
Fasting in Sha'baan, the month before Ramadhaan

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the Name of Allaah the most Kind the most Merciful

Shaykh Ibn Uthaymeen (رَحِمَهُ اللَّهُ)¹ said, "The people of knowledge said, 'Fasting Sha'baan is like the Rawaatib Sunnahs in relation to the prescribed prayers, they act as an introduction to Ramadaan,' i.e., they are like a raatibah [Sunnah] for Ramadaan, that's why fasting in Sha'baan has been established as a Sunnah.

And the six days of fasting in Shawwaal [i.e., the month after Ramadhaan] have been established as a raatibah [Sunnah] before the prescribed fast [of the coming year's Ramadaan] and after [the Ramadaan that has just passed].

And fasting in Sha'baan has another benefit which is to settle the soul and prepare it for fasting so that it is ready for the fast of Ramadhaan and so that it is easy for it to perform it."²

¹ (رَحِمَهُ اللَّهُ) (rahimahullaah) May Allaah the Most High have mercy on him

² Fatawaa Arkaanil-Islaam, p. 491.