

'Mustahab Soam'

Optional Fast

Table of Contents

'Mustahab Soam'	3
Optional Fast	3
Introduction:	3
Recommended (Optional) Fasts:	3
The Optional Fasts:.....	4
Optional Fasting is to make one habitual of good deeds:	5
One who Vowed to Fast but Cannot Fast	5
Delaying Fasting to Shorter Days:	7
The Days when Its more Rewarding to Fast.....	8
The Conditions of Terminating Fasting (prior to its end time)	10
The Conditions of Observing Optional Fast.....	12

Abbreviations:

saww: - Sal lal la ho Allay hay Wa Aal lay he Wasallam

azwj: - Az Za Wa Jalla

asws: - Allay hay Salawat Wass Salam

AJFJ: Aja Allah ho Fara Jaahu

ra: - Razi Allah^{azwj}

La: - Laan Allah^{azwj}

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ، وَصَلَّى اللَّهُ عَلَى سَيِّدِنَا مُحَمَّدٍ وَآلِهِ الطَّاهِرِينَ، وَسَلَّمَ تَسْلِيمًا.

In the Name of Allah^{azwj} the Beneficent, the Merciful. The Praise is for Allah^{azwj} Lord^{azwj} of the Worlds, and Blessing be upon our Chief Muhammad^{saww} and his^{saww} Purified Progeny^{asws}, and greetings with abundant greetings.

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَآلِ مُحَمَّدٍ وَعَجِّلْ فَرَجَهُمْ وَالْعَنِ أَعْدَاءَهُمْ أَجْمَعِينَ

'Mustahab Soam'

Optional Fast

Introduction:

Some Ahadith are compiled on Mustahab Soam (Optional Fasting), e.g., which days of the Islamic month one may Fast, and conditions for Optional Fasting and breaking; including sometimes we observe optional fast and our loved ones insist upon breaking it – so where and when it is Permissible?

Recommended (Optional) Fasts:

- Three Fasting days in a month - first Thursday, middle Wednesday and last Thursday, it's like fasting for the whole month;
- Fasting on the 27th of Rajab has the reward of fasting for 60 months;
- Fasting on 18th of Zilhajj has the reward of fasting for 60 months;
- Fasting on the 17th of Rabi'ul Awwal has the reward of fasting for 60 years;
- Fasting on the 25th of Zeqad has similar rewards.

The Optional Fasts:

صوموا ثلاثة أيام من كل شهر فهي تعدل صوم الدهر و نحن نصوم خميسين و أربعاء بينهما لأن الله خلق جهنم يوم الأربعاء فتعودوا بالله جل و عز منها

(Amir-ul-Momineen^{asws} said): ‘Fast three days from every month, for it equates Fasting (all the) time. We^{asws} Fast two Thursdays and a Wednesday between these two, because Allah^{azwj} Created Hell on the day of Wednesday, therefore seek Refuge with Allah^{azwj} Majestic and Mighty from it’. (An extract from a long Hadith).¹

حدثنا الحسين بن احمد رحمه الله، عن أبيه، عن أحمد بن محمد بن عيسى عن الحسين بن سعيد عن النصر بن سويد بن هاشم بن الحكم عن الاحول عن ابن سنان عن ذكره عن أبي عبد الله عليه السلام ان رسول الله صلى الله عليه وآله سئل عن صوم خميسين بينهما أربعاء فقال أما الخميس فيوم تعرض فيه الاعمال وأما الاربعاء فيوم خلقت فيه النار وأما الصوم فجنة من النار.

Al Husayn Bin Ahmad narrated to us, from his father, from Ahmad Bin Muhammad Bin Isa, from Al Husayn Bin Saeed, from Al Nasr Bin Suweyd Bin Hisham Bin Al Hakam, from Al Ahowl, from Ibn Sinan, from the one who mentioned it,

Abu Abdullah^{asws} has said: ‘Rasool-Allah^{saww} was asked about Fasting the two Thursdays, between these two, a Wednesday, so he^{saww} said: ‘As for the Thursday, so it is a day in which the deeds are presented, and as for the Wednesdays, so it is a day in which the Fire was Created, and as for the Fast, so it is a shield from the Fire’.²

عِدَّةٌ مِنْ أَصْحَابِنَا عَنْ سَهْلِ بْنِ زِيَادٍ عَنْ أَحْمَدَ بْنِ مُحَمَّدٍ بْنِ أَبِي نَصْرِ قَالَ سَأَلْتُ أَبَا الْحَسَنِ (عَلَيْهِ السَّلَامُ) عَنِ الصِّيَامِ فِي الشَّهْرِ كَيْفَ هُوَ قَالَ ثَلَاثٌ فِي الشَّهْرِ فِي كُلِّ عَشْرِ يَوْمٍ إِنَّ اللَّهَ تَبَارَكَ وَتَعَالَى يَقُولُ مَنْ جَاءَ بِالْحَسَنَةِ فَلَهُ عَشْرٌ أَمْثَالِهَا ثَلَاثَةٌ أَيَّامٍ فِي الشَّهْرِ صَوْمُ الدَّهْرِ .

A number of our companions, from Sahl Bin Ziyad, from Ahmad Bin Muhammad Bin Abu Nasr who said,

‘I asked Abu Al-Hassan^{asws} about the Fasts during the month, how are these (to be done)?’ He^{asws} said: ‘Three during the month, in every ten days. Allah^{azwj} Blessed and Exalted is Saying: **One who comes with the good deed, then for him would be ten the likes of it [6:160]** – three days during the month is Fasting for the whole time’.³

¹ الخصال ج : 2 ص : 611

² ILLAL AL SHARAIE – V 2 Ch 112 H 1

³ Al Kafi – V 4 – The Book of Fasts Ch 13 H 7

Optional Fasting is to make one habitual of good deeds:

عِدَّةٌ مِنْ أَصْحَابِنَا عَنْ سَهْلِ بْنِ زِيَادٍ عَنِ الْحَسَنِ بْنِ مَحْبُوبٍ عَنْ عَبْدِ اللَّهِ بْنِ سِنَانَ قَالَ سَأَلْتُ أَبَا عَبْدِ اللَّهِ (عليه السلام) عَنِ الرَّجُلِ يَصُومُ صَوْمًا قَدْ وَقَّتَهُ عَلَى نَفْسِهِ أَوْ يَصُومُ مِنْ أَشْهُرِ الْحُرْمِ فَيَمُرُّ بِهِ الشَّهْرُ وَ الشَّهْرَانِ لَا يَقْضِيهِ فَقَالَ لَا يَصُومُ فِي السَّفَرِ وَ لَا يَقْضِي شَيْئًا مِنْ صَوْمِ التَّطَوُّعِ إِلَّا التَّلَاثَةَ الْأَيَّامَ الَّتِي كَانَ يَصُومُهَا مِنْ كُلِّ شَهْرٍ وَ لَا يَجْعَلُهَا بِمَنْزِلَةِ الْوَاجِبِ إِلَّا أَيُّ أَحَبُّ لَكَ أَنْ تَدُومَ عَلَى الْعَمَلِ الصَّالِحِ

A number of our companions, from Sahl Bin Ziyad, from Al Hassan Bin Mahboub, from Abdullah Bin Sinan who said,

‘I asked Abu Abdullah^{asws} about the man who had committed it (Fasting) upon himself, or he was Fasting from Sacred Months. So the month, and the two month pass by him, not fulfilling it. So he^{asws} said: ‘He should not be Fasting during the journey, nor would he make up for anything from the optional Fasts except for the three days which he had Fasted from each month, nor make it to be at the status of the Obligatory, except that I^{asws} like it for you that you should be habitual upon the righteous deed’.

قَالَ وَ صَاحِبُ الْحُرْمِ الَّذِي كَانَ يَصُومُهَا وَ يُجْزِيئُهُ أَنْ يَصُومَ مَكَانَ كُلِّ شَهْرٍ مِنْ أَشْهُرِ الْحُرْمِ ثَلَاثَةَ أَيَّامٍ .

He^{asws} said: ‘And the one who had the Fasting for the Sacred Months which he used to Fast, it would suffice him in place of each month from the Sacred Months, (the Fasting of) three days’.⁴

One who Vowed to Fast but Cannot Fast

عِدَّةٌ مِنْ أَصْحَابِنَا عَنْ أَحْمَدَ بْنِ مُحَمَّدٍ عَنْ مُحَمَّدِ بْنِ سَهْلِ عَنْ إِدْرِيسَ بْنِ زَيْدٍ وَ عَلِيِّ بْنِ إِدْرِيسَ قَالَ سَأَلْنَا الرَّضَا (عليه السلام) عَنْ رَجُلٍ نَذَرَ أَنْ يَصُومَ ذَلِكَ الْيَوْمَ الَّذِي تَخَلَّصَ فِيهِ فَيَعْجُزُ عَنِ الصَّوْمِ لِعِلَّةٍ أَصَابَتْهُ أَوْ غَيْرِ ذَلِكَ فَتُدَّ لِلرَّجُلِ فِي عُمُرِهِ وَ قَدْ اجْتَمَعَ عَلَيْهِ صَوْمٌ كَثِيرٌ مَا كَفَّارَةٌ ذَلِكَ الصَّوْمِ قَالَ يُكْفَرُ عَنْ كُلِّ يَوْمٍ بِمَدَّةٍ حِنْطَةٍ أَوْ شَعِيرٍ .

A number of our companions, from Ahmad Bin Muhammad, from Muhammad Bin Sahl, from Idrees Bin zayd and Ali Bin Idrees who both said,

‘We asked (Imam) Al-Reza^{asws} about a man who vowed a vow that if he is freed from the prison, he would be Fasting that day in which he was set free. Then he became frustrated from the Fasting due to an illness which hit him, or other than that. So it prolonged for the man during his lifetime, and a lot of Fasts had gathered upon him. What is the expiation of

⁴ Al Kafi – V 4 – The Book of Fasts Ch 58 H 8

that Fast?’ He^{asws} said: ‘He can expiate it from each day (by giving charity) with a Mudd (approximately 750g. of food) of wheat, or barley’.⁵

أَبُو عَلِيٍّ الْأَشْعَرِيُّ عَنْ مُحَمَّدِ بْنِ عَبْدِ الْجَبَّارِ عَنْ صَفْوَانَ بْنِ يَحْيَى عَنْ عِيصِ بْنِ الْقَاسِمِ قَالَ سَأَلْتُهُ عَمَّنْ لَمْ يَصُمْ الثَّلَاثَةَ الْأَيَّامِ مِنْ كُلِّ شَهْرٍ وَ هُوَ يَشُدُّ عَلَيْهِ الصِّيَامَ هَلْ فِيهِ فِدَاءٌ قَالَ مُدٌّ مِنْ طَعَامٍ فِي كُلِّ يَوْمٍ .

Abu Ali Al Ashary, from Muhammad Bin Abdul Jabbar, from Safwan Bin Yahya, from Ays Bin Al Qasim who said,

‘I asked him^{asws} about the one who does not Fast the three days from every month, and the Fasting is difficult upon him. Is there a redemption in it?’ He^{asws} said: ‘A Mudd (approximately 750g. of food) of food regarding each day’.⁶

الْحُسَيْنُ بْنُ مُحَمَّدٍ عَنْ مُعَلَّى بْنِ مُحَمَّدٍ عَنِ الْحَسَنِ بْنِ عَلِيٍّ الْوَشَاءِ عَنْ حَمَّادِ بْنِ عُمَانَ عَنْ عُمَرَ بْنِ يَزِيدَ قَالَ قُلْتُ لِأَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَام) إِنَّ الصَّوْمَ يَشُدُّ عَلَيَّ فَقَالَ لِي لَدَرْتَهُمْ تَصَدَّقْ بِهِ أَفْضَلُ مِنْ صِيَامِ يَوْمٍ ثُمَّ قَالَ وَ مَا أَحْبُّ أَنْ تَدَعَهُ .

Al Husayn Bin Muhammad, from Moalla Bin Muhammad, from Al Hassan Bin Ali Al Washa, from Hammad Bin Usman, from Umar Bin Yazeed who said,

‘I said to Abu Abdullah^{asws}, ‘The Fasting is difficult upon me’. So he^{asws} said to me: ‘The Dirham you give in charity with is superior than Fasting a day’. Then he^{asws} said: ‘And I^{asws} do not like it if you were to neglect it (Fasting)’.⁷

أَبُو عَلِيٍّ الْأَشْعَرِيُّ عَنْ مُحَمَّدِ بْنِ عَبْدِ الْجَبَّارِ عَنْ صَفْوَانَ بْنِ يَحْيَى عَنْ يَزِيدَ بْنِ خَلِيفَةَ قَالَ شَكَوْتُ إِلَى أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَام) قُلْتُ إِنِّي أَصْدَعْتُ إِذَا صُمْتُ هَذِهِ الثَّلَاثَةَ الْأَيَّامِ وَ يَشُدُّ عَلَيَّ قَالَ فَاصْنَعْ كَمَا أَصْنَعُ إِذَا سَافَرْتُ فَإِنِّي إِذَا سَافَرْتُ تَصَدَّقْتُ عَنْ كُلِّ يَوْمٍ بِمُدٍّ مِنْ قُوتِ أَهْلِي الَّذِي أَقْوَتُهُمْ بِهِ .

Abu Ali Al Ashary, from Muhammad Bin Abdul Jabbar, from Safwan Bin Yahya, from Yazeed Bin Khaleefa who said,

‘I complained to Abu Abdullah^{asws}, so I said, ‘I tend to get a headache when I Fast these three days, and it is grievous upon me’. He^{asws} said: ‘So you should do just as I^{asws} do when I^{asws} travel. So I^{asws}, when I^{asws} travel, give in charity for each day with a Mudd (approximately 750g. of food) of daily subsistence of my^{asws} family which I^{asws} tend to provide them with’.⁸

مُحَمَّدُ بْنُ يَحْيَى عَنْ مُحَمَّدِ بْنِ الْحُسَيْنِ عَنْ مُحَمَّدِ بْنِ إِسْمَاعِيلَ بْنِ بَرِيْعٍ عَنْ صَالِحِ بْنِ عُقْبَةَ عَنْ عُقْبَةَ قَالَ قُلْتُ لِأَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَام) جُعِلْتُ فِدَاكَ إِنِّي قَدْ كَبِرْتُ وَ ضَعُفْتُ عَنِ الصِّيَامِ فَكَيْفَ أَصْنَعُ بِهَذِهِ الثَّلَاثَةَ الْأَيَّامِ فِي كُلِّ شَهْرٍ فَقَالَ يَا عُقْبَةُ تَصَدَّقْ بِدِرْهَمٍ عَنْ كُلِّ يَوْمٍ قَالَ قُلْتُ دِرْهَمٌ وَاحِدٌ قَالَ لَعَلَّهَا كَبِرْتُ عِنْدَكَ وَ أَنْتَ تَسْتَقِلُّ الدَّرْهَمَ قَالَ قُلْتُ إِنَّ نِعَمَ اللَّهِ عَزَّ وَ جَلَّ عَلَيَّ لَسَابِعَةٌ فَقَالَ يَا عُقْبَةُ لِإِطْعَامِ مُسْلِمٍ خَيْرٌ مِنْ صِيَامِ شَهْرٍ .

⁵ Al Kafi – V 4 – The Book of Fasts Ch 59 H 1

⁶ Al Kafi – V 4 – The Book of Fasts Ch 59 H 4

⁷ Al Kafi – V 4 – The Book of Fasts Ch 59 H 5

⁸ Al Kafi – V 4 – The Book of Fasts Ch 59 H 6

Muhammad Bin Yahya, from Muhammad Bin Al Husayn, from Muhammad Bin Ismail Bin Bazie, from Salih Bin Uqba, from Uqba who said,

‘I said to Abu Abdullah^{asws}, ‘May I be sacrificed for you^{asws}! I have aged and weakened from Fasting. So how should I deal with these three days during every month?’ So he^{asws} said: ‘O Uqba! Give in charity with a Dirham for each day’. I said, ‘One Dirham?’ He^{asws} said: ‘Perhaps it is grievous with you, and you are belittling the Dirham’. I said, ‘Allah^{azwj} Mighty and Majestic has Favoured upon me with abundance’. So he^{asws} said: ‘O Uqba! Feeding a Muslim is better than Fasting (for) a month’.⁹

Delaying Fasting to Shorter Days:

عِدَّةٌ مِنْ أَصْحَابِنَا عَنْ أَحْمَدَ بْنِ مُحَمَّدٍ عَنِ الْحَسَنِ بْنِ مَحْبُوبٍ عَنْ إِبْرَاهِيمَ بْنِ مِهْرَمٍ عَنْ حُسَيْنِ بْنِ أَبِي حَمْرَةَ عَنْ أَبِي حَمْرَةَ قَالَ قُلْتُ لِأَبِي جَعْفَرٍ (عَلَيْهِ السَّلَام) صَوْمٌ ثَلَاثَةَ أَيَّامٍ مِنْ كُلِّ شَهْرٍ أُؤَخَّرُهُ إِلَى الشِّتَاءِ ثُمَّ أَصُومُهَا قَالَ لَا بَأْسَ بِذَلِكَ .

A number of our companions, from Ahmad Bin Muhammad, from Al Hassan Bin Mahboub, from Ibrahim Bin Mihzam, from Husayn Bin Abu Hamza, from Abu Hamza who said,

‘I said to Abu Ja’far^{asws}, ‘Can I either Fast the three days from each month, or delay it to the winter, then Fast them?’ He^{asws} said: ‘There is no problem with that’.¹⁰

أَحْمَدُ بْنُ إِدْرِيسَ وَ مُحَمَّدُ بْنُ يَحْيَى عَنْ مُحَمَّدِ بْنِ أَحْمَدَ عَنْ أَحْمَدَ بْنِ الْحَسَنِ عَنْ عَمْرِو بْنِ سَعِيدٍ عَنْ مُصَدِّقِ بْنِ صَدَقَةَ عَنْ عَمَّارِ بْنِ مُوسَى عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَام) قَالَ سَأَلْتُهُ عَنِ الرَّجُلِ يَكُونُ عَلَيْهِ مِنَ الثَّلَاثَةِ أَيَّامِ الشَّهْرِ هَلْ يَصْلُحُ لَهُ أَنْ يُؤَخَّرَهَا أَوْ يَصُومُهَا فِي آخِرِ الشَّهْرِ قَالَ لَا بَأْسَ قُلْتُ يَصُومُهَا مُتَوَالِيَةً أَوْ يُفَرِّقُ بَيْنَهَا قَالَ مَا أَحَبَّ إِنْ شَاءَ مُتَوَالِيَةً وَ إِنْ شَاءَ فَرَّقَ بَيْنَهُمَا .

Ahmad Bin Idress and Muhammad Bin yahya, from Muhammad Bin Ahmad, from Ahmad Bin Al Hassan, from Amro Bin Saeed, from Musaddaq Bin Sadaqa, from Ammar Bin Musa,

(It has been narrated) from Abu Abdullah^{asws}, said, ‘I asked him^{asws} about the man who happens to have upon him (the Fasts) from the three days of the month. Is it correct for him that he delays it, or Fasts them during the end of the month?’ He^{asws} said: ‘There is no problem’. I said, ‘Can he Fast these successively or separate between them?’ He^{asws} said: ‘Whatever he likes, successively if he so desires to or if he so desires to, he can separate between them’.¹¹

⁹ Al Kafi – V 4 – The Book of Fasts Ch 59 H 7

¹⁰ Al Kafi – V 4 – The Book of Fasts Ch 60 H 2

¹¹ Al Kafi – V 4 – The Book of Fasts Ch 60 H 3

The Days when Its more Rewarding to Fast

عَلِيُّ بْنُ إِبْرَاهِيمَ عَنْ أَبِيهِ عَنِ الْقَاسِمِ بْنِ يَحْيَى عَنْ جَدِّهِ الْحَسَنِ بْنِ رَاشِدٍ عَنْ أَبِي عَبْدِ اللَّهِ (عليه السلام) قَالَ قُلْتُ جُعِلْتُ فِدَاكَ لِلْمُسْلِمِينَ عِيدٌ غَيْرَ الْعِيدَيْنِ قَالَ نَعَمْ يَا حَسَنُ أَعْظَمُهُمَا وَ أَشْرَفُهُمَا قُلْتُ وَ أَيُّ يَوْمٍ هُوَ قَالَ هُوَ يَوْمٌ نُصِبَ أَمِيرُ الْمُؤْمِنِينَ صَلَوَاتُ اللَّهِ وَ سَلَامُهُ عَلَيْهِ فِيهِ عَلَمٌ لِلنَّاسِ

Ali Bin Ibrahim, from his father, from Al Qasim Bin Yahya, from grandfather Al Hassan Bin Rashid,

(It has been narrated) from Abu Abdullah^{asws}, said, ‘I said, ‘May I be sacrificed for you^{asws}! Is there for the Muslims an Eid other than the two Eids?’ He^{asws} said: ‘Yes, O Hassan, one greater than these two and more noble’. I said, ‘And which day is it?’ He^{asws} said: ‘It is the day in which Amir Al-Momineen^{asws} was nominated as a flag for the people’.

قُلْتُ جُعِلْتُ فِدَاكَ وَ مَا يَنْبَغِي لَنَا أَنْ نَصْنَعَ فِيهِ قَالَ تَصُومُهُ يَا حَسَنُ وَ تُكثِرُ الصَّلَاةَ عَلَى مُحَمَّدٍ وَ آلِهِ وَ تَبَرَّأُ إِلَى اللَّهِ مِمَّنْ ظَلَمَهُمْ فَإِنَّ الْأَنْبِيَاءَ صَلَوَاتُ اللَّهِ عَلَيْهِمْ كَانَتْ تَأْمُرُ الْأَوْصِيَاءَ بِالْيَوْمِ الَّذِي كَانَ يُقَامُ فِيهِ الْوَصِيُّ أَنْ يُتَّخَذَ عِيداً

I said, ‘May I be sacrificed for you^{asws}! And what is befitting for us that we should be doing during it?’ He^{asws} said: ‘You should be Fasting it, O Hassan, and frequenting the Salawaat upon Muhammad^{asws} and the Progeny^{asws} of Muhammad^{sawww}, and disavowing to Allah^{azwj} from the one who oppressed them, for the Prophets^{as} used to order the successors^{as} with the day in which the successor^{as} was nominated in, that they (the people) should be taking it as an Eid’.

قَالَ قُلْتُ فَمَا لِمَنْ صَامَهُ قَالَ صِيَامُ سِتِّينَ شَهْراً وَ لَا تَدَعُ صِيَامَ يَوْمِ سَبْعٍ وَ عِشْرِينَ مِنْ رَجَبٍ فَإِنَّهُ هُوَ الْيَوْمُ الَّذِي نَزَلَتْ فِيهِ النُّبُوَّةُ عَلَى مُحَمَّدٍ (صلى الله عليه وآله) وَ ثَوَابُهُ مِثْلُ سِتِّينَ شَهْراً لَكُمْ .

He (the narrator) said, ‘I said, ‘So what is for the one who Fasts it?’ He^{asws} said: ‘The Fasts of sixty months; and do not leave the Fast of the twenty seventh of Rajab, for it is the day in which the Prophet-hood descended upon Muhammad^{sawww}, and its Reward is like sixty months for you’.¹²

. محمد بن علي الفتال الفارسي في (روضة الواعظين) قال : روي أن يوم السابع عشر من ربيع الاول هو يوم مولد النبي (صلى الله عليه وآله وسلم) ، فمن صامه كتب الله له صيام ستين سنة .

Mohammed Bin Ali El-Fattal, Al-Farsi has narrated (in Roza tul Waizeen):

It is narrated regarding seventeenth day of Rabi’ul Awwal that it’s the day when (world) was blessed with Holy Prophet^{sawww}, whoever fasts on this day Allah^{azwj} Writes rewards (for that person) for sixty years’ of fasting.¹³

¹² Al Kafi – V 4 – The Book of Fasts Ch 63 H 1

¹³ وسائل الشيعة، ج10، ص: 455

وفي (المقنعة) قال: قد ورد الخبر عن الصادقين (عليهم السلام) بفضل صيام أربعة أيام في السنة. إلى أن قال: . يوم السابع عشر من ربيع الأول وهو اليوم الذي ولد فيه رسول الله (صلى الله عليه وآله وسلم) فمن صامه كتب الله له صيام ستين سنة، ويوم السابع والعشرين من رجب وهو اليوم الذي بعث فيه رسول الله (صلى الله عليه وآله وسلم) فمن صامه كان صيامه كفارة ستين شهرا، ويوم الخامس والعشرين من ذي القعدة (فيه دحيت الارض)، ويوم الغدير فيه نصب رسول الله (صلى الله عليه وآله وسلم) أمير المؤمنين (عليه السلام) إماما .

It is from (Maqunah) who says:

The news has been received from the Sadaqeen^{asws}; fast for four days in the year: the seventeenth day of Rabi’ul Awwal - it’s the day when (world) was blessed with Holy Prophet^{saww} so whoever fasts (on the 17th Rabi’ul Awwal) Allah^{azwj} Writes rewards for fasting of sixty years, and on the twenty-seventh of Rajab, the day of Appointment of Rasool Allah^{saww} (as Prophet for masses) fasting during it is the ‘كفارة’ expiation of sixty months, and on the twenty-fifth of Zeqad when earth was spread out, and on the day of Ghadir (18th of Zilhajj) when Rasool Allah^{saww} appointed Amir-ul-Momineen^{asws} as an Imam^{asws} (for all living beings).¹⁴

سَعِيدُ بْنُ هَبَةَ اللَّهِ الرَّوَنْدِي فِي الْخَرَائِجِ وَالْخَرَائِجِ عَنْ إِسْحَاقَ بْنِ عَبْدِ اللَّهِ الْعَلَوِيِّ الْعُرَيْضِيِّ قَالَ: رَكِبَ أَبِي وَ عُمُومِي إِلَى أَبِي الْحُسَيْنِ عَ وَ قَدِ اخْتَلَفُوا فِي الْأَيَّامِ الَّتِي تُصَامُ فِي السَّنَةِ وَ هُوَ مُقِيمٌ بِقَرْيَةِ قَبْلَ سَيْرِهِ إِلَى سُرٍّ مَنْ رَأَى - فَقَالَ لَهُمْ جِئْتُمْ تَسْأَلُونِي عَنِ الْأَيَّامِ الَّتِي تُصَامُ فِي السَّنَةِ فَقَالُوا مَا جِئْنَاكَ إِلَّا لِهَذَا

Saeed Bin Hibbatullah Al Rawandy in (the book) Al Kharaij, from Is’haq Bin Abdullah Al Alawy Al Ureyzi who said,

‘My father and my aunt rode to Abu Al-Hassan^{asws}, and they had differed regarding the days in which to Fast during the year, and he^{asws} was staying at a town before his^{asws} journey to Surmanray. He^{asws} said to them: ‘You have come to ask me^{asws} (to ask) about the days in which to Fast during the year?’ They said, ‘We did not come to you^{asws} except for this’.

فَقَالَ الْيَوْمُ السَّابِعَ عَشَرَ مِنْ رَيْبِيعِ الْأَوَّلِ - وَ هُوَ الْيَوْمُ الَّذِي وُلِدَ فِيهِ رَسُولُ اللَّهِ صَ وَ الْيَوْمُ السَّابِعَ وَ الْعِشْرُونَ مِنْ رَجَبٍ - وَ هُوَ الْيَوْمُ الَّذِي بُعِثَ فِيهِ رَسُولُ اللَّهِ صَ وَ الْيَوْمُ الْخَامِسُ وَ الْعِشْرُونَ مِنْ ذِي الْقَعْدَةِ - وَ هُوَ الْيَوْمُ الَّذِي دُحِيَتْ فِيهِ الْأَرْضُ مِنْ تَحْتِ الْكَعْبَةِ - وَ الْيَوْمُ الثَّامِنَ عَشَرَ مِنْ ذِي الْحِجَّةِ وَ هُوَ يَوْمُ الْغَدِيرِ.

So he (the Imam^{asws}) said: ‘The seventeenth day of Rabi’ul Awwal (the 17th) – and it is the day when (the world was) blessed with Rasool-Allah^{saww}, and the twenty seventh day of Rajab (27th) – and it is the day during which Rasool-Allah^{saww} was Appointed (as a Rasool of Allah^{azwj} for masses), and the twenty fifth day of Zil-Qadah (25th) – and it is the day during which the earth (land) was spread out from beneath the Kabah – and the eighteenth day of Zilhajj, and it is the day of Al-Ghadir’.¹⁵

¹⁴ H. 13836, وسائل الشيعة، ج10، ص: 455

¹⁵ H 13833 – وسائل الشيعة، ج10، ص: 455

The Conditions of Terminating Fasting (prior to its end time)

عَلِيُّ بْنُ إِبْرَاهِيمَ عَنْ صَالِحِ بْنِ عَبْدِ اللَّهِ عَنْ أَبِي الْحَسَنِ (عليه السلام) قَالَ قُلْتُ لَهُ جُعِلْتُ فِدَاكَ عَلَيَّ صِيَامُ شَهْرٍ إِنْ خَرَجَ عَمِّي مِنَ الْحَبْسِ فَخَرَجَ فَأُصْبِحُ وَ أَنَا أُرِيدُ الصِّيَامَ فَيَجِيئُنِي بَعْضُ أَصْحَابِنَا فَأَدْعُو بِالْعَدَاءِ وَ أَتَعَدَّى مَعَهُ قَالَ لَا بَأْسَ .

Ali Bin Ibrahim, from Salih Bin Abdullah,

(It has been narrated) from Abu Al-Hassan^{asws}, said, ‘I said to him^{asws}, ‘May I be sacrificed for you^{asws}! Upon me are Fasts for a month if my uncle would come out from the prison. So he came out. So I woke up in the morning and I intended the Fasting, but one of our companions came over to me. So I called for the lunch and had lunch with him’. The Imam^{asws} said: ‘There is no problem’.¹⁶

عِدَّةٌ مِنْ أَصْحَابِنَا عَنْ سَهْلِ بْنِ زِيَادٍ عَنِ الْحَسَنِ بْنِ مَحْبُوبٍ عَنْ إِسْحَاقَ بْنِ عَمَّارٍ عَنْ أَبِي عَبْدِ اللَّهِ (عليه السلام) قَالَ إِفْطَارُكَ لِأَخِيكَ الْمُؤْمِنِ أَفْضَلُ مِنْ صِيَامِكَ تَطَوُّعًا .

A number of our companions, from Sahl Bin Ziyad, from Al Hassan Bin Mahboub, from Is’haq Bin Ammar,

(It has been narrated) from Abu Abdullah^{asws} having said: ‘Your breaking the Fast for your Believing brother is superior to your own optional Fast’.¹⁷

مُحَمَّدُ بْنُ يَحْيَى عَنْ مُحَمَّدِ بْنِ الْحُسَيْنِ عَنِ مُحَمَّدِ بْنِ إِسْمَاعِيلَ عَنْ صَالِحِ بْنِ عُقْبَةَ عَنْ جَمِيلِ بْنِ دَرَّاجٍ قَالَ قَالَ أَبُو عَبْدِ اللَّهِ (عليه السلام) مَنْ دَخَلَ عَلَى أَحِيهِ وَ هُوَ صَائِمٌ فَأَفْطَرَ عِنْدَهُ وَ لَمْ يُعْلِمْهُ بِصَوْمِهِ فَيُؤْمِنَنَّ عَلَيْهِ كَتَبَ اللَّهُ لَهُ صَوْمَ سَنَةٍ .

Muhammad Bin Yahya, from Muhammad Bin Al Husayn, from Muhammad Bin Ismail, from Salih Bin Uqba, from Jameel Bin Darraj who said,

‘Abu Abdullah^{asws} said: ‘The one who goes over to his brother and he is Fasting, so he breaks in his presence and he does not let him know of his Fast that he is doing him a favour, Allah^{azwj} would Write for him the Fasts of a year’.¹⁸

مُحَمَّدُ بْنُ يَحْيَى عَنِ الْحَسَنِ بْنِ عَلِيِّ الدِّيَنَوِيِّ عَنْ مُحَمَّدِ بْنِ عَيْسَى عَنْ صَالِحِ بْنِ عُقْبَةَ قَالَ دَخَلْتُ عَلَى جَمِيلِ بْنِ دَرَّاجٍ وَ بَيْنَ يَدَيْهِ خِوَانٌ عَلَيْهِ عَسَائِيَّةٌ يَأْكُلُ مِنْهَا فَقَالَ اذْنُ فَكُلْ فَعُلْتُ إِيَّيَّ صَائِمٌ فَتَرَكَنِي حَتَّى إِذَا أَكَلَهَا فَلَمْ يَبْقَ مِنْهَا إِلَّا الْيَسِيرُ عَزَمَ عَلَيَّ أَلَّا أَفْطَرْتْ فَعُلْتُ لَهُ أَلَّا كَانَ هَذَا قَبْلَ السَّاعَةِ فَقَالَ أَرَدْتُ بِذَلِكَ أَدَبَكَ ثُمَّ قَالَ سَمِعْتُ أَبَا عَبْدِ اللَّهِ (عليه السلام) يَقُولُ أَيُّمَا رَجُلٍ مُؤْمِنٍ دَخَلَ عَلَى أَحِيهِ وَ هُوَ صَائِمٌ فَسَأَلَهُ الْأَكْلَ فَلَمْ يُخْبِرْهُ بِصِيَامِهِ لِيُؤْمِنَنَّ عَلَيْهِ بِإِفْطَارِهِ كَتَبَ اللَّهُ جَلَّ تَنَاؤُهُ لَهُ بِذَلِكَ الْيَوْمِ صِيَامَ سَنَةٍ .

¹⁶ Al Kafi – V 4 – The Book of Fasts Ch 58 H 3

¹⁷ Al Kafi – V 4 – The Book of Fasts Ch 64 H 1

¹⁸ Al Kafi – V 4 – The Book of Fasts Ch 64 H 3

Muhammad Bin Yahya, from Al Hassan Bin Ali Al Deynawry, from Muhammad Bin Isa, from Salih Bin Uqba who said,

'I went over to Jameel Bin Darraj and in front of him was a meal, eating eagerly from it. So he said, 'Approach and eat'. So I said, 'I am Fasting'. So he neglected me until when he had eaten it, and there did not remain from it except for a little, he insisted upon me, 'Will you not break?' So I said to him, 'Why did you not insist before this time?' So he said, 'I wanted to educate you with that'. Then he said, 'I heard Abu Abdullah^{asws} saying: 'Whichever Believing man goes over to his brother and he is Fasting, so he asks him to eat, and he does not inform him of his Fasting to favour upon him with his breaking, Allah^{azwj}, Majestic is His^{azwj} Praise, would Write for that day for him, the Fasts of a year'.¹⁹

عَلِيُّ بْنُ مُحَمَّدٍ عَنِ ابْنِ جُمُهورٍ عَنْ بَعْضِ أَصْحَابِهِ عَنْ عَلِيِّ بْنِ حَديدٍ قَالَ قُلْتُ لِأبي الحُسَيْنِ المَاضِي (عليه السلام) أَدْخُلْ عَلَيَّ النُّومِ وَ هُمْ يَأْكُلُونَ وَ قَدْ صَلَّيْتُ العَصْرَ وَ أَنَا صَائِمٌ فَيُفْطِرُونَ أَفْطِرُ فَقَالَ أَفْطِرُ فَإِنَّهُ أَفْضَلُ .

Ali Bin Muhammad, from Ibn Jamhour, from one of his companions, from Ali Bin Hadeed who said,

'I said to Abu Al-Hassan Al-Maazy^{asws} (7th Imam^{asws}), 'I go over to the group of people and they are eating, and Al-Asr has arrived, and I am Fasting. So they are saying, 'Break''. So he^{asws} said: 'Break, for it is superior'.²⁰

أبي رحمه الله قال: حدثنا سعد بن عبد الله عن احمد بن محمد، عن محمد ابن الحسن بن علان، عن محمد بن عبد الله، عن عبد الله بن جندب، عن بعض الصادقين عليهم السلام قال: من دخل على أخيه وهو صائم تطوعا فافطر كان له اجران أجر لنيته لصيامه، وأجر لادخال السرور عليه.

My father said, 'Sa'ad Bin Abdullah narrated to us, from Ahmad Bin Muhammad, from Muhammad Ibn Al Hassan Bin Alaam, from Muhammad Bin Abdullah, from Abdullah Bin Jundab,

(It has been narrated) from one of the two truthful ones^{asws} (5th or 6th Imam^{asws}), having said: 'The one who comes over to his brother, and he is Fasting a voluntary (Fast), so he should break it, and there would be double Recompense for him – one Recompense for his intention for his Fast, and one Recompense for making enter the cheerfulness unto him'.²¹

حدثنا احمد بن محمد قال: حدثنا سعد بن عبد الله، عن محمد بن الحسين عن صالح بن عقبه، عن جميل بن دراج قال: قال أبو عبد الله (ع) من دخل على أخيه وهو صائم فافطر عنده ولم يعلمه بصومه فيمن عليه كتب الله له عزوجل صوم سنة.

Ahmad Bin Muhammad narrated to us, from Sa'ad Bin Abdullah, from Muhammad Bin Al Husayn, from Salih Bin Uqba, from Jameel Bin Daraaj,

¹⁹ Al Kafi – V 4 – The Book of Fasts Ch 64 H 4

²⁰ Al Kafi – V 4 – The Book of Fasts Ch 64 H 5

²¹ ILLAL AL SHARAIE – V 2 Ch 120 H 1

Abu Abdullah^{asws} has said: ‘The one who goes over to his brother and he is Fasting, so he should break his Fast with him, and not to let him know of his Fast. Thus, he would be from the ones upon who Allah^{azwj} Mighty and Majestic would Write for him the Fasts for a year’.²²

The Conditions of Observing Optional Fast

مُحَمَّدُ بْنُ يَحْيَى عَنْ أَحْمَدَ بْنِ مُحَمَّدٍ عَنْ مُحَمَّدِ بْنِ خَالِدٍ عَنِ الْقَاسِمِ بْنِ عُزْرَةَ عَنْ بَعْضِ أَصْحَابِهِ عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَامُ) قَالَ قَالَ لَا يَصْلُحُ لِلْمَرْأَةِ أَنْ تَصُومَ تَطَوُّعًا إِلَّا بِإِذْنِ زَوْجِهَا .

Muhammad Bin Yahya, from Ahmad Bin Muhammad, from Muhammad Bin Khalid, from Al Qasim Bin Urwa, from one of his companions,

(It has been narrated) from Abu Abdullah^{asws} having said: ‘It is not correct for the wife that she Fasts the ‘Mustahab’ Optional Fast except by the permission of her husband’.²³

مُحَمَّدُ بْنُ يَحْيَى عَنْ مُحَمَّدِ بْنِ أَحْمَدَ عَنْ أَحْمَدَ بْنِ هِلَالٍ عَنْ مَرْوَكِ بْنِ عُبَيْدٍ عَنْ نَشِيطِ بْنِ صَالِحٍ عَنْ هِشَامِ بْنِ الْحَكَمِ عَنْ أَبِي عَبْدِ اللَّهِ (عَلَيْهِ السَّلَامُ) قَالَ قَالَ رَسُولُ اللَّهِ (صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ) مَنْ فَعِيَ الضَّيْفَ أَنْ لَا يَصُومَ تَطَوُّعًا إِلَّا بِإِذْنِ صَاحِبِهِ وَ مِنْ طَاعَةِ الْمَرْأَةِ لِرِزْوَجِهَا أَنْ لَا تَصُومَ تَطَوُّعًا إِلَّا بِإِذْنِهِ وَ مِنْ صَاحِبِ الْعَبْدِ وَ طَاعَتِهِ وَ نُصْحِهِ لِمَوْلَاهُ أَنْ لَا يَصُومَ تَطَوُّعًا إِلَّا بِإِذْنِ مَوْلَاهُ وَ مِنْ بَرِّ الْوَالِدِ أَنْ لَا يَصُومَ تَطَوُّعًا إِلَّا بِإِذْنِ أَبَوَيْهِ وَ أَمْرِهِمَا وَ إِلَّا كَانَ الضَّيْفُ جَاهِلًا وَ كَانَتِ الْمَرْأَةُ عَاصِيَةً وَ كَانَ الْعَبْدُ فَاسِقًا عَاصِيًا وَ كَانَ الْوَالِدُ عَاقًا .

Muhammad Bin Yahya, from Muhammad Bin Ahmad, from Ahmad Bin Hilal, from Marwak Bin Ubeyd, from Nasheet Bin Salih, from Hisham Bin Al Hakam,

(It has been narrated) from Abu Abdullah^{asws} having said: ‘Rasool-Allah^{saww} said: ‘It is from an understanding of the guest that he would not Fast voluntarily except by the permission of his host; and from the obedience of the wife to her husband is that she would not be Fasting voluntarily (optional Fasts) except by his permission; and from the correctness of the slave and his obedience, and his correctness to his master that he would not be Fasting voluntarily except by the permission of his master and his instruction; and from the righteousness of the child that he would not Fast voluntarily except by the permission of his parents, and their instruction – or else the guest would be ignorant, and the wife would be disobedient, and the slave would be wicked, disobedient, and the child would be disloyal’.²⁴

عَلِيُّ بْنُ مُحَمَّدٍ بْنِ بُنْدَارٍ وَ عَيْرُهُ عَنْ إِبْرَاهِيمَ بْنِ إِسْحَاقَ بِإِسْنَادٍ ذَكَرَهُ عَنِ الْفَضْلِ بْنِ يَسَارٍ عَنْ أَبِي جَعْفَرٍ (عَلَيْهِ السَّلَامُ) قَالَ قَالَ رَسُولُ اللَّهِ (صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ) إِذَا دَخَلَ رَجُلٌ بَلَدَهُ فَهُوَ ضَيْفٌ عَلَيَّ مَنْ بَهَا مِنْ أَهْلِ دِينِهِ حَتَّى يَرِحَلَ عَنْهُمْ وَ لَا يَنْبَغِي

²² ILLAL AL SHARAIE – V 2 Ch 120 H 3

²³ Al Kafi – V 4 – The Book of Fasts Ch 65 H 1

²⁴ Al Kafi – V 4 – The Book of Fasts Ch 65 H 2

لِلضَّيْفِ أَنْ يَصُومَ إِلَّا بِإِذْنِهِمْ لِئَلَّا يَعْمَلُوا الشَّيْءَ فَيَفْسُدَ عَلَيْهِمْ وَ لَا يَنْبَغِي لَهُمْ أَنْ يَصُومُوا إِلَّا بِإِذْنِ الضَّيْفِ لِئَلَّا يَحْتَشِمَهُمْ
فَيَسْتَهِيَ الطَّعَامَ فَيَنْزَكُهُ لَهُمْ .

Ali Bin Muhammad Bin Bundar and someone else, from Ibrahim Bin Is'haq, by a chain he mentioned, from Al Fuzayl Bin Yasaar,

(It has been narrated) from Abu Ja'far^{asws} having said: 'Rasool-Allah^{saww} said: 'When a man enters a city, so he is a guest upon the ones who are in it, from the people of his Religion, until he departs from them. And, it is not befitting for the guest that he should be Fasting except with their permission, perhaps they would be making something, so it would spoil upon them. And, it is not befitting for them that they should be Fasting except with the permission of the guest, perhaps he would be embarrassed, so he would desire the food, but he would leave it for them'.²⁵

²⁵ Al Kafi – V 4 – The Book of Fasts Ch 65 H 3