

Q: 42 – Title: Please tell me sunnah of nafal roza. Is it on monday thursday .. some say 13th 14h 15th of islamic month.

Question

Please tell me sunnah of nafal roza. Is it on monday thursday .. some say 13th 14h 15th of islamic month. As i want to fast in accordance with sunnah salah hoo alleh wasalaam. please guide me

Answer

In the name of Allah, Most Gracious, Most Merciful

Assalaamu `alaykum waRahmatullahi Wabarakatoh

There are narrations that prove that it is *sunnah* to fast on the 13th, 14th and 15th of every month.

«...» ...
...» ...
...» ...

روايت في صحيح الترمذي » ان النبي صلى الله عليه وسلم كان يصوم الاثنين والخميس .« رواه الترمذي في صحيحه .

(Jami' Al Tirmizi Vol.1 Pg.159 – H.M. Sa'eed Company)

There are also narrations that prove that it is *sunnah* to fast on Mondays and Thursdays.

روايت في صحيح الترمذي » ان النبي صلى الله عليه وسلم كان يصوم الاثنين والخميس .« رواه الترمذي في صحيحه .

روايت في صحيح الترمذي » ان النبي صلى الله عليه وسلم كان يصوم الاثنين والخميس .« رواه الترمذي في صحيحه .

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It is understood from the abovementioned that both practices are proven through the *Ahadith* of Nabi (Sallallahu Alaihi Wasallam). Therefore, both will be regarded as *sunnah*

. You could practice on any one of them or both of them, if you have the strength to do so.

And Allah knows best

Wassalam

**MI. Abu Yahya
Student Darul Iftaa**

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Concurred by:

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