



Ruling on fasting the middle days of Sha'ban

Q: What is the ruling on fasting the middle days of Sha'ban, namely the 13th, 14th, and 15th days?

A: It is Mustahab (desirable) to observe Sawm (Fasting) on three days of every month (13th, 14th, and 15th of every Hijri month), whether in Sha'ban or any other month, because it was authentically reported that the Prophet (peace be upon him) commanded `Abdullah ibn `Amr ibn Al-`As to do so. It was also authentically reported that he (peace be upon him) advised Abu Al-Darda' and Abu Hurayrah to do so. Yet, there is nothing wrong if a person fasts these three days in some months and not in others, or to fast them at times and leave fasting them at others, because fasting them is a Nafilah (supererogatory act of worship) not a Faridah (obligatory act of worship). But it is preferable to observe fasting them every month, if possible.

Source: Islamic Research Journal