Days on which Supererogatory Fasting Is Highly Commendable - 22 /Jul/ 2019

Did you know…

Fasting on the Thursday and Friday of every week—except if they coincide with religious occasions on which fasting is prohibited (Eid al-Fitr and Eid al-Adha) or makrūh (the day of Ashura)—is highly commendable (mustaḥabb mu'akkad).