

NABI ﷺ USED TO FAST MORE THAN ANY OTHER MONTH

IT IS THE MONTH BEFORE RAMADAN

SHA'BAN
شَعْبَانَ

A SPECIAL NIGHT CALLED LAYLATUL BARA'AH HAPPENS ON 15 SHA'BAN

IT IS THE MONTH TO INCREASE RECITING QUR'AN TO PREPARE FOR RAMADAN



‘Aishah (radiyallahu’anha) reports that: "I never saw Nabi (sallallahu’alayhi wasallam) **fasting** in **any other month** as much as he did in **Sha’ban."**

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Sayyiduna Anas (radiyallahu 'anhu) says:

“When Sha’ban would commence, the Muslims (Sahabah and Tabi’un - those that came after Sahabah) would dedicate themselves to the recital of the Quran.”



Since Sha'ban is the month before Ramadan, Islam encourages certain deeds in this month, that are usually done in Ramadan. Like **fasting and Quran recital.** This prepares the soul to **welcome** Ramadan, **when it arrives, with open arms."**

شَبَّان

Shaban is like the sunnah prayers before the fardh. The sunnah prayers help us get into the mode of salah and prepare us for the fardh prayers.

Likewise, by increasing our recitation of the Qur'an and fasting, Sha'ban is preparing us for the month of رمضان [Ramadan]

When are our actions raised up to Allah?

DAILY

Twice: in the morning and in the evening

WEEKLY

Twice: on Monday and on Thursday

YEARLY

Twice: Laylatul Bara'ah [15 Sha'ban]
and Laylatul Qadr [in Ramadan]





When should we fast?

- ➔ **Any day between 1-15 Sha'ban**
- ➔ **13, 14, 15 Sha'ban - These are the "White days" and are Sunnah**
- ➔ **15 Sha'ban - if we fast only on the 15th, this is considered as Nafl, and NOT sunnah**

[We should avoid fasting after the 15th of Sha'ban, so that strength may be preserved for Ramadan.]





Laylatul
Bara'ah

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15 Sha'ban

We should make
lots of dua and
ask Allah to
forgive us

Night of
freedom from
Jahannam

Allah frees
countless people
from Jahannam on
this night

On this night, there are some types of people who



Allah excludes from his forgiveness:



Mushrik - A person who regards anyone equal to Allah / as a partner to Allah



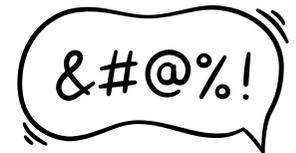
A person who has enmity for anyone in his/her heart

A person who cuts off family ties



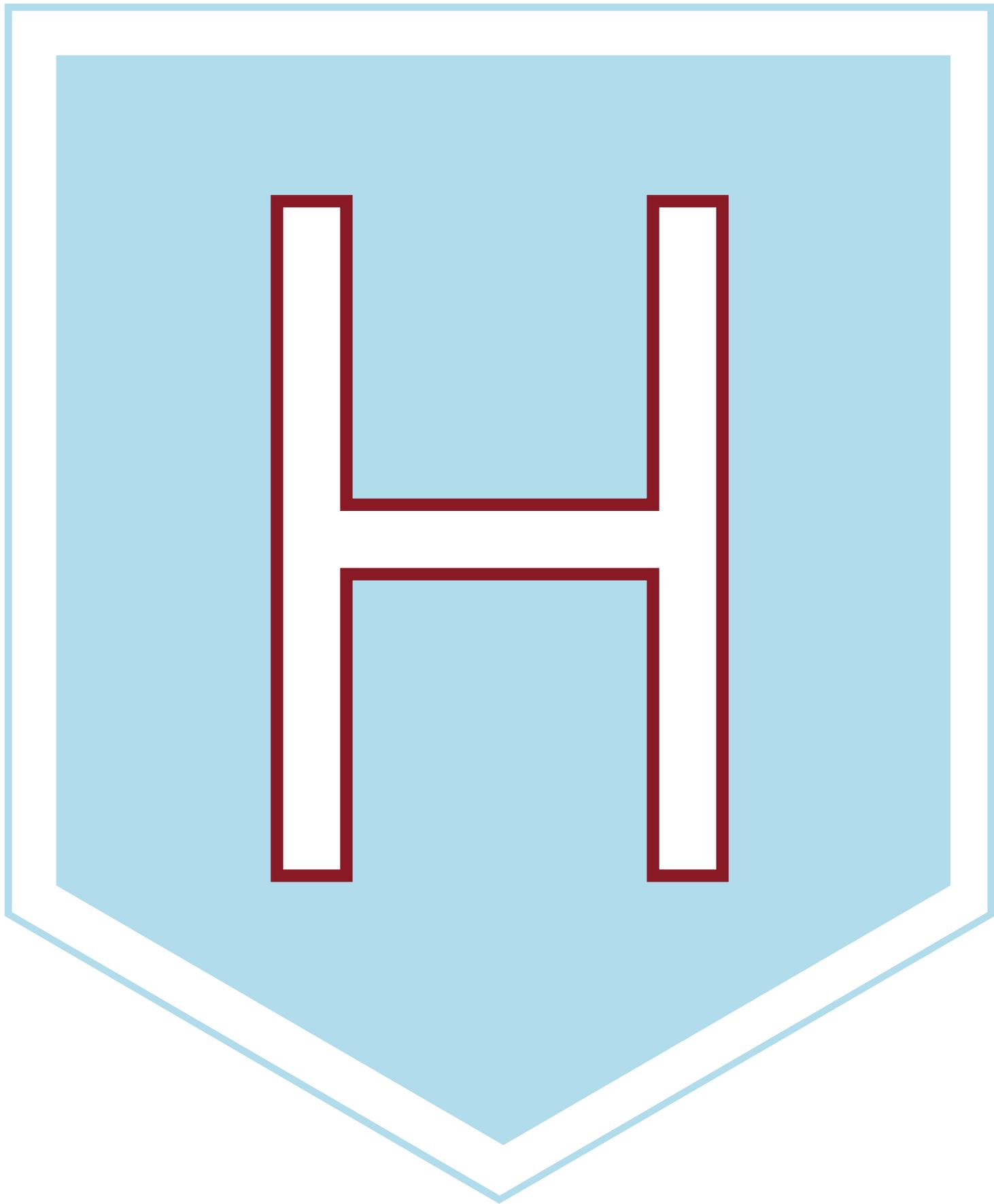
A man who wears his pants/clothing below his ankles

A person who is disobedient to his/her parents



A person who drinks alcohol







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