

FASTING PLANNER 2019 (1440-1441)

"O you who believe! Decreed upon you is fasting as it was decreed upon those before you that you may become righteous." [al-Baqarah 2:183]

MONDAY & THURSDAY	Voluntary fasts
6 DAYS OF SHAWWAL	Fasting is equivalent to fasting for whole year
RAMADAN	The Holy month of Ramadan, obligatory
ARAFAH	Voluntary fasting on 9 th Dhul Hijjah
ASHURA & TASUA	Voluntary fasting on 9 th & 10 th Muharram
NO FASTING	Eid-ul-Fitr, Eid-ul-Adha & days of Tashreeq
AYAAM AL-BEED	Fasting in the middle of the Hijri month (13 th /14 th /15 th)

Other Islamic Events 2019 (1440-1441)	
Shab-e-Barat	20 th April (15 th Shaban 1440)
Laylat-al-Qadr	1 st June (27 th Ramadan 1440)
Hajj	8 th August (7 th Dhul Hijjah 1440)
1 st Muharram	31 st August (1 st Muharram 1441)
Ashura	8 th September (9 th Muharram 1441)

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Please note the dates highlighted are for reference only. Always check local moonsighting for the most accurate information.

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE
RABI-AL-AKHAR 1440 - JUMADA-AL-AWWAL 1440	JUMADA-AL-AWWAL 1440 - JUMADA-A;-AKHIRA 1440	JUMADA-A;-AKHIRA 1440 - RAJAB 1440	RAJAB 1440 - SHABAN 1440	SHABAN 1440 - RAMADAN 1440	RAMADAN 1440 - SHAWWAL 1440
S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S
6 7 8 9 10 11 12	3 4 5 6 7 8 9	3 4 5 6 7 8 9	7 8 9 10 11 12 13	5 6 7 8 9 10 11	2 3 4 5 6 7 8
13 14 15 16 17 18 19	10 11 12 13 14 15 16	10 11 12 13 14 15 16	14 15 16 17 18 19 20	12 13 14 15 16 17 18	9 10 11 12 13 14 15
20 21 22 23 24 25 26	17 18 19 20 21 22 23	17 18 19 20 21 22 23	21 22 23 24 25 26 27	19 20 21 22 23 24 25	16 17 18 19 20 21 22
27 28 29 30 31	24 25 26 27 28	24 25 26 27 28 29 30	28 29 30	26 27 28 29 30 31	23 24 25 26 27 28 29
		31			30
JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
SHAWWAL 1440 - DHUL QADAH 1440	DHUL QADAH 1440 - DHUL HIJJAH 1440	MUHARRAM 1441	SAFFAR 1441 - RABBI-AL-AWWAL 1441	RABBI-AL-AWWAL 1441 - RABBI-AL-AKHAR 1441	RABBI-AL-AKHAR 1441 - JUMADA-AL-AWWAL 1441
S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S
7 8 9 10 11 12 13	4 5 6 7 8 9 10	1 2 3 4 5 6 7	6 7 8 9 10 11 12	3 4 5 6 7 8 9	8 9 10 11 12 13 14
14 15 16 17 18 19 20	11 12 13 14 15 16 17	15 16 17 18 19 20 21	13 14 15 16 17 18 19	10 11 12 13 14 15 16	15 16 17 18 19 20 21
21 22 23 24 25 26 27	18 19 20 21 22 23 24	22 23 24 25 26 27 28	20 21 22 23 24 25 26	17 18 19 20 21 22 23	22 23 24 25 26 27 28
28 29 30 31	25 26 27 28 29 30 31	29 30	27 28 29 30 31	24 25 26 27 28 29 30	29 30 31

1) Muhammad PBUH said: "Deeds are shown to Allah on Mondays and Thursdays, and I like my deeds to be shown when I am fasting."

[al-Tirmidhi, classed as saheeh by al-Albaani in Saheeh al-Targheeb]

2) It was narrated that Abu Dharr (may Allah be pleased with him) said: Muhammad PBUH said to me: "If you fast any part of the month, then fast the 13th, 14th and 15th."

[al-Tirmidhi, al-Nasaa'i, classed as saheeh by al-Albaani in Saheeh al-Targheeb]

3) Abu Hurayrah (may Allaah be pleased with him) said: "I heard the Prophet PBUH say, "None of you should fast on a Friday unless he fasts the day before or the day after."

[al-Bukhaari & Muslim]

4) Reward for fasting six days in Shawwal, The Prophet PBUH explained this when he said: "Whoever fasts for six days after (Eid) al-Fitr has completed the year."

[Muslim, Abu-Dawood, al-Tirmidhi, al-Nisaa'i and Ibn Maajah]