

The 6 Fasts of Shawwāl

“Whoever fasts in the month of Ramadhān then follows it with 6 fasts in the month of Shawwāl, it will be as if he has fasted every single day.” (Muslim)

The ‘Ulamā have interpreted this hadeeth by stating that - as mentioned in the Noble Qur’ān - Allāh Ta’ālā multiplies the reward of good deeds by 10. Therefore, the reward for fasting 30 days in Ramadhān amounts to the reward of fasting for 300 days.

Thereafter, if these fasts are followed by 6 more fasts in Shawwāl, they amount to the reward of another 60 fasts bringing the total reward to 360. And this is the number of days found in the Islamic calendar. Hence, it is as if he has fasted every single day.

It is preferable not to delay these fasts and start keeping them as soon as possible after the day of Eid (i.e. from 2nd Shawwāl to 7th Shawwāl). However, if they are kept in other days of this month, it is still possible to attain the same reward.

Provided below is the Shawwāl calendar, helping readers to plan their 6 fasts and to prevent missing out on the opportunity of earning this great reward.

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Shawwāl 1444 AH (April/May 2023)

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3
				21-April	22	23
4	5	6	7	8	9	10
24	25	26	27	28	29	30
11	12	13	14	15	16	17
1-May	2	3	4	5	6	7
18	19	20	21	22	23	24
8	9	10	11	12	13	14
25	26	27	28	29	30*	
15	16	17	18	19	20	

Earn the Reward of Fasting for a Whole Year
Our beloved Prophet ﷺ said, “Whoever fasts during Ramadhān, then follows it with six fasts in Shawwāl, it will be as if he fasted every single day.” (Muslim)

• Ayyāmūl Beedh
* Subject to Moon Sighting

Sayyiduna Miḥān Al Qaisi ؓ says, “Rasoolullāh ﷺ would encourage us to keep the fasts of Beedh i.e. the 13th, 14th, 15th.” He further says that Rasoolullāh ﷺ mentioned, “It is equivalent to fasting every day.” (Abu Dāwood)