

Fiqh-us-Sunnah (Fiqh 3.124)

The Forbidden Days to Fast, consecutive days without eating at all [al-wisal]

Abu Hurairah reported that the Messenger of Allah, upon whom be peace, said: "Do not perform al-wisal." He said that three times and the people said to him: "But you perform al-wisal, O Messenger of Allah!" He said: "You are not like me in that matter. I spend the night in such a state that Allah feeds me and gives me to drink.. Devote yourselves to the deeds which you can perform." This is related by al-Bukhari and Muslim.

The scholars say this prohibition implies that the act is disliked. Ahmad and Ishaq say that it is allowed to fast until the time of the pre-dawn meal as long as it is not a hardship on the one fasting. This opinion is based on what al-Bukhari recorded on the authority of Abu Sa'id al-Khudri: "The Messenger of Allah said: 'Do not make al-wisal. If one of you insists on making al-wisal, he may continue his fast [after sunset] until the time of the pre-dawn

Fiqh-us-Sunnah (Fiqh 3.124a)

Voluntary Fasts

The Prophet has exhorted us to fast during the following days: six days of the month of Shawwal, first ten days of Dhul-Hijjah for those not performing the pilgrimage, month of Muharram.

Fiqh-us-Sunnah (Fiqh 3.124b)

Voluntary Fasts, six days of the month of Shawwal

Abu Ayyub al-Ansari reported that the Prophet, upon whom be peace, said: "Whoever fasts during the month of Ramadan and then follows it with six days of Shawwal will be [rewarded] as if he had fasted the entire year." This is related by "the group," except for al-Bukhari and an-Nasa'i.

According to Ahmad, one may fast on these days consecutively or nonconsecutively, as neither practice is preferred over the other. Hanafiyyah and Shaf'iyyah maintain that it is preferable to fast on consecutive days after the 'id.

Fiqh-us-Sunnah (Fiqh 3.124c)

Voluntary FastsThe first ten days of Dhul-Hijjah, especially the day of Arafah, for those who are not performing the pilgrimage

- Abu Qatadah reported that the Messenger of Allah said: "Fasting on the day of 'Arafah is an expiation for two years, the year preceding it and the year following it. Fasting the day of 'Ashurah is an expiation for the year preceding it." This is related by "the group," except for al-Bukhari and at-Tirmidhi.
- Hafsah reported: "There are five things that the Prophet never abandoned: fasting the day of 'Ashurah, fasting the [first] ten [days of Dhul-Hijjah], fasting three days of every month and praying two rak'ah before the dawn prayer." This is related by Ahmad and an-Nasa'i.
- 'Uqbah ibn 'Amr reported that the Messenger of Allah said: "The day of 'Arafah, the day of sacrifice, and the days of tashreeq are 'ids for us--the people of Islam--and they are days of eating and drinking." This is related by "the five," except for Ibn Majah. At-Tirmidhi grades it sahih.
- Abu Hurairah stated: "The Messenger of Allah forbade fasting on the day of 'Arafah for one who is actually at 'Arafah." This is related by Ahmad, Abu Dawud, an-Nasa'i, and Ibn Majah.

At-Tirmidhi comments: "The scholars prefer that the day of 'Arafah be fasted unless one is actually at

'Arafah."

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