

The Fasts of Sha'baan

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

Milhaan Alqaysi رضي الله عنه narrates: **“Rasulullah 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 fasting perpetually (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, in accordance to the Sunnah, one may fast at anytime during the month and one may fast, as in other months, on the 13th, 14th and 15th of Sha'baan.

12 June 13



JAMIATUL ULAMA

KwaZulu-Natal – South Africa

COUNCIL OF MUSLIM THEOLOGIAN

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