

RAMADAN PREP

1. Voluntary Fasts

Fasting Monday and Thursday:

Abu Hurairah reported that the most the Prophet, (Sallallahu Alaihi Wasalam) would fast would be Monday and Thursday. He was asked about that and he said: "The deeds of people are presented to Allah on every Monday and Thursday. Allah forgives every Muslim except for those who are deserting each other." He says: "leave them for later". (Ahmad; Hasan)

Fast on the white days (13, 14 & 15th of each Islamic month):

Abu Tharr Al-Ghefari said: "The Messenger of Allah (Sallallahu Alaihi Wasallam) said "O Abu Tharr! If you fast three days of every month, then fast the 13th, the 14th and the 15th [these are call the al-ayaam al-beedh, the white days]". (Ahmad, an-Nasaa'i & at-Tirmithi; Sahih)

Rasulallah (Salallahu Alaihi Wasallam) said: "Fasting and the Qur'an will intercede for the slave on the Day of Resurrection. Fasting will say: "O My Rabb! I prevented him from food and desires, so accept my intercession for him." And the Qur'an will say: "I prevented him from sleep during the night, so accept my intercession for him." He (Sallallahu `Alaihi Wasallam) said: "And they will (be allowed to) intercede." (Ahmad, at-Tabarani, Al-Hakim, Sahih)

2. Recite Qur'an

Allah the exalted says:

"The month of Ramadan is the one in which the Quran was sent down, a guidance for mankind, clear proofs for the guidance, the Criterion; so whoever amongst you witnesses this month, let him fast it." (Surah al-Baqarah 2:185)

Ramadan was the month in which the Qur'an was first revealed so it is the month of the Qur'an. We should devote much of this blessed month reciting the Qur'an.

Az-Zuhri used to say upon the coming of Ramadan, "It is only about reciting the Qur'an and feeding the poor."

Abdur-Raziq said, "When Ramadan came, Sufyan Ath-Thawri would give up all acts of (voluntary) worship and devote himself to the recitation of the Qur'an."

"Recite the Holy Qur'an as much as we can for It will come as an intercessor for its reciter' on the Day of Judgement" (Muslim)

The Reciter will be in the company of Angels

3. Pray Superogatory prayers

The Prophet (Sallallahu Alaihi Wasallam) said: "Whoever draws near to Allah during it (Ramadan) with a single characteristic from the characteristics of (voluntary) goodness, he is like whoever performs an obligatory act in other times. And whoever performs an obligatory act during it, he is like whoever performed seventy obligatory acts in other times." (Sahih Ibn Khuzaymah, no. 1887)

By increasing our voluntary worship we can gain closeness to Allah (swt)

Rabi'ah ibn Malik al-Aslami reported that the Prophet (Sallallahu Alaihi Wasallam) said: "Ask (anything)." Rabi'ah said: "I ask of you to be your companion in paradise." The Prophet (Sallallahu Alaihi Wasallam) said: "Or anything else?" Rabi'ah said: "That is it." The Prophet (Sallallahu Alaihi Wasallam) said to him: "Then help me by making many prostrations (i.e., supererogatory prayers)."

4. Make Dua

The place of Dua is so honorable to Allah that the Prophet (Sallallahu Alaihi Wasallam) said:

"Nothing is more honorable to Allah the Most High than Du'a." (Sahih al-Jami` no.5268).

It is the most excellent of worship:

He also said: "The most excellent worship is Du'a." (Sahih Al-Jami` no. 1133)

So let us get into the habit of making sincere Dua's from deep within our hearts and let us not be heedless when supplicating to Allah. What better time than now for us to get into the habit of making more intense and sincere Dua's. So by the time Ramadan arrives we would have already got into the habit of making the long, sincere and intense Dua's which will readily be accepted during this blessed month especially whilst we are fasting and in the latter part of the nights during Tahajjud.

5. Repent

Ramadan is the month where we can gain mercy and forgiveness from Allah for all of our sins past and present.

Allah says: O son of Adam, if your sins were to reach the clouds of the sky and you would then seek My forgiveness, I would forgive you.

When a person sins and then sincerely turns to Allah for forgiveness, one will find Allah ready to

accept his repentance and to forgive him, as this verse indicates: And whoever does a wrong or wrongs himself, but then seeks forgiveness from Allah, he will find Allah forgiving and merciful. (Surat an-Nisaa 4:110)

Truly Allah loves those who turn [to Him] in repentance, and He loves those who keep themselves in purity. (Qur'an 2:222)
Allah but ends up piling more sins onto his account.

6. Be Generous & Give Charity

The Prophet (Sallallahu Alaihi Wasallam) said, “The best charity is that given in Ramadan.” (At-Tirmithi).

Prophet (Sallallahu Alaihi Wasallam) said, “He who feeds a fasting person will gain the same reward as he will, without decreasing from the fasting person’s rewards.” (Ahmad).

7. Control the tongue

Rasulallah (Sallallahu Alaihi Wasallam) said: “Fasting is not (abstaining) from eating and drinking only, but also from vain speech and foul language. If one of you is being cursed or annoyed, he should say: ‘I am fasting, I am fasting.’” (Ibn Khuzaimah, Ibn Hibban)

The Prophet (Sallallahu Alaihi Wasallam) was asked: “Which Muslim is best?” He responded, “One who the other Muslims are safe from his tongue and his hand.” (Tirmidhi, #2504)

Rasulallah (Sallallahu Alaihi Wasallam) said: “Allah does not need the fast of one who does not abandon false speech or acting according to his false speech.” (Sahih Bukhari)

8. Improve Character & Manners

Rasulallah (Sallallahu Alaihi Wasallam) came to perfect the character of man and the best of this Ummah are those with the best of characters:

Rasulallah (Sallallahu Alahi Wasallam) used to say: "The best amongst you are those who have the best manners and character." (al-Bukhari)

Rasulallah (Sallallahu Alaihi Wasallam) said: "There is none heavier in the scales of the Hereafter than good character (Tirmidhi & Abu Dawud).

9. Moderation in eating

On the authority of Al-Miqdaam ibn Maadiy-Karib who said: I heard the Messenger of Allah saying: "No human ever filled a vessel worse than the stomach. Sufficient for any son of Adam are some morsels to keep his back straight. But if it must be, then one third for his food, one third for his drink and one third for his breath." (Ahmad, At-Tirmidhi, An-Nasaa'I, Ibn Majah)

Ibrahim al-Nakha'i, on of the teachers of Imam Abu Hanifa, may Allah have mercy on them both, mentioned: "The people ruined before you were done in by three characteristics: too much talking, too much eating, and too much sleeping."

Ash-Shafi'I said: I have not filled myself in sixteen years because filling oneself makes the body heavy, removes clear understanding, induces sleep and makes one weak for worship.

Al-Hassan Al-Basri: "The test of Adam (AS) was food and it is your test until Qiyamah.

And, it used to be said: Whoever takes control of his stomach gets control of all good deeds.

And: Wisdom does not reside in a full stomach.

One day, Al-Hassan offered some food to his companion who said: I have eaten until I am no longer able to eat. To which Al-Hassan said: Subhaana Allah! Does a Muslim eat until he is no longer able to eat?

10. Implement Sunnah's

"Say (O Muhammad to mankind): "If you (really) love Allah, then follow me (i.e. accept Islamic monotheism, follow the Quran and the Sunnah), Allah will love you and forgive you your sins. And Allah is Oft-Forgiving, Most Merciful." (Quran: 3:31)

Prophet (Sallallahu Alaihi Wasallam) said: "Whoever revives an aspect of my Sunnah that is forgotten after my death, he will have a reward equivalent to that of the people who follow him, without it detracting in the least from their reward." (Tirmidhi)

VIRTUES OF RAMADAN

“The month of Ramadan in which was revealed the Qur’an, a guidance for mankind and clear proofs for the guidance and the criterion (between right and wrong). So whoever of you sights (the crescent on the first night of) the month (of Ramadan i.e. is present at his home), he must observe Sawm (fasts) that month...” **[al-Baqarah 2:185]**

“Verily, we have sent it (this Qur’an) down in the Night of Al-Qadr (Decree) and what will make you know what the Night of Al-Qadr (Decree) is? The Night of Al-Qadr (Decree) is better than a thousand months (i.e. worshipping Allah in that night is better than worshipping Him a thousand months, i.e. 83 years and 4 months). Therein descend the angels and the Ruh [Jibreel (Gabriel)] by Allah’s Permission with all Decrees,

(All that night), there is peace (and goodness from Allah to His believing slaves) until the appearance of dawn” **[al-Qadar 97:1-5]**

"The Prophet, peace be upon him, said; "Allah has said; 'All the deeds of Adam's children (all mankind) they do for themselves, except fasting which belongs to Me and I will reward for it. Fasting is a shield (against the Hell and against the committing of sins). If one of you happens to be fasting he should avoid sexual relations with his wife and should avoid quarrelling. Should someone fight or quarrel with him, let him say, 'I am fasting'. By Him in Whose Hand is my soul (Allah), the smell of the mouth of the one who is fasting is better in the sight of Allah than musk (perfume).” **[Bukhari]**

SET YOUR INTENTIONS

1. How would you describe your current life experiences these days?

2. How is your level of faith and taqwa? (faith and reverence of Allah)

3. What is working?

4. What are your challenges?

5. What do you want to change with your relationship with Allah?

6. What do you see yourself working on during Ramadan?

7. How are you spending your time?

8. What type of people are you surrounded by?

9. What new habits are you implementing?

10. What could hold you back from the goals you want this Ramadan?

11. What can you let go of, in order to bring things into harmony with what you want?

12. What are the benefits of hanging on to these things?

13. What are the benefits of letting them go?

14. If you had 30 days left in your life what actions or habits would you discontinue?

SUGGESTED PRE RAMADAN READING

In The Early Hours

By, Khurram Murad

Mans Protection from Jinn & Satan

Bali, Wahid Abdussalam

Purification of The Heart

By, Imam Hamza Yusuf

Agenda to Change Our Condition

By Imam Zaid Shakir

Inner Dimensions of Islamic Worship

By, Imam Muhammad Al Ghazali



1

New
Moon



2

Waxing
Crescent



3

First
Quarter



4

Waxing
Gibbous



5

Full
Moon



6

Waning
Gibbous



7

Last
Quarter



8

Waning
Crescent

MENU PLAN

MONDAY					SHOPPING LIST	
TUESDAY						<hr/>
WEDNESDAY						<hr/>
THURSDAY						<hr/>
FRIDAY						<hr/>
SATURDAY						<hr/>
SUNDAY						<hr/>
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Sha'baan- Ramadan

MON	TUE	WED	THU	FRI	SAT	SUN

NOTES:

WEEKLY LOG:

DATES:

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Things to Do

Date:

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Quran Daily Reading for The Month of Ramadan

Day – Juz	Hizb	Read, Inshallah!
1 Ramadan	1 – 3	Surah 1, v.1 to Surah 2, v.202
2 Ramadan	4 – 6	Surah 2, v.203 jusqu'au Surah 3, v.92
3 Ramadan	7 – 9	Surah 3, v.93 to Surah 4, v.87
4 Ramadan	10 – 12	Surah 4, v.88 jusqu'au Surah 5, v.81
5 Ramadan	13 – 15	Surah 5, v.82 to Surah 6, v.165
6 Ramadan	16 – 18	Surah 7, v.1 jusqu'au Surah 8, v.40
7 Ramadan	19 – 21	Surah 8, v.41 to Surah 10, v.25
8 Ramadan	22 – 24	Surah 10, v.26 jusqu'au Surah 12, v.52
9 Ramadan	25 – 27	Surah 12, v.53 to Surah 16, v.50
10 Ramadan	28 – 30	Surah 16, v.51 jusqu'au Surah 18, v.74
11 Ramadan	31 – 33	Surah 18, v.75 to Surah 21, v.112
12 Ramadan	34 – 36	Surah 22, v.1 jusqu'au Surah 25, v.20
13 Ramadan	37 – 39	Surah 25, v.21 to Surah 28, v.50
14 Ramadan	40 – 42	Surah 28, v.51 jusqu'au Surah 33, v.30
15 Ramadan	43 – 45	Surah 33, v.31 to Surah 37, v.144
16 Ramadan	46 – 48	Surah 37, v.145 jusqu'au Surah 41, v.46
17 Ramadan	49 – 51	Surah 41, v.47 to Surah 48, v.17
18 Ramadan	52 – 54	Surah 48, v.18 jusqu'au Surah 57, v.29
19 Ramadan	55 – 57	Surah 58, v.1 to Surah 71, v.28
20 Ramadan	58 – 60	Surah 72, v.1 jusqu'au Surah 114, v.6

DAILY LOG:

DATE:

DAILY DUA	QURAN STUDY
SUHR	
IFTAR	
	<p>Things to Do</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
Reflections/ Gratitude:	

Oh Allah, *please accept all of my prayers, fasting, and remembrance of You during this blessed month.*

Please forgive me for *the shortcomings in my worship and* help me improve by next Ramadan.

Ya Allah, help me continue the good *habits I have acquired during Ramadan.*

OH ALLAH, *please make me of the righteous, the guided, and those You* **LOVE!**

Ya Allah, please guide me and my family *to the Straight Path and help us* become excellent **Muslims for your sake.**

I worship only You and only from You do I seek help. **Please increase Your bounty for me!**

Asmaul Husna - 99 Names of Allah

	Arabic	English Translation
1	Allah (الله)	The Greatest Name
2	Ar-Rahman (الرحمن)	The All-Compassionate
3	Ar-Rahim (الرحيم)	The All-Merciful
4	Al-Malik (المالك)	The Absolute Ruler
5	Al-Quddus (القدوس)	The Pure One
6	As-Salam (السلام)	The Source of Peace
7	Al-Mu'min (المؤمن)	The Inspirer of Faith
8	Al-Muhaymin (المهيمن)	The Guardian
9	Al-Aziz (العزيز)	The Victorious
10	Al-Jabbar (الجبار)	The Compeller
11	Al-Mutakabbir (المتكبر)	The Greatest
12	Al-Khaliq (الخالق)	The Creator
13	Al-Bari' (البارئ)	The Maker of Order
14	Al-Musawwir (المصور)	The Shaper of Beauty
15	Al-Ghaffar (الغفار)	The Forgiving
16	Al-Qahhar (القهار)	The Subduer
17	Al-Wahhab (الوهاب)	The Giver of All
18	Ar-Razzaq (الرزاق)	The Sustainer
19	Al-Fattah (الفتاح)	The Opener
20	Al-'Alim (العليم)	The Knower of All
21	Al-Qabid (القابض)	The Constrictor
22	Al-Basit (الباسط)	The Reliever
23	Al-Khafid (الخافض)	The Abaser

24	Ar-Rafi (الرافع)	The Exalter
25	Al-Mu'izz (المعز)	The Bestower of Honors
26	Al-Mudhill (المدلل)	The Humiliator
27	As-Sami (السميع)	The Hearer of All
28	Al-Basir (البصير)	The Seer of All
29	Al-Hakam (الحكم)	The Judge
30	Al-'Adl (العدل)	The Just
31	Al-Latif (اللطيف)	The Subtle One
32	Al-Khabir (الخبير)	The All-Aware
33	Al-Halim (الحليم)	The Forbearing
34	Al-Azim (العظيم)	The Magnificent
35	Al-Ghafur (الغفور)	The Forgiver and Hider of Faults
36	Ash-Shakur (كور الشكر)	The Rewarder of Thankfulness
37	Al-Ali (العلی)	The Highest
38	Al-Kabir (الكبير)	The Greatest
39	Al-Hafiz (الحفيظ)	The Preserver
40	Al-Muqit (المقيت)	The Nourisher
41	Al-Hasib (الحسيب)	The Accounter
42	Al-Jalil (الجليل)	The Mighty
43	Al-Karim (الكریم)	The Generous
44	Ar-Raqib (الراقب)	The Watchful One
45	Al-Mujib (المجيب)	The Responder to Prayer
46	Al-Wasi (الواسع)	The All-Comprehending
47	Al-Hakim (الحكيم)	The Perfectly Wise
48	Al-Wadud (الودود)	The Loving One

49	Al-Majid (المجيد)	The Majestic One
50	Al-Ba'ith (الباعث)	The Resurrector
51	Ash-Shahid (الشهيد)	The Witness
52	Al-Haqq (الحق)	The Truth
53	Al-Wakil (الوكيل)	The Trustee
54	Al-Qawiyy (القوى)	The Possessor of All Strength
55	Al-Matin (المتين)	The Forceful One
56	Al-Waliyy (الولى)	The Governor
57	Al-Hamid (الحميد)	The Praised One
58	Al-Muhsi (المحصى)	The Appraiser
59	Al-Mubdi' (المبدئ)	The Originator
60	Al-Mu'id (المعيد)	The Restorer
61	Al-Muhyi (المحيى)	The Giver of Life
62	Al-Mumit (المميت)	The Taker of Life
63	Al-Hayy (الحي)	The Ever Living One
64	Al-Qayyum (القيوم)	The Self-Existing One
65	Al-Wajid (الواجد)	The Finder
66	Al-Majid (الماجد)	The Glorious
67	Al-Wahid (الواحد)	The One, the All Inclusive, The Indivisible
68	As-Samad (الصمد)	The Satisfier of All Needs
69	Al-Qadir (القادر)	The All Powerful
70	Al-Muqtadir (المقتدر)	The Creator of All Power
71	Al-Muqaddim (المقدم)	The Expediter
72	Al-Mu'akhkhir (المؤخر)	The Delayer

73	Al-Awwal (ولالأ)	The First
74	Al-Akhir (الأخر)	The Last
75	Az-Zahir (الظاهر)	The Manifest One
76	Al-Batin (الباطن)	The Hidden One
77	Al-Wali (الوالي)	The Protecting Friend
78	Al-Muta'ali (المتعالي)	The Supreme One
79	Al-Barr (البر)	The Doer of Good
80	At-Tawwab (التواب)	The Guide to Repentance
81	Al-Muntaqim (المنتقم)	The Avenger
82	Al-'Afuww (العفو)	The Forgiver
83	Ar-Ra'uf (الرؤوف)	The Clement
84	Malik-al-Mulk (مالك الملك)	The Owner of All
85	Dhu-al-Jalal wa-al-Ikram (ذو الجلال و الإكرام)	The Lord of Majesty and Bounty
86	Al-Muqsit (المقسط)	The Equitable One
87	Al-Jami' (الجامع)	The Gatherer
88	Al-Ghani (الغنى)	The Rich One
89	Al-Mughni (المغنى)	The Enricher
90	Al-Mani' (المانع)	The Preventer of Harm
91	Ad-Darr (الضر)	The Creator of The Harmful
92	An-Nafi' (النافع)	The Creator of Good
93	An-Nur (النور)	The Light
94	Al-Hadi (الهادي)	The Guide
95	Al-Badi (البيديع)	The Originator
96	Al-Baqi (الباقى)	The Everlasting One

97	Al-Warith (الوارث)	The Inheritor of All
98	Ar-Rashid (الرشيد)	The Righteous Teacher
99	As-Sabur (الصبور)	The Patient One

Zakat is payable on 2.5 percent of the wealth one holds above the "nisab." Nisab, which is equal to the value of three ounces of gold, is the amount of wealth one must have before being liable to pay zakat. Nisab is estimated to be **\$3540.23** (This figure may change daily depending on fluctuations in the gold exchange rate.)

Zakat is owed on gold, silver, cash, savings, investments, rental income, business merchandise and profits, shares, securities, and bonds.

Assets and Liabilities

Cash	\$
Bank Balance	\$
Resale Value of Shares	\$
Merchandise & Profits	\$
Gold & Silver Value	\$
Investment Property	\$
Other Income	\$
Total Liabe for Zakat	\$
Deduct Debts	\$
Deduct Expenses	\$
Total Amount To Pay	\$

Ensure that *Zakat-Liabe Total Exceeds Nisab*

Takbir

*Allahu Akbar Allahu Akbar Allahu Akbar La Ilaha Illallah
Allahu Akbar Allahu Akbar
Wa ilalahil Hamd
Allahu Akbar Allahu Akbar Allahu Akbar La Ilaha Il Allah
Allahu Akbar Allahu Akbar
Wa ilalahil Hamd
Allahu Akbar Kabira
Wal Hamdulilahi Kathira
Wa Subhanallahu Wa Be Hamdi Hi
Bukra tan wa ascila
La ilaha il Allahu Wahda
Sadaqa wa adaah
Wa nasra abdah Wa a azza junda hu
wa hamzam al Ahzab wahdah
La Ilaha Il Allah
Wa la na a budu illaa iyyah
Much le scina Lah' uddina
Wa law kahirhal kafiroon
Allahumma Sali Ala Sayyedinna Muhammad
Wa ala ali sayidina Muhammad
Wa ala ashabi sayidena Muhammad
Wa ala ansari sayidina Muhammad
Wa ala Azwaji sayidena muhmaad
Wa ala zuriyati sayidina Muhammad
In wa salim tasliman kathira*

Allah is Great, Allah is Great, Allah is Great, there is no Deity but Allah Allah is Great, Allah is Great, and praise is due to Him. Allah is Great, Allah is Great, Allah is Great, there is no Deity but Allah Allah is Great, Allah is Great, and praise is due to Him. Allah is the Greatest, and an abundance of praise is due to Him, and glory and praise be to him morning and evening. There is no Deity but Allah, Alone, He was True to His promise, and He granted victory to His Worshipper, and He supported His troops, and He conquered the allied parties of the enemies all by Himself. There is no Deity but Allah, and we worship no one but Him, and we will sincerely follow the religion for Him, even against the wishes of the disbelievers. May Allah pray upon Sayyidina Mohammad, and upon his Family, and upon his Companions, and upon his Supporters, and upon his Wives, and upon his Descendants, and grant an abundance of peace on him.

Eid Mubarak