

THE *White* DAYS

الأيام البيض

13 • 14 • 15 SAFAR — MON 27, TUE 28, WED 29 JULY 2026

Three days of fasting. The reward of *a whole lifetime*.

The 13th, 14th and 15th of every lunar month are the nights the moon is at its fullest — which is why they are called the **White Days**. Fasting them is a confirmed Sunnah of the Prophet ﷺ, kept every month of the year, and Safar is no exception.

MONDAY 27 July 2026 13 Safar 1448	TUESDAY 28 July 2026 14 Safar 1448	WEDNESDAY 29 July 2026 15 Safar 1448
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Please confirm locally. Hijri dates shift with moon sighting. Some calendars place 13–15 Safar 1448 one day later (28–30 July). Follow the announcement of your local mosque or authority — in the UAE, the Awqaf / moon-sighting committee.

The arithmetic of *mercy*

3	×10	30	12×
DAYS FASTED	QUR'AN 6:160	= ONE MONTH	= A FULL YEAR

Repeat it every month and you have, in the sight of Allah, fasted the entire year — every year of your life. Three days a month is the cheapest deal in the ledger of the Hereafter.

01 WHAT ALLAH SAYS ABOUT FASTING

يَا أَيُّهَا الَّذِينَ آمَنُوا كُتِبَ عَلَيْكُمُ الصِّيَامُ كَمَا كُتِبَ عَلَى الَّذِينَ مِن قَبْلِكُمْ لَعَلَّكُمْ تَتَّقُونَ

“O you who believe, fasting has been prescribed for you as it was prescribed for those before you, so that you may attain God-consciousness.”

SŪRAH AL-BAQARAH 2:183

مَن جَاءَ بِالْحَسَنَةِ فَلَهُ عَشْرُ مَثَلِهَا

“Whoever comes with a good deed shall have ten times the like of it.”

SŪRAH AL-AN‘ĀM 6:160 – THE VERSE BEHIND THE WHOLE REWARD

02 WHAT THE PROPHET ﷺ SAID

THE DIRECT INSTRUCTION

“If you fast any part of the month, then fast the *thirteenth, fourteenth and fifteenth.*”

SUNAN AN-NASĀ'Ī 2424 • JĀMI‘ AT-TIRMIDHĪ 761 – NARRATED BY ABŪ DHARR (may Allah be pleased with him)

THE LIFETIME REWARD

“Fasting three days of every month is *fasting for a lifetime.*”

ṢAḤĪḤ AL-BUKHĀRĪ 1979 • ṢAḤĪḤ MUSLIM 1159 – ‘ABDULLĀH IBN ‘AMR

THE FINAL ADVICE TO A FRIEND

“My beloved friend ﷺ advised me with three things: *to fast three days of every month, to pray two rak‘ahs of Duḥā, and to pray Witr before I sleep.*”

ṢAḤĪḤ AL-BUKHĀRĪ 1178 • ṢAḤĪḤ MUSLIM 721 – ABŪ HURAYRAH

THE SHIELD FROM THE FIRE

“Whoever fasts one day in the way of Allah, Allah will place between his face and the Fire a trench as wide as *seventy years of travel*.”

ṢAḤĪḤ AL-BUKHĀRĪ 2840 • ṢAḤĪḤ MUSLIM 1153 — ABŪ SA‘ĪD AL-KHUDRĪ

WHY MONDAY MATTERS TWICE

“Deeds are presented on Monday and Thursday — and I love that my deeds be presented while *I am fasting*.”

JĀMI‘ AT-TIRMIDHĪ 747 — THE 13TH FALLS ON A MONDAY THIS MONTH: TWO SUNNAHS IN ONE DAY

03 AND YOUR DU‘Ā IS NOT REFUSED

“Three whose supplication is not turned away: the fasting person until he breaks his fast, the just ruler, and the supplication of the one who has been wronged.”

JĀMI‘ AT-TIRMIDHĪ 3598 • SUNAN IBN MĀJAH 1752

This is the real reason these days are worth clearing your calendar for. From the first sip of water at Fajr to the moment the adhān of Maghrib is called, you are carrying a du‘ā that Allah has promised to hear. Ask for what actually weighs on you — for your parents, your children, your rizq, your health, and for the oppressed of the Ummah wherever they are.

ذَهَبَ الظَّمَأُ وَابْتَلَّتِ الْعُرُوقُ وَثَبَتَ الْأَجْرُ إِنْ شَاءَ اللَّهُ

“The thirst has gone, the veins are moistened, and the reward is confirmed — if Allah wills.”

SUNAN ABŪ DĀWŪD 2357 — SAID WHEN BREAKING THE FAST

04 A WORD OF ACCURACY ABOUT SAFAR

These days are blessed by the Sunnah — *not by fear of the month.*

Messages circulate each year describing Safar as an unlucky month in which calamity descends. The Prophet ﷺ addressed this directly:

لَا عَدْوَى وَلَا طَيْرَةَ وَلَا هَامَةَ وَلَا صَفَرَ

“There is no ‘adwā, no ṭiyarah, no hāmah, and no Safar.” – ṢAḤĪḤ AL-BUKHĀRĪ 5757 • ṢAḤĪḤ MUSLIM 2220

The scholars explain the last word as a rejection of the pre-Islamic belief that Safar carries misfortune. No month brings harm or benefit of itself. **So fast these three days with joy, not with dread** — not because the days are dangerous, but because the Messenger ﷺ never let a month pass without them.

05 HOW TO KEEP THE THREE DAYS

- ✓ **Make the intention the night before** — for voluntary fasting the intention may even be formed in the morning, provided nothing has been eaten or drunk since Fajr.
- ✓ **Take suhūr, even a date and water.** “Take suhūr, for in suhūr there is blessing.” (BUKHĀRĪ 1923 • MUSLIM 1095)
- ✓ **Break the fast promptly at Maghrib** — with dates or water — and say the du‘ā on the previous page.
- ✓ **Guard the tongue as strictly as the stomach.** “Whoever does not abandon false speech and acting upon it, Allah has no need of him leaving his food and drink.” (BUKHĀRĪ 1903)
- ✓ **Pair it with sadaqah** — however small, and quietly.
- ✓ **One or two days still count.** And if you cannot fast at all — travel, illness, pregnancy, nursing, menstruation — there is no blame. Keep the day alive with dhikr, Qur'an, du‘ā and giving.

06 SET THE REMINDER TONIGHT

The hardest part of the White Days is never the hunger — it is remembering the night before. Set a suhūr alarm, tell the household at dinner, and send this on to two people who would want it.

THE NEXT THREE MONTHS

Safar 1448 — 27, 28, 29 July 2026 · **Rabī‘ al-Awwal** — approx. 26–28 Aug · **Rabī‘ al-Thānī** — approx. 24–26 Sept

APPROXIMATE · ALWAYS SUBJECT TO LOCAL MOON SIGHTING

07 PASS IT ON

“Whoever guides someone to good will have a reward *like the one who does it.*”

ṢAḤĪḤ MUṢLIM 1893

Forward this to your family group before Maghrib tonight. If even one person fasts tomorrow because of it, the same reward is written for you — three days, a month, a lifetime, without your ever going hungry for it.

اللَّهُمَّ تَقَبَّلْ مِنَّا إِنَّكَ أَنْتَ السَّمِيعُ الْعَلِيمُ

O Allah, accept from us — indeed You are the All-Hearing, the All-Knowing.

جزاكم الله خيراً