unless necessary.
- Showering, listening to music, and shaving/taking haircuts are allowed,⁸ but discouraged.⁹
- Laundry may be done on a fast day.¹⁰
- Nails may be cut.
- Medicines that don't taste good may be swallowed.¹¹
- If liquids are necessary for the medications they may be taken¹² with less than an ounce of water.¹³
- If one accidentally ate or drank he may not continue.¹⁴
- If one realizes that it is a fast day after having made a berachah over food, one should eat a minimal amount so as to prevent a berachah levatalah.¹⁵
- Pregnant and nursing women are not required to fast.¹⁶
- Some say that any mother within 24 months of childbirth need not fast.¹⁷ A shaylah should be asked.

.9 . משנה ברורה (סימן תקמט סעיף קטן ו)

.10 . חוט שני (שבת חלק ד עמוד שפא)

.11 . באר היטב (סימן תקסז סעיף קטן ז)

.12 . נשמת אברהם (חלק ה סימן תקנד סעיף קטן א)

.13 . נשמת אברהם (חלק ה סימן תריב סעיף קטן ב)

.14 . מטה אפרים (סימן תרב סעיף כג)

.15 . שו"ת הלכות קטנות (חלק א סימן רנב)

.16 . רמ"א (סימן תקנ סעיף א)

.1 . גמרא (ראש השנה יח, ב)

.2 . משנה ברורה (סימן תקמט סעיף ב)

.3 . שולחן ערוך (סימן תקסד סעיף א)

.4 . שולחן ערוך (סימן תקסד סעיף א)

.5 . משנה ברורה (סימן פט סעיף קטן כז)

.6 . שושנת ישראל (פרק יז אות יב)

.7 . מנחת יצחק (סימן חלק ד סימן קט)

.8 . שולחן ערוך (סימן תקמט סעיף ב)

- If one feels sick or faint, he must break his fast.¹⁸
- One who can't focus properly at work should ask a shaylah about fasting.
- Children under the age of bar/bas mitzva do not need to fast at all.¹⁹
- The fast ends at nightfall,²⁰ which is preferably at fifty minutes after sunset, or, if necessary, 42 minutes after sunset.²¹
- Travelers conclude their fast when it ends at their current location.²²

DAVENING

- Those that are fasting add the tefillah of Aneinu to the berachah of Shema Koleinu in Shemoneh

Esrei²³ of Minchah.²⁴ If it was forgotten, one need not repeat Shemoneh Esrei.²⁵

- If aneinu was forgotten in Shomeya Tefilla then it should be said before the last yihyu liratzon at the end of Shemone Esrei.²⁶
- Those that are not fasting should not serve as the chazzan²⁷ or receive an Aliyah to the Torah.²⁸
- Avinu Malkeinu is said at both Shacharis and Minchah.²⁹
- One davening without a minyan should say Avinu Malkeinu.
- Maariv should preferably be davened before breaking one's fast.³⁰ If one has a set place and time to daven Ma'ariv he may eat beforehand.

17 . דעת תורה (סימן תקנ סעיף א)	24 . שולחן ערוך (סימן תקסו סעיף ג)
18 . משנה ברורה (סימן תקנ סעיף קטן ד)	25 . שולחן ערוך (סימן תקסו סעיף ב)
19 . הליכות שלמה (פרק יג אות ג)	26 . משנה ברורה סי' תקס"ה ס"ק ו
20 . שולחן ערוך (סימן תקסב סעיף א)	27 . שולחן ערוך (סימן תקסו סעיף ה)
21 . שו"ת אגרות משה (אורח חיים חלק ד סימן סב)	28 . שולחן ערוך (סימן תקסו סעיף ו)
22 . שו"ת אגרות משה (אורח חיים חלק ג סימן צו)	29 . ערוך השלחן (סימן תקסו סעיף ח)
23 . שולחן ערוך (סימן תקסו סעיף א)	30 . אליה רבה (סימן תרצב סעיף קטן יא)