

# The Fasts of Ayyām-ul-Bīd

*Sayyidunā Milhān Al-Qaysī رضي الله عنه reports, “Rasūlullāh صلى الله عليه وسلم would encourage us to keep the fasts of Bīd i.e. the thirteenth, fourteenth and fifteenth.” He further narrates that Rasūlullāh صلى الله عليه وسلم mentioned, “It is equivalent to fasting every day.” (Abū Dāwūd)*

This is because Allāh سبحانه وتعالى through His infinite grace has promised reward ten-fold upon each action. Therefore, fasting three days is actually equivalent to fasting thirty days i.e. an entire month. Hence, the reward of practising upon this every month will be equal to the reward of one who fasts every single day of his life.

Rasūlullāh صلى الله عليه وسلم himself punctually fasted on these days and also encouraged his followers to do the same. According to the weightiest opinion, the **13th, 14th and 15th of every lunar month** have been titled Ayyām-ul-Bīd.

**For the month of Sha‘bān,  
the Ayyām-ul-Bīd will fall on**



All readers are urged to make the most of this opportunity and practise upon this sunnah of Rasūlullāh صلى الله عليه وسلم.