

DAR AL-SALAM

## 3<sup>rd</sup> LESSON

Preferred days  
 Disliked days  
 Prohibited days  
 Sunan of siyam  
 What's mubah in siyam  
 What's disliked  
 What's prohibited

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## PREFERRED DAYS FOR SIYAM

1. The day of 'Aashuraa', as well as a day before it and after it: 'Aashuraa' is the tenth day of Muharram. It is the very day Allah (SWT) saved musa (AS) and drowned pharoe and his army. A Muslim fasts it as an expression of gratitude to Allah for saving musa and to follow in the footsteps of our Prophet (S) who not only fasted on this day but also asked his companions to fast a day before it or a day after it.

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The Prophet came to Medina and saw the Jews fasting on the day of Ashura. He asked them about that. They replied, "This is a good day, the day on which Allah rescued Bani Israel from their enemy. So, Moses (Musa) fasted this day." The Prophet said, "We have more right over Moses than you." So, the Prophet fasted on that day and ordered (the Muslims) to fast (on that day).

Sahih Bukhari. Chapter 31

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'Abdullah ibn 'Abbas said: "When the Messenger of Allah (*pbuh*) fasted on '*Ashura*' and commanded the Muslims to fast as well, they said, 'O Messenger of Allah, it is a day that is venerated by the Jews and Christians.' The Messenger of Allah (*pbuh*) said, '*If I live to see the next year, we will fast on the ninth day too.*' But it so happened that the Messenger of Allah (*pbuh*) passed away before the next year came."

[Reported by Muslim, 1916]

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"Fast the ninth and the tenth, and do not be like the Jews." reported by muslim.

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When he was asked about fasting on it, he replied, "It expiates [the sins committed in] the previous year." (Saheeh Muslim: 1162)

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Ibn 'Abbas (*may Allah be pleased with them both*) said: "I never saw the Messenger of Allah (*peace and blessings of Allah be upon him*) so keen to fast any day and give it priority over any other than this day, the day of 'Ashura', and this month, meaning *Ramadhan*."

Reported by Al-Bukhari, 1867

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## PREFERRED DAYS FOR SIYAM

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2. The Day of 'Arafah: 'Arafah is the ninth day of Dhul-Hijjah, On this day, pilgrims who perform the hajj, gather in the wide open plain of 'Arafah and engage in invoking Allah, praising Him and glorifying Him. 'Arafah is the best day of the year, and those who are not performing the hajj may fast on it.

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When the Prophet (S) was asked about fasting on this day, he replied, "It atones for the sins committed the preceding year and the coming year." (Saheeh Muslim: 1162)

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## PREFERRED DAYS FOR SIYAM

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3. Six days of Shawwaal: Shawwaal is the tenth month of the Islamic calendar.

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The Prophet (S) said, "Whoever fasts in Ramadaan then follows it up with six days of the month of Shawwaal will obtain the rewards of fasting for the entire year."

(Saheeh Muslim: 1164)"

## PREFERRED DAYS FOR SIYAM

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### 4. Mondays and Thursdays



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Abu Huraira reported: The Messenger of Allah, peace and blessings be upon him, said, "The deeds are presented on Monday and Thursday. Thus, I love for my deeds to be presented while I am fasting."

Source: Sunan al-Tirmidhi 747

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## PREFERRED DAYS FOR SIYAM

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5. The White Days (*Ayam Al-Beedh*), refer to 13th, 14th and 15th of each month, when the moon is at its fullest and most reflective.



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"because for every good deed you will have [the reward of] ten like it, so that will be like fasting for a lifetime." (Bukhari, Muslim)

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"If you fast three days of the month, then fast the 13th, 14th and 15th." (Tirmidhi)

Ibn Abbas, "The Messenger of Allah, (pbuh), did not fail to fast the white days either when at home or on a journey." (Nasa'i)

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## PREFERRED DAYS FOR SIYAM

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### 6. fasting during sha3ban

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Aisha reported: I did not see the Prophet complete an entire month of fasting except for Ramadan, and I did not see him complete more voluntary fasts than in the month of Sha'ban.

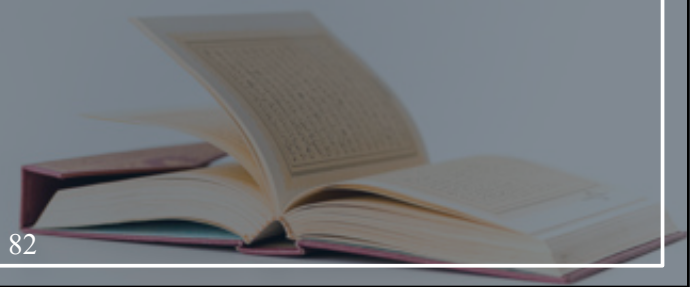
Ṣaḥīḥ al-Bukhārī 1969, Ṣaḥīḥ Muslim 1156

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## PREFERRED DAYS FOR SIYAM

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### 7. Fasting one day and not fasting the next



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Abu Salama ibn 'Abdurrahman reported from 'Abdullah ibn 'Amr that the Prophet, (pbuh), said to him: 'I have been informed that you stay up in prayer during the night and fast during the day. 'Abdullah answered: "Yes, O Messenger of Allah." The Prophet said: "Fast and do not fast, pray and sleep, for your body, your wife, and your guests have a right upon you. It is sufficient for you to fast three days a month." 'Abdullah said: "I wanted to be stricter on myself and I said: "O Messenger of Allah, I have the strength to do more." The Prophet said: "Then fast three days a week." 'Abdullah said: "I have the strength to do more!" The Prophet said: "Fast the fast of the Prophet David and do not do more than that!" 'Abdullah inquired: "And what was the fast of David?" The Prophet replied: "He would fast one day and then not fast the next." This is recorded by Ahmad and others.

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## PREFERRED DAYS FOR SIYAM

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### 8. The fasting of the unmarried

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We went with Allah's Messenger, while we were young men who had nothing. He (S.A.W.) said: "O young men! You should marry, for indeed it helps in lowering the gaze and protecting the private parts. Whoever among you is not able to marry, then let him fast, for indeed fasting will diminish his sexual desire." (Tirmidhi: 1081)

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## NOTE 1

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- ✕ It is permissible for one who is performing a voluntary fast to break his fast

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Umm Hani reported that the Prophet, (pbuh), entered her room during the day of the conquest of Makkah. He was offered something to drink and he drank from it. Then he offered it to Umm Hani and she said: "I am fasting." The Prophet said: "The one who is fasting voluntarily is in charge of himself. If you wish you may fast and if you wish you may break your fast." This is recounted by Ahmad, ad-Daraqutni, and alBaihaqi.

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## NOTE 2

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- ✕ It is permissible to intend voluntary siyam after fajr as long as you haven't eaten or drank

## DISLIKED DAYS FOR SIYAM

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1. The day of arafah for the pilgrims
2. Friday (on its own)
3. Saturday (on its own)
4. Sunday (on its own)
5. Continuation of siyam for more than a day
6. Fasting for an entire year



## PROHIBITED DAYS FOR SIYAM

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1. The 30th day of sha'ban
2. The days of eid
3. The 3 days of tashreeq after eid al-adha
4. The siyam of the sick whose health is bound to be harmed, damaged, or get worse.

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### PREFERRED

### DISLIKED

### PROHIBITED

ASHOORAH	FRI, SAT, SUN ALONE	30 <sup>TH</sup> DAY OF SHA'BAN
DAY OF ARAFAT	FOR MORE THAN A DAY	DAYS OF EID
6 DAYS OF SHAWWAL	YEAR FAST	3 DAYS OF TASHREEQ
MON/THURS	THE DAY OF ARAFAT	SIYAM OF THE SICK
THE WHITE DAYS		
SIYAM OF DAWUD		
FOR THE UNMARRIED		

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## WAJIBAT OF SIYAM

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1. Intention
2. Abstinence from dawn till sunset

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## SUNAN OF SIYAM

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1. Suhoor pre-dawn meal
2. Rushing iftar not delaying it
3. and delaying sahoor not rushing it.
4. Making dua during iftar
5. Beginning with water and dates

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The Prophet (pbuh) said: "Have suhoor, for in suhoor there is blessing (barakah)." (bukhari)

and he said "Suhoor is blessed food, and it involves being different from the people of the Book. What a good suhoor for the believer is dates." (abu dawuud)

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اللَّهُمَّ إِنِّي لَكَ صُمْتُ وَبِكَ آمَنْتُ وَعَلَيْكَ تَوَكَّلْتُ  
وَعَلَى رِزْقِكَ أَفْطَرْتُ

O Allah! I fasted for You and I believe in You [and I put my trust in You and I break my fast with Your sustenance.

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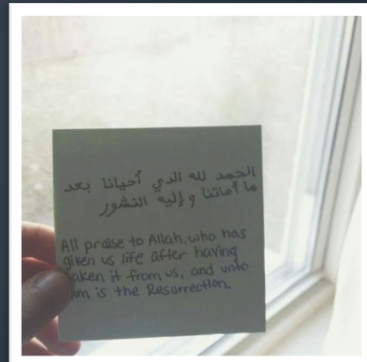
ذَهَبَ الظَّمْأُ وَأَبْتَلَّتِ الْعُرُوقُ وَثَبَتَ الْأَجْرُ إِنْ شَاءَ اللَّهُ

Thirst has gone, the arteries are moist, and the reward is definite, if Allah wills.

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## WHATS MUBAH IN SIYAM

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1. Brushing your teeth
2. The acts of wudu including istinshaq and rinsing the mouth
3. Showering
4. Tasting the food (for necessities)
5. Putting perfume/colone

## MAKRUHAT OF SIYAM

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1. Thinking of sexual activity
2. Exaggerating in istinshaq and madmadah
3. Tasting food (for other than a necessity)

## WHATS HARAM DURING SIYAM

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1. Deliberate eating or drinking
2. Anything that can be classified as food/water
  - a. Nutritional injections
  - b. Blood transfusion
  - c. Smoking/ inhaling smoke
3. Sexual activity
4. Deliberate vomiting

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## NOTE:

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- ✗ All sins are multiplied on the virtuous days, and the reward is decreased

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