

# THE NINETEEN DAY BAHÁ'Í FAST

- ✿ The sublime station occupied by fasting in the Bahá'í Revelation.
- ✿ The period of fasting commences with the termination of the Intercalary Days, and ends with the Naw-Rúz Festival.
- ✿ Abstinence from food and drink, from sunrise to sunset, is obligatory.
- ✿ Fasting is binding on men and women on attaining the age of maturity, which is fixed at 15.

[from the *Synopsis and Codification of the Kitáb-i-Aqdas*]

The laws of God regarding fasting and obligatory prayer are absolutely incumbent upon His servants. Therefore, they must turn their faces to the Point of Adoration of the celestial Concourse, hold fast to the most sublime Station, and pray and supplicate that they may be freed from the doubts of misinterpretation. [‘Abdu’l-Bahá, *The Importance of Obligatory Prayer and Fasting*]

<u>Date</u>	<u>Sunrise</u>	<u>Sunset</u>	<u>Length of Day</u>
March 1, 2017	6:56 A.M.	6:25 P.M.	11h 29m 12s
March 2, 2017	6:55 A.M.	6:26 P.M.	11h 31m 15s
March 3, 2017	6:54 A.M.	6:27 P.M.	11h 33m 18s
March 4, 2017	6:52 A.M.	6:28 P.M.	11h 35m 21s
March 5, 2017	6:51 A.M.	6:29 P.M.	11h 37m 25s
March 6, 2017	6:50 A.M.	6:29 P.M.	11h 39m 29s
March 7, 2017	6:49 A.M.	6:30 P.M.	11h 41m 33s
March 8, 2017	6:47 A.M.	6:31 P.M.	11h 43m 37s
March 9, 2017	6:46 A.M.	6:32 P.M.	11h 45m 41s
March 10, 2017	6:45 A.M.	6:33 P.M.	11h 47m 46s
March 11, 2017	6:43 A.M.	6:33 P.M.	11h 49m 50s
March 12, 2017	6:42 A.M.	6:34 P.M.	11h 51m 55s
March 13, 2017	6:41 A.M.	6:35 P.M.	11h 54m 00s
March 14, 2017	6:40 A.M.	6:36 P.M.	11h 56m 05s
March 15, 2017	6:38 A.M.	6:36 P.M.	11h 58m 10s
March 16, 2017	6:37 A.M.	6:37 P.M.	12h 00m 15s
March 17, 2017	6:36 A.M.	6:38 P.M.	12h 02m 20s
March 18, 2017	6:34 A.M.	6:39 P.M.	12h 04m 26s
March 19, 2017	6:33 A.M.	6:39 P.M.	12h 06m 36s

(times are Phoenix Arizona March 2017)

“These are, O my Lord, the days in which Thou hast bidden Thy servants to observe the fast. Blessed is he that observeth the fast wholly for Thy sake and with absolute detachment from all things except Thee. Assist me and assist them. O my Lord, to obey Thee and to keep Thy precepts. Thou, verily, hast power to do what Thou chooseth.” ~ **Bahá'u'lláh**