

112139 - He cannot fast on both Mondays and Thursdays; can he fast on Mondays only?

the question

I am not able to fast on Thursdays for certain reasons. Is it sufficient for me to fast on Monday every week or is it essential to fast both of them?

Detailed answer

Praise be to Allah.

There is nothing wrong with fasting on one of the two days mentioned and not the other. Fasting on these two days is Sunnah and is not obligatory, so if someone fasts on both of them or one of them, he is doing a great good deed. It is not obligatory to fast on both of them; rather that is recommended (mustahabb) because of the sahih hadiths concerning that which were narrated from the Prophet (blessings and peace of Allah be upon him). And Allah is the source of strength. End quote.

Majmu' Fatawa ash-Shaykh Ibn Baz (15/386).