

Fasting in Rajab

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Imam Musa al-Kadhim (a)



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Fasting on the 1st of Rajab It is mentioned in a tradition that the Prophet Nuh (a) boarded the Ark on this day and asked those who had accompanied him to fast that day. It also says that hellfire recedes a distance of a year's journey from those who fast on this day.



Fasting on the first Thursday of Rajab has been recommended. Thereafter, between the *maghrib* and *'isha'* prayers perform the a'mal of Laylatur Raghai'b .



Fasting for three consecutive days, from Thursday to Saturday It is recommended that one should fast three days of this month, a Thursday, Friday and Saturday, as it has been narrated that God Almighty grants a *thawab* of 900 years of worship to those who fast on these three days during one of the *haram* months.



Fasting on the 13th, 14th and 15th of Rajab These fasts carry a great deal of reward according to various traditions. These are known as *Ayyam al-Bid* (bright and shiny days). Those who plan to perform *A'mal Umm Dawud* are required to fast all these days..



Fasting on last few days of Rajab Shaykh Saduq reports with reliable *isnad* from Salim that he said, I entered upon Imam Ja'far al-Sadiq (a) in the month of Rajab while there still remained some days for the month to end. On seeing me, he said, 'Salim, have you fasted at all during this

month?' I said, 'No, by Allah, O son of the Apostle of Allah.' He said to me, 'you have missed a *thawab* (i.e. reward) whole full extent is known to none except Allah, the Almighty and Glorious. Allah has exalted this month and given it a stupendous sanctity, taking it upon Himself to honour those who fast it.' I said to him, 'O son of the Apostle of Allah, if I fast some of the remaining days of this month, will I attain some of the *thawab* of those who have fasted in it?' He said, 'Salim, whoever fasts a single day of the latter part of Rajab, which will save him from the severity of the throes of death, from the horrors encountered after death, and from the torments of the grave. Whoever fasts two days of the latter part of this month will cross over the *sirat* (the bridge over hell) with ease. And whoever fasts three days of the latter part of this month will be secure from the terrors and calamities of the Day of the greatest terror and will be granted immunity from hell.'



Fasting on the 27th of Rajab is highly recommended. It is one of the four days in the whole year whose fast is distinguished for its merits, and the reward is equal to seventy years of fasting. On this day the Holy Prophet (s) was commissioned with Prophethood.



Fasting on the last day (29th or 30th) of Rajab is said to expiate for past and future sins.



Tasbīh for those who cannot fast in Rajab

It has been narrated that those who cannot fast in Rajab should recite the following glorification one hundred times every day.

سُبْحَانَ إِلَهِ الْجَلِيلِ
 سُبْحَانَ مَنْ لَا يَنْبَغِي التَّسْبِيحُ إِلَّا لَهُ
 سُبْحَانَ الْأَعَزِّ الْأَكْرَمِ
 سُبْحَانَ مَنْ لَبَسَ الْعِزَّ وَهُوَ لَهُ أَهْلٌ

Glory be to Allah, the Sublime

Glory be to One who alone deserves glorification

Glory be to the Honorable, the Generous

Glory be to One who has worn the robe of honor And He deserves it