

Which is better, fasting the six days of Shawwaal or fasting Mondays and Thursdays?

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The Faqeeh of the Era

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Translated by Ahmed Abu Turaab

Article taken and slightly adapted from: giftsofknowledge.net

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the Name of Allaah the most Kind the most Merciful

Shaykh Ibn Uthaymeen (رَحِمَهُ اللَّهُ)<sup>1</sup> was asked, “Which is better, fasting the six days of Shawwaal or fasting Mondays and Thursdays?” So he replied, “Each of these days has its merit. So fasting the six days of Shawwaal—when a person fasts Ramadaan and then follows it up with these six days he will be like someone who has fasted a lifetime, and this is a merit which is not obtained by fasting Mondays and Thursdays. But if a person fasted the Mondays and Thursdays of the month of Shawwaal and through that intended that it was part of the [fasting of] the six days of Shawwaal too, he will obtain the reward.”<sup>2</sup>

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

<sup>2</sup> Fataawaa Nurun-alad-Darb, CD.

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