7449 - What should a person who did not fast do?

the question

I am a young woman of 25 years of age. From the time I was young until I was 21 years old, I did not fast or pray because I was lazy. My parents advised me to fast and pray but I did not pay any attention to them. What do I have to do, knowing that that Allaah has guided me, and now I fast and I regret what is past?

Detailed answer

Praise be to Allah.

Repentance wipes out whatever came before. You have to regret what you did, be determined not to repeat it, be sincere in your worship, do lots of naafil acts of worship such as praying naafil prayers night and day and observing voluntary fasts, read Qur’aan and make du’aa’. Allaah accepts the repentance of His slaves and forgives their bad deeds.