

Fasting Days

Other Than Those of Ramadan

Six days of Shawwal

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Abu Ayyub al Ansari (radia Allahu anhu) reported Allah's Messenger (salla Allahu alayhi wa sallam) as saying: "He who observed the fast of Ramadan and then followed it with six (fasts) of Shawwal, it would be as if he fasted perpetually. (Muslim #2614)

Mondays and Thursdays

Sa	Su	Mon	Tu	We	Th	Fr

(Muslim, #2603, Tirmidhi, Fath Al Bari, Vol. 5)

Day of Ashura

(Ashura:10; it is the tenth of Muharram)
The day Musa (alayhi sallam) escaped from Fir'aun

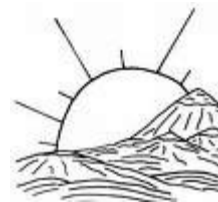
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The Prophet (salla Allahu alayhi wa sallam) said that fasting on the day of Ashura (Muharram 10) expiates the sins of the preceding year.

(Muslim #2603)

Day of Arafat

So named because the pilgrims at Hajj visit Mount Arafat on this day.



The Prophet (salla Allahu alayhi wa sallam) said that fasting on the Day of Arafat (Dhul Hijjah 9) "expiates the sins of the preceding year and the coming year."

(Muslim #2603)

OTHER FACTS ABOUT WHEN TO FAST

We do not fast on either of the Eids

Abu Hurayrah (radiAllahu anhu) reported that the Messenger of Allah (salla Allahu alayhi wa sallam) forbade to observe fast on these two days, Eid ul Adha and Eid Ul Fitr. (Muslim #2534)

If you fast on a Friday, you should fast either the day before or day after it also.

Abu Hurayrah (radiAllahu anhu) reported that the Prophet (salla Allahu alayhi wa sallam) said: "None among you should observe fast on Friday, but only that he observes fast before it and after it."

(Muslim #2545)