

الحمدُ لله الذي نطقتْ بِشكرِهِ الألسنةُ، سبحانَهُ فَضَّلَ أزمانَةً على أزمانَةٍ،  
وأشْهَدُ أَنْ لا إِلهَ إِلاَّ اللهُ وَحْدَهُ لا شَرِيكَ لَهُ ، الْمَلِكُ الْحَقُّ الْمَبِينُ ،  
وأشْهَدُ أَنَّ سَيِّدَنَا مُحَمَّدًا عَبْدُ اللهِ وَرَسُولُهُ الْمَبْعُوثُ رَحْمَةً لِلْعَالَمِينَ ، والداعي  
إلى الصراطِ المستقيمِ ، اللهم صَلِّ وَسَلِّمْ وَبَارِكْ على سَيِّدِنَا مُحَمَّدٍ وَعَلى  
آلِهِ وَأَصْحَابِهِ وَالتَّابِعِينَ وَتَابِعِيهِمْ بِإِحْسَانٍ إِلَى يَوْمِ الدِّينِ

**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.**

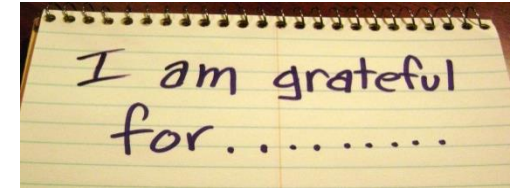
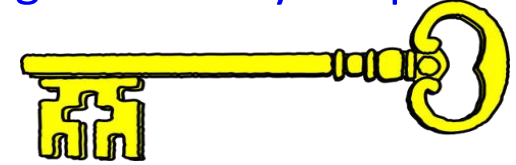
**And I bear witness that Muhammad is the Prophet of Allah and His Messenger, sent as a mercy to the worlds. The caller towards the straight and established path. May the peace and the blessings of Allah be upon him, his Companions and all those who will follow them in righteousness till the Day of Judgment.**

## Rajab – Month of Allah, Preparation, Patience and Gratitude

وَذَكِّرْهُمْ بِأَيَّامِ اللَّهِ إِنَّ فِي ذَلِكَ لَآيَاتٍ لِّكُلِّ صَبَّارٍ شَكُورٍ

“And remind them of the days of Allah.” Indeed in that are signs for everyone patient and grateful.”(14:5)

- Interview, Exams, Job, Projects
- Gym, Treadmill, Diet, Marriage
- Family, Children, Health, Wealth



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

“Verily, the number of months with Allah is twelve months (in a year), so it was ordained by Allah on the Day when He created the heavens and the earth; of them four are Sacred. That is the right religion, so wrong not yourselves therein...” (9:36)

### Sacred Months: Rajab, Dhul Qa'dah, Dhul Hijjah and Muharram

- **Ibn Abbas** رضي الله عنه “Sins are greater in these months than others, as are rewards”.
- Ibn Faaris: “The letters Ra', Jeem and Ba' form a root which indicates supporting and strengthening something with another thing. “

## Rajab – Month of Allah, Preparation, Patience and Gratitude

- Abu Bakr Al-Warraaq: “Rajab is the month of planting seeds. Sha’baan is the month of irrigation and Ramadhan is the month of harvest” (Lataaif al-Ma’arif)

وَرَبُّكَ يَخْلُقُ مَا يَشَاءُ وَيَخْتَارُ مَا كَانَ لَهُمُ الْخِيَرَةُ

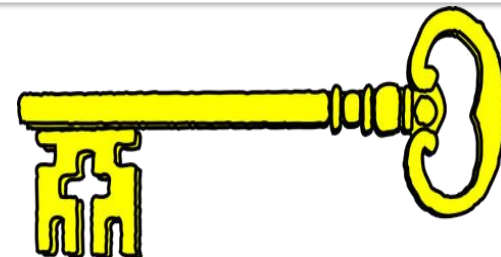
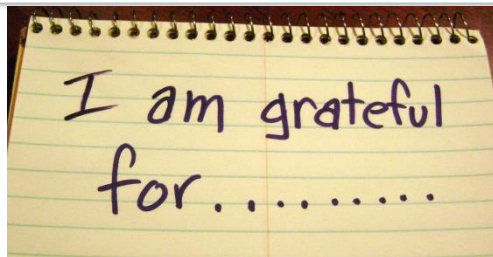
“And your Lord creates what He wills and chooses; not for them is the choice” (28:68)

- Realise the design of Allah, understand His Wisdom and follow His Command
- Prepare your mind and heart in Rajab, build a protective and nurturing environment; begin strengthening your body in Sha’baan so that you may enjoy the fruits and joys of Ramadan
- Don’t risk Ramadan with dehydration, bad stamina, poor focus, malnutrition, long days, sleepless nights, pains ,aches – falling in the deep end – be ready!

**The Prophet ﷺ said: Some who fast obtain nothing from it but hunger and thirst.”  
(Ahmad)**

**Uthman ibn Affan رضي الله عنه said: “Those who fast are few, but those who go hungry are many”**

# Rajab – Month of Allah, Preparation, Patience and Gratitude



- Start: Mondays, Thursdays, 13<sup>th</sup>, 14<sup>th</sup> & 15<sup>th</sup> Fasts
- Reduce TV, Food/Drink Indulgences, Restrict Tongue, Control Gaze, Increase Zikr, Salah, Shukr, Darud, Qur'an

**The Prophet ﷺ said: “Rajab is the month of Allah, and Sha’aban is my month, and Ramadan is the month of my Ummah.” (Al-Jami)**

## 1) Develop Taqwa through fasting

كُتِبَ عَلَيْكُمُ الصِّيَامُ كَمَا كُتِبَ عَلَى الَّذِينَ مِنْ قَبْلِكُمْ لَعَلَّكُمْ تَتَّقُونَ

## 2) Develop a ‘Give More’ mind-set

لَنْ تَنَالُوا الْبِرَّ حَتَّى تُنْفِقُوا مِمَّا تُحِبُّونَ

## 3) Quit bad habits and seek forgiveness

لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ

