Don't Forget to Fast

Fasting Mondays and Thursdays: share the khayr!
Abu Hurairah reported that the most the Prophet (salAllahu alayhi wasallam) would fast would be Monday and Thursday. He was asked about that and he said: "The deeds of people are presented to Allah on every Monday and Thursday. Allah forgives every Muslim except for those who are deserting each other. He says: "leave them for later." (Ahmad)

The Prophet (salAllahu alayhi wasallam) said: “Fasting in the winter is the easy prize.” (Ahmad)
Posting Disclaimer Notice:
This posting is not my own creation collection. My effort is copy paste only. I got it from internet posted by someone else. I’m just saving some time for you to avoid searching everywhere. I’m not violating any copy rights law or not any illegal action which I'm not supposed to do. If anything is against law please notify me so that it can be removed.