

Merits of Sha'ban al Mu'azzam شعبان المعظم

Sha'ban is one of the meritorious months for which we find particular instructions in the Sunnah of Prophet Muhammad. It is reported in authentic ahadith that Prophet Muhammad (saw), used to fast most of the month of Sha`ban. These fasts are supererogatory (nafl) and well deserving of reward, for Sha'ban is the month immediately preceding the month of Ramadan. The Prophet mentioned in a hadith, "Rajab is the month of Allah, Sha'ban is my month, and Ramadan is the month of the Nation".

Ahadith about Fasting in Sha'ban

- 1.** The blessed companion Anas, reports that Prophet Muhammad (s), was asked, "Which fast is the most meritorious after the fasts of Ramadan?" He replied, "Fasts of Sha'ban in honor of Ramadan."
- 2.** The blessed companion Usama ibn Zaid, reports that he asked Prophet Muhammad (s): "Messenger of Allah, I have seen you fasting in the month of Sha'ban so frequently that I have never seen you fasting in any other month." Prophet Muhammad (s) replied: "That (Sha`ban) is a month between Rajab and Ramadan which is neglected by many people. And it is a month in which an account of the deeds (of human beings) is presented before the Lord of the universe, so, I wish that my deeds be presented at a time when I am in a state of fasting."
- 3.** Ummul Mu'mineen `Aysha (r), says, "Prophet Muhammad (s), used to fast the whole of Sha'ban. I said to him, 'Messenger of Allah, is Sha'ban your favorite month for fasting?' He said, 'In this month Allah prescribes the list of the persons dying this year. Therefore, I like that my death comes when I am in a state of fasting.'"
- 4.** In another Tradition 'Aysha (r) says, "Prophet Muhammad (s) would sometimes begin to fast continuously until we thought he would not stop fasting, and sometimes he used to stop fasting until we thought he would never fast. I never saw the Messenger of Allah fasting a complete month, except the month of Ramadan, and I have never seen him fasting in a month more frequently than he did in Sha'ban."
- 5.** In another report `Aysha (r) says, "I never saw the Messenger of Allah, fasting in a month so profusely as he did in the month of Sha`ban. He used to fast in that month leaving only a few days, rather, he used to fast almost the whole of the month."
- 6.** Ummul Mu'mineen Umm Salamah (r) says: "I have never seen the Messenger of Allah fasting for two months continuously except in the months of Sha'ban and Ramadan."

These reports indicate that fasting in the month of Sha'ban, though not obligatory, is so meritorious that Prophet Muhammad (s) did not like to miss it.