20135 - Voluntary Fast without Suhur

the question

Can I fast every Monday and Thursday without suhur, because I could not get up for Fajr and have suhur?

Detailed answer

Praise be to Allah.

Shaykh Ibn Baz (may Allah have mercy on him) said: “Suhur is not a condition for fasting to be valid, rather it is mustahabb (recommended), because the Prophet (peace and blessings of Allah be upon him) said: “Have suhur, for in suhur there is blessing.” (Agreed upon)