

The Fasts of Sha'baan

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

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

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

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

Thus one may fast at any time during the month and one may fast, as in other months, on the 13th, 14th and 15th of Sha'baan.

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JAMIATUL ULAMA

KwaZulu-Natal - South Africa

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