

Voluntary fasting beyond Ramadan

Allah says: every deed of the son of Adam is for him, except fasting; it is for Me and I will reward for it. The fasts beyond the obligation, and what they unlock.

CENTREPIECE Sahih al-Bukhari 1904, Sahih Muslim 1151

FIRST KHUTBAH

1. The fast that is for Allah alone

Eating and drinking happen in private. No one can verify you fasted. The Prophet (peace be upon him) said Allah called it His own deed in the hadith qudsi. The reward Allah keeps with Himself is not a number; it is His.

2. Mondays and Thursdays

The Prophet (peace be upon him) would fast both, saying deeds are presented on those days, and he wanted to be fasting when his were (Tirmidhi 747). Two days a week, a small habit, hidden completely.

3. Ashura and the day before

Fasting Ashura (10 Muharram) expiates the previous year (Muslim 1162). The Prophet (peace be upon him) added the 9th to distinguish from the Jewish fast. Arafah (9 Dhul Hijjah) expiates two years for the non-pilgrim.

SECOND KHUTBAH

Return to the centrepiece and gather the message around one honest change connected to voluntary fasting beyond ramadan.

Suggested closing: Choose one day next week to fast voluntarily. Begin small, build steady. The reward is named where you cannot see it.

PREPARATION NOTES

1. Read every cited verse or hadith in full before using it.
2. Add one example your own congregation will recognise.
3. Check questions of fiqh and recognised disagreement with a qualified local scholar.

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