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141- Desirability to fast the White Days even in Sha'ban

Q: What is the ruling on fasting the White Days (13th, 14th, and 15th of every Hijri month) in Sha'ban?

A: It is Mustahab (desirable) to fast these three days in Sha'ban or any other months. It was authentically reported that the Prophet (peace be upon him) ordered `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 fast these three days. 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 keep on fasting them every month, if possible.

Source: Fatwas of Ibn Baz