

# The Fasts of Sha'baan

Rasulullah ﷺ loved to fast in the month of Sha'baan and He ﷺ encouraged fasting on the 13<sup>th</sup>, 14<sup>th</sup> and 15<sup>th</sup> of every lunar month.

Sayyidah Ayesha *Radhiyallahu Anha* states: **“The most loved month for fasting by Rasulallah ﷺ was the month of Sha'baan.”** (*Sahih Ibn Khuzaymah*)

Milhaan Alqaysi رضي الله عنه narrates: **“Rasulallah ﷺ would instruct us to fast on the days of the full moon, the 13<sup>th</sup>, 14<sup>th</sup> and 15<sup>th</sup> of the month. He ﷺ would say it is like fasting perpetually (in reward).”** (*Abu Dawud*)

It should be noted there is no authentic narration that supports the exclusive fast of the 15<sup>th</sup> of Sha'baan.

Thus, in accordance to the Sunnah, one may fast at any time during the month and one may fast, as in other months, on the 13<sup>th</sup>, 14<sup>th</sup> and 15<sup>th</sup> of Sha'baan.

30 May 14



## JAMIATUL ULAMA

KwaZulu-Natal – South Africa

COUNCIL OF MUSLIM THEOLOGIAN

EDUCATING \* ENLIGHTENING \* SERVING

Tel: +27 31 207 7099 Email: [info@jamiat.org.za](mailto:info@jamiat.org.za) Web: [www.jamiat.org.za](http://www.jamiat.org.za)