

The Month of Sha'bān

Sha'bān, the eighth Islamic month is a month of virtues, blessings and greatness. It is due to this virtue and greatness that the Prophet salallāhu alayhi wasallam has emphasised its importance in the ahādeeth.

Usāmah radhiyallāhu anhu asked, "O Rasūlullāh salallāhu alayhi wasallam I do not see you fasting in any month as much as in Sha'bān." He replied, "It is a month people are negligent of between Rajab and Ramadhān. It is a month in which deeds are raised towards the Lord of the worlds.

Therefore, I like my deeds to be raised whilst I am fasting." (Nasa'ī)

'Ā'ishah radhiyallāhu anha narrates, "...I never saw Rasūlullāh salallāhu alayhi wasallam fasting for a whole month except the month of Ramadhān and did not see him fasting in any month more than in the month of Sha'bān." (Bukhārī, Muslim, Abū Dāwūd, Nasa'ī)

'Ā'ishah radhiyallāhu anha narrates, "Rasūlullāh salallāhu alayhi wasallam used to fast the (whole) month of Sha'bān except for a few days." (Nasa'ī)

Fifteenth of Sha'bān

Amongst the days and nights of Sha'bān, there is one night called Laylat-al-Barā'at or Shābe Barā'at, a night known for its great blessings and merits. Abū Mūsā Al-Ash'arī radhiyallāhu anhu narrates that the Messenger of Allāh salallāhu alayhi wasallam said, "In the fifteenth night of Sha'bān, Allāh Ta'ālā manifests and forgives all His creation except for the Mushrik (idolater) and the spiteful." (Ibn Mājah)

The Fast of the Fifteenth

The fast of the 15th of Sha'bān cannot be termed as Sunnah or Mustahab. However, the fast could be kept without taking it as a Sunnah or Mustahab considering that:

- The fasts of the first half of Sha'bān have special merits as can be seen from the practice of the Rasoolullah salallāhu alayhi wasallam.
- The virtues of the fasts of Ayyām-al-Bīdh (13th, 14th, and 15th of the Islamic month) have been mentioned in the ahādeeth.

Recommended Deeds

- (1) It is desirable that one fasts in the month of Sha'bān as much as one can. However, if fasting in Sha'bān is going to affect the fasting of Ramadhān then one should refrain from it.
 - (2) Salāh should be performed in Jamā'ah (congregation) everyday, However, on this auspicious night, one must participate with special care in the Maghrib, 'Ishā and Fajr Salāh.
 - (3) Spend as much time of the night as possible in worship individually. One may engage in dhikr, recitation of the Qur'ān, salāh, learning and teaching or any other form of 'ibādah. However, one must refrain from worldly talk and futile activities. If one cannot do 'ibādah then at least refrain from all types of sins.
- Indeed, this night is a great favour of Allāh Ta'ālā for the believers, therefore one must strive to attain the full blessings and benefits of this night and refrain from all those practices which have no basis in the Qur'ān and Sunnah.

May Allāh Ta'ālā guide us all on the straight path and enlighten us with the blessings of this sacred month and its blessed night. Āmeen.