

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

Hazrat Milhaan Alqaysi رَضِيَ اللهُ عَنْهُ 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 perpetual fasting (in reward).”** (Abu Dawud)

Thus 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.



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