

Ramadan Preparation



"O you who have believed, decreed upon you is fasting as it was decreed upon those before you that you may become righteous" Quran 2:183

The Purpose of Fasting

- To practice self-restraint and being aware of Allah at all times
- Fasting is a means for compassion for the poor and gratitude for the favours of Allah
- To increase your spirituality and worship through increased prayers, reflection, making Dua and recitation of the Quran
- Increased acts of charity and assisting the poor during this month by paying for a meal or feeding a fasting person

Rewards of Fasting

- The Prophet, peace and blessings be upon him, said, "Verily, there is a gate in Paradise called al-Rayyan, through which only those who fasted will enter on the Day of Resurrection."
Ṣaḥīḥ al-Bukhārī 1797, Ṣaḥīḥ Muslim 152
- There are two pleasures for the fasting person, one at the time of breaking his fast, and the other at the time when he will meet his Lord; then he will be pleased because of his fasting.
Saḥīḥ Bukhari, Volume 3, Book 31, Number 128
- He has left his food, drink and desires for My sake. The fast is for Me. So I will reward (the fasting person) for it and the reward of good deeds is multiplied ten times.
Saḥīḥ Bukhari, Volume 3, Book 31, Number 118

Du'a for Breaking Fast

Allahumma laka sumtu wa bika aamantu wa alayka tawakaltu wa alaa rizqika 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" Abu Dawood 2358

A Family Focused Ramadan

- Go back to simplicity with your own family and enjoy breaking your fast together.
- Use this as a time for bonding with your family. Learn about one Islamic topic together each night, learn a new surah together and increase your knowledge.
- Let go of bad habits and make positive changes each day that will be long lasting.
- Attend Taraweeh prayers at the Mosque, with your family.
- Pray the Night Prayer in the last third of the night instead of straight after Isha prayer because The Messenger of Allah, peace and blessings be upon him, said, "Our Lord descends to the lowest heaven in the last third of every night, and He says: Who is calling upon Me that I may answer him? Who is asking from Me that I may give him? Who is seeking My forgiveness that I may forgive him?"
Ṣaḥīḥ al-Bukhārī 1094, Ṣaḥīḥ Muslim 758

Health Tips

- Prepare your body by eating a healthy syfyr (suhoor) which includes slow energy releasing foods such as oats, bananas and wholemeal breads. Also drink lots of water to prepare.
- Break fast with dates and water.
- A balanced iftar meal is a plate with 1/2 vegetables, 1/4 protein and 1/4 carbohydrates.
- Choose wholegrain and wholemeal over white for longer lasting energy

Du'a for Night of Power

Allahumma innaka 'afuwwun, tuhibbul-'afwa, fa'fu anni

"O Allah, You are Most Forgiving, and You love forgiveness; so forgive me" At Tirmidhi 3513