

# Six Fasts of Shawwaal

It is Mustahab (highly rewarding) to observe the six fasts of Shawwaal. The observance of these fasts has been emphasised by Rasulullah ﷺ in several Ahadith. It is the infinite mercy of Allah Ta'ala, that in exchange for minimal effort, he accords maximum reward.

Rasulullah ﷺ has stated,

**“Whoever fasted the full month of Ramadaan and then follows it with six fasts of Shawwaal is like a person who has fasted the entire year.”** (Targhib)

**“One who fasted during the month of Ramadaan and further fasted six days in Shawwaal, is cleansed from sins like the day he was born.”** (Targhib)

- ✦ These fasts may be kept consecutively or at intervals during the month of Shawwaal.
- ✦ Women with Qadha fasts may keep the Shawwaal fasts but should also give due attention towards the completion of the Qadha fasts.

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