37805 - Du`a for Beginning the Fast

the question

What is the du’a at the time of beginning of fasting?

Summary of answer

1- You should say this du`a after sighting the new moon of Ramadan and other Hijri months: ‘Allahumma ahillahu ‘alayna bi’l-yumni wa’l-iman wa’l-salamah wa’l-islam. Rabbiy wa rabbuka Allah.’
2- There is no du`a that you should say when starting to fast each day. Rather you should simply have the intention that you are going to fast tomorrow.

Detailed answer

Praise be to Allah.

Du`a for sighting new moon

Al-Tirmidhi (3451) narrated from Talhah ibn ‘Ubayd-Allah (may Allah be pleased with him) that when the Prophet (peace and blessings of Allah be upon him) saw the new moon, he would say, “Allahumma ahillahu ‘alayna bi’l-yumni wa’l-iman wa’l-salamah wa’l-islam. Rabbiy wa rabbuka Allah (O Allah, make the new moon rise on us with blessing, faith, safety and Islam. My Lord and Your Lord is Allah).” (Classed as sahih by al-Albani in Sahih al-Tirmidhi, 2745)

This du`a is not just for the new moon of Ramadan , rather the Muslim should say it when he sees the new moon at the beginning of every month.

Is there any du`a when starting to fast every day?

With regard to saying du`a every day, there is no du`a that the Muslim should say when starting

to fast each day. Rather he should simply have the intention that he is going to fast tomorrow .

The intention is subject to the condition that it be made at night, before the dawn comes. The Prophet (peace and blessings of Allah be upon him) said: “Whoever does not intend to fast before dawn, there is no fast for him.” (Narrated by al-Tirmidhi, 730)

According to a version narrated by al-Nasai (2334): “Whoever does not intend to fast from the night before, there is no fast for him.” (Classed as hasan by al-Albani in Sahih al-Tirmidhi, 573)

What is meant is that whoever does not intend to fast and resolve to do so from the night before, his fast is not valid.

The intention is an action of the heart. The Muslim should resolve in his heart that he is going to fast tomorrow. It is not prescribed for him to utter it out loud and say , “I intend to fast” and other phrases that have been innovated by some people.

And Allah knows best.