

EXTRAS TO RAMADAN PREPARATION PROGRAMME

BEFORE RAMADAN

TIP:

Write down all *the positive things* that you did last Ramadan as well as those areas that need improvement.

Examples for in your Ramadan target list

- 1 Finish reading the Qur'an at least one (try to read one Juz a day)
- 2 Concentrate on good manners, bettering my character, purifying my thoughts and intentions
- 3 Persevere and maintain the acts of worship that I decide to do, no matter how small
- 4 Spread the word, involve family, friends etc
- 5 Follow the Ramadan Preparation Programme and daily checklists as best as I can (eg the Muslim Diary daily chart and the Ramadan checklist)
- 6 Study great persons of Islam
- 7 Finish reading the translation of the Qur'an
- 8 Make a list with everything I want to do Tawbah for
- 9 Finish a MP3-lecture set (ie of Anwar Al-Awlaki)
- 10 Pick certain surahs to memorize
- 11 Pay for Iftar for someone
- 12 Think about every word said in salah
- 13 Memorise a Du'a of the Sunnah every night

TIP:

Do not fast the day before the announcement of Ramadan. *Call and email* all your relatives and friends to say Ramadan Mubarak.

TIP:

Make *a travel schedule* to go to Taraweeh. There might be friends who do not have a car and want to go to the mosque every night. You can start a car-pool, arrange this before Ramadan begins.

A Short Bibliography for Ramadan

Spend time seeking knowledge in Ramadan and beyond about this blessed month. Here are some great books, videos, CDs and cassettes for all levels which can help you see Ramadan is about more than just not eating or drinking and that Islam is about a profound relationship with Allah that has far-reaching implications on our lives:

BOOKS

1. **Translation of the Qur'an** by Saheeh International (Buy in majority of Islamic bookshops or online: www.maktabah.net. To download: www.islambasics.com)
2. **Series Tafsir** by Ibn Kathir (Buy in majority of Islamic bookshops or online: www.maktabah.net. To download: www.tafsir.com)
3. **The Fortress of the Muslim (Hisnul Muslim)** by Sai'd bin Ali bin Wahaf Al-Qahtani (Buy in majority of Islamic bookshops or on online: www.maktabah.net. To download: www.hoor-al-ayn.com)
4. **Companions of the Prophet** by Abdul Wahid Hamid (Buy online: www.maktabah.net)
5. **The Muslim Diary** by Umm Dhirar and Umm Khuwaylid (www.themuslimdiary.com)
6. **Fasting in Ramadan** by Dr Abdul Karim Awad (Buy online: www.maktabah.net)
7. **Inner Dimension of Islamic Worship** Imam Al Ghazali (Buy online: www.maktabah.net)
8. **Let Us Be Muslims** by Sayyid Abul Ala Mawdudi (Buy online: www.maktabah.net)

AUDIO

1. **Tafsir of the Whole Qur'an** by Israr Ahmad (Download: www.maktabah.net)
2. **Lectures in English** by Anwar al-Awlaki (Download: www.hoor-al-ayn.com)
3. **Audio & Video's on Ramadan** by various (Download: www.kalamullah.com/ramadan.html)

SCHOLARS

1. Ibn Taymiyyah
2. Ibn Qayyim al Jawziyyah
3. Ibn Rajab al Hanbali
4. Imam An-Nawawi

WEBSITES

1. www.maktabah.net (the biggest online Islamic Library worldwide)
2. www.theonehouraweekproject.co.uk (rewarding good deeds you can do from anywhere)
3. www.themuslimdiary.com (for a checklist & powerful explanations of daily acts of worship)
4. www.ramadhanzone.com (for a Zakat Calculator to see how much Zakat you should pay)

DURING RAMADAN

Du'a sample plan

Everyone has their own way of making du'a, the following plan is just to help you break it down rather than dictate what you should be saying. Start your du'a by saying O Allah, or use one of the names of Allah starting your du'a. Ask yourself what you really want from Allah. Make a list of each and everything, no matter how small or how big it is, whether it deals with this world or not. Allah loves to hear from us. At the end of the sample plan is a list of Allah's names. You can break down your du'as into categories:

- 1 DU'AS FOR YOURSELF AND ALL MUSLIMS (RELIGIOUS AMBITIONS AND GOALS)**
- 2 MAKE DU'A FOR THE OPPRESSED, AND ALL THOSE ON ALLAH'S PATH**
- 3 MAKE DU'A FOR YOUR IMMEDIATE FAMILY (INCLUDING THOSE WHO PASSED AWAY)**
- 4 TAKE TIME TO MAKE DU'A FOR YOUR FRIENDS AND THEIR NEEDS**

Du'as for Yourself and all Muslims

O Allah, Give all Muslims guidance & rahma

O Allah, Lead all disbelieving people and Jinns with a good heart to Islam

O Allah, Lead my family to Islam and make them die as Muslims

O Allah, May all of us die as Mu'min

O Allah, Give the Prophet [saws] wasila and intercession for us

O Allah, Help us do deeds that will take us to Jannatul Firdaws

Love Allah [swt] and the Prophet [saws] the most and only love people for the sake of Allah [swt] and make those people come on our path, and hate going back to Kufr as much as to hate being thrown in the Hellfire on Yawm al Qiyama

O Allah, Remove the love for this dunya from our hearts

O Allah, Let our heart never turn away from Islam and fill our hearts with desire for Islam

O Allah, O Controller of the hearts, make my heart steadfast in Your religion

O Allah, Never stop leading and guiding us

O Allah, Increase our 'ilm, practise our 'ilm and give da'wah

O Allah, Protect us against knowledge that doesn't benefit us

O Allah, Support us in our ideas in working/projects for the Ummah

O Allah, Strengthen our Imaan, bring rahma in our heart for the Qu'ran, and make the Qur'an our light, medicin and a good argument for us on Yawm al Qiyama

O Allah, Help us memorise the Qur'an

O Allah Give the mujahedeen yaqeen, the oppressed strength, purify those who are ill and the highest rank to the shuhadaa

O Allah, relief the hungry, take care of the widows & orphans and reward them with Jannatul Firdaws

O Allah, Make us part of Your Victory, live a praiseworthy life and die for Your cause

O Allah, Destroy our enemies and protect us from their hands and from those who do not fear You

O Allah, Lead our brothers on the straight path and make them die as shuhadaa

O Allah, Bring close to us what is good for us, our Deen in this life and our status in the Akhirah

O Allah, Support us by giving us strength, hikma & sabr to bear the events of Qadr and to pass the test

O Allah, Protect us against the evil of our tongues and lead us to the best character

O Allah, Protect us from lying, arrogance and riyaa

O Allah, Forgive us our sins and make us know when we have to do tawbah

O Allah, Help us be good wives to our husbands and good husband to our wives

O Allah, Help us be good mothers and good fathers

O Allah, Protect our marriage against waswaas and place rahma in between us

O Allah, Help us obey our husband so we will earn Jannah

O Allah, Give us a role in the Ummah that lead us to good deeds which will counts for us after our death

O Allah, Help us play our role in supporting everyone in Allah's path

O Allah, Let us enjoy a good hearing, sight and body throughout our life span and use them for 'ibadah

O Allah, Help us increase our 'ibadah and protect us from bidah

O Allah, Make us join the Prophet [saws] in Jannah, united with the prophets and the martyrs

O Allah, Make the Sharia' win and take us to that place

O Allah, Peace and blessings upon the Prophet, his Companions, his family and his followers

O Allah, Make us belong to the sabireen, mohsineen and mutaqaen

O Allah, Help us having tawakaltullaah

O Allah, make all our Rizq halal

O Allah, Protect our religion, all our matters are in Your Hands

O Allah, Make my Deen the leader of all my matters

O Allah, Set straight my faith & worldly affairs wherein is my living

O Allah, Set straight my Akhirah

O Allah, Make my life as source of abundance of all good

O Allah, Make my death a source of protection, protect me from all the evil of the Creation

O Allah, Make the best part of my life, the end of it,
and the last of my deeds, the best,
and the best of my days, the day that I meet You

O Allah, I ask you for the best in my life,

O Allah, I ask you for a good death and not a shameful return

O Allah, make our graves wide and spacious and not pressing and narrow

O Allah, I ask you for the best matters, the best du'as, the best success, the best knowledge, the best deed, the best belonging, the best life and the best death

O Allah, Save us from the punishment of the Qabr and of the horror of Yawm al Qiyama

O Allah, Make us cross the sirat easily, O Allah, Give us yaqeen,

O Allah, Make our scales heavy, confirm my faith and raise my status in al Akhirah

O Allah, Protect us from the shayateen

O Allah, Forgive us our sins, give us Your Rahma, Your Mercy

O Allah, Give us peace for each sin we repent for and the treasures of every reward

O Allah, Give us paradise and protect us from the Fire

O Allah, Make the result of all our matters good,
and save us from the humiliation of this world and the torture of the Akhirah

O Allah, lead us to the obedience which is needed to be permitted to Paradise
and the firm belief necessary to get through the tests and fitna of this world

O Allah, Allow us to enjoy our sight, hearing and power as long as we life
and make this enjoyment our heritage, so that people can pray for us

O Allah, place Your revenge on those that harmed us, O Allah, Give us victory over our enemies,

and do not test us in our belief, and do not make this world our concern

and do not give power to those whom would oppress us

O Allah, make us all keep asking for forgiveness and lead our hearts to the sunnah

O Allah, do not let any of our sins not forgiven, and no burden unrelieved, and no debt unpaid, and not difficulty in this life or the Akhirah without support

O Allah, Protect us from poverty and debts

O Allah, Protect us against forgetting things,

O Allah, Let us know about that which we became ignorant of

O Allah, Make us recite Qur'an day and night, Have mercy with us in the name of the Holy Qur'an

O Allah, give guidance to our youth, our scholars and our leaders

Oh Allah, I ask You for guidance, piety, chastity and independence

Oh Allah, Turner of Hearts, turn our hearts toward Your obedience

Oh Controller of the hearts, make my heart firm in Your religion

Oh Allah, I seek your protection from inability, laziness, cowardice and miserliness;

I seek your protection from the punishment of the grave; and I seek Your protection from the mischief of life & death.

Oh Allah, I beg of You of Your love and the love of those who love You and I ask of You such deeds which will bring me Your love.

O Allah, **Bring us together with the prophets and the martyrs in the highest chambers of Al Akhira**

O Allah, **Bring us close to the Prophet [saws]**

O Allah, **Lead us to deeds which will take us to the eternal life in the highest ranks of Al-Jannah**

O Allah, **Give us the good of this world and the Hereafter and protect us from the Fire...**

Oh Allah, send peace and blessings to Muhammad sallahu alayhi wa sallam, his family, his

Companions, his Family and all those who follow his footsteps until The Day of Judgement . AMEEN.

Du'as for Those in the Path of Allah & The Oppressed

O Allah Revealer of the Book, Recompenser of the Final account, Destroyer of the confederates.

O Most Powerful, O Most Magnificent! O Allah, verily we ask you to disperse their (the enemy's) gunfire (upon our warriors) and to shake the ground from beneath their feet and strike terror into their hearts.

O Allah, cripple their support and blind their vision and send upon them decay and disease. O Allah, divide them against one another and disperse their unity and strike heavy discord amongst their ranks, and make them flee to their destruction, and show us from amongst your wonders and strength that you mete out to them, and make an example of them for those who are heedless.

O Allah quicken their defeat and make their wealth war booty for the Muslims.

O Allah grant aid and victory to our brothers, the mujahedeen (all over the world in general, and specifically in Chechnya, Palestine, Afghanistan, Iraq, Somalia, from amongst the people of the land and the Helpers), and unite their ranks and bring them together upon the word of truth.

O Allah, **direct their aim and strengthen their support, and make them steadfast and send upon them your tranquillity and heal their hearts and guide them to all that is good, and cause us (who sit at home) to join their ranks, O Answerer of supplications."**

O Allah, give them authority and rule, and aid them with your Army of the Heavens and the Earth, O Lord of the Worlds And peace and blessings of Allah be upon His Messenger and his family and all the companions.

O Allah, Grant the wives, children and families of the brothers strength, hikma, sabr and peace and blessings and Jannatul Firdaws

O Allah, Free all the brothers and sisters in prison and give them yaqeen, sabr and Jannatul Firdwas

O Allah, Free all the brothers and sisters in prison in Guantanamo Bay, Egypt, Algeria, Syria, Saudi, Morocco, Iraq, Pakistan, Afghanistan, Palestine, Europe, America and all others

O Allah, Give all the sisters whom are being attacked and oppressed and raped yaqeen, sabr and Jannatul Firdaws

Du'as for non-Muslim family

O Allah, let my mother practise Islam, pray together with her in this life and make her die as a Mu'min

O Allah, open my father's heart for Islam together with my mother and make them die as Muslims

O Allah, guide my brothers and sisters and their spouses and children to Islam and make them die as Muslim

O Allah, help me doing da'wah with them

O Allah, show them the Truth, lead them and protect them against the Naar

Du'as for Muslim family

O Allah, Guide my siblings on the straight path, fill their hearts with desire for Islam

O Allah, Lead them to pious spouses, forgive their sins and bless them with a pious and healthy offspring

O Allah, Keep guiding them to the Sunnah and protect them from bid'ah

O Allah, Help me in doing da'wah with them

O Allah, Lead them to deeds that will take them to Jannatul Firaws

Du'as For myself

O Allah, give me yaqeen and make me die as a Mu'min

O Allah, make me die on the Path of Allah [swt]

O Allah, support me and draw me close to You when something happens to my spouse

O Allah, lead me to the highest chambers of Paradise

O Allah, give me a role in the Ummah and deeds that will lead me to Jannatul Firdaws

O Allah, Help me to pray on time, pray the sunnah and Qiyam ul-Layl and dhikr

O Allah, Help me to purify me in my 'ibadah and niyaa

O Allah, Help me memorise Qur'an and practise its contents

O Allah, Support me in learning the Arabic language

O Allah, Grant me with a health and pious offspring as soon as is good for me and easy pregnancies

O Allah, Lead me to the best character and protect me against the danger of my tongue

O Allah, Let me be a good spouse and parent

O Allah, Protect me from the hands of the kuffaar

Du'as for My friends

O Allah, never stop leading them, their spouses and children

O Allah, help them with memorising and practising the Qur'an

- O Allah, lead them to pious spouses
- O Allah, grant them health and yaqeen
- O Allah, help them play a beneficial role in the Ummah
- O Allah, protect them from the enemy
- O Allah, protect their marriages and their religion
- O Allah, protect them from the horror of Yawm al Qiyama and grant them Jannatul Firdaws and protect them from the Fire

Du'as by name

O Allah, Give the best of this life and of the Hereafter and protect from the Fire:
(fill in the names of persons you know)



Wake up an hour before suhoor to ask Allah for anything and everything you want that is halal, this can be done using the Du'as of the Sunnah, but also Du'as in your own language, with sincerity and conviction.

"The life of the Prophet [saws]:

Reading about the Prophet's life, increases your love for him and Islam so much more by seeing how much he struggled for Allah's sake. It may inspire you to push yourself even harder during these days and nights of Ramadan. This community is built on sacrifice."



Make a 'Daily Sadaqah' box and put it in the living room. Tell your family that they put whatever they want in it, nothing is too small or too big. So put in it whatever you want to spend on sadaqah that day. You can take it out on Friday and give it to whatever cause.

What the Prophet [saws] and the Companions asked for:

The way how the Prophet [saws] and the Sahabah made du'a is beautiful. When they would raise their hands and asked The Lord of the Worlds they did it with conviction, trust, sincerity and deep love towards Allah. That is why we should study the du'as they made and apply them ourselves. Memorise a different du'a every night. They don't have to be long; they can be just one line. And be sure to know what they mean. You can put them on index cards (or and keep them with you during the day, glancing at them during work, while driving, waiting in line, etc.) Then practice them at night in prayer.



TIP: *Invite friends or family around that don't go to Taraweeh but you feel might if you encourage them and take them along with you.*

Be tactful!

Quiet your mind, turn off the...

TV, internet, radio, phone, etc. Find a quiet place, close your eyes and connect with Allah [swt]. At first, your mind will swirl with the useless and not-so-useless information in your head. But force it to think of three things in these few minutes:

- a. Allah
- b. your purpose in life
- c. are you living your life on purpose?



TIP: *Organise a short lecture and Iftar afterwards. If you provide an Iftar meal for a fasting person, you will have the same reward as the person who has been fasting all day! (from the Prophet's Khutbah on Ramadan)*

The Qur'an

The Holy Qur'an is Allah's [swt] way of talking to us. It's one of the most important keys to spiritual upliftment. This Ramadan, connect to the Qur'an in a new way. If you already read Qur'an regularly, perhaps you can choose a new theme to focus on or select a Surah you haven't read in a while. If you don't read Quran regularly, maybe you can read a half a page of Qur'an a day and build it up every day, reading only from the first page you encounter when you open up the Book.

In addition, try to keep a *Qur'anic journal* to record your reflections, questions and thoughts about what you've read.



TIP: *Get a book of Adhkar and keep it with you at all times.*

Take care of others

Whether it's someone who's away from their family, a person who's having problems with a spouse or their kids or a fellow student or colleague struggling, make an extra effort this Ramadan to help others out. The spiritual boost you get in return is well worth it.

TIP:

Try to find some form of *worship that you can do altogether* as a family. I.e. you can sit down and do du'a together before iftar.

"Give up one lifelong bad habit

Ask yourself what some of your defining traits are. Then decide which is the worst of them. Is it a hot temper? Apathy? Laziness? Impatience? Whatever it is, use this Ramadan to put an end to it.

Practice the opposite of your bad habit every day until the end of the month. By then Insha'Allah, you'll look back and be amazed at what a change you've made for the better. "

TIP:

Help out with *keeping the children in place* at your local mosque

The Great Muslims

These days we seem to forget who we are as Muslims. We have the richest history of all people. The Muslim legacy is the greatest one. But yet we find ourselves copying the ways and the lifestyles of the non-Muslims. A great remedy for our restless hearts is learning about great Muslims.

Read about or listen to the story of a Companion daily, the famous but also the completely unknown ones. This is the way for us to see how other Muslims retained their strength of faith against incredible odds.

TIP

Don't waste your non-praying/fasting days on non Islamic matters.
Instead do Tasbeehs remembering the blessings, do Istighfars remembering the sins.

" Hadith to act upon!

Ibn 'Abbas related that the Prophet [saws]: "Every night of Ramadan at the time of iftar, Allah frees a million people from the Hellfire. When Jumu'ah comes, hourly He frees a million people from the Hellfire, all of them deserved to be punished therein. When the last day of Ramadan comes, He frees on that day alone, a number equal to the number that He freed from the beginning of the month. (Ibn Rajab al-Hanbali) "

TIP:

If you get invited to an iftar then try to *keep focused* and in Ramadan mode. Make sure you leave early for Taraweeh.

The Nights of Power Self Evaluation plan

The last ten nights of Ramadan aren't emphasized for their importance for nothing. Use these precious times for deep, heartfelt Du'a, self-analysis, reflection and serious thought.

Laylat-ul Qadr (the Night of Power) is described in the Qur'an as, "better than a thousand months" (97:3). Any action done on this night such as reciting the Qur'an, remembering Allah, etc. is better than acting for one thousand months which do not contain the night of Qadr. This is more than 80 years of worship!

"The Prophet [saws] said: "Whoever prays during the night of Qadr with faith and hoping for its reward will have all of his previous sins forgiven." (Bukhari and Muslim)

Ramadan, as usual, has flown by. Despite planning beforehand, many of us may have gotten caught up in a routine after accustoming ourselves to the change in schedule the blessed month brings.

This may have affected our initial plans to increase our worship, contemplation and to seek Allah's Forgiveness and Mercy with greater fervor. But the last ten days and nights of Ramadan are still ahead for us to benefit from. Ask yourself these questions and see what you can do to make the most of what's left of Ramadan this year, Insha'Allah:

- 1 Have I kept pace with the amount of Qur'an I wanted to read, or have I fallen behind?
- 2 If so, how much do I have to read on a daily basis the rest of Ramadan to catch up?
- 3 Have I tried to attend Taraweeh regularly, or did I use weak excuses to get out of it?
- 4 Did I ever pray the night prayer?
- 5 Did I try praying my five daily prayers with more sincerity, concentration, and focus than usual?
- 6 Did I invite anyone over for Iftar (breaking the fast)?
- 7 Did I help any needy person, even a panhandler or beggar, when I was fasting?
- 8 Did I regularly seek Allah's Forgiveness and Mercy with sincerity, fear and hope?
- 9 Did I encourage my family to fast or participate in regular opportunities for more rewards that come with Ramadan (i.e. good deeds in general, but also Taraweeh, more reading of the Quran, etc.).
- 10 Did I memorize any more Quran than what I knew before Ramadan started?
- 11 Did I try to be more patient in Ramadan than I normally am?

- 12 Did I try to control my anger, especially while fasting?
- 13 Did I try harder to avoid backbiting and slander?
- 14 Did I constantly check my intentions, to make sure that my good deeds were for the sake of Allah alone, not to impress others, gain their favor, or to show off?
- 15 Was there even an atom of pride in my heart?
- 16 Was I quieter and more contemplative?
- 17 Did I cry in my prayers?
- 18 Did I read more Islamic literature apart from the Qur'an?
- 19 Did I make sincere repentance to Allah, really feeling sorry for my sins?
- 20 Did I forgive those who hurt me?
- 21 Did I avoid hurting anyone with my attitude, words, intentions or actions?
- 22 Did I give any more Sadaqah (charity) than I normally give?
- 23 Did I share the message of Ramadan and Islam with a non-Muslim?
- 24 Did I share the message of Ramadan and Islam with a non-practicing Muslim family member or friend?
- 25 Did I feel annoyed at being hungry while fasting or did I rejoice?

A passage from Ibn Al-Qayyim's book 'Zad Al-Ma'ad' about i'tikaf:

The basis purpose of i'tikaf is that the heart gets attached to Allah, and, with it, one attains inner composure and calmness; preoccupation with the mundane things of life ceases, and the state is reached in which all fears, hopes and apprehensions are superseded by the love and remembrance of Allah; every anxiety is transformed into the anxiety for Him; every thought and feeling is blended with the eagerness to gain His nearness and to earn His good favour, and devotion to the Almighty is generated instead of devotion to the world. This is the provision for the grave where there will be neither a friend nor a helper. This is the high aim and purpose of i'tikaf, which is the specialty of the most sublime part of Ramadan, that is, the last ten days.

AFTER RAMADAN



TIP:

Keep making du'a: : *O Allah [swt] accept all the deeds I did in Ramadan.* The Sahabah used to say this du'a for 6 months after Ramadan!

Shawwal: The tenth month of the Islamic Calendar. The first day of Shawwal is Eid al-Fitr. There are also six days of fasting during Shawwal which, together with the Ramadan fasts, are equivalent to fasting 'perpetually.'



TIP:

Fast six days after Eid within the month of Shawwal, if you do this you can get a reward equal to that as if you have been fasting for the whole year!

Now.... after Ramadan try to do your utter best to keep up with your daily 'ibadah. Keep yourself in check with the daily charts of the Muslim Diary and keep reading the explanations in the Sunnah of all the deeds you do, to keep motivated and to become so acquainted with them, that you can share them with as many others as possible!