

The month of Sha'ban

Sha'bān is the month of the Holy Prophet (s) in which believers are told to increase their remembrance of the Prophet (s) and send blessings on him. The Prophet (s) has said that whoever loves him will fast in this month.

Sha'bān is the only month of the Islamic calendar which does not have a single wafāt, or day of mourning. It is truly a blessed month with auspicious occasions of the birth of many great Imams (a).



Imam Ali (a)'s advice on the first day of Sha'bān

Imam Ali (a) once saw some Muslims arguing among themselves on the topic of fate and destiny, on the first day of Sha'bān. He discouraged them from their preoccupation and instead drew their attention to the merits of this month. He said that the Lord had called it Sha'bān because His favors and bounties were scattered (*sha'aba*) all over during it. Allah presents His great bounties in this month which are easy to achieve, and inexpensive, said Imam Ali (a). This could mean that the doing of *Tbādab* (acts of worship), performing other good deeds, and abstaining from evil deeds, will carry manifold benefits. Then he enumerated some of the good actions which should not be overlooked in this month. These include: salāt, zakāt, Amr bil-ma'rūf (enjoining towards good) and nahī 'anil munkar (forbidding evil), goodness to parents, relatives and neighbors, mutual reconciliation, and giving charity to the poor and destitute.

Fasting in the month of Sha'ban

Shaban is my month; whosoever fasts a day from my month, Paradise becomes obligatory for him.

Holy Prophet (s)

One who fasts on the 1st day of Sha'ban, Allah the Mighty and Sublime writes for him seventy good deeds, each deed equals to worship of one year.

Holy Prophet (s)

Imam Ali al-Sajjad (a) upon entering Shaban used to gather his companions and said, 'O my companions! Do you realize which month is this? This is the month of Shaban. The Prophet (s) used to say: Shaban is my month, so fast in this month as sign of love for your Prophet and getting closer to your Lord. I say by the One in whose hand is my life that my father al-Husayn (a) said he heard Amirul Mu'min (a) saying: One who fasts (in) Shaban out of love for the Messenger of Allah (a) and for getting closer to Allah, Allah loves and brings him near to His generosity on the Day of Resurrection and obligates him with Paradise.

One who fasts in Sha'ban, he will have a purification against all sorts of lapses, disgrace, and mistakes.' However, so as not to burden Muslims with fasting two consecutive months, Abu 'Abdillah has said, 'Fasting for the (month of) Sha'ban is excellent, but separate the two (months) by (not fasting for) a day or two.

Imam Muhammad al-Baqir (a)