

Six Fasts of Shawwaal

It is Mustahab (i.e. An act of great merit) to observe the six fasts of Shawwaal. The observance of these fasts has been emphasised by Rasoolullah ﷺ in several *Ahadith*. It is the infinite mercy of Allah Ta'ala, that in exchange for minimal effort, he accords maximum reward.

We also learn from the *Ahadith* that a person who observes these fasts after the fasts of Ramadhan receives the reward of fasting for the entire year.

Rasoolullah ﷺ has stated,

“Whoever fasted the full month of Ramadhan 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 Ramadhan 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.
- ✦ Ladies must first complete their Qadha Ramadhan fasts before commencing with the Shawwaal fasts.

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