

2018 AYAM AL BEEHDH

SUNNAH FASTING DAYS

Please ensure that you cross check these dates, as they may change depending on the sighting of the moon

JANUARY	1, 2, 30, 31
FEBRUARY	1
MARCH	1, 2, 3, 30, 31
APRIL	1, 29, 30
MAY	1
JUNE	27, 28, 29
JULY	26, 27, 28
AUGUST	25, 26
SEPTEMBER	23, 24, 25
OCTOBER	22, 23, 24
NOVEMBER	21, 22, 23
DECEMBER	20, 21, 22

Abdullah ibn Amr ibn al-Aas said:

The Messenger of Allah, peace be upon him, said to me:
"It is sufficient for you to fast three days every month, because for every good deed you will have (the reward of) ten like it, so that will be like fasting for a lifetime."

[Bukhari and Muslim].

ADDITIONAL SUNNAH FASTING DAYS

Mondays, Thursdays & Fridays

Aishah narrated: "The Prophet used to try to fast on Mondays and Thursdays."
[Tirmidhi, Nasai, and Ibn Majah]

Narrated Abu Huraira: I heard the Prophet, peace be upon him, say: "None of you should fast on Friday unless he fasts a day before or after it."
[Bukhari]

9th Dhul Hijjah & Ashura

"I do not know Allah's Messenger, peace be upon him, singling out any day's fast and considering it more excellent than another, except this day (the day of Ashura) and this month, meaning the month of Ramadan."
- Ibn Abbas [Muslim]

Abu Qatadah reported: The Messenger of Allah, peace be upon him, said, "It is an expiation for the sins of the preceding year and the current year." [Muslim]

6 days in Shawwal & the month of Shaban

It was narrated that Aishah reported that the Prophet liked the month of Shaban more than any other month as far as supplementary fasting is concerned [Bukhari].

Abu Ayyoob reported that the Messenger of Allah, peace and blessings be upon him, said: "Whoever fasts Ramadan and follows it with six days of Shawal, it will be as if he fasted for a lifetime" [Muslim].