

Shaykh al-Albaanee Fasting Mondays and Thursdays

Article taken and slightly adapted from: shaikhalbaani.wordpress.com
(Muhaddithul-'Asr, Muhammad Naasirud-Deen al-Albaanee, p. 40.)

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

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

“From the day I met him, and maybe this is also true before my meeting him, I never knew him to miss fasting Mondays and Thursdays whether in summer or winter, unless he was travelling or sick.”