

A lit candle in a holder stands to the left of an open book with Arabic text. The book is resting on a patterned surface. The background is a soft green gradient.

**“O ye who believe, fasting has been prescribed upon you as it was prescribed upon those before you, so that ye may learn self-restraint”.**  
(Chapter:2, Verse:183)

*Ramadan*

# General Recommendations

It is strongly recommended by Prophet Muhammad (s.a.w.) to observe these practices during

Ramadan:

- To have a light meal before the break of the dawn, known as Suhoor.
- To eat three dates and have a drink of water right after sunset, saying this prayer: “O God! For Your sake we have fasted and now we break the fast with the food You have given us”.
- To make your meals as light as possible because, as the Prophet put it, “The worst thing man can fill is his stomach”. (Al-Tirmidhi, no. 2380)

# General Recommendations

- To exchange social visits & intensify humanitarian services.
- To observe the supererogatory prayers known as Taraweeh.
- To increase study & recitation of the Quran.
- To exert the utmost in patience & humbleness.
- To be extraordinarily cautious in using the senses, the mind and, especially, the tongue; to abstain from careless & gossipy chats & avoid all suspicious motions

# Virtues and Benefits of Fasting

- **Whoever fasts one day, seeking the pleasure of Allah, if that is the last day of his life, he will enter Paradise.**

(Reported by Ahmad, 5/391)

- **Prophet Muhammad (s.a.w.) said, “Whoever fasts Ramadan out of faith and with the hope of reward, all his previous sins will be forgiven.”**

(Al-Bukhari, Fath, no. 37)

- **In Paradise there is a gate called ~~al-Rayyaan~~<sup>al-Rayyaan</sup>, through which those who fast will enter, and no one will enter it except them; when they have entered, it will be locked, and no-one else will enter through it.**

(Al-Bukhari, Fath, no. 1797)

# What to do in the Night of Glory or Power

★ Narrated Aisha (r.a.a.), Allah's messenger (s.a.w.) said, "Search for the night of Qadr in the odd nights of the last ten nights of Ramadan".

(Sahih Al-Bukhari, Vol: 3, Hadith no: 234)

★ Aisha (r.a.a.) narrated, "I asked Allah's Messenger (s.a.w.) what should I do if I find the night of Qadr".

The Holy Prophet (s.a.w.) replied, "Pray to Allah: O our Lord! You are the most Forgiving, You love to forgive, so forgive us".

(Al-Bukhari & Muslim)

# Virtues and Benefits of

## Fasting

- **Fasting will intercede for a person on the Day of Judgement, and will say, “O Lord! I prevented him from his food and physical desires during the day, so let me intercede for him.”**

(Reported by Ahmad, 2/174)

- **The smell that comes from the mouth of a fasting person is preferred by Allah than the scent of musk.**

(Muslim, 2/807)

- **Whoever fasts one day for the sake of Allah, Allah will remove him a distance of seventy years’ from the Hell-fire.**

(Muslim, 2/808)

# The Reward of Fasting



Prophet Muhammad (s.a.w.) said, that Allah Subhanahu-wa-Ta'ala said:

**“All the deeds of man are for himself, except for fasting, which is for Me and I shall reward it MYSELF”.**

(Al-Bukhaari, Al-Fath, no. 1904)

# The Night of Power

In the Name of Allah, the Most Gracious, the Most

Merciful,

Verily, We have sent it (this Quran) 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 is better than a thousand months (i.e,  
worshipping Allah in that night is better than worshipping  
Him a thousand months, which is 83 years & 4 months).

Therein descend the angels and the Ruh [ Jibrael  
(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.

(Chapter: 97)



# May Allah:

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- Give us the strength & patience to fast during the whole month of Ramadan.
- Accept all our fasts in this holy month.
- Give us the opportunity to worship in the night of Qadr & accept our worshipping.
- Help us to continue all the good deeds we do in this holy month.

**(AMEEN)**