

# FASTING سَوَال IN THE MONTH OF SHAWWAL

"Whoever fasts Ramadan, then follows it with six from Shawwal, then that is (equal in reward) to fasting an entire year." (Ṣaḥīḥ Muslim 1164)

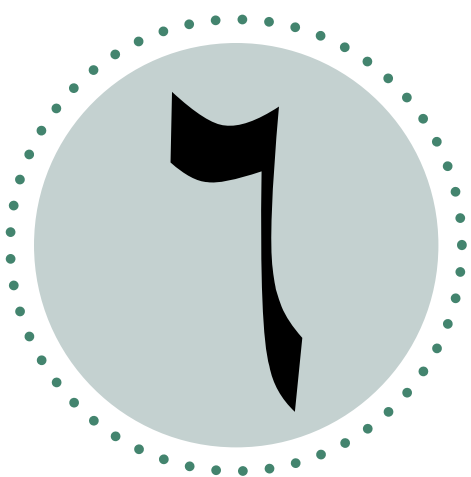
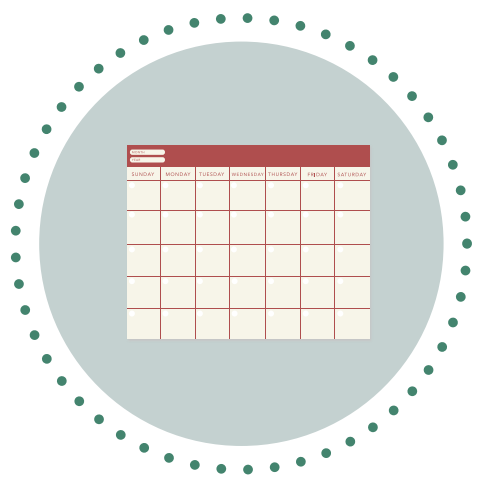


## HIGHLY RECOMMENDED SUNNAH

Although this is not an obligatory fast, the rewards that can be gained make it a highly recommended fast to do.

## CATCH UP ON MISSED FASTS FIRST

What is apparent is that it is not allowed to fast the Sunnah (nafal) fasts before the obligatory fasts. This is because the obligations have a greater right that one begins with them—and they have a greater right to be fulfilled over the recommended acts.



## THE SIX DAYS CAN BE FASTED ALL TOGETHER OR SPACED OUT

The six days can be observed either consecutively or non-consecutively during the month of Shawwal, whichever is easier.

**\*\*Use this to manage your fasts, incase you forget!**

MISSED FASTS

6 FASTS OF SHAWWAL

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I subscribed to their mails, and it's great to receive these short Islamic reminders and the infographics are not only beautifully made but also very helpful! Thanks a lot :)

Date of experience: February 13, 2023

**Malahat A**



**DE**



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