

## 34780 - Is Fasting Shawwal Disliked?

---

### the question

What do you think of fasting six days after Ramadan in the month of Shawwal? It says in Muwatta' Malik that Imam Malik ibn Anas said concerning fasting six days after breaking the Ramadan fast that he had not seen any scholar or Faqih fasting these days, and he had not heard of any of the Salaf doing that, and that the scholars regarded that as Makruh and feared that it was a Bid`ah, and that this is joining to Ramadan something that is not part of it. This appears in Al-Muwatta', no. 228, part one.

### Summary of answer

An authentic Hadith indicates that fasting six days of Shawwal is Sunnah. It is not correct to oppose this Hadith with the reasons that some scholars cite for this fast being disliked such as the fear that an ignorant person might think that this is part of Ramadan or the fear that people may think this is obligatory.

### Detailed answer

The Standing Committee for Fatwa and Research said:

“It was proven from Abu Ayyub (may Allah be pleased with him) that the Messenger of Allah (peace and blessings of Allah be upon him) said: “Whoever fasts Ramadan then follows it with [six days of Shawwal](#) , [that is the fasting of a lifetime](#) .” (Narrated by Ahmad, 5/417; Muslim, 2/822; Abu Dawud, 2433; At-Tirmidhi, 1164)

This is an authentic Hadith which indicates that [fasting six days of Shawwal is Sunnah](#) . Ash-Shafi`i, Ahmad and a number of leading scholars followed this.

It is not correct to oppose this Hadith with the reasons that some scholars cite for this fast being disliked, such as the fear that an ignorant person might think that this is part of

Ramadan, or the fear that people may think this is obligatory, or that he did not hear that one of the earlier scholars used to fast these days, because this is all speculation, which cannot be used to oppose the authentic Sunnah. If something is known, this is evidence against those who do not know. And Allah is the Source of strength.” (Fatwa Al-Lajnah Ad-Da’imah Lil Buhuth Wal Ifta’, 10/389)

And Allah knows best.