

الحمدُ لله الذي نطقتُ بشكرِهِ الألسنةُ، سبحانهُ فضلَ أزمانه على أزمانه، وأشهدُ أن لا إلهَ إلا اللهُ وحدهُ لا شريكَ له ، المَلِكُ الحقُّ المبينُ ، وأشهدُ أن سيدنا مُحَمَّدًا عبدُ اللهِ ورسولُهُ المبعوثُ رحمةً للعالمينَ ، والداعي إلى الصراطِ المستقيمِ ، اللهم صلِّ وسلِّمْ وباركْ على سيدنا محمدٍ وعلى آله وأصحابِهِ والتابعينَ وتابعيهِمْ بإحسانٍ إلى يومِ الدينِ

Praise be to Allah, whose thanks is pronounced by the tongue. Almighty is He who preferred certain times over others. I bear witness that there is no god but Allah, the One, alone with no partner and the only King.

And I bear witness that Muhammad is the Prophet of Allah and His Messenger, sent as a mercy to the worlds, and calling towards the straight established path. May the peace and the blessings of Allah be upon him, his Companions and all those who will follow them in righteousness till the Day of Judgment.

إِنَّ عِدَّةَ الشُّهُورِ عِنْدَ اللَّهِ اثْنَا عَشَرَ شَهْرًا فِي كِتَابِ اللَّهِ يَوْمَ خَلَقَ السَّمَاوَاتِ وَالْأَرْضَ مِنْهَا أَرْبَعَةٌ حُرْمٌ ذَلِكَ الدِّينُ الْقَيِّمُ فَلَا تَظْلِمُوا فِيهِنَّ أَنْفُسَكُمْ وَقَاتِلُوا الْمُشْرِكِينَ كَافَّةً كَمَا يُقَاتِلُونَكُمْ كَافَّةً وَاعْلَمُوا أَنَّ اللَّهَ مَعَ الْمُتَّقِينَ

“Indeed, the number of months with Allah is twelve [lunar] months in the register of Allah [from] the day He created the heavens and the earth; of these, four are sacred.

That is the correct religion, so do not wrong yourselves during them. And fight against the disbelievers collectively as they fight against you collectively. And know that Allah is with the righteous” (9:36)

“السَّنَةُ اثْنَا عَشَرَ شَهْرًا مِنْهَا أَرْبَعَةٌ حُرْمٌ ثَلَاثَةٌ مُتَوَالِيَاتٌ ذُو الْقَعْدَةِ وَذُو الْحِجَّةِ وَالْمُحَرَّمُ وَرَجَبٌ مُضَرَ الَّذِي بَيْنَ جُمَادَى وَشَعْبَانَ

*“The year is twelve months, four of which are sacred. Three of them are in succession; and the fourth which stands between Jumad and Sha'ban.”
(Sahih al-Bukhari)*

4 Sacred Months:

- Dhul Qa'da
- Dhul Hijjah
- Muharram
- **Rajab:** Derived - “Rajaba” “to respect” or “admire”, and serves itself as a 60 day countdown to the beautiful month of Ramadan.

Beginning of Summer? – Beginning of Spiritual Season?

‘Training’ — physical, professional, educational = goals improve our capabilities, capacity, productivity and performance.

So what about the ‘training’ program required to strengthen our souls and the connection to our Creator?

The Prophet ﷺ said: "Indeed Rajab is the month of Allah, Sha‘ban is my month, and Ramadan is the month of my Ummah." (Al Jami – Imam Al-Suyuti)

Imam Ibn Rajab used to say: "The year is like a tree. The days of Rajab are its foliage. The days of Sha‘ban are its branching and the days of Ramadan are wherein its fruits are reaped."

Rajab was the month that the Prophet ﷺ was taken on the *Isra wal Mi'raj* (the Night Journey and Ascension), the night where Salah became obligatory.

All training programs are designed to meet the needs of our body and mind, and Rajab is the month to train our body, mind and soul to honour the month of Ramadan?

1) Develop Taqwa (God Consciousness) through fasting

يَا أَيُّهَا الَّذِينَ آمَنُوا كُتِبَ عَلَيْكُمُ الصِّيَامُ كَمَا كُتِبَ عَلَى الَّذِينَ مِن قَبْلِكُمْ لَعَلَّكُمْ تَتَّقُونَ

"O you who believe, the fasts have been enjoined upon you as they were enjoined upon those before you, so that you may have taqwa" (2:183)

- Acquiring taqwa takes time as it grows with the increase of faith in the heart of a believer.

2) Develop a 'Give More' mind-set

لَن تَنَالُوا الْبِرَّ حَتَّى تُنْفِقُوا مِمَّا تُحِبُّونَ وَمَا تُنْفِقُوا مِن شَيْءٍ فَإِنَّ اللَّهَ بِهِ عَلِيمٌ

"Never shall you attain righteousness, unless you give of that which you love."(3:92)

- Smile and Share - removing stinginess & expanding your heart/pocket takes time.

3) Quit bad habits and seek forgiveness (Istighfar)

لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ - لَا تَقْنَطُوا مِن رَّحْمَةِ اللَّهِ إِنَّ اللَّهَ يَغْفِرُ الذُّنُوبَ جَمِيعًا إِنَّهُ هُوَ الْغَفُورُ الرَّحِيمُ

"There is no deity except You; exalted are You. Indeed, I have been of the wrongdoers." – "Do not despair of the mercy of Allah. Indeed, Allah forgives all sins. Indeed, it is He who is the Forgiving, the Merciful." (21:87 - 39:53)

On sighting the moon of Rajab, the Prophet ﷺ would utter the following prayer:

اللَّهُمَّ بَارِكْ لَنَا فِي رَجَبٍ وَشَعْبَانَ وَبَلِّغْنَا رَمَضَانَ

- "O Allah, make the months of Rajab and Sha'ban blessed for us, and let us reach the month of Ramadan"



- **The Spiritual Season: Part 1: Rajab** | Part 2: Sha'ban | Part 3: Ramadan
- We ask Allah to give us a great portion of the gifts bestowed in this month and that He makes us among those who attain acceptance and felicity in this life and the next and remember success is from Allah!