

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 13<sup>th</sup>, 14<sup>th</sup> and 15<sup>th</sup> of every month.

«...» ( ) «...» .  
.

«...»  
.«...»

*(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.

«...»

«...»  
.«...»

*(Jami' Al Tirmizi Vol.1 Pg.157 – H.M. Sa'eed Company)*

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**

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

**Concurred by:**

**MI. Ehzaz Ajmeri,  
Student Darul Iftaa**

**Darul Iftaa, Madrassah In'aamiyyah**