

Is fasting on Mondays and Thursdays better than fast of Daawood (عليه السلام)?

# ALBAANEE.COM

The Muhaddith of the Era

## Is fasting on Mondays and Thursdays better than fast of Daawood (عليه السلام)?

Article taken and slightly adapted from: [shaikhalbaani.wordpress.com](http://shaikhalbaani.wordpress.com)

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the name of Allaah, the Most Merciful, the Bestower of Mercy

**Questioner:** When someone fasts Mondays and Thursdays, is that better or the fast of Daawood?

**Shaykh al-Albaanee (رَحِمَهُ اللهُ):**<sup>1</sup> What do you mean by better?

**Questioner:** Better, superior, which is better?

**Shaykh al-Albaanee (رَحِمَهُ اللهُ):** Is what better?

**Questioner:** Fasting Mondays and Thursdays or the Fast of Daawood [which was to fast one day on and one day off].

**Shaykh al-Albaanee (رَحِمَهُ اللهُ):** No, the Fast of Daawood [is better], do you have textual proof that fasting on Mondays and Thursdays is better?

**Questioner:** No.

**Shaykh al-Albaanee (رَحِمَهُ اللهُ):** Thus, an invalid question, since you don't have a text which states that fasting on Mondays and Thursdays is better but, on the contrary, there is a text stating the opposite of that.

The sum of my research comes to the conclusion that it is possible that we, the followers of Muhammad (صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ)<sup>2</sup>, [it is possible that] when we fast one day on and one day off, that at the same time as such a fast being the Fast of Daawood it is also possible that it is better than the Fast of Daawood (صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ), how so?

Because it is possible that in Daawood's legislation (صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ) there wasn't a prohibition against fasting four days of Eed, in fact it is possible that he never had 'Eed al-Adhaa or 'Eed al-Fitr, and maybe he never had the prohibition against fasting on Fridays—we have such prohibitions, so whoever combines implementing what he has been ordered

<sup>1</sup> (رَحِمَهُ اللهُ) (rahimahullaah) May Allaah the Most High have mercy on him

<sup>2</sup> (صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ) (sallallaahu 'alayhi wa sallam) May the peace and blessings of Allaah the Most High be upon him

For more works of Shaykh al-Albaanee please go to [albaanee.com](http://albaanee.com)

**ALBAANEE.COM**  
The Muhaddith of the Era

## Is fasting on Mondays and Thursdays better than fast of Daawood (عليه السلام)?

with and stopping at what he has been prohibited from is better than a person who limits himself to doing what he has been ordered with alone.

And so we, when we add to this method of fasting one day on and one day off, which is the Fast of Daawood, [when to that we add] keeping away from the days which have been forbidden [to fast], like Fridays and Saturdays, our fast will be better than continuing to fast one day on and one day off.

And if the fasting day falls on a Friday and it had not been preceded with a [fast on] Thursday, this would not be better, i.e., continuing to fast according to the madhhab of Daawood (صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ) [would not be better here, because you can't fast a Friday on its own], what is better is to proceed to fast according to the madhhab of Muhammad (صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ) in which there are orders and prohibitions, so whatever we are ordered with, we follow, and whatever we are forbidden, we refrain from.