



# Ramadan Planner

BY DINA



# رَمَضان

## MOST ASKED QUESTIONS ALL ABOUT RAMADAN

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### What is ramadan?

Ramadan is the ninth month in the Muslim lunar calendar. It is when Muslims fast from dawn until dusk. This includes abstaining from drinking, eating, immoral acts and anger. And replacing it with Other acts of worship such as prayer, reading the Qur'an and charity are also encouraged during Ramadan.

### Why do Muslims fast?

Ramadan is the month that aims to purify the soul and bring the individual closer to Allah (SWT).

One of the stand out features of the month of Ramadan is that the Holy Quran was revealed to Prophet Mohammed (PBUH) during this time.

Fasting teaches restraint; the ability to control worldly desires and spend time in prayer and meditation. Fasting is a noble act that is much beloved by Allah (SWT).

### How do you know when it is the start and end of ramadan?

Lunar months last between 29 to 30 days depending on when the new moon is sighted. If the moon is not seen on the night of the 29th, then Ramadan lasts for the full 30 days.

Towards the end, Muslims mark the occasion of Eid-ul-Fitr, a 1-3 day (depending on where you live) celebration that brings Ramadan to a close.  
(more information can be found on page 49)

### Does every muslim have to fast and is it obligatory?

Yes it is compulsory for every muslim to fast during this blessed month. However, there are some people who are exempt:

- 1) Children who are not adolescent yet
- 2) The elderly and chronically ill for whom fasting is unreasonably strenuous; such persons are required to feed at least one poor person every day in Ramadan for which he or she has missed fasting.
- 3) Pregnant women and Women during the period of menstruation or of post childbirth confinement.
- 4) The ill and the travellers can also defer their fasting.

# Sunnah Of Breaking Fast

Narrated Abu Huraira: The Prophet ﷺ said,

"Whosoever fasts experiences two joys. He is joyful when he breaks his fast and is joyful because of his fasting when he meets his lord." [Bukhari]

## Time to breaking the fast

"When evening approaches from this side (east) and the day retreats from this side (west) and the sun has set, the one who is fasting breaks his fast."

The Messenger of Allah ﷺ also said: "My nation will remain in goodness as long as they break the fast as soon as it is due"

اللَّهُمَّ إِنِّي لَكَ صُمْتُ وَبِكَ آمَنْتُ وَعَلَيْكَ تَوَكَّلْتُ وَعَلَى رِزْقِكَ أَفْطَرْتُ

Allahumma inni laka sumtu wa bika aamantu wa alayka tawakkaltu wa ala rizq-ika-aftartu  
O Allah! I fasted for You and I believe in You and I put my trust in You and I break my fast with Your sustenance

ذَهَبَ الظَّمَأُ وَابْتَلَّتِ الْعُرُوقُ وَثَبَتَ الأَجْرُ إِن شَاءَ اللهُ

Dhahab az zamaa'u wab tallatil urooqu wa thabat al-ajru Insha-Allah  
The thirst has vanished, the veins have been wetted and the reward is established - Insha-Allah.  
[Abu Dawud]

## Sunnah Food for Breaking the Fast

"Break your fast with a date or with water because it is pure."

(Abu Dawudi and Tirmidhi)

## Etiquette of breaking the fast

The Messenger of Allah (s.a.w.) said, "My nation will remain in goodness as long as they break the fast as soon as it is due." This is recorded in Swahih Muslim.

"The month of Ramadhan [is that] in which was revealed the Qur'an, a guidance for the people and clear proofs of guidance and criterion. So whoever sights [the new moon of] the month, let him fast it; and whoever is ill or on a journey - then an equal number of other days. Allah intends for you ease and does not intend for you hardship and [wants] for you to complete the period and to glorify Allah for that [to] which He has guided you; and perhaps you will be grateful."

# Du'a 101

**Circle/highlight** what you feel like you need to work on!

## DO'S

1. Patience
2. Integrity
3. Trustworthiness
4. Open-heartedness
5. Humility
6. Speak well about people
7. Forgive people
9. Give charity
10. Greet others with Salaam
11. Take care of personal hygiene
12. Show mercy
13. Say the morning & evening supplications
14. Go one day without complaining.
- "I only complain of my suffering and my grief to Allah." – The Holy Qur'an [12:86]
15. Accept your mistakes
16. Do Istighfaar
17. Use time wisely
18. Recite the Qur'an
19. Offer your Salah on time
20. Feed others
21. Busy your tongue in the Remembrance of Allah every opportunity you get!

## DONT'S

1. Lying
2. Jealousy
3. Arrogance
4. False accusations
5. Backbiting
6. Slander
7. Harboring grudges
8. Mocking and taunting
9. Theft
10. Arguments
11. Ignoring others
12. Not returning Salaam
13. Always finding faults in others
14. Pretension
15. Borrowing & not returning things
16. Rejecting sound advice
17. Interrupting others
18. Excessive Sleep
19. Procrastination
20. Always showing anger
21. Interference in other people's personal matters

## THE BEST TIME FOR DU'A TO BE ACCEPTED

- The last 1/3 part of the night
- During **jumu'ah prayer** when the khateeb sits down after the first sermon
- if you are under pressure or under oppression
- When it is raining
- When two armies meet
- On the day of arafah
- After adhan and before iqamah
- Du'a on **laylat-ul-Qadr**, on the night of the decree
- When you're sick
- Before and after breaking your fast
- When traveling
- Last 10 nights of ramadan.

There are 3 possible responses to your prayers;

- Yes

- Maybe Later

- Allah has something planned better for you.

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# 30 RAMADAN DEEDS

## checklist

Feed a fasting person.	Donate to a charity/ Donate unused items to the local masjid	Help your family with chores around the house.	Pay your Zakaat al-Fitr!
Spend time with your family/ younger siblings.	Go one day without complaining.	Pray Tahajjud and make du'a for someone going through hardship	Show your kindness to everyone, including animals.
Forgive others and, most importantly, yourself.	Engage in Dikhr. (dikhr means remembrance)	Make a Du'a List	Spend your day solely in remembrance of Allah.
Send an uplifting message to someone in need	Commit to giving up a bad habit & ask Allah (swt) for forgiveness	Call a family member/friend who you've not spoken to in a while	Learn one name of Allah and invoke Him with it.
Share your knowledge!	Memorise/ learn a new Surah	Stand in prayer on Laylatul Qadr.	Make an Eid card/share a gift with neighbours, family and friends



# Does it break the fast



TABLE TO HELP UNDERSTAND WHAT DOES AND DOES NOT BREAK THE FAST!

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	THE CAUSE	THE RULLING	THE MUFTI	THE CONDITION
1	MASTURBATION	<b>BREAKS THE FAST</b>	SHAYKH IBN AL-U'THAYMEEN	IF THEY DO NOT EJACULATE THEN THEY NEED TO REPENT FOR THE SIN, HOWEVER FAST IS STILL VALID
2	INTERCOURSE	<b>BREAKS THE FAST</b>	SHAYKH IBN AL-U'THAYMEEN	
3	CUPPING	<b>BREAKS THE FAST</b>	THE PERMANENT COMMITTEE OF MAJOR SCHOLARS	PROPHET SAWS (PEACE AND BLESSINGS OF ALLAAH BE UPON HIM) SAID: "THE CUPPER AND THE ONE TO WHOM CUPPING IS DONE BOTH BREAK THEIR FAST." SAHEEH ABI DAWOOD, 2074.
4	INTENTIONALLY EATING/DRINKING	<b>BREAKS THE FAST</b>	SHAYKH IBN AL-U'THAYMEEN	
5	NUTRITIONAL INJECTION	<b>BREAKS THE FAST</b>	SHAYKH IBN AL-U'THAYMEEN	THEY ARE CONSIDERED SIMILAR TO FOOD
6	SMOKING	<b>BREAKS THE FAST</b>	SHAYKH IBN AL-U'THAYMEEN	
7	VOMITTING	<b>DOESN'T BREAK THE FAST</b>	SHAYKH IBN AL-U'THAYMEEN	UNLESS IT HAPPENS INTENTIONALLY
8	USING AN INHALER	<b>DOESN'T BREAK THE FAST</b>	SHAYKH IBN AL-U'THAYMEEN	
9	BRUSHING TEETH WITH TOOTHPASTE	<b>DOESN'T BREAK THE FAST</b>	SHAYKH IBN AL-U'THAYMEEN AND SHAYKH IBN BAZ AND SHAYKH SALIH AL-FAWZAN	PREFERABLE TO AVOID USING STRONG TOOTHPASTE/MOUTHWASH AS THEY MAY REACH THE THROAT
10	USING MAKEUP OR COSMETICS	<b>DOESN'T BREAK THE FAST</b>	SHAYKH IBN AL-U'THAYMEEN & SHAYKH IBN BAZ	
11	SHOWER/ BATH	<b>DOESN'T BREAK THE FAST</b>	THE PERMANENT COMMITTEE OF MAJOR SCHOLARS AND SHAYKH IBN BAZ	IF THEY UNINTENTIONALLY SWALLOW THE WATER THE FAST IS STILL VALID IBN BAZ
12	LYING SWEARING OR USING BAD SPEECH	<b>DOESN'T BREAK THE FAST</b>	SHAYKH IBN AL-U'THAYMEEN	NONE THE LESS USING BAD SPEECH REDUCES THE REWARD OF FASTING!

# Dikhr

## TABLE OF DIKHR - FILL IT IN WITH YOUR OWN :)

Dikhr means remembering and commemorating God.  
Two of the verses of the Holy Quran pertaining to dhikr are:

"So (in return for all that) always remember and make mention of Me (when service to Me is due), that I may remember and make mention of you (when judgment and recompense are due); and give thanks to Me, and do not be ungrateful to Me."

(Al-Baqarah Surah, 2:152)

"O you who believe! When you meet a host in battle, stand firm and remember and mention God much, that you may triumph."

(Al-Anfal Surah, 8:45)

	TRANSLITERATION	MEANING	TIMES	ARABIC	REWARD
1	SUBHAAN'ALLAH	GLORY BE TO BE ALLAH	X100	سُبْحَانَ اللَّهِ	1000 GOOD DEEDS WRITTEN OR X1000 BAD DEEDS WIPED AWAY
2	SUBHAANALLAAH WA BIHAMDIHI	GLORY AND PRAISE IS TO ALLAH	X100 A DAY	سُبْحَانَ اللَّهِ وَ بِحَمْدِهِ	SINS WIPED AWAY EVEN IF THEY ARE AS MUCH AS THE FOAM OF THE SEA.
3	LAA HAWLA WA LAA QUWWATA ILLA BILLAH	THERE IS NO MIGHT OR POWER EXCEPT WITH ALLAH		لَا حَوْلَ وَ لَا قُوَّةَ إِلَّا بِاللَّهِ	* A TREASURE FROM THE TREASURES OF PARADISE., PLANTS IN PARADISE., ONE OF THE DOORS OF PARADISE. EVERLASTING GOOD DEEDS.
4					
5					
6					
7					
8					
9					
10					
11					
12					

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# Salah

## Different Types of Salah during Ramadan!

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### TARAWEEH

The Tarāwīh prayers are the only night prayers that are limited to a certain time of the Islamic calendar and that is in the blessed month of Ramaḍān. Its start time is after the 'Ishā' prayer is completed and is preferred by many scholars to be done in congregation.[4]

The Prophet ﷺ said:

"Whoever stands (in prayer) in Ramaḍān out of faith and the hope of reward, all his previous sins will be forgiven." [4,5,6,7]

It is highly recommended that if one starts to pray in congregation with an Imām that they complete what he decides to pray, for the Prophet ﷺ related that he is rewarded the full nights worth of prayer by doing so.[9]

Depending on the opinion that you follow (or depending on how tired you are) you can choose to pray eight rak'āt or twenty rak'āt (or any even number of rak'āt), as tarāweeh is prayed in sets of two rak'āt each. [18]

### WITR

The Witr prayer is considered one of the greatest sunnah acts and some of the scholars even felt that its status was obligatory.[13]

It is recommended that it be the last prayer that is prayed in the evening, and if one was to miss it for whatever reason, they should make it up the following day.

There are many ways to pray the Witr: the minimum is one Raka' with a Tashahud and a Taslīm.[14]

The maximum number of Rak'as (and also considered the best form to pray) is eleven made up of five separate double-cycles and then a single Raka' at the end to make the prayer odd.

However, with the Witr prayer, you can do any number of odd Rak'as, the most common being three either with two Taslīms (i.e. A two cycle prayer and then a separate one Raka' afterwards) or three connected Rak'as with one Taslīm at the end (and you can choose to have two Tashahud or one at the very end)

### AL-TAHAJJUD

The Prophet ﷺ famously mentions in a hadith that, "The best of prayer after the obligatory prayers is night prayer." [11]

The Tahajjud is highly rewardable at any point of the night however and whenever it is prayed but, due to various narrations, it has a few preferred times depending on how we divide up the evening:

- The most rewarding way is the prayer of Dāwūd ('alayhi al-Salām)[12] and that is by dividing the night into 6 equal portions, sleeping for the first three, waking up and praying the fourth and fifth portion, then returning back to sleep for the last before waking for the morning prayer.
- If the evening is divided into three equal time periods, then the best of these is the middle portion to pray in, thus one would sleep a few hours, wake up to pray, go back to bed afterwards and then wake up for the morning prayer. Praying the last portion is also highly recommended.
- If the night is divided into two, then the second portion is better than the first.

### NAFL AL-MUTLAQ

One who decides to pray in the night any number of cycles is praying Nafl Al-Mutlaq (often called Al-Qiyām) and the only difference between this and the Tahajjud is that the Tahajjud prayer is only considered so if one wakes up from their sleep to perform it.

The Nafl in the night has **no limit** as to how many one wants to pray - some of the great scholars and pious predecessors prayed a great number of cycles during the night and some of them completed great amounts of reading, prostrations and bowings.

The Prophet ﷺ also alluded to completing many prostrations by advising Rabī b. Kab (radīy Allāhu 'anhu) to help his path to paradise with many prostrations.[10]

SOURCES:

[4] SOME ULEMA SAID IT IS BEST TO BE DONE AT HOME AS LIKE OTHER VOLUNTARY ACTIONS, IT IS BEST TO NOT BE MADE PUBLIC.

[5] THE SCHOOLS OF IMAM ABU HANIFA (RA), IMAM AL-SHAFI (RA) AND IMAM AHMAD (RA)

[6] IMAM MALIK (RA) PREFERRED THIS TO BE DONE IN THE CITY OF MEDINA

[7] IMAM AL-SHIRBINI AL-KHATEEB (RA) MENTIONS THAT THERE IS AGREEMENT AMONGST THE SCHOLARS ON THIS POINT.

[8] AL-BUKHĀRĪ

[9] "WHOEVER PRAYS QIYĀM WITH THE IMĀM UNTIL HE FINISHES, ALLĀH (SUBHĀNĀHU WA TA'ĀLĀ) WILL RECORD IT AS IF HE PRAYED THE WHOLE

NIGHT - AL-NISĀ'

[10] IBN MAJĀH

[12] AL-BUKHĀRĪ AND MUSLIM

[13] IMAM ABU HANIFA (RADYI ALLĀHU 'ANHU) CONSIDERED THE PRAYER TO BE WĀJIB

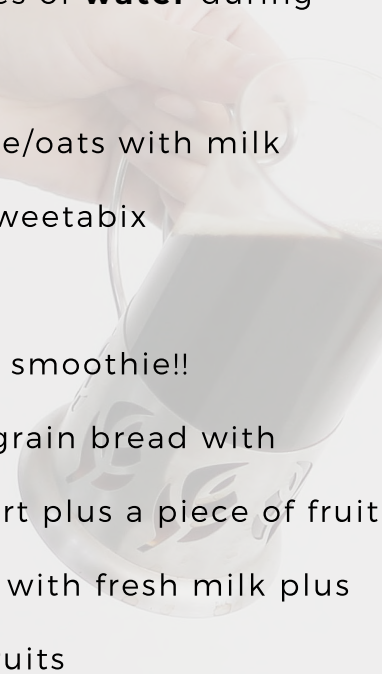
[14] ACCORDING TO THE HANAFI SCHOOL, THE WITR HAS TO BE MADE UP OF THREE RAKAS

SITED: [HTTPS://WWW.ISLAM21C.COM/ISLAMIC-LAW/THE-DIFFERENT-TYPES-OF-PRAYER-AT-NIGHT/#\\_FTN14](https://www.islam21c.com/islamic-law/the-different-types-of-prayer-at-night/#_ftn14)

[18] [HTTPS://WWW.AMALIAH.COM/POST/55660/HOW-TO-PRAY-TARAWEEH-AT-HOME-WHAT-IS-TARAWEEH](https://www.amaliah.com/post/55660/how-to-pray-taraweeh-at-home-what-is-taraweeh)

# WHAT TO EAT FOR SUHOOR?

"... and eat and drink till the whiteness of the day becomes distinct from the blackness of the night at dawn, then complete the fast till nighttime" (The Qur'an Surah Baqarah 2:187).

- 
- 2 glasses of **water** during suhoor
  - porridge/oats with milk
  - cereal/weetabix
  - dates
  - make a smoothie!!
  - whole grain bread with yoghurt plus a piece of fruit
  - cereals with fresh milk plus dried fruits
  - banana - high in fiber
  - a handful of unsalted nuts

## What about a Milkshake! (vegan too!)

- 2 large frozen bananas
- 2 cups unsweetened almond milk (or any milk of choice)
- 3-4 dates, pitted
- ½ tbsp cinnamon
- Pinch of salt
- ½ cup oats
- 1 tbsp chia seeds
- 2 tbsp almond or peanut butter
- 1 scoop vanilla protein powder (optional)

Blend all ingredients on high until smooth and creamy.

By [www.onearabvegan.com](http://www.onearabvegan.com)  
lg: @kingdxna

## Fancy some Overnight oats with apple and nuts?

- 50g Porridge oats
- 2 apples, coarsely grated
- 20g/¾oz blanched hazelnuts, roughly chopped
- ¼ tsp ground cinnamon
- ¼ tsp ground nutmeg
- 100ml of your preferred milk
- add Greek yoghurt
- 100g blueberries
- 10g flaked almonds, toasted

In a bowl mix the oats, apples, hazelnuts, cinnamon and nutmeg. Stir in the yoghurt and milk, then cover the bowl and chill in the fridge for several hours or overnight.

By Justine Pattison - BBC FOOD

## Ooo.. Foul Muddamas?

- 2 cans small fava beans
- 1/4 tsp red pepper flakes
- 2 cloves garlic, mashed
- 2 tbs lemon juice
- 1 1/2 tsp cumin
- 1 tsp salt
- 1/3 cup extra virgin olive oil

1. Drain and rinse beans, then place in a medium-sized saucepan with 1/2 cup water. Cover the pan and place on the stove over medium heat until the beans are heated through.
2. Meanwhile, whisk together all the remaining ingredients in a small bowl
3. Drain the beans, then mash with a potato masher. Alternately you may also process the beans in a food processor for a smoother consistency.
4. Once mashed, mix about 2/3 of the dressing into the beans. Place in a medium-sized serving bowl and smooth out the top. Using the back of a spoon, create a ridge around the sides of the beans, then create a shallow well in the centre. Pour the remaining dressing over the top.
5. If desired, you may garnish the bean spread with chopped tomato, green onion, fresh parsley, and a sprinkle of smoked paprika.

By M.K. Bodo - <https://delishably.com/>

Stay away from sweets that can increase your feeling of hunger a few hours after you start your fast. Also, avoid salty foods because they trigger thirst.



# Du'a sheet

Ig: @kingdxna

## Du'a before studying

لِلّهِمَّ أَنْفَعْنِي بِمَا عَلَّمْتَنِي وَ عَلَّمْنِي مَا يَنْفَعُنِي. اللّهُمَّ إِنِّي  
أَسْأَلُكَ فَهَمَّ النَّبِيِّينَ وَ جَفْظَ الْمُرْسَلِينَ الْمُقَرَّبِينَ. اللّهُمَّ اجْعَلْ  
لِسَانِي عَامِرًا بِذِكْرِكَ وَ قَلْبِي بِخَشْيَتِكَ. إِنَّكَ عَلَى مَا تَشَاءُ  
قَدِيرٌ وَ أَنْتَ حَسْبُنَا اللّهُ وَ نِعْمَ الْوَكِيلُ

Allahumma infa'ni bimaa 'allamtani wa  
'allimni ma yan-fa'uni. Allahumma inni as-  
aluka fahman-nabiyyeena wa hifdhal-  
mursaleena al-muqarrabeen. Allahumma ij'al-  
lisaani 'aamiran be dhikrika wa qalbi bi-  
khashyatika. Innaka 'alaa maa tashaa-u  
qadeer. Wa anta hasbuna-Allahu wa ni'mal  
wakeel.

Oh Allah! Make useful for me what you have taught  
me and teach me knowledge that will be useful to  
me. Oh Allah! I ask you for the understanding of the  
prophets and the memory of the messengers, and  
those nearest to you. Oh Allah! Make my tongue full of  
your remembrance and my heart with awe of you. Oh  
Allah! You do whatever you wish, and you are my  
availer and protector and best of aid.

## Du'a most often recited by the prophet Muhammad ﷺ

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ [البقرة  
201:]

Rabbana atina fid-dunya hasanatan wa fil  
'akhirati hasanatan waqina 'adhaban-nar

"Our Lord! Grant us good in this world and good in  
the hereafter, and save us from the chastisement of  
the fire" [2:201]

## Du'a for anxiety/grief

اللّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحَزَنِ، وَالْعَجْزِ وَالْكَسَلِ،  
وَالْبُخْلِ وَالْجُبْنِ، وَصَلْعِ الدَّيْنِ، وَغَلَبَةِ الرِّجَالِ

Allaahumma 'innee 'a'oothu bika minal-  
hammi walhazani, wal'ajzi walkasali,  
walbukhli waljubni, wa dhala'id-dayni wa  
ghalabatir-rijaal.

O Allah, I seek refuge in You from grief and sadness,  
from weakness and from laziness, from miserliness  
and from cowardice, from being overcome by debt  
and overpowered by men (i.e. others).

Al-Bukhari 7/158.

See also Al-Asqalani, Fathul-Bari 11/173

## Dua for protection from illness and disease

اللّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْبَرَصِ، وَالْجُنُونِ، وَالْجَدَامِ، وَمِنْ  
سَيِّئِ الْأَسْقَامِ

Allah humma inni a'udhu bika minal-  
barasi, wal-jununi, wal-judhaami, wa min  
sayyi'il-asqaami

"O Allah, I seek refuge in You from  
leprosy, insanity, elephantiasis, and the  
worst of diseases." [Abu Dawud]

## Dua for leaving the house

بِسْمِ اللّٰهِ، تَوَكَّلْتُ عَلَى اللّٰهِ، وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللّٰهِ

Bismillaahi, tawakkaltu 'alallaahi, wa laa hawla  
wa laa quwwata illaa billaah

"In the Name of Allah, I have placed my trust in  
Allah; there is no might and no power except  
by Allah." it will be said to him: 'You are guided,  
defended and protected.' The devil will go far  
away from him." [Abu Dawud]

## Du'a for forgiveness

رَبِّ إِنِّي أَعُوذُ بِكَ أَنْ أَسْأَلَكَ مَا لَيْسَ لِي بِهِ عِلْمٌ، وَإِلَّا  
تَغْفِرْ لِي وَتَرْحَمْنِي أَكُنْ مِنَ الْخَاسِرِينَ

Rabbi Inneee A-o'od'u Bika An As-alaka Maa Laysa  
Lee Bihee l'Im Wa Illaa Taghfirlee Wa Tarh'amneee  
Akum Minal Khaasireen

O my Lord! I seek refuge with You from asking You  
that of which I have no knowledge. And unless  
You forgive me and have Mercy on me, I would  
indeed be one of the losers.

## Du'a for distress

اللّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَ الْحَزَنِ، وَالْعَجْزِ وَالْكَسَلِ  
وَالْبُخْلِ وَالْجُبْنِ، وَصَلْعِ الدَّيْنِ وَغَلَبَةِ الرِّجَالِ

Allahumma rahmataka arjoo falaa takilnee ilaa  
nafsee tarfata aynin wa aslih-lee shanee kullahu,  
laa ilaha illa anta.

'O Allah, it is your mercy that I hope for, so do not leave  
me in charge of my affairs even for a blink of an eye and  
rectify for me all of my affairs. None has the right to be  
worshipped except you.'



Make your own!

# My Du'a List:



DU'A ON..

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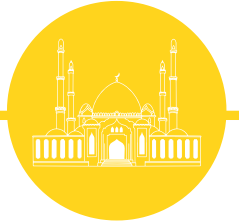
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DU'A ON..

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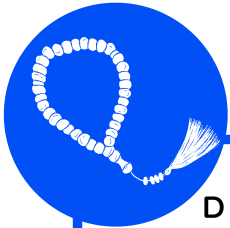
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DU'A ON..

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DU'A ON..

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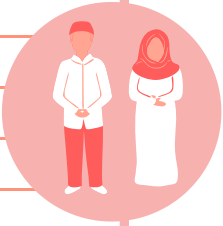
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DU'A ON..

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DU'A ON..

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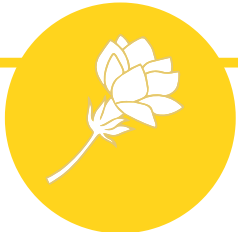
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# WHAT ARE YOUR RAMADAN GOALS?







<i>Day</i>	<i>Month</i>	<i>Year</i>

MAKE THE MOST OF THIS BLESSED MONTH!

Firstly, How do you feel?

"By the morning brightness, and by the night when it covers with darkness, your Lord has neither forsaken you, nor has He become displeased. And surely the hereafter is better for you than the first life. And surely your Lord will give to you, and you shall be well-pleased."  
[Qur'an, 93:1-5]

Tick/cross how you feel!

Happy/excited	Calm	Tired	Sad	Anxious	Stressed
					

It's okay to feel a mix of emotions!



## GOALS FOR THE MONTH:

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## GOALS FOR THE FIRST 10 DAYS:

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SALAH?

LEARNING THE MEANING OF SOMETHING?



LEARNING QUR'AN?



## DAILY GOALS:

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Mood tracker :

Colour in or write down one word of how you feel the next 10 days!

Happy/excited	Calm	Tired	Sad	Anxious	Stressed
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Day 1	Day 2	Day 3	Day 4	Day 5
Day 6	Day 7	Day 8	Day 9	Day 10

(take care of your mental health!)

# DAY 1 OF RAMADAN

# 1

ARE YOU FASTING TODAY?

YES  NO

IF NO:

PAY FIDYAH  MAKE UP FAST

**Day Month Year**

"The month of Ramadhan [is that] in which was revealed the Qur'an, a guidance for the people and clear proofs of guidance and criterion. So whoever sights [the new moon of] the month, let him fast it:"

-- The Quran 2:185 (Surah al-Baqarah)



## Daily SCHEDULE

what do you have planned for the day?

04:00 MORNING

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12:00 AFTER-NOON

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18:00 EVENING

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## NOTES:

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What *good deed* did you do today?

## SALAH

Fajr

Zuhur

Asr

Maghrib

Isha

Taraweeh

# .....

CREATED BY @KINGDXNA

*Quran*

JUZ'1: AL FATHIHA 1 - AL BARAQARAH 141 (1:1-2:141)

QUR'AN (1.1)-(2.29)

QUR'AN (2.30)-(2.61)

QUR'AN (2.62)-(2.88)

QUR'AN (2.89)-(2.112)

QUR'AN(2.113)-(2.141)

## Meal plans:

Suhoor....

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Tick if you've had any of these!



Dates



Water



Fruits



Oatmeal

Iftar....

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---

Tick if you've had any of these!



Dates



Water



Fruits



Rice



Samosas



Curry

# DAY 2 OF RAMADAN

# 2

ARE YOU FASTING TODAY?

YES  NO

IF NO:

PAY FIDYAH  MAKE UP FAST

**Day Month Year**

"But to fast is best for you, if you only knew."

-- The Quran 2:184 (Surah al-Baqarah)



## Daily SCHEDULE

what do you have planned for the day?

04:00 MORNING

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12:00 AFTER-NOON

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18:00 EVENING

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## NOTES:

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What *Sunnah Habit* would you like to practice today?

## SALAH

- Fajr
- Zuhur
- Asr
- Maghrib
- Isha
- Taraweeh
- #

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JUZ'2: AL BARAQARAH 142- AL BARAQARAH 252 (2:142-2:252)

- QUR'AN (2.142)-(2.162)
- QUR'AN (2.163)-(2.185)
- QUR'AN (2.186)-(2.207)
- QUR'AN (2.208)-(2.229)
- QUR'AN(2.230)-(2.252)

## Meal plans:

Suhoor....

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Tick if you've had any of these!



Dates



Water



Fruits



Oatmeal

Iftar....

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Tick if you've had any of these!



Dates



Water



Fruits



Rice



Samosas



Curry

# DAY 3 OF RAMADAN

# 3

ARE YOU FASTING TODAY?

YES  NO

IF NO:

PAY FIDYAH  MAKE UP FAST

**Day Month Year**

"...And eat and drink until the white thread of dawn becomes distinct to you from the black thread [of night]. Then complete the fast until the sunset..."

-- The Quran Surat Al-Baqarah 2:187



## Daily SCHEDULE

what do you have planned for the day?

04:00 MORNING

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12:00 AFTER-NOON

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18:00 EVENING

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## NOTES:

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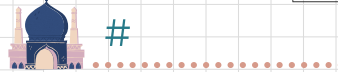
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The Prophet ﷺ Fasted 9 ramadans in his life!

## SALAH

- Fajr
- Zuhur
- Asr
- Maghrib
- Isha
- Taraweeh



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JUZ'3: AL BARAQARAH 253 - AL IMRAN 91 (2:253-3:91)

- QUR'AN (2:253)-(2:1278)
- QUR'AN (2:279)-(3:17)
- QUR'AN (3:18)-(3:42)
- QUR'AN (3:43)-(3:67)
- QUR'AN (3:68)-(3:91)

## Meal plans:

Suhoor....

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Tick if you've had any of these!



Dates



Water



Fruits



Oatmeal

Iftar....

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Tick if you've had any of these!



Dates



Water



Fruits



Rice



Samosas



Curry

# DAY 4 OF RAMADAN



ARE YOU FASTING TODAY?

YES  NO

IF NO:

PAY FIDYAH  MAKE UP FAST

**Day Month Year**

"Allah does not burden a soul beyond that it can bear"

-- The Qur'an Surah Al-Baqarah 2:286



## Daily SCHEDULE

what do you have planned for the day?

04:00 MORNING

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12:00 AFTER-NOON

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18:00 EVENING

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## NOTES:

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The word Quran is used 70 times in the Holy Quran.

[QuranReading.com](http://QuranReading.com)

## SALAH

Fajr

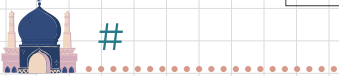
Zuhur

Asr

Maghrib

Isha

Taraweeh



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JUZ'4: AL IMRAN 92 - AL NISAA 23 (3:92-4:23)

QUR'AN (3:92)-(3:118)

QUR'AN (3:119)-(3:145)

QUR'AN (3:146)-(3:171)

QUR'AN (3:172)-(3:197)

QUR'AN (3:198)-(4:23)

## Meal plans:

Suhoor....

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Tick if you've had any of these!



Dates



Water



Fruits



Oatmeal

Iftar....

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Tick if you've had any of these!



Dates



Water



Fruits



Rice



Samosas



Curry



# DAY 5 OF RAMADAN

# 5

ARE YOU FASTING TODAY?

YES  NO

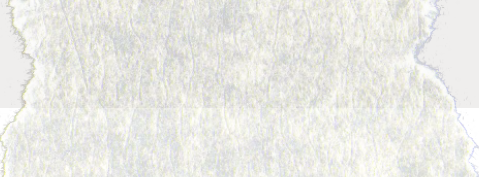
IF NO:

PAY FIDYAH  MAKE UP FAST

<b>Day</b>	<b>Month</b>	<b>Year</b>




"Allah is Well-Informed of all that you do."

-- The Qur'an Surah an-Nisa 04:135



## Daily SCHEDULE

what do you have planned for the day?

04:00	 MORNING
12:00	 AFTER-NOON
18:00	 EVENING

## NOTES:

What *Surah* did you practice today?

## SALAH

Fajr	<input type="checkbox"/>
Zuhur	<input type="checkbox"/>
Asr	<input type="checkbox"/>
Maghrib	<input type="checkbox"/>
Isha	<input type="checkbox"/>
Taraweeh	<input type="checkbox"/>
 #	.....

CREATED BY @KINGDXNA



JUZ'5: AN NISAA 24 - AN NISAA 147 (4:24-4:147)

QUR'AN (4:24)-(4:48)	<input type="checkbox"/>
QUR'AN (4:29)-(4:72)	<input type="checkbox"/>
QUR'AN (4:73)-(4:96)	<input type="checkbox"/>
QUR'AN (4:97)-(4:120)	<input type="checkbox"/>
QUR'AN (4:121)-(4:147)	<input type="checkbox"/>

## Meal plans:







Suhoor....


Tick if you've had any of these!

			
Dates	Water	Fruits	Oatmeal

Iftar....


Tick if you've had any of these!

			
Dates	Water	Fruits	Rice
			
Samosas	Curry		

# DAY 6 OF RAMADAN

# 6

ARE YOU FASTING TODAY?

YES  NO

IF NO:

PAY FIDYAH  MAKE UP FAST


*Day Month Year*

"But perhaps you hate a thing and it is good for you; and perhaps you love a thing and it is bad for you. And Allah Knows, while you know not."

-- The Quran Surah Al-Baqarah [2:216]

## Daily SCHEDULE

what do you have planned for the day?

04:00  MORNING

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12:00  AFTER-NOON

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18:00  EVENING

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## NOTES:

Baqarah is the longest surah and Kawthar is the shortest surah in the Qur'an.

- At-Tirmitheh

## SALAH

Fajr

Zuhur

Asr

Maghrib

Isha

Taraweeh

 #

CREATED BY @KINGDXNA

Quran 

JUZ'6: AN NISAA 148 - AL MA'FDAH 81 (4:148-5:81)

QUR'AN (4:148)-(4:169)

QUR'AN (4:169)-(5:18)

QUR'AN (5:19)-(5:39)

QUR'AN (5:40)-(5:60)

QUR'AN (5:61)-(5:81)

## Meal plans:

Suhoor....

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Tick if you've had any of these!



Dates



Water



Fruits



Oatmeal

Iftar....

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Tick if you've had any of these!



Dates



Water



Fruits



Rice



Samosas



Curry

# DAY 7 OF RAMADAN

# 7

ARE YOU FASTING TODAY?

YES  NO

IF NO:

PAY FIDYAH  MAKE UP FAST

*Day* *Month* *Year*

"And He knows what is on the land and in the sea. Not a leaf falls but that He knows it."

-- The Quran Surah Al an'am [6:59]



## Daily SCHEDULE

what do you have planned for the day?

04:00 MORNING

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12:00 AFTER-NOON

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18:00 EVENING

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## NOTES:

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Whoever reads one letter of the qur'an will receive 10 rewards which is multiplied during ramadan. - At-Tirmidhee

## SALAH

Fajr

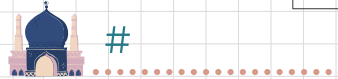
Zuhur

Asr

Maghrib

Isha

Taraweeh



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JUZ'7: AL MA'FDAH 82 - AL AN'AM 110 (5:82-6:110)

QUR'AN (5:82)-(5:112)

QUR'AN (5:113)-(6:22)

QUR'AN (6:23)-(6:51)

QUR'AN (6:52)-(6:80)

QUR'AN (6:81)-(6:110)

## Meal plans:

Suhoor....

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Tick if you've had any of these!



Dates



Water



Fruits



Oatmeal

Iftar....

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Tick if you've had any of these!



Dates



Water



Fruits



Rice



Samosas



Curry

# DAY 8 OF RAMADAN

# 8

ARE YOU FASTING TODAY?

YES  NO

IF NO:

PAY FIDYAH  MAKE UP FAST

*Day Month Year*

"Our Lord! Pour upon us patience and let us die as Muslims [in submission to You]."

-- The Quran Surah Al-A'raf [7:126]



## Daily SCHEDULE

what do you have planned for the day?

04:00 MORNING

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12:00 AFTER-NOON

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18:00 EVENING

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## NOTES:

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## SALAH

- Fajr
- Zuhur
- Asr
- Maghrib
- Isha
- Taraweeh
- #

CREATED BY @KINGDXNA

*Quran*

JUZ'8: AL AN'AM 111 - AL A'RAF 81 (6:111-7:87)

- QUR'AN (6:111)-(6:139)
- QUR'AN (6:140)-(7:02)
- QUR'AN (7:03)-(7:31)
- QUR'AN (7:32)-(7:59)
- QUR'AN (7:60)-(7:87)

## Meal plans:

Suhoor....

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Tick if you've had any of these!



Dates



Water



Fruits



Oatmeal

Iftar....

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Tick if you've had any of these!



Dates



Water



Fruits



Rice



Samosas



Curry

Adi bin Hatim (MAPH) reported: I heard the Prophet (SAWS) saying: "Protect yourself from (Hell) Fire, by giving of half of a date (in charity)".

Source: (Al-Bukhari and Muslim).

# DAY 9 OF RAMADAN

# 9

ARE YOU FASTING TODAY?

YES  NO

IF NO:

PAY FIDYAH  MAKE UP FAST

*Day* *Month* *Year*

"And Allah would not punish them while they seek forgiveness"

-- The Quran Surah Al-Anfal [8:33]



## Daily SCHEDULE

what do you have planned for the day?

04:00 MORNING

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12:00 AFTER-NOON

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18:00 EVENING

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## NOTES:

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## SALAH

Fajr

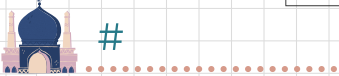
Zuhur

Asr

Maghrib

Isha

Taraweeh



CREATED BY @KINGDXNA

*Quran*

JUZ'9: AL A'RAF 88 - AL ANFAL 40 (7:88-8:40)

QUR'AN (7:88)-(7:119)

QUR'AN (7:120)-(7:150)

QUR'AN (7:151)-(7:181)

QUR'AN (7:182)-(8:06)

QUR'AN (8:07)-(8:40)

## Meal plans:

Suhoor....

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Tick if you've had any of these!



Dates



Water



Fruits



Oatmeal

Iftar....

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Tick if you've had any of these!



Dates



Water



Fruits



Rice



Samosas



Curry

The Prophet ﷺ said: "Whoever feeds the person who is breaking his fast, he will have his reward (for his fasting) without decreasing anything from the reward of the fasting person." Source: [Al-Tirmidhi, Ibn Maajah - Classed as Sahih by Sh al-Albaani]

# DAY 10 OF RAMADAN

# 10

ARE YOU FASTING TODAY?

YES  NO

<input type="text"/>	<input type="text"/>	<input type="text"/>
<i>Day</i>	<i>Month</i>	<i>Year</i>

IF NO:

PAY FIDYAH  MAKE UP FAST

"O you who have believed, repent to Allah with sincere repentance. Perhaps your Lord will remove from you your misdeeds and admit you into gardens beneath which rivers flow."

-- The Quran Surah At-Tahrim [66:8]



## Daily SCHEDULE

what do you have planned for the day?

04:00 MORNING

Handwriting lines for morning schedule.

12:00 AFTER-NOON

Handwriting lines for afternoon schedule.

18:00 EVENING

Handwriting lines for evening schedule.

## NOTES:

Handwriting lines for notes.

## SALAH

- Fajr
- Zuhur
- Asr
- Maghrib
- Isha
- Taraweeh
- # \_\_\_\_\_

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Quran

JUZ'10: AL ANFAL 41 - AT TAUBA 93 (8:41-9:93)

- QUR'AN (8:41)-(8:66)
- QUR'AN (8:67)-(9:16)
- QUR'AN (9:17)-(9:41)
- QUR'AN (9:42)-(9:66)
- QUR'AN (9:67)-(9:93)

## Meal plans:

Suhoor....

Handwriting lines for Suhoor meal plan.

Tick if you've had any of these!

- Dates
- Water
- Fruits
- Oatmeal

Iftar....

Handwriting lines for Iftar meal plan.

Tick if you've had any of these!

- Dates
- Water
- Fruits
- Rice
- Samosas
- Curry

In the last 3rd of the night, Allah accepts all dua's!

Source: Bukhaari (1145) and Muslim (1261)





# ALHAMDULILLAH YOU HAVE FASTED THE FIRST 10 DAYS!

## NOW.. LET'S REFLECT..

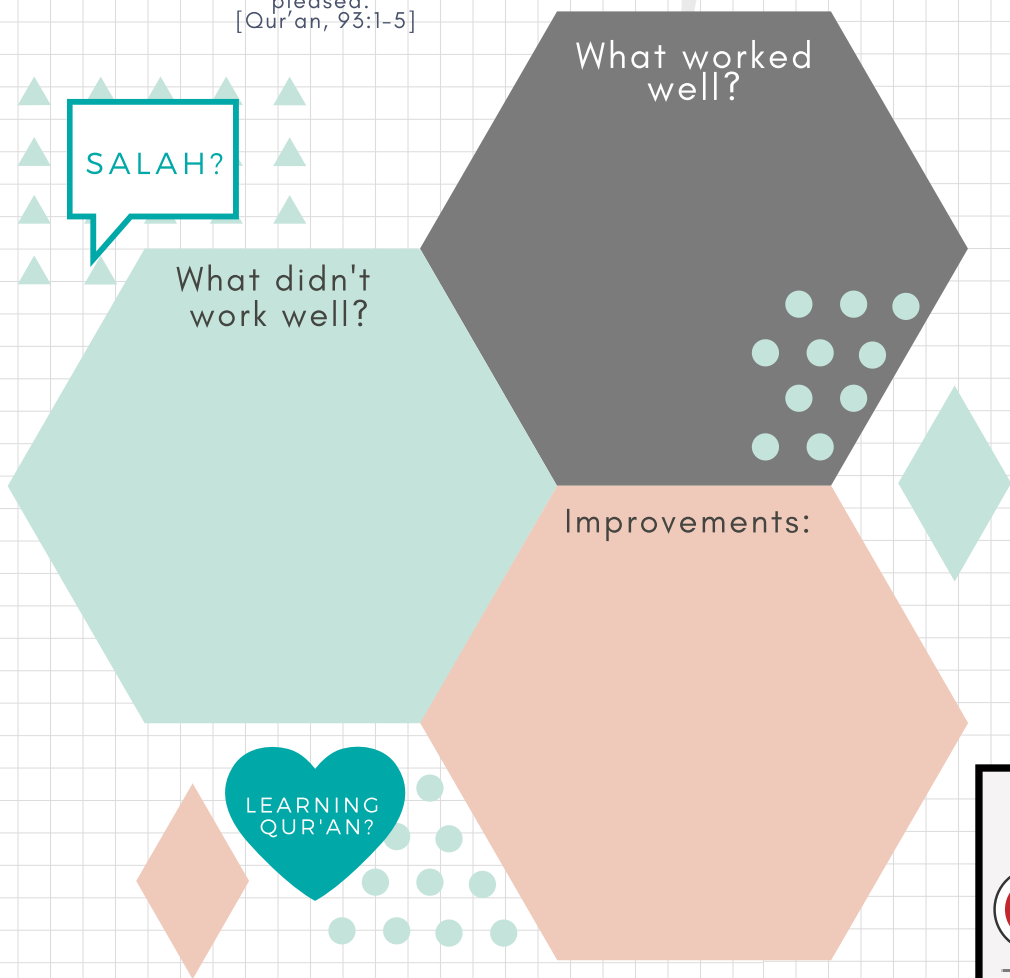
### Firstly, How do you feel?

### Tick/cross how you feel!

"By the morning brightness, and by the night when it covers with darkness, your Lord has neither forsaken you, nor has He become displeased. And surely the hereafter is better for you than the first life. And surely your Lord will give you, and you shall be well-pleased."  
[Qur'an, 93:1-5]

Happy/excited Calm Tired Sad Anxious Stressed

It's okay to feel a mix of emotions!



How many fasts did you keep so far?  
 .....

How much Qur'an did you read?  
 .....

Best deed so far?  
 .....

GOALS FOR THE NEXT 10 DAYS:

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**Mood tracker :**  
 Colour in or write down one word of how you feel the next 10 days!

Happy/excited	Calm	Tired	Sad	Anxious	Stressed
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Day 1	Day 2	Day 3	Day 4	Day 5	
Day 6	Day 7	Day 8	Day 9	Day 10	

(take care of your mental health!)

# DAY 11 OF RAMADAN

# 11

ARE YOU FASTING TODAY?

YES  NO

IF NO:

PAY FIDYAH  MAKE UP FAST

**Day**
 **Month**
 **Year**

"And be patient, for indeed, Allah does not allow to be lost the reward of those who do good."

-- The Quran Surah Hud [11:115]



## Daily SCHEDULE

what do you have planned for the day?

04:00 MORNING

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12:00 AFTER-NOON

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18:00 EVENING

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## NOTES:

He who says 'Subhanallahi wa bihamdihi' 100 times a day his sins will be obliterated even if they are equal to the extent of the foam of the ocean

Source: [Al-Bukhari and Muslim].

## SALAH

Fajr

Zuhur

Asr

Maghrib

Isha

Taraweeh

#

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JUZ'11: AT TAUBA 94 - HUD 5 (9:94-11:05)

QUR'AN (9:94)-(9:123)   
 QUR'AN (9:124)-(10:23)   
 QUR'AN (10:24)-(10:53)   
 QUR'AN (10:54)-(10:82)   
 QUR'AN (10:83)-(11:05)

## Meal plans:

Suhoor....

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Tick if you've had any of these!



Iftar....

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---



---

Tick if you've had any of these!



Samosas

Curry

# DAY 12 OF RAMADAN

# 12

ARE YOU FASTING TODAY?

YES  NO

IF NO:

PAY FIDYAH  MAKE UP FAST

*Day Month Year*

"I only complain of my suffering and my grief to Allah, and I know from Allah that which you do not know.."

-- The Quran Surah Yusuf [12:86]



## Daily SCHEDULE

what do you have planned for the day?

04:00 MORNING

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12:00 AFTER-NOON

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18:00 EVENING

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## NOTES:

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The word "day" is mentioned 365 times in the Qur'an (singular Arabic form) "yawm"  
Source: Quran Miracles Youtube - Word Count

## SALAH

Fajr

Zuhur

Asr

Maghrib

Isha

Taraweeh

# .....

CREATED BY @KINGDXNA

*Quran*

JUZ'12: HUD 6 - YUSUF 52  
(11:06-12:52)

QUR'AN (11:06)-(11:39)  
 QUR'AN (11:40)-(11:72)  
 QUR'AN (11:73)-(11:105)  
 QUR'AN (11:106)-(12:15)  
 QUR'AN (12:16)-(12:52)

## Meal plans:

Suhoor....

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Tick if you've had any of these!

Dates  Water  Fruits  Oatmeal

Iftar....

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Tick if you've had any of these!

Dates  Water  Fruits  Rice  
 Samosas  Curry

# DAY 13 OF RAMADAN

# 13

ARE YOU FASTING TODAY?

YES  NO

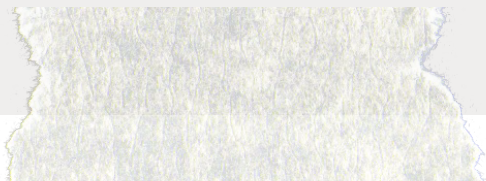
IF NO:

PAY FIDYAH  MAKE UP FAST

**Day**
 **Month**
 **Year**

"And never think that Allah is unaware of what the wrongdoers do."

-- The Quran Surah Ibrahim [14:42]



## Daily SCHEDULE

what do you have planned for the day?

04:00 MORNING

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12:00 AFTER-NOON

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---

18:00 EVENING

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## NOTES:

The word "month" is mentioned 12 times in the Qur'an (singular Arabic form) "yawm"

Source: Quran Miracles Youtube - Word Count

## SALAH

Fajr

Zuhur

Asr

Maghrib

Isha

Taraweeh

# \_\_\_\_\_

CREATED BY @KINGDXNA



JUZ'13: YUSUF 53 - IBRAHIM 52 (12:53 - 14:52)

QUR'AN (12:53)-(12:83)  
 QUR'AN (12: 84)-(13:02)  
 QUR'AN (13:03)-(13:33)  
 QUR'AN (13:34)-(14:20)  
 QUR'AN (14:21)-(14:52)

## Meal plans:

Suhoor....

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Tick if you've had any of these!



Iftar....

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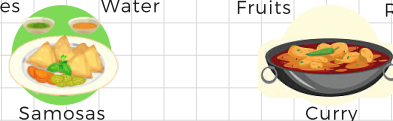


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Tick if you've had any of these!



# DAY 14 OF RAMADAN

# 14

ARE YOU FASTING TODAY?

YES  NO

IF NO:

PAY FIDYAH  MAKE UP FAST

**Day Month Year**

"And indeed, the Hour is coming; so forgive with gracious forgiveness."

-- The Quran Surah Al Hijr [15:85]



## Daily SCHEDULE

what do you have planned for the day?

04:00 MORNING

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12:00 AFTER-NOON

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18:00 EVENING

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### SALAH

Fajr

Zuhur

Asr

Maghrib

Isha

Taraweeh

# .....

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JUZ'14: AL HIJR 1 - AN NAHL 128 (15:1-16:128)

QUR'AN (15:01)-(15:46)   
 QUR'AN (15:47)-(15:91)   
 QUR'AN (15:92)-(16:37)   
 QUR'AN (16:38)-(16:82)   
 QUR'AN (16:83)-(16:128)

### Meal plans:

Suhoor....

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Tick if you've had any of these!

Dates  Water  Fruits  Oatmeal

Iftar....

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Tick if you've had any of these!

Dates  Water  Fruits  Rice  
 Samosas  Curry

### NOTES:

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The Prophet Muhammad ﷺ said, "There is no day more virtuous than Friday. In it there is an hour in which no one will pray to God except that God will hear his prayer"

Source: At Tirmidhi

# DAY 15 OF RAMADAN

# 15

ARE YOU FASTING TODAY?

YES  NO

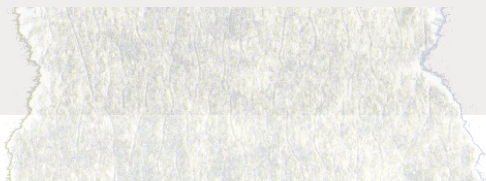
IF NO:

PAY FIDYAH  MAKE UP FAST

**Day**   
  **Month**   
  **Year**

"And do not walk upon the earth Boastfully. Indeed, you will never tear the earth [apart], and you will never reach the mountains in height."

-- The Quran Surah Isra [17:37]



## Daily SCHEDULE

what do you have planned for the day?

04:00 MORNING

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12:00 AFTER-NOON

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18:00 EVENING

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## NOTES:

Whoever reads Surah-Al-Kahf on the day of jumu'ah will have a light that will shine from him from one Friday to the next Friday

Abu Sa'id Al-Khudri Reported

## SALAH

Fajr

Zuhur

Asr

Maghrib

Isha

Taraweeh

# \_\_\_\_\_

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JUZ'15: AN ISRA 1 - AL KHAIF 74 (17:1-18:74)

QUR'AN (17:01)-(17:38)

QUR'AN (17:39)-(17:75)

QUR'AN (17:76)-(18:01)

QUR'AN (18:02)-(18:39)

QUR'AN (18:40)-(18:74)

## Meal plans:

Suhoor....

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Tick if you've had any of these!



Iftar....

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Tick if you've had any of these!





# DAY 16 OF RAMADAN

# 16

ARE YOU FASTING TODAY?

YES  NO

IF NO:

PAY FIDYAH  MAKE UP FAST

**Day**   
  **Month**   
  **Year**

"My Lord, increase me in knowledge."

-- The Quran Surah Taha 20:114



## Daily SCHEDULE

what do you have planned for the day?

04:00 MORNING

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12:00 AFTER-NOON

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18:00 EVENING

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## NOTES:

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## SALAH

- Fajr
- Zuhur
- Asr
- Maghrib
- Isha
- Taraweeh
- #

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JUZ'16: AL KHAF 75 - TAHA 135 (18:75-20:135)

- QUR'AN (18:75)-(19:18)
- QUR'AN (19:19)-(19:72)
- QUR'AN (19:73)-(20:27)
- QUR'AN (20:28)-(20:81)
- QUR'AN (20:82)-(20:135)

## Meal plans:

Suhoor....

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Tick if you've had any of these!



Iftar....

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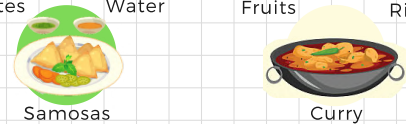
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Tick if you've had any of these!



Moon ("Qamar") is repeated 27 times in the Qur'an and it takes approximately 27 days for the moon to rotate once on its axis.

Source: corpus.Quran.com and space.com

# DAY 17 OF RAMADAN

# 17

ARE YOU FASTING TODAY?

YES  NO

IF NO:

PAY FIDYAH  MAKE UP FAST

*Day Month Year*

"Every soul will taste death. And We test you with evil and with good as trial; and to Us you will be returned."

-- The Quran Surah Al-Anbya 21:35



## Daily SCHEDULE

what do you have planned for the day?

04:00 MORNING

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12:00 AFTER-NOON

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18:00 EVENING

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## NOTES:

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## SALAH

- Fajr
- Zuhur
- Asr
- Maghrib
- Isha
- Taraweeh



#

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JUZ'17: AL-ANBYA 1 - AL-HAJJ 78 (21:01-22:78)

- QUR'AN (21:01)-(21:39)
- QUR'AN (21:40)-(21:77)
- QUR'AN (21:78)-(22:03)
- QUR'AN (22:04)-(22:42)
- QUR'AN (22:43)-(22:78)

## Meal plans:

Suhoor....

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Tick if you've had any of these!



Dates



Water



Fruits



Oatmeal

Iftar....

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Tick if you've had any of these!



Dates



Water



Fruits



Rice



Samosas



Curry

The Prophet Muhammad ﷺ said, "Whoever has dried dates, then let him break the fast with that, and whoever does not, then let him break the fast with water, for indeed water is purifying." -At Tirmidhi

# DAY 18 OF RAMADAN

# 18

ARE YOU FASTING TODAY?

YES  NO

*Day Month Year*

IF NO:

PAY FIDYAH  MAKE UP FAST

"Do you not see that Allah drives clouds? Then He brings them together, then He makes them into a mass, and you see the rain emerge from within it."

-- The Qur'an Surah An-Nur [24:43]



## Daily SCHEDULE

what do you have planned for the day?

04:00 MORNING

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12:00 AFTER-NOON

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18:00 EVENING

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## NOTES:

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## SALAH

Fajr

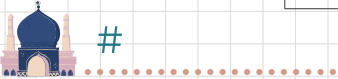
Zuhur

Asr

Maghrib

Isha

Taraweeh



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JUZ'18: AL MU'MINUN 1 - AL FURQAN 20 (23:01-25:20)

QUR'AN (23:01)-(23:41)

QUR'AN (23:42)-(23:81)

QUR'AN (23:82)-(24:03)

QUR'AN (24:04)-(24:43)

QUR'AN (24:44)-(25:20)

## Meal plans:

Suhoor....

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Tick if you've had any of these!



Dates



Water



Fruits



Oatmeal

Iftar....

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Tick if you've had any of these!



Dates



Water



Fruits



Rice



Samosas



Curry

Abu Hurairah narrated that the Messenger of Allah said: "Whoever eats or drinks forgetfully, then he has not broken (the fast), for it was only a provision that Allah provided for him." -At Tirmidhi

# DAY 19 OF RAMADAN

# 19

ARE YOU FASTING TODAY?

YES  NO

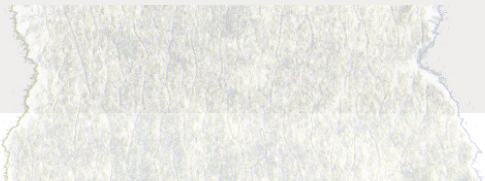
IF NO:

PAY FIDYAH  MAKE UP FAST

**Day**   
  **Month**   
  **Year**

"Our Lord! Avert from us the doom of Hell; indeed! its doom is anguish.."

-- The Qur'an Surah Al-furqan [25:65]



## Daily SCHEDULE

what do you have planned for the day?

04:00 MORNING

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12:00 AFTER-NOON

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18:00 EVENING

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## NOTES:

The Prophet Muhammad ﷺ said, "Allah does not look at your appearances or your financial status, but He looks at your hearts and your actions."  
-Al-Bukhari

## SALAH

Fajr

Zuhur

Asr

Maghrib

Isha

Taraweeh

# \_\_\_\_\_

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JUZ'19: AL-FURQAN 21 - AN-NAMI 55 (25:21-27:55)

QUR'AN (25:21)-(26:11)   
 QUR'AN (26:12)-(26:79)   
 QUR'AN (26:80)-(26:146)   
 QUR'AN (26:147)-(26:213)   
 QUR'AN (26:214)-(27:55)

## Meal plans:

Suhoor....

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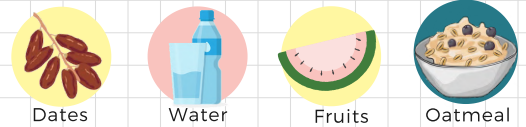


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Tick if you've had any of these!



Iftar....

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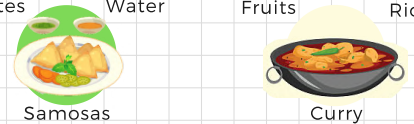


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Tick if you've had any of these!



# 20

ARE YOU FASTING TODAY?

YES  NO

**Day Month Year**

IF NO:

PAY FIDYAH  MAKE UP FAST

"My Lord, save me from the wrongdoing people."

-- The Qur'an Surah Al-Qasas [28:21]



## Daily SCHEDULE

what do you have planned for the day?

04:00 MORNING

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12:00 AFTER-NOON

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18:00 EVENING

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### NOTES:

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### SALAH

Fajr

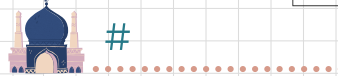
Zuhur

Asr

Maghrib

Isha

Taraweeh



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JUZ'20: AN-NAMI 56 - AL-'ANKABUT 45 (27:56-29:45)

QUR'AN (27:56)-(27:90)

QUR'AN (27:91)-(28:31)

QUR'AN (28:32)-(28:65)

QUR'AN (28:66)-(29:11)

QUR'AN (29:12)-(29:45)

### Meal plans:

Suhoor....

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Tick if you've had any of these!



Dates



Water



Fruits



Oatmeal

Iftar....

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Tick if you've had any of these!



Dates



Water



Fruits



Rice



Samosas



Curry

"I asked Allah's Messenger, which deed was best," He (the Holy Prophet) replied: "The prayer at its appointed hour". [Sahih Muslim]





# Laylatul Qadr

ARE YOU READY?

ABU HURAYRAH RELATES THAT THE PROPHET (SAW) SAID: 'WHOEVER STANDS (IN THE VOLUNTARY NIGHT PRAYER OF) RAMADAN OUT OF FAITH AND IN THE HOPE OF REWARD, HIS PREVIOUS SINS WILL BE FORGIVEN. AND WHOEVER SPENDS THE NIGHT OF LAYLATUL QADR IN PRAYER OUT OF FAITH AND IN THE HOPE OF REWARD, HIS PREVIOUS SINS WILL BE FORGIVEN.' (SUNAN AN-NASA'I)

**ANY ACTION DONE ON THIS NIGHT SUCH AS RECITING THE QUR'AN AND REMEMBERING ALLAH, IS BETTER ON THIS NIGHT THAN DOING THESE SAME ACTIONS FOR A THOUSAND MONTHS.**

THE EXACT DATE OF THIS NIGHT IS NOT KNOWN. THE PROPHET MUHAMMAD (MAY THE BLESSINGS AND PEACE OF GOD BE UPON HIM) TOLD US IN NARRATIONS TO SEEK LAYLATUL QADR OUT IN ONE OF THE LAST TEN NIGHTS IN RAMADAN, SPECIFICALLY ODD NIGHTS.

THIS MEANS THE **21ST, 23RD, 25TH, 27TH, AND 29TH** NIGHTS OF RAMADAN ALL HAVE A HIGH POTENTIAL OF BEING LAYLATUL QADR.

THIS GIVES THE OPPORTUNITY FOR US TO ENGAGE IN EXTRA WORSHIP THROUGHOUT THE LAST DAYS OF RAMADAN SO INSHA'ALLAH THE REWARD IS ENDLESS!!!!

I'TIKAF: REMAIN IN I'TIKAF, IF IT IS POSSIBLE - THIS IS THE BEST WAY OF CATCHING THIS NIGHT

IBADAH: CONCENTRATE ON PRAYER AND WORSHIP.

THE BEST DU'A FOR THIS NIGHT IS:

اللَّهُمَّ إِنَّكَ عَفُوفٌ ، تُحِبُّ الْعَفْوَ فَاعْفُ عَنِّي

ALLAHUMMA INNAKA 'AFUWWUN, TUHIBBUL-'AFWA, FA'FU 'ANNI ( O ALLAH, YOU ARE MOST FORGIVING, AND YOU LOVE FORGIVENESS; SO FORGIVE ME)

# DU'A SHEET WITH ENGLISH TRANSLITERATION

BY @KINGDXNA

## Du'a before studying

لِّلّٰهُمَّ اِنْفَعْنِيْ بِمَا عَلَّمْتَنِيْ وَ عَلَّمْنِيْ مَا يَنْفَعُنِيْ. اللّٰهُمَّ اِنِّيْ  
اَسْأَلُكَ فَهَمَّ النَّبِيِّنَ وَ حِفْظَ الْمُؤَسَّلِيْنَ الْمُقَرَّبِيْنَ لِلّٰهِ  
اَجْعَلْ لِسَانِيْ عَامِرًا يَذْكُرُكَ وَ قَلْبِيْ بِحَشِيَّتِكَ . اِنَّكَ عَلٰى  
مَا تَشَاءُ قَدِيْرٌ وَ اَنْتَ حَسْبُنَا اللّٰهُ وَ نِعْمَ الْوَكِيْلُ

Allahumma infa'ni bimaa 'allamtani wa 'allimni ma yan-fa'uni. Allahumma inni as-aluka fahman-nabiyyeena wa hifdh-al-mursaleena al-muqarrabeen. Allahumma ij'al-lisaani 'aamiran be dhikrika wa qalbi bi-khashyatika. Innaka 'alaa maa tashaa-u qadeer. Wa anta hasbuna-Allahu wa ni'mal wakeel.

## DU'A FOR ANXIETY/GRIEF

اللّٰهُمَّ اِنِّيْ اَعُوْذُ بِكَ مِنَ الْهَمِّ  
وَ الْحَزَنِ، وَالْعَجْزِ وَالْكَسَلِ،  
وَالْبُخْلِ وَالْجُبْنِ، وَصَلْعِ الدُّنْيِ  
وَغَلَبَةِ الرِّجَالِ

Allaahumma 'inneee 'a'oothu bika minal-hammi walhazani, wal'ajzi walkasali, walbukhli waljubni, wa dhala'id-dayni wa ghalabatir-rijaal.

## Du'a for parents

رَبِّ اَرْحَمْهُمَا كَمَا رَبَّيْتَنِيْ صَغِيْرًا

Rabbi irhamhumaa kamaa rabbayaanee sagheeraa

## Dua for protection from illness and disease

اللّٰهُمَّ اِنِّيْ اَعُوْذُ بِكَ مِنْ  
الْبَرَصِ، وَالْجُنُوْنِ، وَالْجَدَامِ،  
وَ مِنْ سَيِّئِ الْاَسْقَامِ

Allah humma inni a'udhu bika minal-barasi, wal-jununi, wal-judhaami, wa min sayyi'il-asqaami

## DU'A FOR CONCENTRATION

صَلَّى اللّٰهُ عَلٰى مُحَمَّدٍ وَآلِ  
مُحَمَّدٍ. اللّٰهُمَّ اِنِّيْ اَسْأَلُكَ يَا  
مُذَكِّرَ الْخَيْرِ وَفَاعِلَهُ وَالْاَمْرَ بِه  
ذَكَرْتَنِيْ مَا اَنْسَا نِيهِ الشَّيْطَانُ

Salla-l-laahu alaa muhammad was aal-e muhammad. Allahumma inni as'aluka yaa Mudhakkira-l khayr wa faa'ilahu wa-l-aamira bihi dhakir-ni maa ansaani-hi-shaytaan

## DU'A FOR FORGIVENESS

رَبِّ اِنِّيْ اَعُوْذُ بِكَ اَنْ  
اَسْـَٔلَكَ مَا لَيْسَ لِيْ بِه عِلْمٌ  
، وَاَلَّا تَغْفِرَ لِيْ وَتَرْحَمْنِيْ اَكُنْ  
مِّنَ الْخٰسِرِيْنَ

Rabbi Inneee A-o'od'u Bika An As-alaka Maa Laysa Lee Bihee I'lm Wa Illaa Taghfirlee Wa Tar'h'amneeee Akum Minal Khaasireen

## DU'A FOR DISTRESS

Allahumma rahmataka arjoo falaa takilnee ilaa nafsee tarfata aynin wa aslih-lee shanee kullahu, laa ilaha illa anta.

## DU'A MOST OFTEN RECITED BY THE PROPHET MUHAMMAD ﷺ

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي  
الْاٰخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

Rabbana atina fid-dunya hasanatan wa fil 'akhirati hasanatan waqina 'adhaban-nar

## AYATUL KURSI THE THRONE VERSE (2:255)

اللّٰهُ لَا اِلٰهَ اِلَّا هُوَ الْحَيُّ الْقَيُّوْمُ لَا تَاْخُذُهٗ سِنَةٌ وَّلَا نَوْمٌ لَّهٗ مَا فِي السَّمٰوٰتِ وَمَا فِي الْاَرْضِ مَنْ ذَا الَّذِي يَشْفَعُ عِنْدَهٗ اِلَّا بِاِذْنِهٖ يَعْلَمُ مَا بَيْنَ اَيْدِيْهِمْ وَمَا خَلْفَهُمْ وَّلَا يُحِيطُوْنَ بِشَيْءٍ مِّنْ عِلْمِهٖ اِلَّا بِمَا شَاءَ وَسِعَ كُرْسِيُّهٗ السَّمٰوٰتِ وَالْاَرْضَ وَّلَا يَئُوْدُهٗ حِفْظُهُمَا وَهُوَ الْعَلِيُّ الْعَظِيْمُ

Allahu laaa ilaaha illaa huwal haiyul qai-yoom; laa taakhuzuhoo sinatunw wa laa nawm; lahoo maa fissamaawaati wa maa fil ard; man zallazee yashfa'u indahooo illaa be iznih; ya'lamu maa baina aideehim wa maa khalfahum; wa laa yuheetoona beshai 'immin 'ilmihee illa be maa shaaaa; wasi'a kursiyyuhus samaa waati wal arda wa la ya'ooduho hifzuhumaa; wa huwal aliyyul 'azeem

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Make your own!

# My Du'a List:



DU'A ON..

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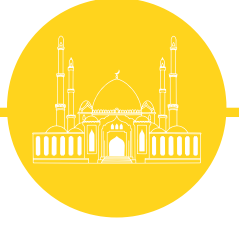
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DU'A ON..

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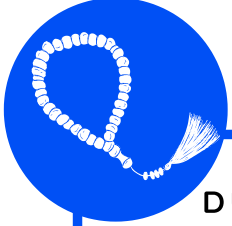
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DU'A ON..

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DU'A ON..

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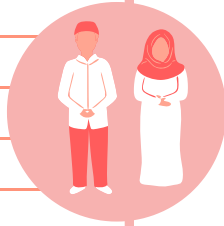
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DU'A ON..

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DU'A ON..

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# 21

ARE YOU FASTING TODAY?

YES  NO

IF NO:

PAY FIDYAH  MAKE UP FAST

Day  Month  Year

"And indeed, Allah is with those who do good deeds."

-- The Qur'an Surah Al-'Ankabut [29:69]



## Daily SCHEDULE

what do you have planned for the day?

04:00 MORNING

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12:00 AFTER-NOON

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18:00 EVENING

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## NOTES:

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### SALAH

Fajr

Zuhur

Asr

Maghrib

Isha

Taraweeh

#

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Quran

JUZ'21: AL-'ANKABUT 46 - AL-AZHAB 30 (29:46-33:30)

- QUR'AN (29:46)-(30:12)
- QUR'AN (30:13)-(30:47)
- QUR'AN (30:48)-(31:22)
- QUR'AN (31:23)-(32:24)
- QUR'AN (32:25)-(33:30)

## Meal plans:

Suhoor....

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Tick if you've had any of these!



Iftar....

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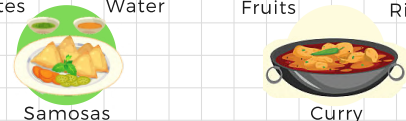
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Tick if you've had any of these!



The Prophet ﷺ said, "If anyone fulfills his brother's needs, Allah will fulfill his needs; if one relieves a Muslim of his troubles, Allah will relieve his troubles on the Day of Resurrection." [Sahih Bukhari and Muslim]

# 22

ARE YOU FASTING TODAY?

YES  NO

IF NO:

PAY FIDYAH  MAKE UP FAST

*Day Month Year*

"Those who spend in charity during ease and hardship and who restrain their anger and pardon the people, for Allah loves the doers of good."

-- The Quran Surat Ali Imran 3:134



## Daily SCHEDULE

what do you have planned for the day?

04:00 MORNING

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12:00 AFTER-NOON

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18:00 EVENING

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## NOTES:

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Zakat purifies your wealth.

Source: [Surah Al-Tawbah: 103]

## SALAH

Fajr

Zuhur

Asr

Maghrib

Isha

Taraweeh

# .....

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Quran

JUZ'22: AL AZHAB 31 - YA SIN 27 (33:31 - 36:27)

QUR'AN (33:31)-(33:64)

QUR'AN (33:65)-(34:24)

QUR'AN (34:25)-(35:03)

QUR'AN (35:04)-(35:37)

QUR'AN (35:38)-(36:27)

## Meal plans:

Suhoor....

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Tick if you've had any of these!



Dates



Water



Fruits



Oatmeal

Iftar....

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Tick if you've had any of these!



Dates



Water



Fruits



Rice



Samosas



Curry



# 23

ARE YOU FASTING TODAY?

YES  NO

IF NO:

PAY FIDYAH  MAKE UP FAST

*Day Month Year*

"Do not despair of the mercy of Allah . Indeed, Allah forgives all sins. Indeed, it is He who is the Forgiving, the Merciful."

-- The Quran Surah Az-zumar [39:53]



## Daily SCHEDULE

what do you have planned for the day?

04:00 MORNING

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12:00 AFTER-NOON

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18:00 EVENING

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## NOTES:

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## SALAH

Fajr

Zuhur

Asr

Maghrib

Isha

Taraweeh

#

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Quran

JUZ'23: YA-SIN 27 - AZ-ZUMAR 31 (36:28-39:31)

QUR'AN (36:28)-(37:16)

QUR'AN (37:17)-(37:88)

QUR'AN (37:89)-(37:159)

QUR'AN (37:160)-(38:48)

QUR'AN (38:49)-(39:31)

## Meal plans:

Suhoor....

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Tick if you've had any of these!



Dates



Water



Fruits



Oatmeal

Iftar....

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Tick if you've had any of these!



Dates



Water



Fruits



Rice



Samosas



Curry

Did you know that Surah Ya-sin is in the *heart* of the Qur'an?  
At-Tirmidhi, 2887

# 24

ARE YOU FASTING TODAY?

YES  NO

IF NO:

PAY FIDYAH  MAKE UP FAST

**Day Month Year**

"And of His signs are the night and day and the sun and moon. Do not prostrate to the sun or to the moon, but prostrate to Allah, who created them, if it should be Him that you worship."

-- The Quran Surah Fussilat [41:37]

## Daily SCHEDULE

what do you have planned for the day?

04:00 MORNING

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12:00 AFTER-NOON

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18:00 EVENING

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NOTES:

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## SALAH

Fajr

Zuhur

Asr

Maghrib

Isha

Taraweeh

# .....

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JUZ'24: AZ ZUMAR 32 - FUSSILAT 46 (39:32-45:46)

QUR'AN (39:32)-(39:66)   
 QUR'AN (39:67)-(40:25)   
 QUR'AN (40:26)-(40:60)   
 QUR'AN (40:61)-(41:10)   
 QUR'AN (41:11)-(41:46)

## Meal plans:

Suhoor....

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Tick if you've had any of these!



Iftar....

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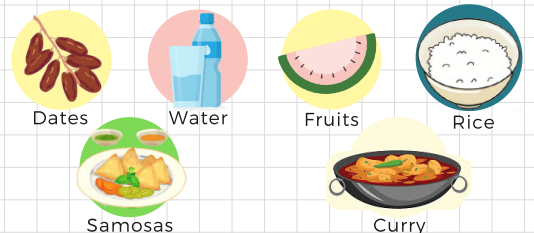


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Tick if you've had any of these!



"Indeed, We sent the Qur'an down during the Night of Decree. And what can make you know what is the Night of Decree? The Night of Decree is better than a thousand months. The angels and the Spirit descend therein by permission of their Lord for every matter. Peace it is until the emergence of dawn." [Quran 97:1-5]

# 25

ARE YOU FASTING TODAY?

YES  NO

IF NO:

PAY FIDYAH  MAKE UP FAST

*Day Month Year*

"Our Lord, remove from us the torment; indeed, we are believers."

-- The Quran Surah Ad-Dukhan [44:12]



## Daily SCHEDULE

what do you have planned for the day?

04:00 MORNING

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12:00 AFTER-NOON

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18:00 EVENING

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## NOTES:

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### SALAH

Fajr

Zuhur

Asr

Maghrib

Isha

Taraweeh

#

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Quran

JUZ'25: FUSSILAT 47 - AL JATHIYA 37 (41:47-45:37)

- QUR'AN (41:47)-(42:42)
- QUR'AN (42:43)-(43:39)
- QUR'AN (43:40)-(43:89)
- QUR'AN (44:01)-(44:50)
- QUR'AN (44:51)-(45:37)

## Meal plans:

Suhoor....

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Tick if you've had any of these!



Iftar....

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Tick if you've had any of these!



Samosas

Curry

'A'isha (Allah be pleased with her) and Ibn Numair reported Allah's Messenger (ﷺ) as saying: Look for Lailat-ul-Qadr in the last ten nights of Ramadan. [Sahih Muslim Book 13, Hadith 282]

# 26

ARE YOU FASTING TODAY?

YES  NO

IF NO:

PAY FIDYAH  MAKE UP FAST

**Day**   
  **Month**   
  **Year**

"[This] worldly life is only amusement and diversion. And if you believe and fear Allah, He will give you your rewards and not ask you for your properties."

-- The Quran Surah Muhammad [47:36]



## Daily SCHEDULE

what do you have planned for the day?

04:00 MORNING

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12:00 AFTER-NOON

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18:00 EVENING

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### NOTES:

Flip to page 50 for eid prep!

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Have you organised charity donations and du'a list before laylatul qadr?

### SALAH

- Fajr
- Zuhur
- Asr
- Maghrib
- Isha
- Taraweeh
- #

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JUZ'26: AL AHQAF 1 - AZ ZARIYAT 30 (46:01-51:30)

- QUR'AN (46:01)-(47:05)
- QUR'AN (47:06)-(48:07)
- QUR'AN (48:08)-(49:14)
- QUR'AN (49:15)-(50:36)
- QUR'AN (50:51)-(51:30)

### Meal plans:

Suhoor....

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Tick if you've had any of these!



Iftar....

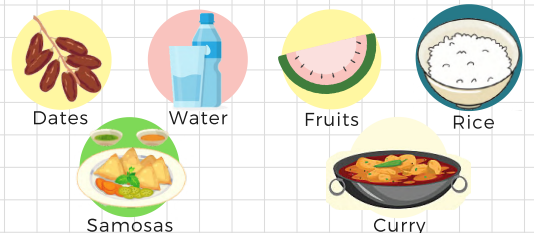
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Tick if you've had any of these!



# 27

ARE YOU FASTING TODAY?

YES  NO

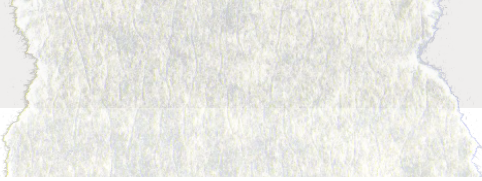
IF NO:

PAY FIDYAH  MAKE UP FAST

Day  Month  Year

"The Night of Decree is better than a thousand months."

-- The Quran Surah Al-Qadr [97:3]



## Daily SCHEDULE

what do you have planned for the day?

04:00 MORNING

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12:00 AFTER-NOON

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18:00 EVENING

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## NOTES:

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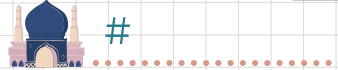
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## SALAH

- Fajr
- Zuhur
- Asr
- Maghrib
- Isha
- Taraweeh



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JUZ'27: AZ ZARIYAT 31 - AL HADID 29 (51:31 - 57.29)

- QUR'AN (51:31)-(53:01)
- QUR'AN (53:02)-(54:19)
- QUR'AN (54:20)-(55:44)
- QUR'AN (55:45)-(56:47)
- QUR'AN (56:48)-(57.29)

## Meal plans:

Suhoor....

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Tick if you've had any of these!



Dates



Water



Fruits



Oatmeal

Iftar....

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Tick if you've had any of these!



Dates



Water



Fruits



Rice



Samosas



Curry

The Prophet (ﷺ) said, "Whosoever performs Qiyam during Lailat-ul-Qadr (Night of Decree), with Faith and being hopeful of Allah's reward, will have his former sins forgiven."  
[Al-Bukhari and Muslim].

# 28

ARE YOU FASTING TODAY?

YES  NO

IF NO:

PAY FIDYAH  MAKE UP FAST

Day  Month  Year

"My Lord, build for me near You a house in Jannah."

-- The Quran Surah At-Tahrim [66:11]



## Daily SCHEDULE

what do you have planned for the day?

04:00 MORNING

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12:00 AFTER-NOON

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18:00 EVENING

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## NOTES:

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### SALAH

Fajr

Zuhur

Asr

Maghrib

Isha

Taraweeh

#

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JUZ'28: AL MUJADILA 1 - AT-TAHRIM 12 (58:01 - 66:12)

- QUR'AN (58:01)-(53:01)
- QUR'AN (59:02)-(54:19)
- QUR'AN (60:20)-(55:44)
- QUR'AN (63:45)-(56:47)
- QUR'AN (64:48)-(66:12)

## Meal plans:

Suhoor....

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Tick if you've had any of these!



Dates



Water



Fruits



Oatmeal

Iftar....

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Tick if you've had any of these!



Dates



Water



Fruits



Rice



Samosas



Curry

Aishah (May Allah be pleased with her) reported: I asked: "O Messenger of Allah! If I realize Lailat-ul-Qadr (Night of Decree), what should I supplicate in it?" He (ﷺ) replied, "You should supplicate: Allahumma innaka 'afuwun, tuhibbul-'afwa, fa'fu 'anni (O Allah, You are Most Forgiving, and You love forgiveness; so forgive me)." [At-Tirmidhi]



# 29

ARE YOU FASTING TODAY?

YES  NO

IF NO:

PAY FIDYAH  MAKE UP FAST

*Day Month Year*

"[He] who created death and life to test you [as to] which of you is best in deed - and He is the Exalted in Might, the Forgiving. [And] who created seven heavens in layers. You do not see in the creation of the Most Merciful any inconsistency."

-- The Quran Surah Al-Mulk [67:02-03]



## Daily SCHEDULE

what do you have planned for the day?

04:00 MORNING

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12:00 AFTER-NOON

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18:00 EVENING

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## NOTES:

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NOT LONG LEFT NOW INSHA'ALLAH!

## SALAH

Fajr

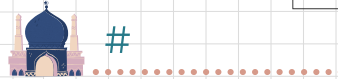
Zuhur

Asr

Maghrib

Isha

Taraweeh



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JUZ'29: AL MULK 1 - AL MURSALAT 50 (67.01 - 77.50)

QUR'AN (67:01)-(69:04)

QUR'AN (69:05)-(70:39)

QUR'AN (70:40)-(74:08)

QUR'AN (74:09)-(75:39)

QUR'AN (75:40)-(77:50)

## Meal plans:

Suhoor....

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Tick if you've had any of these!



Dates



Water



Fruits



Oatmeal

Iftar....

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Tick if you've had any of these!



Dates



Water



Fruits



Rice



Samosas



Curry

# DAY 30 OF RAMADAN

# 30

ARE YOU FASTING TODAY?

YES  NO

IF NO:

PAY FIDYAH  MAKE UP FAST

<input type="text"/>	<input type="text"/>	<input type="text"/>
<i>Day</i>	<i>Month</i>	<i>Year</i>

## EID MUBARAK!

"Say, "I seek refuge in the Lord of mankind,  
The Sovereign of mankind.  
The God of mankind""

-- The Quran Surah An-Nas 114:01-3

## Daily SCHEDULE


What do you have planned for the day?

04:00  MORNING

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12:00  AFTER-NOON

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18:00  EVENING

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## EID PREP:

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## SALAH

Fajr


Zuhur

Asr

Maghrib

Isha

Taraweeh

 # \_\_\_\_\_

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*Quran* 

JUZ'30: AN-NABAA 1 - AN-NAS 6 (78.01 - 114.06)

QUR'AN (78:01)-(80:08)

QUR'AN (80:09)-(83:31)

QUR'AN (83:32)-(89:01)

QUR'AN (89:02)-(96:16)

QUR'AN (96:17)-(114:06)

## Meal plans:

Suhoor....

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Tick if you've had any of these!



Dates



Water



Fruits



Oatmeal

Iftar....

\_\_\_\_\_

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\_\_\_\_\_

Tick if you've had any of these!



Dates



Water



Fruits



Rice



Samosas



Curry

ALHAMDHULILLAH <sup>لِلّٰهِ</sup> الْحَمْدُ YOU DID IT!!

Ramadan may have ended but don't be sad you can still do everything that you have learned this month and apply it daily until next ramadan!



# Eid al-Fitr

**Take a Bath:** It was narrated that Ibn 'Umar رضي الله عنه and other companions of the Prophet صلى الله عليه وسلم used to take a bath for Eid.

[Fath al-Baari]

**Before Sleeping:** Dust the bed and sleep on the right side Al-Bukhaari (6320) and Muslim (2714) narrated that Abu Hurayrah (may Allaah be pleased with him) said:

The Prophet (peace and blessings of Allaah be upon him) said: "When one of you goes to his bed, let him dust off his bed with the inside of his lower garment, for he does not know what came onto it after he left it.

Then let him say: **Bismika Rabbee wada'tu janbi wa bika arfa'uhu wa in amsakta nafsi farhamhaa wa in arsaltahaa fahfazhaa bimaa tuhfaz bihi 'ibaadika al-saaliheen** (in Your name, my Lord, I lie down, and in Your name I rise. If You should take my soul then have mercy on it, and if You should return my soul then protect it as You protect Your righteous slaves).

**Wear your best clothes:** Jabir ibn 'Abdullah رضي الله عنه said: "The Prophet صلى الله عليه وسلم had a jubbah [garment] that he would wear on Eid and on Fridays."

[Ibn Khuzaymah]



**Eat an odd number of dates:** Anas bin Malik رضي الله عنه narrates that Allah's Messenger صلى الله عليه وسلم on the day of Eid al Fitr, would proceed to the Eid Prayer only after eating some dates, and he used to eat an odd number of dates.

[Sahih al-Bukhari]



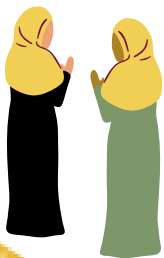
## Eid Prayer:

The Prophet صلى الله عليه وسلم and his Companions always prayed the Eid Prayer, and they would gather the community for it including menstruating women, children and the elderly. [Sahih al-Bukhari]

## Go out using one route and come back using another:

Jabir ibn 'Abdullah رضي الله عنه narrated that the Prophet صلى الله عليه وسلم used to come back from Eid alFitr on a path other than the one he used going to [the prayer]. [Sahih al-Bukhari]

Recite the Takbiraat abundantly when going for Eid prayers:



## Greet one another:

Jubair ibn Nufair said: "At the time of the Prophet صلى الله عليه وسلم when people met one another on the day of Eid, they would say: 'Taqabbal Allāhu minnā wa minka (May Allah accept from us and from you).'" [Fath al-Baari]





# BENEFITING FROM RAMADAN WHEN YOU'RE NOT FASTING

## 1. Listen to the Quran

“The month of Ramadan in which was revealed the Qur’an, a guidance for mankind, and clear proofs of the guidance, and the Criterion (of right and wrong).” [Baqara: 185]

“The menstruating woman and the one who is in a state of impurity (janaabah) should not recite anything of the Qur’aan.”

It is permissible to read the Arabic script or its translation with her eyes, such as on a computer screen or other electronic devices. [ibn Abidin, Manhal al-Waridin] She can also read the Quran in her heart.

## 2. Feed Fasting People

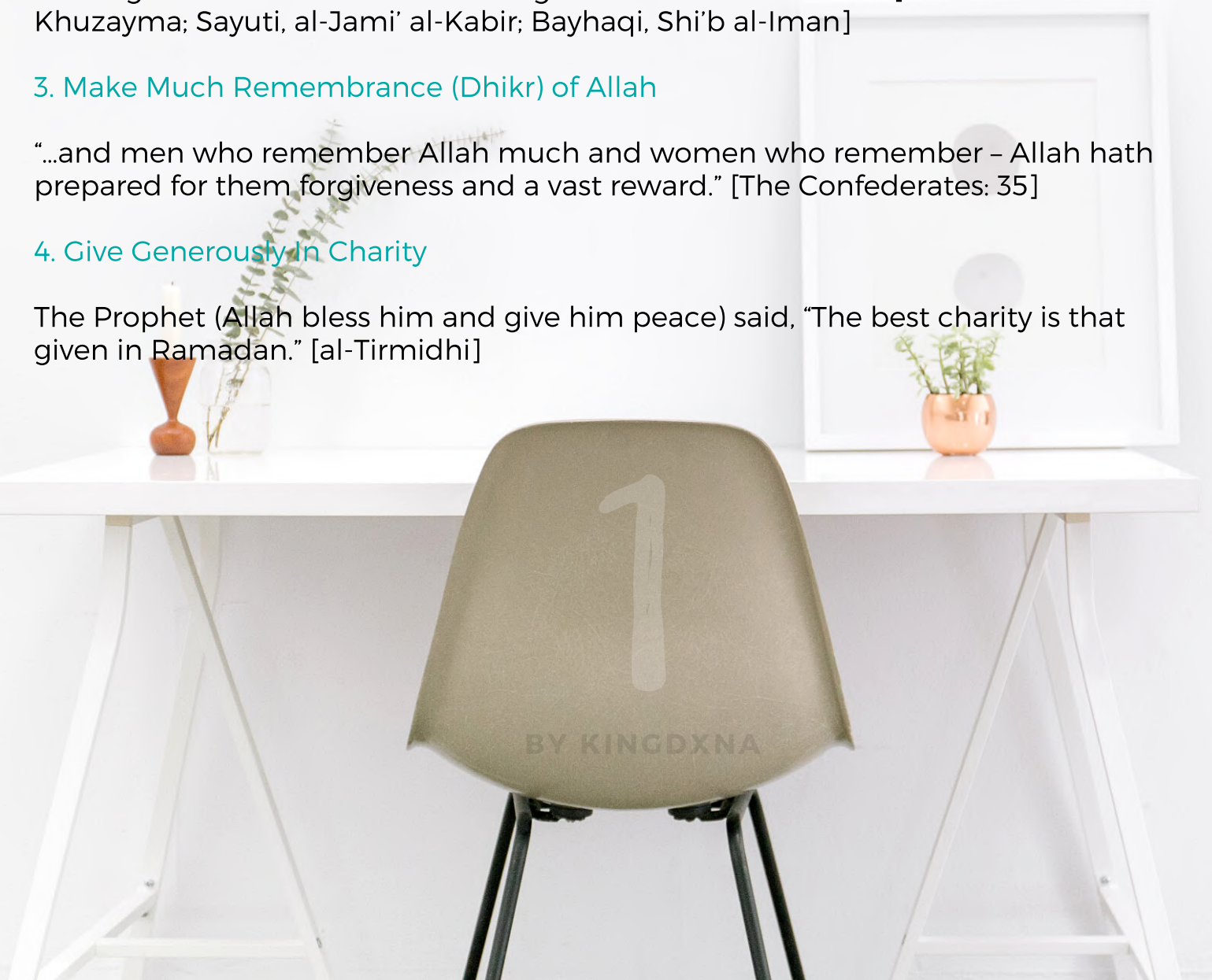
The Prophet (Allah bless him and give him peace) also said in the aforementioned sermon, “...Whoever feeds a fasting person in (the month of Ramadan), for him is the forgiveness of his sins and freeing his neck from the Fire...” [Sahih ibn Khuzayma; Sayuti, al-Jami’ al-Kabir; Bayhaqi, Shi’b al-Iman]

## 3. Make Much Remembrance (Dhikr) of Allah

“...and men who remember Allah much and women who remember – Allah hath prepared for them forgiveness and a vast reward.” [The Confederates: 35]

## 4. Give Generously In Charity

The Prophet (Allah bless him and give him peace) said, “The best charity is that given in Ramadan.” [al-Tirmidhi]





# BENEFITING FROM RAMADAN WHEN YOU'RE NOT FASTING - 2

## During Adhan

- Repeat after the adhaan

- Make du'a for the intercession of the Prophet ﷺ after the adhaan.

- Allaahumma Rabba haathihid-da 'watit-taammati wassalaatil-qaa'imati, 'aati Muhammadanil-waseelata walfadheelata, wab 'ath-hu maqaamam-mahmoodanil-lathee wa'adtahu, ['innaka laa tukhliful-mee'aad]

(O Allah, Lord of this perfect call and established prayer. Grant Muhammad the intercession and favor, and raise him to the honored station You have promised him, [verily You do not neglect promises]). [Reference: Bukhari & Bayhaqi]

- Make du'a between the **adhaan** and **iqaama**. Invocation during this time is **not rejected**.

## When you wake up:

- Alhamdu lillaahil-lathee 'ahyaanaa ba'da maa 'amaatanaa wa'ilayhin-nushoor." (Praise is to Allah Who gives us life after He has caused us to die and to Him is the return.) [Reference: Bukhari]

- Laa 'illaha 'illallahu wahdahu la shareeka lahu, lahul-mulku wa lahul-hamdu, wa Huwa 'alaa kulli shay'in Qadeer Subhaanallaht, walhamdu lillaahi, wa laa 'ilaha 'illallahu, wallaahu 'akbar, wa laa hawla wa laa Quwwata 'illaa billaahil-'Aliyyil-'Adheem, Rabbighfir lee."

(There is none worth of worship but Allah alone, Who has no partner, His is the dominion and to Him belongs all praise, and He is able to do all things. Glory is to Allah. Praise is to Allah. There is none worth of worship but Allah. Allah is the Most Great. There is no might and no power except by Allah's leave, the Exalted, the Mighty. My Lord, forgive me.) [Reference: Bukhari]



# BENEFITING FROM RAMADAN WHEN YOU'RE NOT FASTING - 3

In the Morning (after fajr) / Evening (before maghrib)

“A ‘oothu billaahi minash-Shaytaanir-rajeem. Allaahu laa ‘ilaaha ‘illaa Huwal-Hayyul-Qayyoom, laa ta’khuthuhu sinatun wa laa nawm, lahu maa fis-samaawaati wa maa fil-‘ardh, man thai-lathee yashfa’u ‘indahu ‘illaa bi’ithnih, ya’lamu maa bayna ‘aydeehim wa maa khalfahum, wa laa yuheetoona bishay’im-min ‘ilmihii ‘illaa bimaa shaa’a, wasi’a kursiyyuhus samaawaati wal’ardh, wa laa ya’ooduhu hifdhuhumaa, wa Huwal- ‘Aliyyul- ‘Adheem.”

(I seek refuge in Allah from Satan the outcast. – Allah! There is none worthy of worship but He, the Ever Living, the One Who sustains and protects all that exists. Neither slumber nor sleep overtakes Him. To Him belongs whatever is in the heavens and whatever is on the earth. Who is he that can intercede with Him except with His Permission? He knows what happens to them in this world, and what will happen to them in the Hereafter. And they will never encompass anything of His Knowledge except that which He wills. His Throne extends over the heavens and the earth, and He feels no fatigue in guarding and preserving them. And He is the Most High, the Most Great.)

[Reference: Al Hakim]

- Recite Surat’l-Ikhlaas, Surat’l-Falaq, Surat’l-Nas – 3 times each in morning and evening [Reference: Abu Dawud & Tirmidhi]





# BENEFITING FROM RAMADAN WHEN YOU'RE NOT FASTING - 4

During afternoon time:

Listen to an Islamic lecture or read an Islamic book

At maghrib time:

Help people break their fast by offering them dates and water

Host an iftaar for family and guests

At isha time:

Have family circle time at home and have a member of the house recite the Qur'an to the rest of the family followed by tafseer of those ayaat

Before sleeping:

Cup your palms together, blow gently into them and recite Surat'l-Ikhlāas, Surat'l-Falaq, and Surat'l-Nas.

Then pass your hands over as much of your body as you can reach, beginning with the head and then face, then the entire front of your body. Do this three times. [Reference: Bukhari]

Recite Ayat'l-Kursi. [Reference: Bukhari]

Recite last 2 verses of Surat'l-Baqarah. [Reference: Bukhari]

Recite Surah Mulk. [Reference: An Nasai]

4

BY KINGDXNA

# BENEFITING FROM RAMADAN WHEN YOU'RE NOT FASTING - 5

## At the masjid:

Shake hands with sisters and spread salaam at the masjid, especially engaging with newcomers.

Sponsor iftaars at various masjid if possible

Volunteer for masjid clean up afterwards [1]

Babysit during taraweeh so that the mothers (and everyone else!) can pray with khushu' and concentration [1]

Make a CD of beautiful Qur'an recitation and du'as and distribute it at the masjid [1]

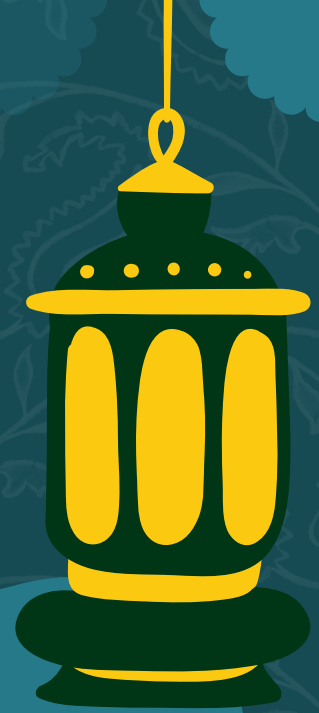
## At home:

- Have a qiyaam program for other sisters at your house prepare iftaar and suhoor for them
- Look for new converts, those who are newly practicing or people who have lost touch with the community and invite them over for iftaar and 'Eid
- Think of Eid party ideas/gifts for family, spouse, children, neighbors and begin your preparations.

## In your own time:

- Donate - clothes, food, toys, money etc.
- Make tawbah (repentance) and shukr (gratitude)
- Memorize Allah's names and their meanings. Use them in making personal du'a.
- Visit the sick in your area or at the hospital.
- Say [SubhanAllah](#), [Alhamdulillah](#), [La ilaha illallah](#), [Allahu Akbar](#) and send salaams and salawaat on the Prophet sal Allahu alayhi





# Ramadan Planner

BY DINA

Jazak'allah Khair  
for using the planner!

