

Weekly Booklet



A booklet prepared from the book *Islami Maheeno kay fazail* by Al-Madinah al-'Ilmiyyah, titled:

The Blessings of the Days

Monday

Tuesday

Sunday

Wednesday

Saturday

Friday

Thursday



The Blessings of the Days

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لَحْمَدِ اللَّهِ رَبِّ الْعَالَمِينَ وَالصَّلَاةِ وَالسَّلَامِ عَلَى خَاتِمِ النَّبِيِّينَ
أَمَّا بَعْدُ فَأَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

The Blessings of the Days¹

Attar's Supplication:

O Allah Almighty! Whoever reads or listens to the booklet *The Blessings of the Days*, for the sake of the auspicious days, include them among Your beloved servants, and grant them and their parents entry into Jannat al-Firdaws without accountability.

أَمِيرُنْ بِجَاهِ خَاتِمِ النَّبِيِّينَ صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ

Excellence of reciting *Ṣalāt* upon the beloved Prophet ﷺ

The final Prophet صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ said:

Whoever sends salutations upon me once, Allah Almighty sends ten mercies upon him. Whoever recites *ṣalāt* upon me ten times, Allah Almighty sends one hundred mercies upon him; and whoever sends *ṣalāt* upon me one hundred times, Allah Almighty inscribes between his eyes that he is free from hypocrisy and the fire of Hell, and he will be in the company of the martyrs on the Day of Resurrection.²

صَلُّوا عَلَيَّ الْحَبِيبِ صَلَّى اللَّهُ عَلَيَّ مُحَمَّدٍ

Friday

Jumu'ah holds a distinguished status in terms of greatness, blessings, and reward. There is an entire Surah in the noble Quran named after it, in which the Friday

¹ This article has been taken from Maktabat-ul-Madinah's book, Islāmī Mahinō Kay Fazā'il, pp. 293-320.

² Mu'jam Awsat, vol. 5, p. 252, Hadith 7235

prayer is also mentioned.

It is called Jumu'ah because on this day all of creation was brought together, as the completion of creation occurred on this day. Furthermore, the clay of Sayyidunā Ādam عَلَيْهِ السَّلَام was gathered on this day, and people gather to offer the Jumu'ah prayer on this day too. Before Islam, the Arabs referred to it as 'Arūbah.¹

This blessed day possesses many historical associations and numerous special virtues, such as:

- Allah Almighty created Sayyidunā Ādam on *Jumu'ah*, he was sent down to the earth on this day, and passed away on this day.
- There is a moment on Friday during which, whatever a servant asks for, Allah Almighty grants it, so long as he does not ask for anything forbidden.
- The Day of Judgement will be established on this day. There is no honoured angel, sky or earth, wind, mountain, or sea that does not fear the day of *Jumu'ah*.²
- The marriages of the following sanctified personalities took place on *Jumu'ah*:

1. Sayyidunā Ādam عَلَيْهِ السَّلَام with Sayyidah Ḥawwā رَضِيَ اللهُ عَنْهَا.
2. Sayyidunā Yūsuf عَلَيْهِ السَّلَام with Sayyidah Zulaykhā رَضِيَ اللهُ عَنْهَا.
3. Sayyidunā Mūsā عَلَيْهِ السَّلَام with Sayyidah Ṣafūrah رَضِيَ اللهُ عَنْهَا.
4. Sayyidunā Sulaymān عَلَيْهِ السَّلَام with Sayyidah Bilqīs رَضِيَ اللهُ عَنْهَا.
5. The noble Prophet صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ with Sayyidah Khadijah al-Kubrā رَضِيَ اللهُ عَنْهَا, and Sayyidah 'Ā'ishah al-Ṣiddīqah رَضِيَ اللهُ عَنْهَا.
6. The fourth Caliph of the Muslims, Sayyidunā 'Alī al-Murtaḍā رَضِيَ اللهُ عَنْهُ with the beloved daughter of the Messenger, the Lady of

¹ Mir'āt-al-Manājīh, vol. 2, p. 317

² Ibn Mājah, vol. 2, p. 8, Hadīth 1084 (abridged)

Paradise, Sayyidah Fātimah al-Zahrā' رَضِيَ اللهُ عَنْهَا¹

- This blessed day has been declared the Eid of the Muslims.²
- Jumū'ah has been referred to as *Sayyid al-Ayyām* (the chief of all days).³
- The reward of good deeds is multiplied on Friday.⁴
- The gates of Hell are not opened on this day, nor is it kindled.
- The record of deeds are presented before the Prophets عَلَيْهِمُ الصَّلَاةُ وَالسَّلَام and one's parents every Friday.⁵
- On this day, Muslims perform the Friday prayer.

How should one spend Friday?

Dear Islamic brothers! You have learned about the honour and greatness of *Jumū'ah*. We have also been given thorough guidance on how to spend the blessed moments of this day.

Fasting on Friday

Fasting on Friday is among the deeds that make one deserving of Paradise. The beloved Prophet صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ said: “Whoever performs the Friday prayer, fasts that day, visits a sick person, attends a funeral, and participates in a marriage ceremony (*nikāh*), Paradise becomes compulsory (*Wājib*) for him.”⁶

Is it permissible to fast only on Jumū'ah?

To fast only on *Jumū'ah* or only on Saturday is *Makrūh Tanzīhī* (mildly disliked).

¹ Kitāb al-Sab'iyāt Fī Mawā'iz al-Bariyāt, p. 96 - Fazā'il al-Ayyām wa al-Shuhūr, p. 185

² Sunan Kubrā lil-Bayhaqī, vol. 1, p. 447, Hadīth 1427 (abridged)

³ Mustadrak, vol. 1, p. 567, Hadīth 1065 (abridged)

⁴ Mu'jam Awsaṭ, vol. 6, p. 33, Hadīth 7895

⁵ Nawādir-ul-Uṣūl, vol. 4, p. 213, Hadīth 924 (abridged)

⁶ Mu'jam Kabīr, vol. 8, p. 97, Hadīth 7484

However, if a specific date—such as the 15th of Sha‘bān or the 27th of Rajab—coincides with Friday, then fasting on that day is not disliked, since the fast is observed due to the virtue of the date itself.

The noble Prophet ﷺ said: “Friday is a day of Eid for you, so do not fast on it unless you also fast a day before or after it.”¹

Reward Equal to Ten Thousand Years of Fasting

Imam Aḥmad Riḍā Khan رَحْمَةُ اللهِ عَلَيْهِ states: “It has been narrated that the fast of *Jumu‘ah*, when combined with fasting on Thursday or Saturday, is equal to the reward of ten thousand years of fasting.”²

Deeds for Friday

Dear Islamic brothers! Below are deeds to be performed on Thursday night (the eve of Friday) and the day of Friday.

1. Four Acts for the Night of *Jumu‘ah*

- Whoever offers two units of prayer on the night of *Jumu‘ah* after the Maghrib prayer according to the procedure mentioned in this Hadith will be protected from the agony of death and the punishment of the grave.

The Prophet ﷺ said:

Whoever performs two units on the night of *Jumu‘ah* after the Maghrib prayer, reciting Surah al-Fātiḥah once and Surah al-Zilzāl fifteen times in each *rak‘ah*, Allah Almighty will ease the pangs of death for him, protect him from the torment of the grave, and make crossing the *Ṣīrāt* easy for him on the Day of Resurrection.³

- Recite Surah Yā Sīn and become deserving of forgiveness. The beloved Prophet ﷺ said: “Whoever recites Surah Yā Sīn on the night of

¹ Al-Targhīb wat-Tarhīb, vol. 2, p. 81, Hadīth 11

² Fatāwā Riḍawīyah, vol. 10, p. 653

³ Al-Lum‘ah Fī Khaṣā’iṣ al-Jumu‘ah, p. 113

Jumu'ah (i.e. the night between Thursday and Friday) will be forgiven.”¹

The beloved Prophet صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ said:

The believer who offers two *raka'at* on the night of *Jumu'ah* in such a way that after he recites Surah al-Fātiḥah, he recites Surah al-Ikhlāṣ twenty-five times in each *rak'ah*, then recites this *ṣalāt*: "صَلَّى اللهُ عَلَى مُحَمَّدٍ النَّبِيِّ الْأُمِّيِّ" one thousand times, will see me in a dream before the following *Jumu'ah*. Whoever sees me in a dream, Allah will forgive his sins.²

Imam al-Zuhri رَحْمَةُ اللهِ عَلَيْهِ states:

Whoever performs *ghusl* on the night of *Jumu'ah* and then offers two *raka'at*, reciting Surah al-Ikhlāṣ one thousand times within them, shall see the noble Prophet صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ in his dream.³

2. Five Deeds for the Day of *Jumu'ah*

- Trim your nails, as doing so is a means of acquiring cure. It is stated in a blessed Hadith: “Whoever trims their nails on the day of *Jumu'ah*, Allah Almighty removes sickness from him and grants him healing.”⁴

Remember, clipping nails on the day of *Jumu'ah* is *Mustahabb* (preferable). However, if the nails have grown too long, one should not delay paring them until *Jumu'ah*, because long nails are a cause of restricted sustenance.⁵

- Perform *ghusl* and apply fragrance on the day of *Jumu'ah*. The beloved Prophet صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ stated:

The person who performs *ghusl* on the day of *Jumu'ah* and cleans himself as much as he can, applies oil and fragrance available in his

¹ Al-Targhib wat-Tarhib, vol. 1, p. 298, Hadith 4

² Al-Qawl al-Badī', p. 383

³ Tāriḫ Ibn 'Asākir, vol. 9, p. 301, Hadith 816

⁴ Muṣannaf 'Abd al-Razzāq, vol. 3, p. 93, Hadith 5325

⁵ Bahār-e-Sharī'at, vol. 1, p. 582, Part 4

home, then goes to the prayer without separating two people (by stepping over their necks or pushing through his companions to sit between them, but sits wherever he finds a place), prays whatever has been written for him, and remains silent while the imam delivers the sermon (*Khutbah*)—his sins between this *Jumu'ah* and the next will be forgiven.¹

- Wear fine clothes on the day of *Jumu'ah*. The beloved Prophet ﷺ said:

Whoever takes a bath on the day of *Jumu'ah*, wears good clothes, applies fragrance if he has any, walks calmly with dignity to the *Jumu'ah* prayer without stepping over people's necks or causing them inconvenience, then performs the prayer and waits until the imam finishes, his sins between the two *Jumu'ahs* will be forgiven.²

- Shaykh 'Abd al-Ḥaqq Muḥaddith al-Diḥlawī رَحْمَةُ اللهِ عَلَيْهِ narrates:

Whoever recites the following *ṣalāt* one thousand times on the day of *Jumu'ah*: "اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَآلِهِ وَسَلَّمَ", will see the Prophet ﷺ in a dream or see his place in Paradise. If it does not happen the first time, he should repeat this the following Friday. إِنَّ شَاءَ اللهُ, he will witness this beautiful dream within five *Jumu'ahs*.³

- If your parents have passed away, visit their graves, as the best time to visit (the graves of one's parents) is on the day of *Jumu'ah* after Fajr.⁴

¹ Ṣaḥīḥ al-Bukhārī, vol. 1, p. 306, Hadīth 883

² Majma' al-Zawā'id, vol. 2, p. 385, Hadīth 3039; Mu'jam Kabīr, vol. 4, p. 160, Hadīth 4006

³ Jadh al-Qulūb, p. 242 (abridged)

⁴ Fatāwā Riḍawiyah, vol. 9, p. 523

3. Perform the *Jumu'ah* Prayer wearing an *Imamah*

Wearing an *Imamah* (turban) on *Jumu'ah* is a Sunnah, and by its virtue, Allah Almighty multiplies the reward manyfold. The noble Prophet ﷺ said: "One *Jumu'ah* with an *imamah* is equivalent to seventy *Jumu'ahs* without one."¹

Allah Almighty and His angels send *ṣalāt* upon those who perform the *Jumu'ah* prayer while wearing an *imamah*. The beloved Prophet ﷺ stated: "Indeed, Allah Almighty and His angels send *ṣalāt* upon those who wear *imamahs* on the day of *Jumu'ah*."²

‘Allamah Ibn Hajar al-‘Asqalānī رَحْمَةُ اللهِ عَلَيْهِ states: "Allah Almighty sending *ṣalāt* means He sends mercy, and the angels sending *ṣalāt* means they seek forgiveness."³

4. Recite this Supplication after the *Jumu'ah* Prayer

The commentator of *Ṣaḥīḥ al-Bukhārī*, ‘Allamah Aḥmad b. Muḥammad Qaṣṭallānī رَحْمَةُ اللهِ عَلَيْهِ (d. 923 AH), quoting Imam ‘Abdullāh Yāfi‘ī رَحْمَةُ اللهِ عَلَيْهِ (d. 768 AH), writes that the following supplication should be made after the *Jumu'ah* prayer:

اللَّهُمَّ يَا ذَا الْمَنِّ وَلَا تُمِضْ عَلَيْنَا يَا ذَا الْجَلَالِ وَالْإِكْرَامِ، يَا ذَا الطُّوْلِ لَا إِلَهَ إِلَّا أَنْتَ كَهْرُ اللَّاحِظِينَ وَجَارُ الْمُسْتَجِيرِينَ وَمَأْمَنُ الْخَائِفِينَ
 إِنْ كُنْتَ كَتَبْتَنِي شَعْبًا أَوْ مَحْرُومًا أَوْ مُقْتَرًا عَلَيَّ فِي الرِّزْقِ فَأَمِّمْ شَقَائِي وَحِرْمَانِي وَاقْتَارَ رِزْقِي وَأَثْبِتْنِي عِنْدَكَ سَعِيدًا مَرُورًا مَوْقِفًا
 لِلْخَيْرَاتِ، فَإِنَّكَ قُلْتَ فِي كِتَابِكَ الْعَزِيزِ الْمُنَزَّلِ عَلَى نَبِيِّكَ الْمُرْسَلِ (يَمْحُوا اللهُ مَا يَشَاءُ وَيُثَبِّتُ ۗ وَعِنْدَهُ أُمُّ

الْكِتَابِ ﴿١٠٠﴾

5. Other Deeds for the Day of *Jumu'ah*

- The beloved Prophet ﷺ said:

¹ Jāmi' Ṣaḥīḥ, p. 314, Hadīth 5101 (abridged); Tārīkh Ibn 'Asākir, vol. 37, p. 355, Hadīth 4399

² Majma' al-Zawā'id, vol. 2, p. 394, Hadīth 3075; Kanz al-'Ummāl, Part 7, vol. 4, p. 302, Hadīth 21162

³ Fath al-Bārī li-Ibn Hajar, vol. 12, p. 131, under Hadīth 6358

⁴ Al-Irshād wat-Taṭrīz, p. 44; Lawāmi' al-Anwār fī al-Ad'iyah wal-Adhkār, p. 261 (with similar wording)

“Whoever sends *ṣalāt* upon me eighty times on the day of *Jumu‘ah*, Allah Almighty will forgive eighty years of his sins.” It was asked: “O Messenger of Allah *صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ*! How should we send salutations upon you?” He replied: “Say:

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ عَبْدِكَ وَنَبِيِّكَ وَرَسُولِكَ النَّبِيِّ الْأُمِّيِّ

O Allah! Send mercy upon [Sayyidunā] Muḥammad, Your special servant, Your Prophet, and Your Messenger, *al-Nabī al-Ummī*.”¹

- The noble Prophet *صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ* stated: “Send abundant *ṣalāt* upon me on the bright night and radiant day [i.e., the night of *Jumu‘ah* and the day of *Jumu‘ah*].”²
- Recite Surah al-Kahf, as the Prophet *صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ* said: “Whoever recites Surah al-Kahf on the day of *Jumu‘ah*, a light is illuminated for him between himself and *Bayt al-‘Atīq* (the Ka’bah).”³
- The Prophet *صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ* said:

Send abundant *ṣalāt* upon me on the day of *Jumu‘ah*, for it is *Yawm al-Mashhūd* (day of attendance). On this day, the angels are present, and whoever sends *ṣalāt* upon me, it reaches me before he finishes reciting it.⁴

The Prophet *صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ* said:

Whoever enters the *Jāmi‘* masjid on the day of *Jumu‘ah* and offers four *raka‘āt* before the *Jumu‘ah* prayer, reciting Surah al-Fātiḥah,

¹ Iḥyā' al-'Ulūm, vol. 1, p. 251 (summarised)

² Mu'jam Awsaṭ, vol. 1, p. 84, Hadīth 241

³ Shu'ab al-Īmān, vol. 2, p. 474, Hadīth 2444

⁴ Ibn Mājah, vol. 2, p. 291, Hadīth 1637

and Surah al-Ikhlās fifty times in each *rak'ah*, shall see his place in Paradise before he dies, or it will be shown to him.¹

- If someone is faced with a severe difficulty or pressing need, he should keep three consecutive fasts on Wednesday, Thursday, and Friday. Then he should bathe on Friday for the *Jumu'ah* prayer, give some charity, and recite the following supplication after the Friday prayer. Thereafter, he should turn wholeheartedly to Allah Almighty, pleading and beseeching Him. **إِنْ شَاءَ اللَّهُ**, his supplication will be accepted:

اللَّهُمَّ إِنِّي أَسْأَلُكَ بِاسْمِكَ بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ الَّذِي لَا إِلَهَ إِلَّا هُوَ ۖ عَلِيمُ الْغَيْبِ وَالشَّهَادَةِ هُوَ الرَّحْمَنُ الرَّحِيمُ وَأَسْأَلُكَ بِاسْمِكَ بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ۖ الَّذِي لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ ۖ لَا تَأْخُذُهُ سِنَّةٌ وَلَا نَوْمٌ ۖ الَّذِي مَلَكَتْ عَظْمَتُهُ السَّمَوَاتِ وَالْأَرْضَ ۖ وَأَسْأَلُكَ بِاسْمِكَ بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ۖ الَّذِي لَا إِلَهَ إِلَّا هُوَ وَعَنْتَ لَهُ الْوُجُوهُ وَخَشَعَتَ لَهُ الْأَصْوَاتُ وَوَجَدَتِ الْقُلُوبُ مِنْ حَشْيَتِهِ أَنْ تُصَلِّيَ عَلَيَّ مُحَمَّدٍ وَعَلَىٰ آلِ مُحَمَّدٍ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ وَأَنْ تُعْطِيَنِي مَسْئَلَتِي وَتَقْضِيَ حَاجَتِي بِرَحْمَتِكَ يَا أَرْحَمَ الرَّاحِمِينَ

(Mention your need after the word: **حَاجَتِي**.)²

Saturday

Saturday is also a very blessed and noble day. Historically, this day is associated with several significant events:

- The noble Prophet **صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ** departed from Madinah al-Munawwarah on a Saturday with 305 *Muhājirīn* and *Anṣār* Companions **رَضِيَ اللَّهُ عَنْهُمْ** for the Battle of Badr.³
- The beloved Prophet **صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ** would visit Qubā every Saturday, sometimes riding and sometimes walking.⁴

¹ Iḥyā' al-'Ulūm, vol. 1, p. 267

² Jannatī Zēwar, p. 578 (with slight alteration)

³ Faizān-e-Fārūq-e-A'zam, vol. 1, p. 474 (summarised)

⁴ Ṣaḥīḥ Muslim, p. 555, Hadīth 3396

- Allah Almighty created the foundation of the Earth on Saturday.¹
- On Saturday, Allah Almighty forbade seventy thousand people from the nation of Sayyidunā Dāwūd عَلَيْهِ السَّلَام from fishing.²
- The term *Yawm al-Sabt* (Saturday) is mentioned seven times in the noble Quran.³

How should one spend Saturday?

Dear Islamic brothers! Just as Islam guides us to spend every day performing good deeds, it also encourages us to spend Saturday performing certain virtuous actions. Acting upon these brings blessings to this day too.

Fasting on Saturday

Among the practices of this day is fasting. Umm Salama رَضِيَ اللهُ عَنْهَا reports that the beloved Prophet صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ would frequently fast on Saturday and Sunday, and he would say: “These two (Saturday and Sunday) are the festivals of the polytheists, and I wish to oppose them.”⁴

Although fasting on Saturday is encouraged in some narrations, it is discouraged in another narration. Sayyidunā ‘Abdullāh b. Busr رَضِيَ اللهُ عَنْهُ narrates from his sister that the beloved Prophet صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ said: “Do not fast on Saturday, except for obligatory fasts.”⁵

Mufti Aḥmad Yār Khān Na‘imī رَحِمَهُ اللهُ عَلَيْهِ explains:

Do not observe a voluntary fast on Saturday alone, because doing so resembles the Jews. Although they do not fast on this day, they venerate it greatly. So, your fasting on this day would create a resemblance with them.

¹ Ṣaḥīḥ Muslim, p. 1149, Hadīth 7054

² ‘Ajā’ib-al-Qur’ān ma’ Gharā’ib-ul-Qur’ān, p. 34 (abridged)

³ Fazā’il al-Ayyām wal-Shuhūr, p. 240

⁴ Ṣaḥīḥ Ibn Khuzaymah, vol. 3, p. 318, Hadīth 2167

⁵ Jāmi’ al-Tirmidhī, vol. 2, p. 186, Hadīth 744 (summarised)

The opinion of the majority of the pious predecessors رَضِيَ اللهُ عَنْهُمْ is that this prohibition is *Tanzīhī*. If one fasts another day (such as Sunday or Friday) along with Saturday, the resemblance and prohibition will no longer remain.¹

Deeds for Saturday

1. The Blessed Morning of Saturday

It is mentioned in *Malfoozāt-e-A'lā Hazrat*:

- **Question:** I wish to present a plea (i.e., file a petition in court). Which day is suitable for this?
- **Answer:** No specific day is designated for this. However, it is stated in a blessed Hadith: Whoever leaves his home on Saturday morning, before sunrise, for the sake of fulfilling a need, I guarantee the fulfilment of his need.²

2. The Practice of Sayyidunā ‘Umar b. al-Khaṭṭāb

The second Caliph of the Muslims, Sayyidunā ‘Umar b. al-Khaṭṭāb رَضِيَ اللهُ عَنْهُ, would go to the upper area of Madinah every Saturday. If he saw a slave performing a task that was beyond his strength, Sayyidunā ‘Umar رَضِيَ اللهُ عَنْهُ would assist him with it.³

Dear Islamic brothers! We should also help the poor and weak on this day, for by doing so we will be acting upon the practice of Sayyidunā ‘Umar رَضِيَ اللهُ عَنْهُ.

Sunday

Sunday is a day of greatness and blessings. Numerous historical events and special qualities are linked to this day, such as:

¹ Mirāt-al-Manājīh, vol. 3, p. 192 (with slight alteration)

² Musnad al-Firdaws, vol. 3, p. 519, Hadith 5620; Malfoozāt-e-A'lā Hazrat, p. 116

³ Iḥyā' al-'Ulūm, vol. 2, p. 275

- Allah Almighty created three types of stars on Sunday.
- The seven seas were also created on this day: (1) Ṭabaristān (2) Baḥr Karmān (3) Baḥr Qulzum (4) Baḥr Hind (5) Baḥr ‘Umān (6) Baḥr Rūm (7) Baḥr Maghrib.
- On this day, Allah Almighty created fire, the seven earths, man along with the limbs used for prostrating (i.e. both hands, feet, knees, and face), and the seven days.¹
- Sowing fields, planting trees, and constructing buildings on Sunday are a means of blessings.²

How should one Spend Sunday?

Dear Islamic brothers! Nowadays, in many countries and large cities, Sunday is a day off for most people. As a result, there is a tendency of sleeping late at night and waking up late on Sunday morning, which causes many to miss the Fajr prayer. Some spend the night wandering in streets, neighbourhoods, or homes engaging in idle talk, while others remain occupied in various sins.

If we spend this day worshipping Allah Almighty, reciting the noble Quran, performing abundant *dhikr*, and reciting *ṣalāt* upon the beloved Prophet ﷺ, our record of deeds will be filled with goodness.

To benefit from this holiday, wake up early and perform *Tahajjud*, then pray *Fajr* in congregation in the first row of the masjid, and remain occupied in *dhikr* and *ṣalāt* until sunrise to offer *Ishrāq* and *Duḥā*. This has great merit, as stated in a Hadith: “Whoever prays *Fajr* in congregation, then sits remembering Allah until the sun rises, and thereafter prays two *raka‘āt*, shall receive the reward of a Hajj and Umrah.”³

¹ Kitāb al-Sab‘iyāt Fī Mawā’iz al-Bariyāt, pp. 26-36 (abridged); Fazā’il al-Ayyām wal-Shuhūr, pp. 26-33 (abridged).

² Fazā’il al-Ayyām wal-Shuhūr, p. 25

³ Jāmi’ al-Tirmidhī, vol. 2, p. 100, Hadīth 586

Start the day well, fulfil your obligations, and remain engaged in good deeds throughout the day. **إِنْ شَاءَ اللَّهُ**, you will receive abundant blessings from this. In light of the blessed narrations and the sayings of the pious predecessors **رَضِيَ اللَّهُ عَنْهُمْ** concerning this day, perform voluntary worship and recite litanies on this day too.

Fasting on Sunday

If possible, fast on this day, as the beloved Prophet **صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ** often fasted on Saturday and Sunday and said: “These two (Saturday and Sunday) are the festivals of the polytheists, and I wish to oppose them.”¹

The renowned Quranic exegete, Mufti Aḥmad Yār Khan Na’imī **رَحِمَهُ اللَّهُ عَلَيْهِ**, states concerning this Hadith: “Saturday is the festival of the Jews, and Sunday is the festival of the Christians. On these days, they indulge in eating, drinking, and pleasure, so we fast in opposition to them.”²

Deeds for Sunday

1. Two Acts for the Fulfilment of Needs

- The beloved Prophet **صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ** said:

On Sunday, affirm the Oneness of Allah through abundant prayer, for Allah is One and has no partner. Whoever, on Sunday, after performing the obligatory and Sunnah prayers of *Zuḥr*, offers an additional four *raka‘āt*—reciting Surah al-Fātiḥah and Tanzīl al-Sajdah [Surah al-Sajdah] in the first *raka‘āt*, and Surah al-Fātiḥah and Surah al-Mulk in the second—then performs *Tashahhud* and *Taslīm*, and thereafter stands to offer the final two *raka‘āt*, reciting

¹ Ṣaḥīḥ Ibn Khuzaymah, vol. 3, p. 318, Hadīth 2167

² Mir‘āt-al-Manājīḥ, vol. 3, p. 194

Surah al-Fātiḥah and Surah al-Jumu‘ah, and asks Allah for his need, it is upon Allah’s generosity to fulfil his need.¹

- Whoever is in need and recites Surah al-Kāfirūn ten times at sunrise on Sunday shall have his requirement fulfilled.²

Entering Paradise with the Prophets عَلَيْهِمُ الصَّلَاةُ وَالسَّلَام

It is narrated from Sayyidunā Anas bin Mālik رَضِيَ اللهُ عَنْهُ:

Whoever offers twenty *raka‘āt* on Sunday night, reciting Surah al-Fātiḥah, followed by Surah al-Ikhlāṣ (قُلْ هُوَ اللهُ أَحَدٌ) fifty times, and the *Mu‘awwadhatayn* (Surah al-Falaq and Surah al-Nās) once in each *rak‘ah*, then seeks forgiveness one hundred times, supplicates for forgiveness for himself and his parents one hundred times, sends *ṣalāt* upon the Prophet صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ one hundred times, expresses disavowal of his own power and might, seeks the protection of Allah Almighty, then says:

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللهُ وَحْدَهُ لَا شَرِيكَ لَهُ وَأَشْهَدُ أَنَّ آدَمَ صَفْوَةَ اللهِ وَفِطْرَتَهُ وَإِبْرَاهِيمَ خَلِيلَ اللهِ وَمُوسَى كَلِيمَ اللهِ وَعِيسَى رُوحَ اللهِ
وَمُحَمَّدًا أَحَبِّيْبُ اللهِ

“I testify that there is no deity but Allah; He is One and has no partner. I bear witness that Sayyidunā Ādam عَلَيْهِ السَّلَام is *Ṣafwatullāh* and created by His divine power, Sayyidunā Ibrāhīm عَلَيْهِ السَّلَام is *Khalīlullāh*, Sayyidunā Mūsā عَلَيْهِ السَّلَام is *Kalīmullāh*, Sayyidunā ‘Īsā عَلَيْهِ السَّلَام is *Rūḥullāh*, and Sayyidunā Muḥammad صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ is *Ḥabībullāh*.”

For such a person is a reward equivalent to the number of people who supplicate for offspring. On the Day of Resurrection, Allah Almighty shall

¹ Iḥyā' al-'Ulūm, vol. 1, p. 266

² Jannatī Zēwar, p. 604

raise him with those who are safe, and it is upon Allah's generosity to admit him into Paradise with the Prophets عَلَيْهِمُ الصَّلَاةُ وَالسَّلَامُ.¹

Monday

To understand the greatness and blessings of Monday, here are some historical events and special virtues of this day:

- Sayyidunā Idrīs عَلَيْهِ السَّلَامُ was raised towards the heavens and entered Paradise.
- Sayyidunā Mūsā عَلَيْهِ السَّلَامُ went to Mount Ṭūr.
- Sayyidunā Jibrīl عَلَيْهِ السَّلَامُ visited the beloved Prophet صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ for the first time on Monday.
- The deeds of the Ummah are presented to the beloved Prophet صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ on Monday.²
- Monday has received special blessings due to its connection with the beloved Prophet صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ and his blessed era. For example:
 1. The beloved Prophet صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ was born on Monday, and his Prophethood was also manifested on this day.
 2. He migrated from Makkah on Monday.
 3. He entered Madinah on Monday.
 4. He departed from this world on Monday.
 5. He placed the *Ḥajar al-Aswad* (Black Stone) in its position on Monday.³

¹ Miftāḥ al-Sa'ādah, p. 727

² Kitāb al-Sab'iyāt Fī Mawā'iz al-Bariyāt, p. 42 (abridged); Fazā'il al-Ayyām wal-Shuhūr, p. 47

³ Musnad Aḥmad, vol. 1, p. 594, Hadīth 2506 (with variation in order)

- According to one narration, victory in Badr was granted on Monday, and Surah al-Mā'idah was revealed on Monday.¹

How should one spend Monday?

Dear Islamic brothers! Monday holds great honour due to its association with the beloved Prophet ﷺ. Therefore, spend this day in the following manner.

Fasting on Monday

If possible, fast on Monday because it is a Sunnah. Sayyidunā Abū Qatādah رَضِيَ اللهُ عَنْهُ narrates:

When the Messenger of Allah ﷺ was asked regarding fasting on Monday, he said: "It was on this day that I was born, and on this day revelation (*Waḥī*) was sent to me."²

Deeds for Monday

Dear Islamic brothers! Here are some deeds related to the blessed day of Monday:

Forgiveness of all Sins

- It is mentioned in a Hadith:

Whoever offers two *raka'āt* on Monday when the sun rises, reciting Surah al-Fātiḥah once, Āyat al-Kursī once, Surah al-Ikhlās (قُلْ هُوَ اللهُ أَحَدٌ) once, and the مُعَوِّذَاتَيْنِ (Surah al-Falaq and Surah al-Nās) once each in every *rak'ah*, then after *Taslīm*, seeks forgiveness ten times, and sends *ṣalāt* upon me ten times, Allah Almighty will forgive all of his sins.³

¹ Mu'jam Kabīr, vol. 12, p. 183, Hadīth 12984 (summarised)

² Ṣaḥīḥ Muslim, p. 455, Hadīth 2750

³ Iḥyā' al-'Ulūm, vol. 1, p. 266

- Whoever offers four *raka'āt* on Monday night—reciting Surah al-Fātiḥah once and Surah al-Ikhlāṣ ten times in the first *rak'ah*; Surah al-Fātiḥah once and Surah al-Ikhlāṣ twenty times in the second *rak'ah*; Surah al-Fātiḥah once and Surah al-Ikhlāṣ thirty times in the third *rak'ah*; and Surah al-Fātiḥah once and Surah al-Ikhlāṣ forty times in the fourth *rak'ah*—then, after *Taslīm*, recites Surah al-Ikhlāṣ seventy-five times, seeks forgiveness seventy-five times for himself and his parents, then asks Allah Almighty for his need, it is upon Allah's generosity to fulfil his need.¹
- Whoever performs two *raka'āt*, reciting Surah al-Fātiḥah fifteen times, Surah al-Ikhlāṣ fifteen times, and the **مُعَوِّذَاتَيْنِ** fifteen times each in every *rak'ah*; then after *Taslīm*, recites Āyat al-Kursī fifteen times and seeks forgiveness fifteen times, will receive a magnificent reward and great recompense.²

Tuesday

Tuesday is also a blessed day, and it is associated with several historical events:

- On this day, Allah Almighty cured Sayyidunā Ayyūb **عَلَيْهِ السَّلَام**.³
- Allah Almighty commanded the Prophet **صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ** to turn his face from Bayt al-Maqdis toward the Ka'bah when praying.⁴
- Surah al-Ḥadīd was revealed on this day, and Allah created iron on this day.⁵
- On this day, Allah Almighty created the mountains and the beneficial things found within them.⁶

¹ Iḥyā' al-'Ulūm, vol. 1, p. 268

² Ithāf al-Sādat al-Muttaqīn, vol. 3, p. 630

³ Mustadrak, vol. 5, p. 298, Hadīth 7556 (summarised)

⁴ Ṣaḥīḥ Ibn Ḥibbān, vol. 3, p. 108, Hadīth 1713

⁵ Majma' al-Zawā'id, vol. 5, p. 154, Hadīth 8331

⁶ Mustadrak, vol. 3, p. 409, Hadīth 4050

- Allah Almighty created Hell, and appointed the Angel of Death عَلَيْهِ السَّلَام over the souls of the children of Ādam.¹

How should one spend Tuesday?

Dear Islamic brothers! Now that you know about the blessings of Tuesday, here is how to spend this day:

Fasting on Tuesday

The beloved Prophet صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ would fast on Saturday, Sunday, and Monday in one month, and on Tuesday, Wednesday, and Thursday in another month.²

Do not cut cloth on Tuesday

One should avoid cutting new cloth on Tuesday. Shaykh ‘Abd al-Ḥaqq Muḥaddith al-Diḥlawī رَحِمَهُ اللهُ عَالِيَهُ وَآلِهِ وَسَلَّمَ narrates the saying of Sayyidunā ‘Alī al-Murtaḍā رَضِيَ اللهُ عَنْهُ that: “Whoever cuts cloth on Tuesday, that cloth will either be stolen, lost in water, or burned by fire.”³

Note: When someone wears new clothes, he should recite Surah "إِنَّا أَنْزَلْنَاهُ" ten times, blow upon water, and sprinkle that water upon the garment; this brings blessings.⁴

Wednesday

Wednesday also possesses several distinct virtues, and it is associated with several historical events:

- On Wednesday, Allah Almighty destroyed seven disbelievers in seven different ways: (1) ‘Awj bin ‘Unuq, who lived for four thousand five hundred (4500) years and whose height was the greatest among people, was destroyed by the Hudhud. (2) Qārūn was swallowed by the earth. (3)

¹ Fayḍ al-Qadīr, vol. 1, p. 63, under Hadīth 8

² Jāmi’ al-Tirmidhī, vol. 2, p. 186, Hadīth 746

³ Kashf al-Iltibās, p. 54

⁴ Kashf al-Iltibās, p. 54

Pharaoh and his army were destroyed by the sea. (4) The accursed Nimrod was destroyed by a mosquito. (5) The people of Lūṭ were destroyed by stones. (6) Shaddād b. ‘Ād was destroyed by the voice of Sayyidunā Jibrīl عَلَيْهِ السَّلَام. (7) The nation of ‘Ād was destroyed by a fierce wind.¹

- It is narrated from Sayyidunā Abū Hurayrah رَضِيَ اللهُ عَنْهُ: “Whoever undergoes cupping (*Hijāmah*) on Wednesday or Saturday and later notices leukoderma appear on his body, should blame no one but himself.”²

‘Allāmah ‘Abd al-Ra’ūf al-Munāwī رَحِمَهُ اللهُ عَلَيْهِ (d. 1031 AH) states:

Imam Abū Ja‘far Nīshāpūrī رَحِمَهُ اللهُ عَلَيْهِ said: “One day, I remarked that this Hadith is inauthentic. I then underwent cupping on Wednesday, and I was afflicted with leukoderma. Later, I was blessed with seeing the Prophet صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ in a dream, and I complained to him about this illness. The final Prophet صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ said: ‘Beware of disrespecting my Hadith [i.e. you were afflicted with this illness because you opposed my Hadith].’”³

- The pious predecessors رَحِمَهُمُ اللهُ would hold teaching sessions on Wednesday, because knowledge is light, and it is befitting to begin it on the day of light.⁴

How should one spend Wednesday?

Dear Islamic brothers! Having learned the significance and distinctions of Wednesday, read below some selected actions to perform on this day.

Fasting on Wednesday

Sayyidunā Muslim al-Qurayshī رَضِيَ اللهُ عَنْهُ narrates:

¹ Kitāb al-Sab’iyāt Fī Mawā’iẓ al-Bariyāt, p. 71; Fazā’il al-Ayyām wal-Shuhūr, p. 117

² Jāmi’ Ṣaḡhīr, p. 508, Hadīth 8328

³ Fayḍ al-Qadīr, vol. 6, p. 45, under Hadīth 8328

⁴ Fazā’il al-Ayyām wal-Shuhūr, p. 115

I asked the Prophet ﷺ about fasting every day, and he said: “Your family also has rights over you. Fast in Ramadan, then fast in the month that follows it, and fast every Wednesday and Thursday. It will be as though you fasted every day and also broke the fast.”¹

Deeds for Wednesday

1. Reward until the Day of Resurrection

Whoever performs two *raka'āt* on Wednesday night, reciting Surah al-Falaq (قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ) ten times after Surah al-Fātiḥah in the first *rak'ah*, and Surah al-Nās (قُلْ أَعُوذُ بِرَبِّ النَّاسِ) ten times after Surah al-Fātiḥah in the second, seventy thousand angels descend from every heaven and continue writing reward for him until the Day of Resurrection.²

2. The Ruling on Clipping Nails on Wednesday

One should avoid clipping nails on Wednesday, as there is a fear of developing leukoderma. However, if one has not clipped their nails for thirty-nine days, and Wednesday is the fortieth day, it is *Wājib* (compulsory) to trim the nails. This is because not trimming the nails for forty days is impermissible and *Makrūh Taḥrīmī* (prohibitively disliked). (For detailed information, please refer to *al-Fatāwā al-Riḍāwiyah*, vol. 22, pp. 574, 685).³

Imam Aḥmad Riḍā Khān رَحْمَةُ اللهِ عَلَيْهِ was asked: “One Hadith prohibits trimming the nails on Wednesday, while another Hadith mentions its virtue. Can these narrations be reconciled, or is one given preference? What is the ruling on trimming the nails on Wednesday?”

The Imam رَحْمَةُ اللهِ عَلَيْهِ replied:

¹ Jāmi' al-Tirmidhī, vol. 2, p. 187, Hadīth 748

² Miftāḥ al-Sa'ādat, p. 728

³ Buḍḍhā Pujārī, p. 32

There is no prohibition regarding cutting the nails on any particular day, because no authentic Hadith has been established concerning the specification of a day. However, some weak *Aḥādīth* mention a prohibition of clipping the nails on Wednesday.

Therefore, if Wednesday coincides with a day on which it becomes *Wājib* to cut them—for example, if one has not clipped them for thirty-nine days, and today, Wednesday, is the fortieth day—then if he does not clip them today, it will exceed forty days. In that case, it becomes *Wājib* for him to clip them on Wednesday, because allowing them to grow continuously for forty days is impermissible and *Makrūh Taḥrīmī*.

If the aforementioned situation does not apply, then it is appropriate to clip them on any day other than Wednesday, as preference is given to the side of prohibition.”¹

Beginning a New Task on Wednesday

If one intends to start a new task, Wednesday is a very blessed day for it. It is stated in a Hadith: مَا بُدِئَ بِشَيْءٍ يَوْمَ الْاِثْنَيْنِ إِلَّا اَتَمَّ “No task is begun on Wednesday except that it is completed.”²

The esteemed scholars of the Ummah would also act upon this Hadith in matters of teaching and learning. Sayyidunā Shaykh Burhān al-Dīn al-Zarnūjī رَحْمَةُ اللهِ عَلَيْهِ states:

Our teacher, Shaykh al-Islām Burhān al-Dīn (author of *al-Hidāyah*) رَحْمَةُ اللهِ عَلَيْهِ would begin a lesson specifically on Wednesday. He would narrate this Hadith and use it as evidence, saying that the Messenger of Allah صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ said: “No task is begun on Wednesday except that it is completed.”

This method of beginning lessons was also the practice of Imam Abū Ḥanīfah رَحْمَةُ اللهِ عَلَيْهِ. He narrates this Hadith from his teacher, Shaykh Qawwām al-Dīn Aḥmad bin ‘Abd al-Rashīd رَحْمَةُ اللهِ عَلَيْهِ. I have also heard

¹ Fatāwā Riḍawīyah, vol. 22, p. 685 (summarised)

² Kashf al-Khifā’, vol. 2, p. 163, under Hadīth 2189

from several trustworthy people that Shaykh Abū Yūsuf al-Hamadānī رَحْمَةُ اللَّهِ عَلَيْهِ would assign every good deed to Wednesday. Wednesday also possesses a distinction in that it is the day on which Allah Almighty created light, thus proving the day to be ominous for the disbelievers and blessed for the believers.¹

Glad Tidings of an Accepted Supplication

It is narrated from Sayyidunā Jābir رَضِيَ اللَّهُ عَنْهُ that the Prophet صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ supplicated for three days: Monday, Tuesday, and Wednesday. On Wednesday, between the *Zuhr* and *'Aṣr* prayers, the supplication of the Prophet صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ was accepted, and signs of happiness appeared on his blessed face. Sayyidunā Jābir رَضِيَ اللَّهُ عَنْهُ states: “After that, whenever I faced any important or distressing matter, I waited for that specific time to supplicate to Allah, and I witnessed its acceptance.”²

Thursday

Thursday is a virtuous day because the Prophet صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ made a special supplication for its blessings, saying: اللَّهُمَّ بَارِكْ لِمُتَّقِنِ بَكُورِهَا يَوْمَ خَبَسَ سَهَا “O Allah! Bless my Ummah in its early rising on its Thursdays.”³

This day is associated with several historical events:

- Sayyidunā Ibrāhīm عَلَيْهِ السَّلَام went to the king of Egypt on Thursday and found Sayyidah Hājarah رَضِيَ اللَّهُ عَنْهَا there.
- The brothers of Sayyidunā Yūsuf عَلَيْهِ السَّلَام entered his court on Thursday and received blessings.
- On Thursday, Binyāmīn, Sayyidunā Yūsuf's عَلَيْهِ السَّلَام full brother, entered Egypt and found him.

¹ Ta'lim al-Muta'allim, pp. 72-73

² Shu'ab al-Īmān, vol. 3, p. 397, Hadīth 3874

³ Musnad al-Bazzār, vol. 11, p. 448, Hadīth 5312

- Sayyidunā Ya‘qūb عَلَيْهِ السَّلَام entered Egypt and gained safety and peace.
- The leader of the Prophets, Sayyidunā Muḥammad al-Muṣṭafā صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ entered Makkah and attained victory and support.¹
- The beloved Prophet صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ preferred to travel on Thursday. Sayyidunā Ka‘b b. Mālīk رَضِيَ اللَّهُ عَنْهُ reports that the Messenger of Allah صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ liked to depart for a military expedition on Thursday.²

‘Allāmah Muḥammad ‘Abd al-Ra‘ūf al-Munāwī رَحِمَهُ اللَّهُ عَلَيْهِ (d. 1031 AH) writes:

Thursday is a very blessed day, especially for seeking the fulfilment of needs and for beginning journeys. Sayyidunā Ṣakhr رَضِيَ اللَّهُ عَنْهُ used to travel on Thursdays and became very wealthy.³

He further states:

Sitting early in the morning to seek knowledge is *Mustahabb* (preferable), and beginning the study of an Islamic text on Thursday, especially in the morning, is meritorious. Although the pious predecessors رَحِمَهُمُ اللَّهُ began teaching a new lesson on Wednesday because Wednesday is the “Day of Light” and knowledge is also light, gaining new knowledge on Thursday is a source of blessings. Some saintly scholars advised that authorship and recitation should ideally begin on Monday or Thursday.⁴

How should one spend Thursday?

Dear Islamic brothers! After learning the virtues of this day, here are details on how to spend this day in worship.

¹ Kitāb al-Sab‘iyāt Fī Mawā’iẓ al-Bariyāt, p. 84 (abridged); Fazā’il al-Ayyām wal-Shuhūr, pp. 142-144 (with alteration)

² Ṣaḥīḥ al-Bukhārī, vol. 2, p. 296, Hadīth 2950

³ Fayḍ al-Qadīr, vol. 2, p. 133, under Hadīth 1458

⁴ Fayḍ al-Qadīr, vol. 2, p. 23, under Hadīth 1214 (abridged); Fazā’il al-Ayyām wal-Shuhūr, p. 141

Fasting on Thursday

If possible, fast on this day, as it is a Sunnah of the beloved Prophet ﷺ. Sayyidunā Usāmah b. Zayd رَضِيَ اللهُ عَنْهُ narrates:

I said to the beloved Prophet ﷺ: “O Messenger of Allah ﷺ! When you fast, it seems as though you will not break your fast (i.e., you fast continuously), and when you do not fast, it seems as though you will never fast except on two days. If they occur between the days you are fasting, then that is fine; otherwise, you make sure to fast on those two days in particular.”

He asked: “Which days are those?”

I answered: “Monday and Thursday.”

He replied: “These are the days on which deeds are presented to the Lord of all the worlds, and I prefer that my deeds be presented while I am fasting.”¹

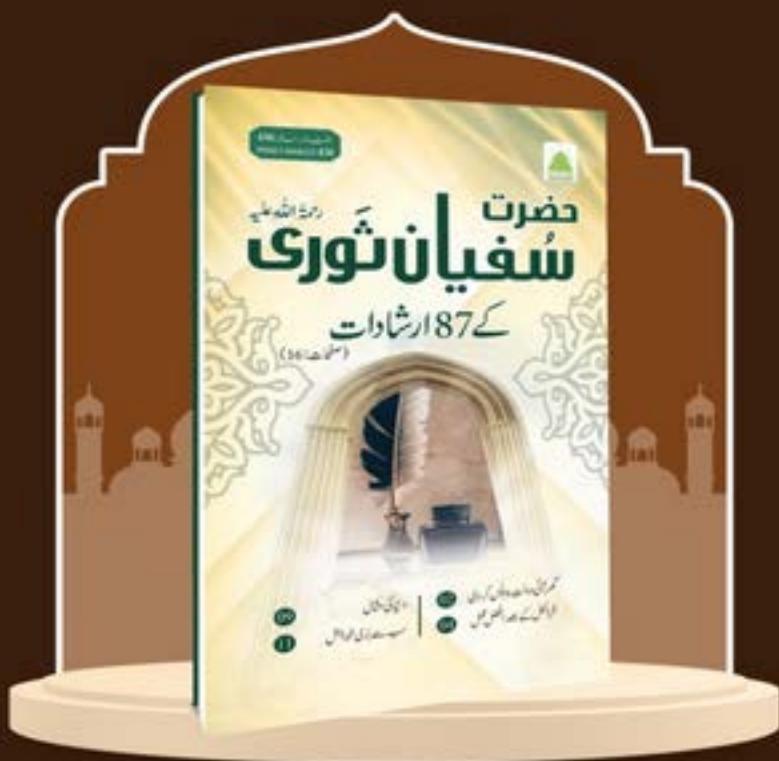
Send Abundant *Ṣalāt* upon the beloved Prophet ﷺ

To attain further blessings of this day, send an abundance of *ṣalāt* upon the beloved Prophet ﷺ. It is mentioned in a blessed Hadith: “When Thursday arrives, Allah Almighty sends angels who carry silver papers and golden pens. They record the names of those who send an abundance of *ṣalāt* upon me on Thursday and Friday night.”²

¹ Sunan al-Nasā’ī, p. 387, Hadīth 2355

² Kanz al-Ummāl, Part 1, vol. 1, p. 250, Hadīth 2174

Next Weekly Booklet



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