

## The Reward of Fasting For A Whole Year

On the Authority of Abu Ayyoob al-Ansaaree (RadyAllaahu an-hu) that the Messenger of Allaah (SallAllaahu Alaihi wa Sallam) said: "Whoever fasts (the month of) **Ramadaan**, and then **follows it** (i.e. the completion of the fasting of Ramadaan) with **six** (days of fasting) from (the month of) **Shawwaal**, it will be (in terms of rewards) as if he has fasted **ad-Dahr (the whole year)**." [Reported by Muslim]

**Imaam an-Nawawee** (Rahimahullaah) entitled the Chapter: The Commendability of Fasting Six Days From Shawwaal, Following (the Fast of) Ramadaan.

The saying of the Prophet (SallAllaahu Alaihi wa Sallam): "Whoever fasts (the month of) **Ramadaan**, and then **follows it** (i.e. the completion of the fasting of Ramadaan) with **six** (days of fasting) from (the month of) **Shawwaal**, it will be (in terms of rewards) as if he has fasted **a whole year**" contains a clear proof for the *Madh-hab* of ash-Shaafi'ee, Ahmad, Daawood and those who are in agreement with them concerning the commendability of fasting these six days.

Maalik and Abu Haneefah said: This (fasting) is disliked (*Makrooh*). Maalik said in al-Muwatta': I have not seen one of the people of knowledge (scholars) fasting these days. They explained that it is (considered to be) *disliked* so that people would not think that it is *obligatory* [even though it is permissible].

However, the evidence (*daleel*) of ash-Shaafi'ee and those who are in agreement with him is this **Hadeeth Saheeh Sareeh** (*clear authentic Hadeeth*). And whenever the **Sunnah** is *clear* (to someone), it is not to be abandoned merely because some people (scholars) have abandoned it, or even if more of them, or all of them, have abandoned it...

Our scholars (i.e. of the Shaafi'ee Madh-hab) have said: That which is preferable is to fast these (six days) **consecutively**, immediately following the Day of *Fitr* (Eid al-Fitr). But, if someone fasts them **separately** or **delays** them from the beginning of (the month of) Shawwaal until the end of the month – the virtue or excellence of following (Ramadaan with these six days) is still achieved, since it is still correct (to say) that he has *followed* (Ramadaan) with *six* (days) of Shawwaal.

The scholars have said: Indeed, the reason why (the reward for this fasting) is like fasting the **whole year (ad-Dahr)** is because the reward for one good deed (*hasanah*) is equal to ten good deeds just like it. So, (the fast of) **Ramadaan** is equal to (fasting) **ten months** like it; and (the fast of) the **six (days)** is equal to **two months** (i.e. sixty days). [Hence, ten months and two months are equal to one whole year of fasting]

This has been mentioned in a **Hadeeth Marfoo'** [a Hadeeth *attributed* to the *Prophet* (SallAllaahu alaihi wa Sallam)] in the book (Hadeeth collection) of an-Nasaa'ee... [Excerpts from: *Sharh Saheeh Muslim*, by Imaam an-Nawawee 8/56]

**At-Teebee** (Rahimahullaah) - commenting upon the same Hadeeth - said: '...This is because a *Hasanah* (one good deed) is multiplied (in reward) to ten good deeds like it. So, this is mentioned (in reward) as being like (the reward of) fasting the **whole year** to *emphasize* the magnitude (of the reward), and to *encourage* (people) to fast these six (days)....

[This reward is such] based upon the principle that a *Hasanah* (one good deed) is multiplied in reward to (at least) ten good deeds like it, as is made clear by the narration reported by an-Nasaa'ee with a chain of narrators that is *Hasan* (good, acceptable): **"Fasting the month of Ramadaan is equal (in reward) to ten months (of fasting); and fasting six days is equal (in reward) to two months (or sixty days of fasting). So, this is (equal to) fasting the whole year."**

...[Here he mentions] another Hadeeth, reported by Ibn Maajah and others, on the authority of Thawbaan (Radiyahullaah an-hu), attributed to the Prophet (SallAllaahu Alaihi wa Sallam), with the wording: **"Whoever fasted six days after *al-Fitr* (the Eid after completing the fast of Ramadan), will be as though he has fasted *as-Sannah* (the whole year)."** [Mirqaat al-Mafaateeh, Sharh Mishkaat al-Masaabeeh 4/1416, no. 2947]

[Translation: Abu Muhammad, 2<sup>nd</sup> Shawwaal 1434 AH (August 9, 2013 CE)]