

# RAMADAN

Nau Mubai'at Pack



## The significance of Ramadan

The Holy Prophet<sup>(sa)</sup> said,  
“If you knew the excellences of Ramadan and the ways in which God Almighty manifests His mercy, you would have wished that Ramadan was extended to the entire year so that you can gather the blessings of God Almighty all year long.”

Hazrat Abu Huraira<sup>(ra)</sup> narrates that the Holy Prophet<sup>(sa)</sup> stated that God Almighty states,  
“Every deed of a person is for his own sake, except for observing fasts. Fasting is observed for My sake.”

God Almighty says that a person observes the fast purely for the sake of God. True believers observe the fast for the sake of God Almighty.

God Almighty further states,  
“The one who observes the fast for My sake, I personally become its reward.”

That is, God Almighty shall grant them whatever He pleases.”

## **Significance of reading the Holy Quran during Ramadan**

The Holy Quran has special relevance with Ramadan, as its revelation started in this month. Moreover, after the complete revelation of the Holy Quran, the Archangel Gabriel used to visit the Holy Prophet(sa) every Ramadan and revise the entire Holy Quran with him. Consequently, Muslims are especially inclined towards the study and recitation of the Holy Quran during this month. They try to complete one whole reading, or even more, during Ramadan.

Ramadan: A month for illuminating the heart through Holy Quran

## Good deeds/behaviour to focus on during Ramadan

Similarly, the Holy Prophet(sa) also stated,

“Fasts serve as a shield and if anyone of you is observing a fast, they should not utter anything which is indecent and foul.”

One should **abstain from uttering immoral and foul speech**. Furthermore, the Holy Prophet(sa) stated,

“If anyone verbally abuses them or quarrels with them, they should simply reply to such a one, saying, ‘I am fasting’, that is “I shall not indulge in any act of indecency.”

## **Good deeds/behaviour to focus on during Ramadan**

Then, in the following verse, God Almighty states,

“We caused the Quran to descend in this month, which is a means of guidance for you, and contains within itself clear and illuminating signs.”

Thus, the Holy Quran and the month of Ramadan have a special connection. Therefore, alongside fasting one ought to **ponder over the Quran** and strive to act according to its teachings so that one can derive true blessings from the fasts during Ramadan. Not everyone can understand the deep intricacies of the Holy Quran, hence, along with the **recitation of the Quran and reading its translations**, which everyone is able to do on their own, one ought to derive benefit of the **Dars [lecture] of the Holy Quran in whichever mosque** the Jamaat has made arrangements. Similarly, there is arrangements for darses which are played on **MTA, and it is vital to gain benefit from these.**

## Importance of Tahajjud during Ramadan

It is preferable to offer this prayer at the time of Tahajjud, as it is related in a hadith that the Holy Prophet(sa) said,

“Whoever prayed at night in the whole month of Ramadan out of sincere faith and hoping for a reward from Allah, then all his previous sins will be forgiven.”

(Sahih al-Bukhari)

The constant practice of the Holy Prophet(sa) was that he used to offer eight rak'aat for Tahajjud prayer in sets of two rak'aat,

## Tarawih prayers

Tarawih is the supererogatory prayer performed throughout the month of Ramadan. It is offered in the form of Tahajjud prayer. Tarawih prayers are offered in the first part of the night after the Isha prayer.

This practice began in the era of the Khilafat of Hazrat Umar(ra) to help those people who could not perform [Tahajjud prayer] pre-dawn hours for certain reasons, like work.

## Three Ashra of Ramadan

The month of Ramadan is spilt into three parts. According to the Hadith every ten days represents a different blessing from Allah. We are encouraged to recite certain prayers that are connected to those specific blessings.

“This is a month, the first part of which brings Allah’s mercy, the middle of which brings His forgiveness and the last part of which brings emancipation from the fire of Jahannum (Hell).”

(Sahih Ibn Khuzaymah, 2003, Vol. 2, p. 911, Kitab-us-sawm, Bab fada’il-i shahr-i Ramadan inna sahha al-khabar, Hadith 1887)

## Three Ashra of Ramadan

First Ashra (ten days) - Ashra of mercy

"My Lord, forgive and have mercy, and Thou art the Best of those who show mercy."  
(Surah Al-Mu'minun, Ch.23: V.119)

Second Ashra- Ashra of forgiveness

"I seek forgiveness from Allah, my Lord, for all my sins, and turn towards Him."

Third Ashra - Ashra of salvation from hell

"Our Lord, grant us good in this world as well as good in the world to come, and protect us from the torment of the Fire." (Surah Al Baqarah, Ch.2: V.202)

**The 3 ashras of Ramadan and their significance**

## Financial Sacrifice during Ramadan

Anas narrated that :

Ramadan is the month of generosity, alms and charity.

The Holy Prophet(sa) , the most generous of all people, used to give charity “like the fast wind” in the month of Ramadan, as his wife, Hazrat Aisha(ra) described.

## Financial Sacrifice during Ramadan

Fund	£
Fitrana	2 per person
Eid Fund	10 per <b>earning</b> member
Fidya	60

What is Fitrana and Eid Fund?

Financial sacrifice schemes explained

## Sehri/starting the fast

The following prayer is said at the beginning of the fast:

وَبِصَوْمِ غَدٍ نَّوَيْتُ مِنْ شَهْرِ رَمَضَانَ

wa-bi-sawmi ghadin nawaytu min shahri Ramadan

“I intend to fast in the morning of the month of Ramadan.”

**For fasting timings according to your area  
please check your timetable below**

[Ramadan Calendars link](#)

## Iftar/opening the fast

The prayer for opening the fast is as follows:

اللَّهُمَّ إِنِّي لَكَ صُومْتُ وَ بِكَ آمَنْتُ وَ عَلَيْكَ تَوَكَّلْتُ وَ عَلَى رِزْقِكَ أَفْطَرْتُ

allahumma inni laka sumto wa beka amantu wa alaika  
tawakaltu wa ala rizqika aftarto

“O Allah, I observed the fast for your sake, I believe in You, I rely wholly upon You and I end the fast by eating that which You have provided me.”

## Sunnah of the Holy Prophet(sa) when opening the fast

“When one of you breaks his fast, let him break it with **dates**, for they are blessed. If he cannot find dates, then **water**, for it is pure.”

(Sunan Abu Dawood 2356)

## Fidya explained

The Promised Messiah<sub>(as)</sub> states:

“Once, the question arose in my mind as to why fidya has been made compulsory? So upon reflection, I was given to understand that it is for the sake of enabling one to fast – so that one be granted the ability to fast thereby.”

Thus, the Promised Messiah<sub>(as)</sub> states:

“This is the purpose of fidya – that one may acquire the capacity to fast, and this only happens with the grace of God.”

“In my estimation, it is a beautiful thing that man should supplicate;

**‘Oh my Lord! This is Your blessed month and I remain deprived of its blessings. And who knows if I shall remain alive until the next year, or if I am able to make up those fasts which I have missed, or if health ever permits me to fast again,’ and thus one implores the ability to fast from God.”**

## Who should pay Fidya

- Fidya and menstruation in Islam: Is it compulsory for a menstruating woman to pay fidya due to not fasting?
- One ends up **falling ill or is required to undertake a journey**, then one is **exempt** from fasting. this number of missed fasts must be observed at some other time in the year.
- **Chronically ill patient.** but one whom a doctor has forbidden from fasting – then the command is to feed a needy one. And to later make up the missed fasts as well.  
Breast-feeding women/pregnant women

## Night of Decree

Ramadan is also the month in which a blessed night – which is better than a thousand months – falls in, and this night is called Lailatul-Qadr, i.e. the Night of Destiny or Decree. There is an entire surah of the Holy Quran by the name of al-Qadr which elucidates the high status and excellence of this night. The blessings of this night are bestowed to those believers of God Almighty who excel in righteousness and follow His commandments with unmatched faith and sincerity.

Lailatul-Qadr also refers to the particular night which comes in the odd nights of the last 10 days of the month of Ramadan, although there are variations in narrations with regard to the specific night as the Prophet(sa) forgot the exact date after being told of it.

In light of the Holy Quran and sayings of the Holy Prophet(sa) , it has been taken to mean that **the revelation of the Holy Quran began in Lailatul-Qadr**. It is also interpreted that the blessed time of the appearance of a great reformer is called Lailatul-Qadr because at that time, corruption is widespread and darkness reigns supreme.

[Short reminders about Lailatul-Qadr](#)

## **I'tikaf explained**

I'tikaf is a spiritual practice in Islam where a person secludes themselves in a mosque for a period of time, typically during the last ten days of Ramadan, to focus on their bond with Allah, worship and spiritual reflection.

The word I'tikaf means to stay in one place, restrain oneself, or remain in a specific location for the purpose of devotion.

“Thus, according to the Holy Quran and ahadith of the Holy Prophet(sa), the masnun etikaf of Ramadan, as practiced by the Holy Prophet(sa), is the one that is observed for at least ten days in a mosque.”

(Al Hakam, Issue 137)

[Itikaaf Guidelines and Frequently Asked Questions](#)

## **Health Benefits/Nutritional advice**

[Ramadan: A spiritual and physical journey towards health and blessings](#)

[A healthy Ramadan](#)

[Benefits of fasting for one's spiritual and physical health](#)

## **Further Reading**

[What is Ramadan? – Preparing for Ramadan 2021](#)

[Ramadan–An Introduction](#)

[9 ways to prepare for Ramadan](#)

## Further Reading

[Ramadan of God's chosen ones: A glimpse into the services of Khulafa-e-Ahmadiyyat during Ramadan](#)

[Ramadan: A spiritual guide to nearness with Allah the Almighty](#)

[How Satan is shackled during Ramadan](#)

[Ramadan: A time for spiritual renewal](#)

[Ramadan: A sacred month overflowing with blessings](#)

[Fasting in Ramadan: An Islamic lesson in empathy](#)

[A spiritual retreat: Itikaf in Ramadan](#)



Thus, the entire month of Ramadan is full of the blessings and mercy of God. This month is also the best and easiest means to attain the nearness of Allah and love for mankind.