



Ramadan Preparation Guide

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Allah's Command

Fasting For Every Nation – Gain Piety – Learn Self-Control

Fasting for a fixed number of days – Exceptions for ill, travellers.

**Revelation of Qur'an – Criterion – Guide - Anniversary
Beginning of Islam**

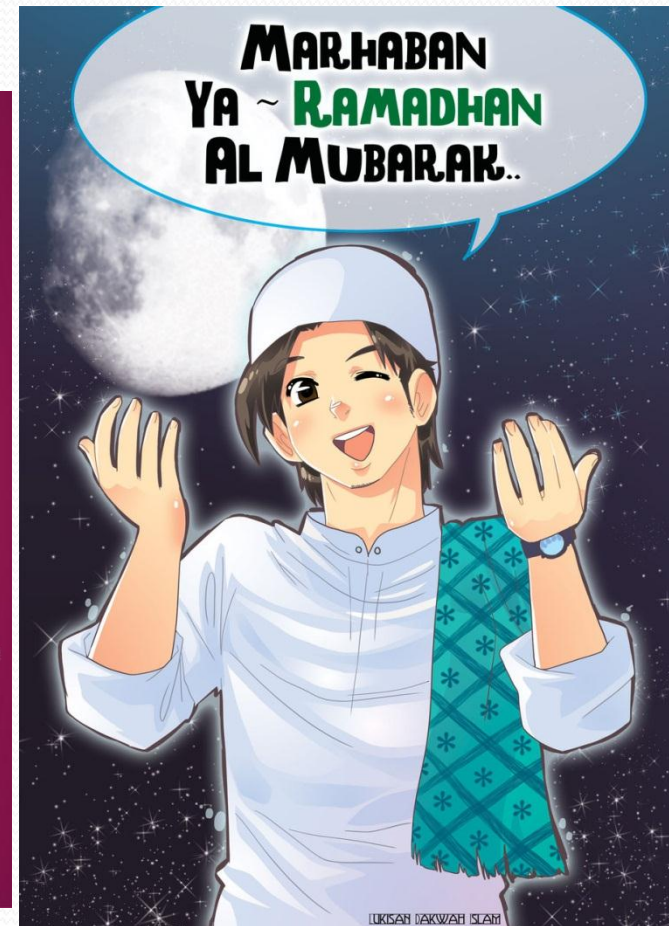
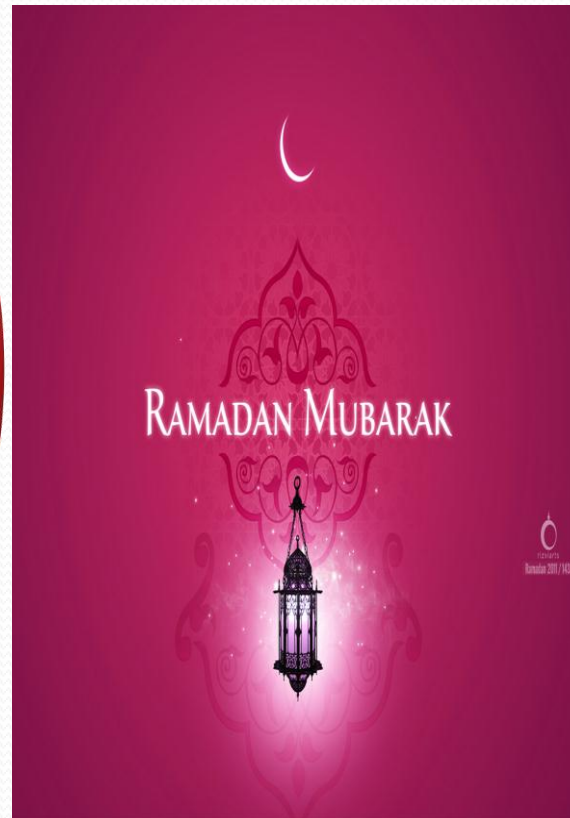


Prophetic Command

- 5 Pillars of Islam
- Qur'an – Fasting – Intercede
- Ramadan – RAMAD – Intense Heat
- Fidya 1.6 kg Wheat/3.2 kg of Barley – Equivalent
- Intention Suhur – Iftar



Welcome Ramadan



Part 1 – Training Season:

- **Step 1 – Training Season:** The month of Ramadan can be as physical as it is spiritual, and the body needs time to adjust.



IF YOU
FAIL *TO* PLAN
..... YOU
PLAN *TO* FAIL
BENJAMIN FRANKLIN



Step 2 – Goal Setting:

- **Step 2 – Goal Setting: Push yourselves above and beyond your normal physical, mental and spiritual limits. Maintain that momentum and gradually increase your goal posts.**



- **Step 3 – Calendaring:** This goes hand-in-hand with Goal Setting – how will you schedule your day/week/month. Sleep, Sehri, Salah, Dhikr, Qur'an, work, Colleagues, Friends, Family, Iftari, Diet, Rest...

The figure displays 12 monthly calendar grids for the year 2022, from January to December. Each grid shows the days of the week (Sunday through Saturday) and the dates. Various scheduling markers are placed on the calendar days, indicating specific events or activities. A key at the bottom explains the markers:

- R** (Round): Round and days to work on round.
- J** (Judge): Judge to evaluate entries.
- S** (Squad): Squad day. Green for next round.
- M** (Match): Match for next round.

The calendars are organized by month, with each month's grid showing the days of the week and the dates. The markers are placed on the calendar days, indicating specific events or activities. The key at the bottom explains the markers.

A close-up photograph of a silver, dual-bell alarm clock. The clock is positioned at an angle, showing its front face and the two bells on top. The face has black Arabic numerals for 1, 2, 10, and 11, with smaller tick marks for other hours. The hands are black, and the time shown is approximately 10:10. The background is a plain, light blue-grey color.

Training – Ultimate Spiritual Triathlon

- An Ironman Triathlon involves 2.4 miles of swimming, followed immediately by 112 miles of biking, and again followed immediately by 26.2 miles of running. Can you imagine showing up to compete with no preparation, no training, and not even so much as a warm-up before starting?



Fasting – Sha'ban

- The Prophet fasted Mondays and Thursdays as well as the 13th, 14th, and 15th of the month, and increased his fasting during the month of Sha'ban more so than any other month apart from Ramadan.



13

14

15

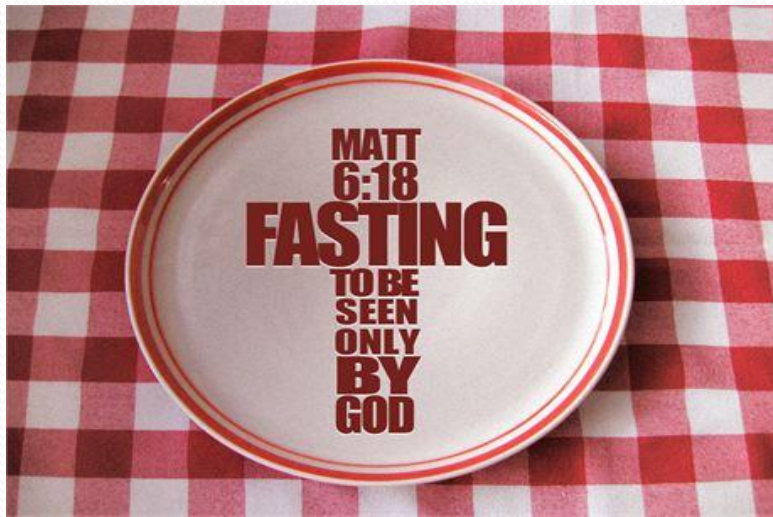
Fasting – Sha'ban

- **Week 1:** Fast One Day
- **The Weekend:** One day on the weekend may be easier for you. The weekend allows you to sleep more and comfortably ease into fasting.
- **The Weekdays:** Or, you might be on the opposite side of the spectrum.



Fasting – Sha'ban

- **Week 2: Fast Two Days**
- **The Sunnah:** Monday and Thursday, 13th, 14th, 15th.
- **The Weekend:** Fast these days as well if you find it easier.



Fasting – Sha'ban

- **Week 3 and 4:**
- **This final stretch will get you close to ready Insha'Allah. It's the fast of Dawud, which alternates days and gets us to right before Ramadan.**



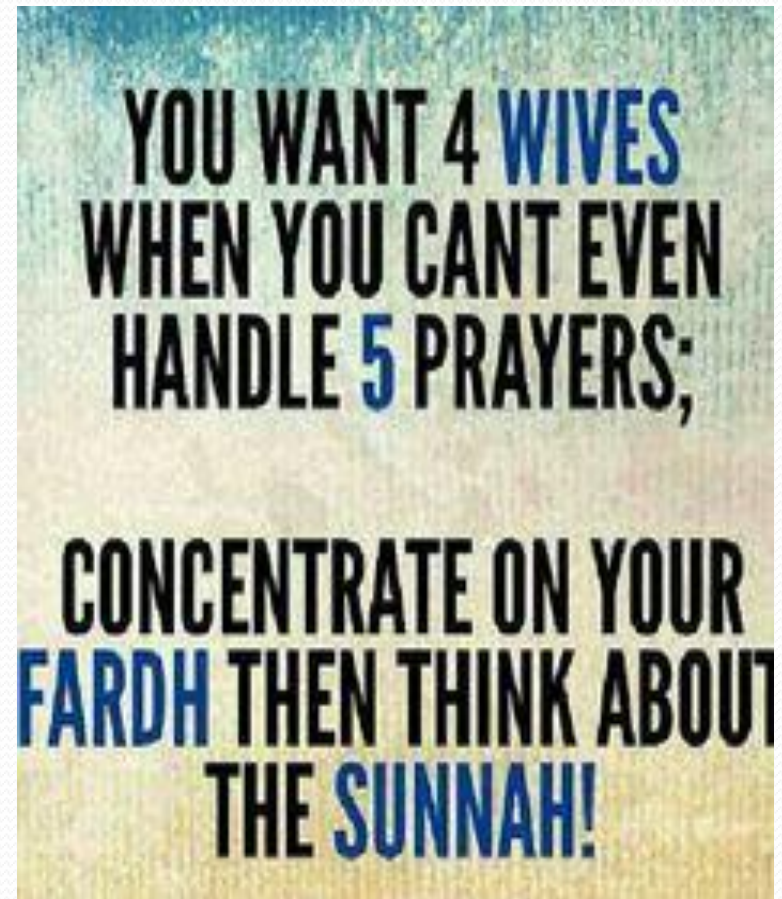
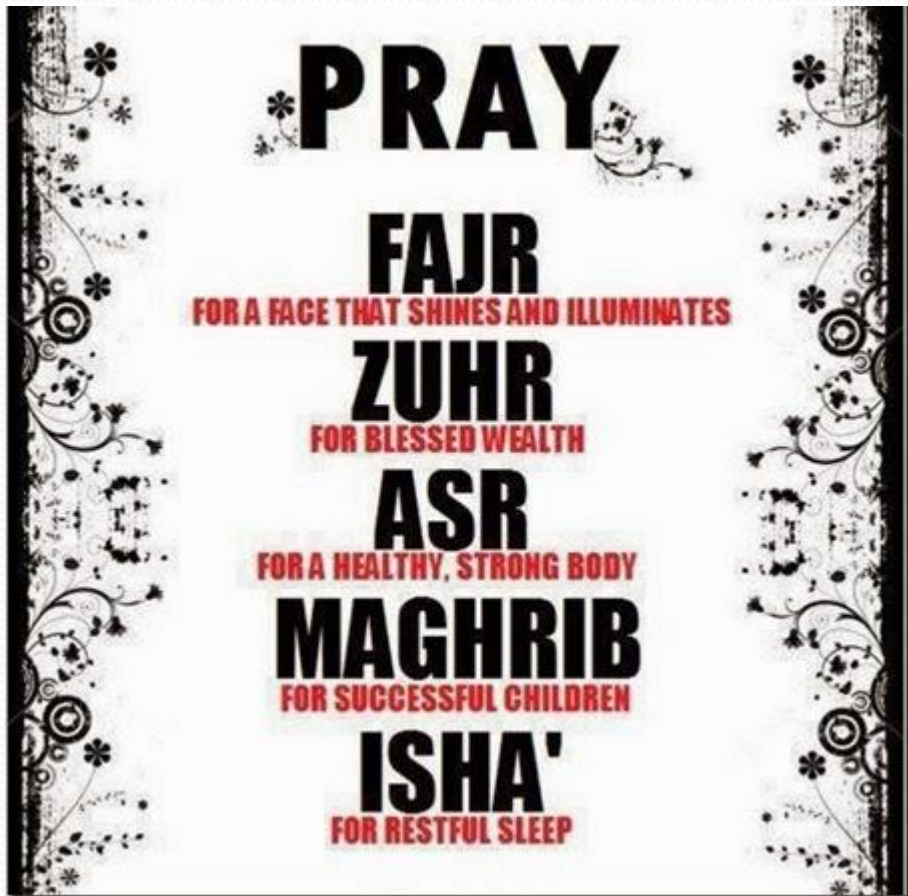
Fasting Titbits

- **Other Sunan:** Make sure to eat Suhoor, break your fast quickly when the time for Iftar is upon you, eat moderate quantities.
- **Non-fasting Days:** Train yourself to feel and ignore hunger pangs. Eat no more than 3 meals a day, keep the portion sizes medium-sized, and avoid eating calories between meals.



Prayers

- The Five Daily Prayers vs Taraweeh



Prayers

- **Daily Sunan**
- **There are more than 12 sunan prayers one could complete in a day, but a good starting point is to get 12 sunan prayers in daily with consistency, and these are:**
- **2 rakat before Fajr**
- **2 or 4 rakat before Zhur, and 2 rakat after**
- **4 rakat before 'Asr**
- **2 rakat after Maghrib**
- **4 rakat before Isha, 2 rakat after 'Isha**
- **Tahajjud / Qiyam ul-Layl**



Qur'an Recitation

- The Prophet would revise the Qur'an every Ramadan, so all of us should have a goal of completing the Qur'an as many times as possible.
- Week 1: 5 – 8 pages daily
- Week 2: 8 – 15 pages daily
- Week 3: 15 – 20 pages daily
- Week 4: 20 – 27 pages daily



Calendar – Scheduling



Remain Focused & Determined

- Decreasing energy levels (from a combination of lack of food and sleep), decreasing enthusiasm in the middle of the month, and maintaining the rest of your commitments (work, school, kids, etc) while increasing the time commitment of your worship.



Management

- Time Commitment
- Technique to complete
- The Bare Minimum



Completing the Qur'an

- **1. Time Commitment**
- **Depending on how quickly you complete reading 1 juz (20 pages), your time commitment might be anywhere from 10 minutes to 2 hours.**



Completing the Qur'an

- **2. Technique to Complete**
- **One Juz Daily Method: Read 20 pages per day, starting with the first night of Ramadan.**
- **Method 1: Pick a time block**
- **Method 2: Break up the daily reading**
- **I'tikaf Method**



Nightly Tarawih

- **1. Time Commitment** Tarawih can be anywhere from 1 – 2 hours after 'Isha prayers.
- **Standing for 20 rakat of Qur'an recitation is unbelievably physically taxing, you may experience a post-iftar food coma, and your mind might be wandering hither and dither. If that's the case, treat yourself to a cup of chai or a strong brew of coffee.**



Family Time

- Time you spend with your family (kids, spouse, parent) hanging out, doing stuff together – playing games, reviewing Qur'an stories, relaxing and talking about the day, whatever brings you together. This time is crucial and for those who are so 'ibadah-focused, consider this your daily dose of daw'ah for your family.



Du'a' List

- Before Ramadan begins, record a du'a' list:
- Your Afterlife: The grave, the Day of Judgment, Heaven
- Your Family
- The Community
- Those Suffering
- Acceptance
- Shukr



Charity

- Zakat al-Fitr, - Fitrana
- Zakat
- Charity Abroad – Syria, Palestine, Iraq, Pakistan
- Charity Home – Local Charities, Masjid, Money, Time, Items, Homeless...



Help Others Achieve Their Ramadan Aspirations

- Home, Family, Friends, Neighbours, Strangers

A Silent Cry *for Help*



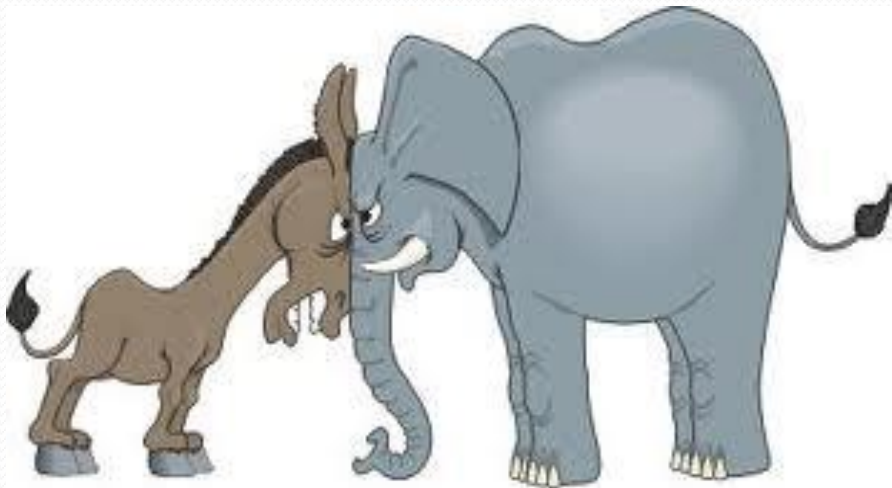
No Arguing

- Ramadan Beginning, Sehri, Iftari, Eid
- Keep Shaytan & Yourself Locked Up



“The one who gives up an argument, even when he is right, has a palace in Paradise built for him or him.”

“If someone argues with you while you're fasting, you're instructed to tell them you're fasting.”



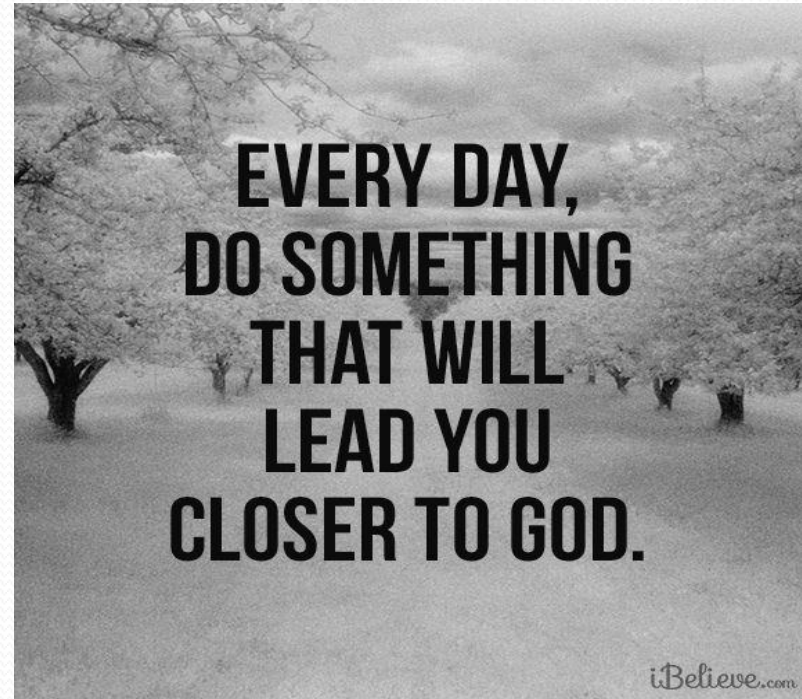
Keeping on Track for 30 Days

- Ramadan is known for its ups and downs – internal and external
- 'ibadah fluctuates – remain constant and sincere



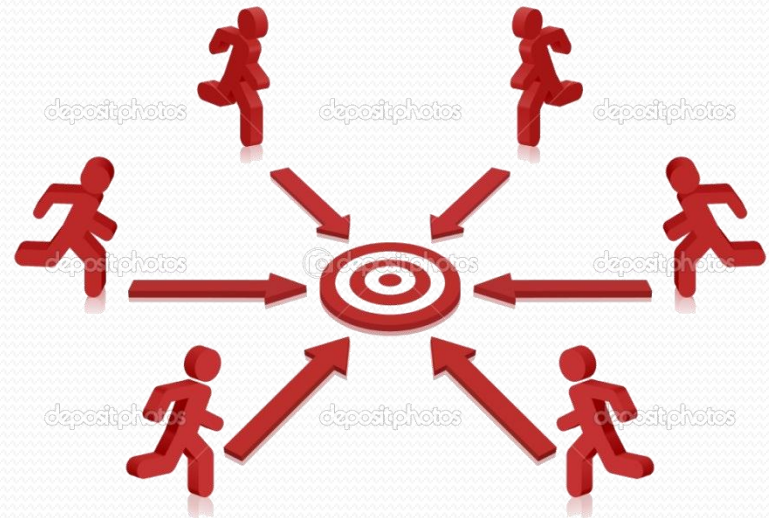
Attend Lectures

**Attend daily mosque lectures on the Life of the Prophet.
Record them, take notes, listen to other speakers, increase
your knowledge and come closer to Allah and His Messenger**



Support Groups

- Find yourself a group of close friends who want to achieve big things during Ramadan, and form a Whatsapp group – a mailing list, a discussion forum, a Facebook group – Stay Connected



Da'wah - Sharing

- Share food with your neighbours,
- Educate them on Islam
- Share the Ramadan/Islamic Spirit
- Help your local community
- Charities
- Keep your streets clean
- Always smile



Faq's on Fasting:

- **Obligatory? Muslim, Sane, Adult, Healthy, Resident**
- **Intention – Daily/Monthly**
- **Deliberate Breaking of Fast – 60 Consecutive Fasts**
- **Fast Valid Without Sehri**
- **Fast Valid Without Ghusl**
- **Periods – No Fast,**
- **Pregnant – Optional**
- **Accidental Swallowing – Not Invalidate**
- **Inhaler - Permissible**
- **Intravenous Intramuscular Injection - Permissible**
- **Giving/Taking Blood – Valid**
- **Tarawih – 20 Rakat – Ijma**
- **Rinsing Mouth – Water**
- **Swallowing Phlegm - Valid**
- **Involuntary Vomiting – Valid**
- **Nose/Ear Drops – Ikthilaf**
- **Pills – Delay Period – Valid**
- **Intimate Examination - Ikhtilaf**