



## The Fasts of Sha'baan

Rasulullah *Sallallahu Alayhi wa Sallam* loved to fast in the month of Sha'baan and He *Sallallahu Alayhi wa Sallam* encouraged fasting on the 13<sup>th</sup>, 14<sup>th</sup> and 15<sup>th</sup> of every lunar month.

Sayyidah Ayesha *Radhiyallahu Anha* states: **"The most loved month for fasting by Rasulullah *Sallallahu Alayhi wa Sallam* was the month of Sha'baan."** (Sahih Ibn Khuzaymah)

Milhaan Alqaysi *Radhiyallahu Anhu* narrates: **"Rasulullah *Sallallahu Alayhi wa Sallam* 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 *Sallallahu Alayhi wa Sallam* 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 15<sup>th</sup> of Sha'baan.

Thus, in accordance to the Sunnah, 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.

*The 13<sup>th</sup>, 14<sup>th</sup> and 15<sup>th</sup> of Sha'baan correspond to the 12<sup>th</sup>, 13<sup>th</sup> and 14<sup>th</sup> of June in Leicester.*

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