

Duas (Intentions) for Fasting

A collection of the fasting intention (niyyah) wordings referenced in the guide

The Core Niyyah (Intention) Dua

نويت صوم غد لله تعالى

Nawaytu sawma ghadin lillahi ta'ala.

“I intend to fast tomorrow for the sake of Allah Almighty.”

This is a commonly used wording for expressing the intention to fast. It is not a fixed formula required in the Sunnah — the sincere intention in the heart is what matters, and reciting it aloud is optional.

English Intention — General / Ramadan

“I intend to fast tomorrow for the sake of Allah.”

Used before a Ramadan fast begins (can be made any time the night before Fajr).

English Intention — Voluntary (Nafil) Fasting

“I intend to fast for the sake of Allah.”

A general wording usable for any voluntary fast outside Ramadan.

English Intention — Day of Arafah

“I intend to fast on the Day of Arafah for the sake of Allah.”

No separate Arabic formula is prescribed specifically for Arafah — this general wording applies.

Note: There is no obligatory fixed dua for fasting. The essential element is the sincere niyyah (intention) in the heart to fast for the sake of Allah — in any language, spoken or unspoken. No separate special duas are established specifically for Ashura or Shab-e-Barat beyond this general intention.