



I witnessed Eid with 'Umar ibn al-Khattāb (may Allah be pleased with him), and he said: These are two days that the Messenger of Allah (may Allah's peace and blessings be upon him) forbade fasting: the day of breaking your fast, and the other day in which you eat from your sacrifice

Abu 'Ubayd, the ex-slave of Ibn Az'har, reported: I witnessed Eid with 'Umar ibn al-Khattāb (may Allah be pleased with him), and he said: These are two days that the Messenger of Allah (may Allah's peace and blessings be upon him) forbade fasting: the day of breaking your fast, and the other day in which you eat from your sacrifice.

[Authentic hadith] [Narrated by Bukhari & Muslim]

The Prophet (may Allah's peace and blessings be upon him) forbade fasting on the days of Eid al-Fitr and Eid al-Ad'ha. As for Eid al-Fitr, it is the day of breaking the fast after the month of Ramadan, and as for the day of Eid al-Ad'ha, it is the day of eating from the sacrifices.

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