This is because Allāh ﷺ through His infinite grace has promised reward ten-fold upon each action. Therefore, fasting three days is actually equivalent to fasting thirty days i.e. an entire month. Hence, the reward of practising upon this every month will be equal to the reward of one who fasts every single day of his life.

Rasūlullāh ﷺ himself punctually fasted on these days and also encouraged his followers to do the same. According to the weightiest opinion, the 13th, 14th and 15th of every lunar month have been titled Ayyāmul-Bīḍ, the days of Bīḍ.

For the month of Sha'bān, the Ayyāmul-Bīḍ will fall on 6th, 7th and 8th April

All readers are urged to make the most of this opportunity and practise upon this sunnah of Rasūlullāh ﷺ.