

Sha'ban, the month people forget

Most of the Prophet's voluntary fasting was in Sha'ban. The month sandwiched between Rajab and Ramadan, often skipped.

CENTREPIECE Sunan an-Nasa'i 2357

FIRST KHUTBAH

1. The Prophet (peace be upon him) fasted Sha'ban more than any other

Aisha said: I never saw the Prophet (peace be upon him) fast a complete month except Ramadan. I never saw him fast more than he did in Sha'ban (Bukhari 1969). It was his preparation month.

2. Why people forget

He himself said: it is a month people are heedless of, between Rajab and Ramadan, and deeds are raised in it to the Lord of the worlds. I love that my deeds be raised while I am fasting (Nasa'i 2357).

3. Build for Ramadan

If Ramadan is the exam, Sha'ban is the revision. Start the small habits in Sha'ban that you want to be strong in Ramadan. The fasting, the Quran, the night prayer. Coast into the holy month, do not crash into it.

SECOND KHUTBAH

Return to the centrepiece and gather the message around one honest change connected to sha'ban, the month people forget.

Suggested closing: Begin one practice this Sha'ban that you intend to hold through Ramadan. Make it small enough to keep.

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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