Experts

Virtues of Rejab and Sha’ban: Preparing the Heart for Ramadan

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This article is based on the translated Friday sermons on the virtues of the months of Rejab and Sha’ban delivered under the authority of the Pahang State Mufti’s Office.

The months of Rejab and Sha’ban occupy a special position in the Islamic calendar. Both months serve as a spiritual prelude to Ramadan and provide Muslims with an important opportunity to strengthen faith, refine character and renew commitment to obedience to Allah.

Rejab is one of the four Sacred Months (Ash-hurul Hurum) honoured in Islam. These months are distinguished by their sanctity, during which good deeds carry greater reward and sins bear heavier consequences. This sacred status calls upon Muslims to increase acts of worship and to refrain from wrongdoing. Scholars explain that Rejab trains believers to cultivate discipline and awareness of Allah before entering the months that follow.

Sha’ban, which comes after Rejab, plays an equally important role as a month of spiritual preparation. It was during Sha’ban that the Prophet Muhammad SAW increased his acts of worship, particularly voluntary fasting. In an authentic narration, he described Sha’ban as a month often neglected by people, yet a time when deeds are raised to Allah. This highlights the importance of consistency in worship even when others may be heedless.

Both months emphasise the value of sincere repentance and moral refinement. The night of mid-Sha’ban, in particular, is described in prophetic traditions as a night when Allah extends forgiveness to His servants, except those who persist in shirk or harbour hatred and enmity in their hearts. This serves as a reminder that spiritual elevation is inseparable from ethical conduct and purity of intention.

Rejab and Sha’ban also encourage Muslims to increase engagement with the Qur’an, charity, remembrance of Allah and voluntary prayers. Scholars have likened Rejab to the month of planting good deeds and Sha’ban to the month of nurturing them, so that Ramadan becomes the season of harvest. This analogy underscores the importance of preparation rather than relying solely on Ramadan for spiritual transformation.

From an educational perspective, these months teach discipline, time management and moral responsibility. They remind the Muslim community that spiritual excellence is achieved gradually through consistent effort, not sudden change. In the context of contemporary life, where distractions are abundant, Rejab and Sha’ban offer a structured period for self-reflection and renewal.

As Muslims approach Ramadan, the lessons from these two months are clear. Faith must be strengthened through knowledge and practice. Worship must be accompanied by good character. Repentance must be sincere and continuous. By honouring Rejab and Sha’ban, believers prepare

themselves not only for Ramadan but also for a life guided by takwa and obedience to Allah.



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