

# Ramadan

شهر الصيام والقيام

PART 1



# LOs

- To extrapolate lessons from the ayat of fasting
- To review the 3 levels of fasting
- To draw up an action plan for Ramadan



# Starter

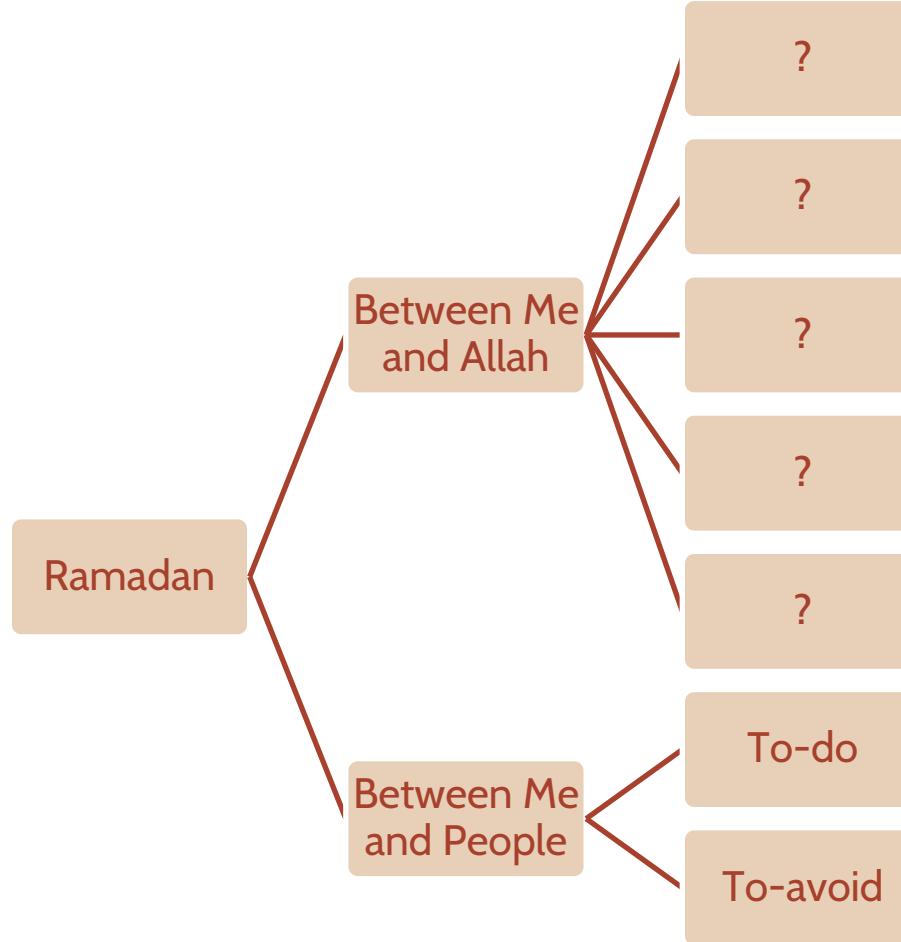
- What is the purpose of Fasting?
- What is the purpose of Ramadan?



# Quranic Focus

[A] Read through 2:183-7 and write down 5 key points of benefit which can be understood from these ayat.

# [A] What does your Ramadan look like?

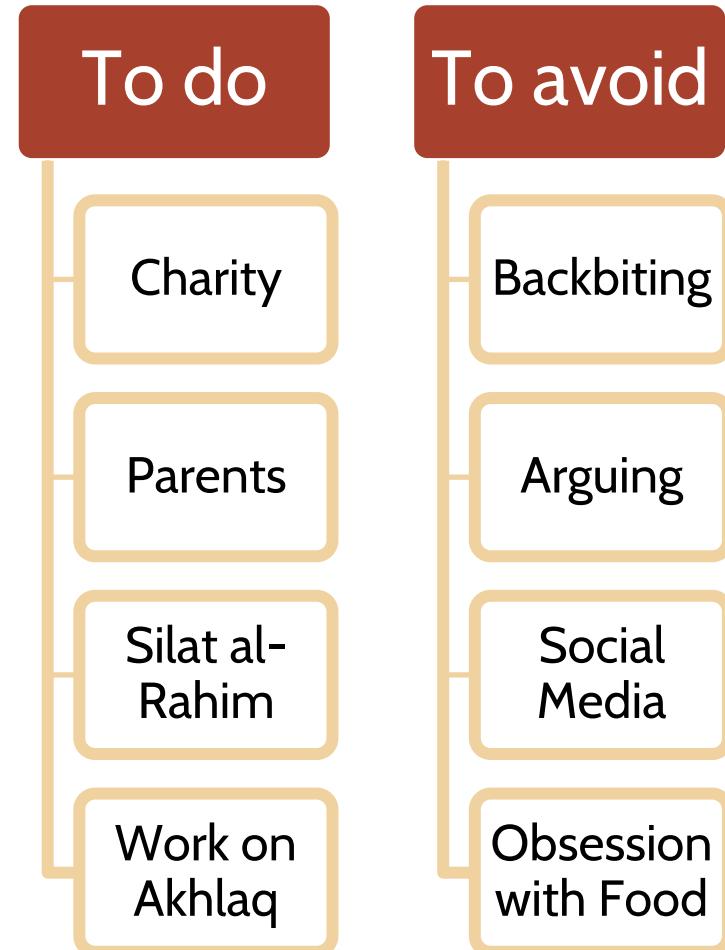


# You and Allah:

## *Tasting the Sweetness of 'Ibadah*



# You and People

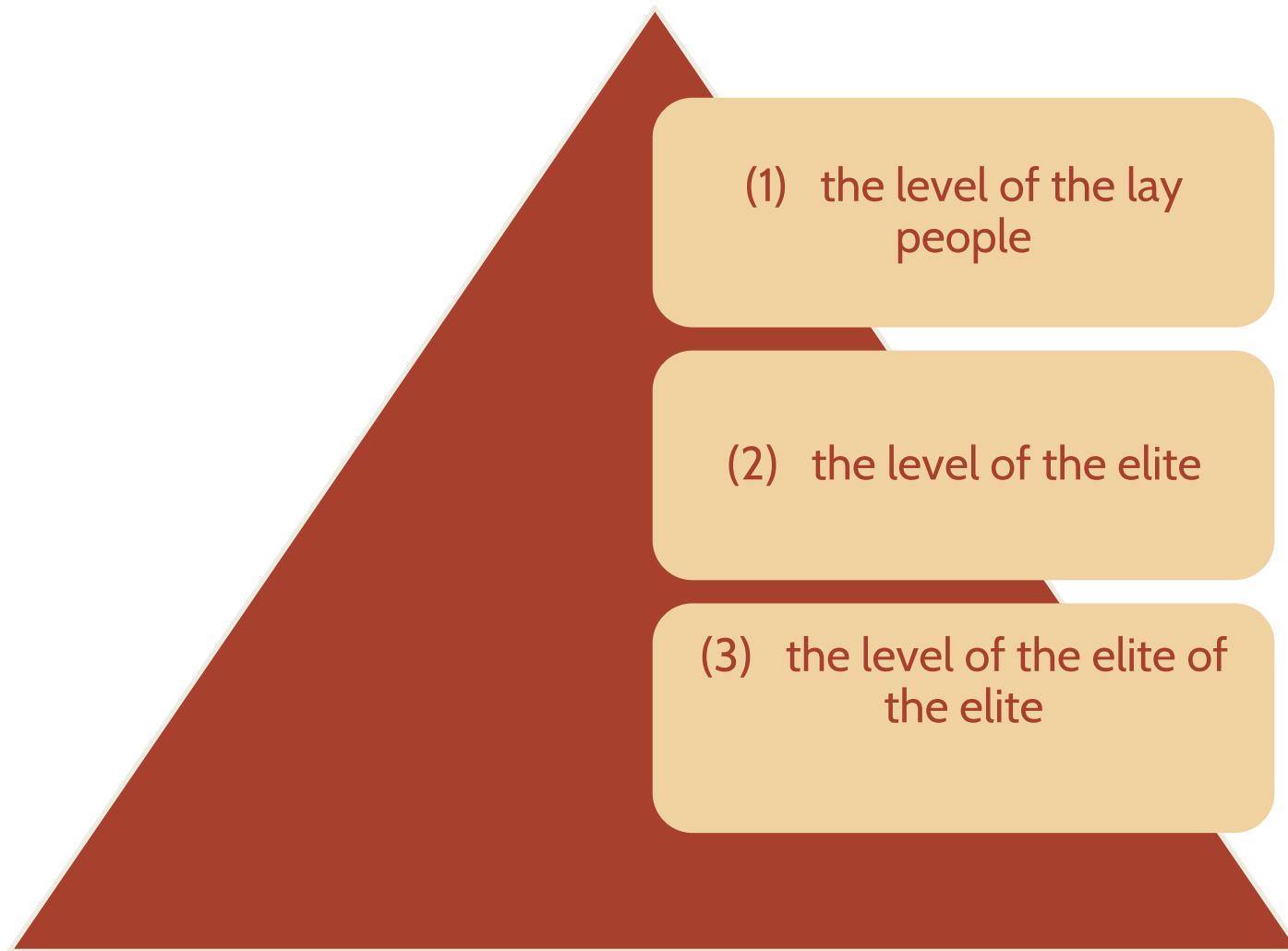




" كُلُّ عَمَلٍ ابْنَ آدَمَ يُضَاعِفُ الْحَسَنَةُ عَشْرُ أَمْثَالِهَا إِلَى سَبْعِمِائَةٍ  
ضِعْفٍ قَالَ اللَّهُ عَزَّ وَجَلَّ إِلَّا الصَّوْمَ فَإِنَّهُ لِي وَأَنَا أَجْزِي بِهِ يَدْعُ شَهْوَتَهُ  
وَطَعَامَهُ مِنْ أَجْلِي، لِلصَّائِمِ فَرْحَتَانِ فَرْحَةٌ عِنْدَ فِطْرِهِ وَفَرْحَةٌ عِنْدَ لِقَاءِ  
رَبِّهِ . وَلَخُلُوفُ فِيهِ أَطْيَبُ عِنْدَ اللَّهِ مِنْ رِيحِ الْمِسْكِ " .



# The 3 Levels (Imam Ghazali)

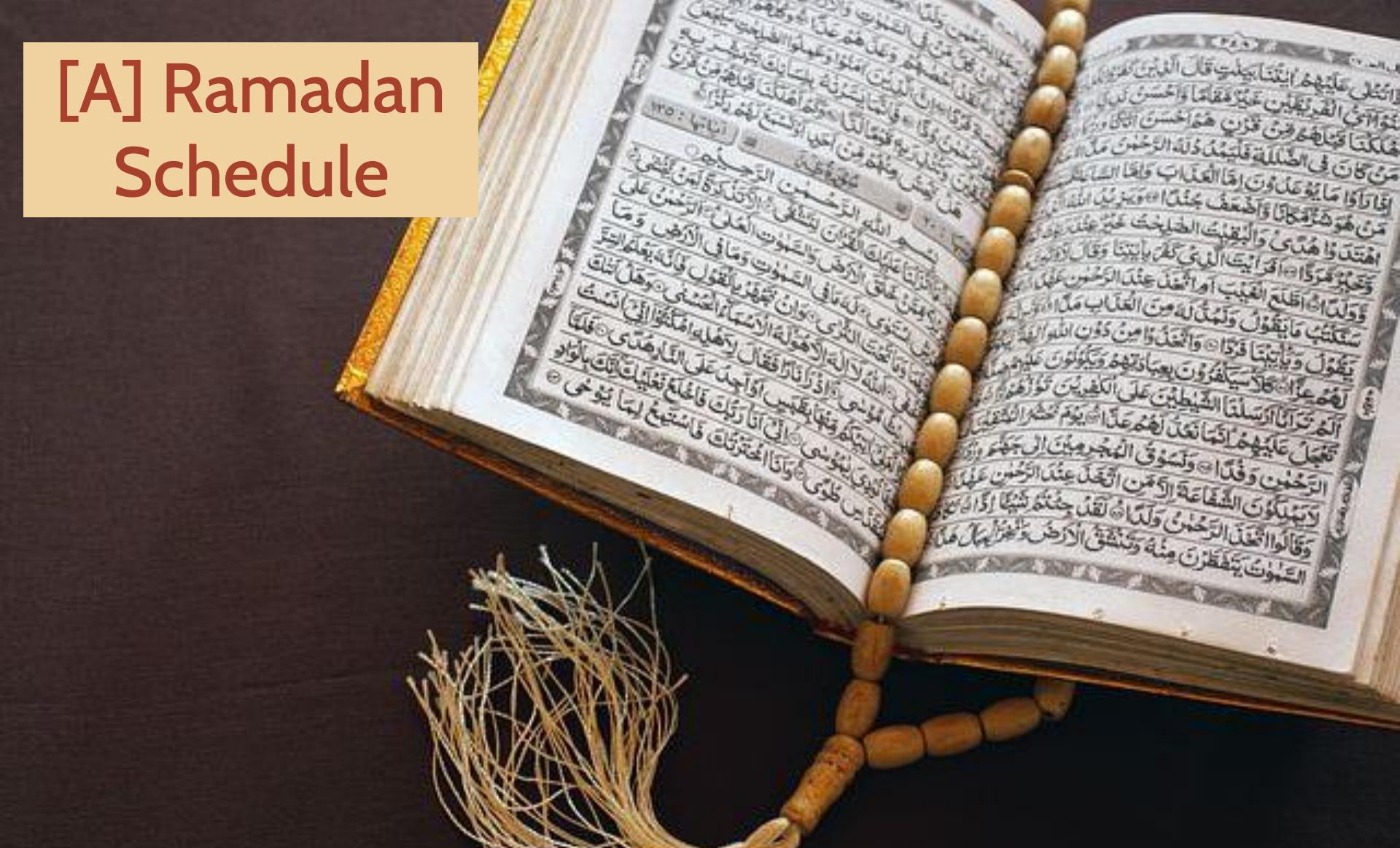


# Review Questions

- What is the reward of feeding a fasting person?
- What can you remember about the smell of the fasting person's mouth?
- What is the du'a for once you open your fast?
- Complete the following hadith: "The people will remain well as long as they....."



# [A] Ramadan Schedule



- Timetable/Deeds checklist



# Ramadan

شهر الصيام والقيام

PART 2:  
A Heart Attached to Allah



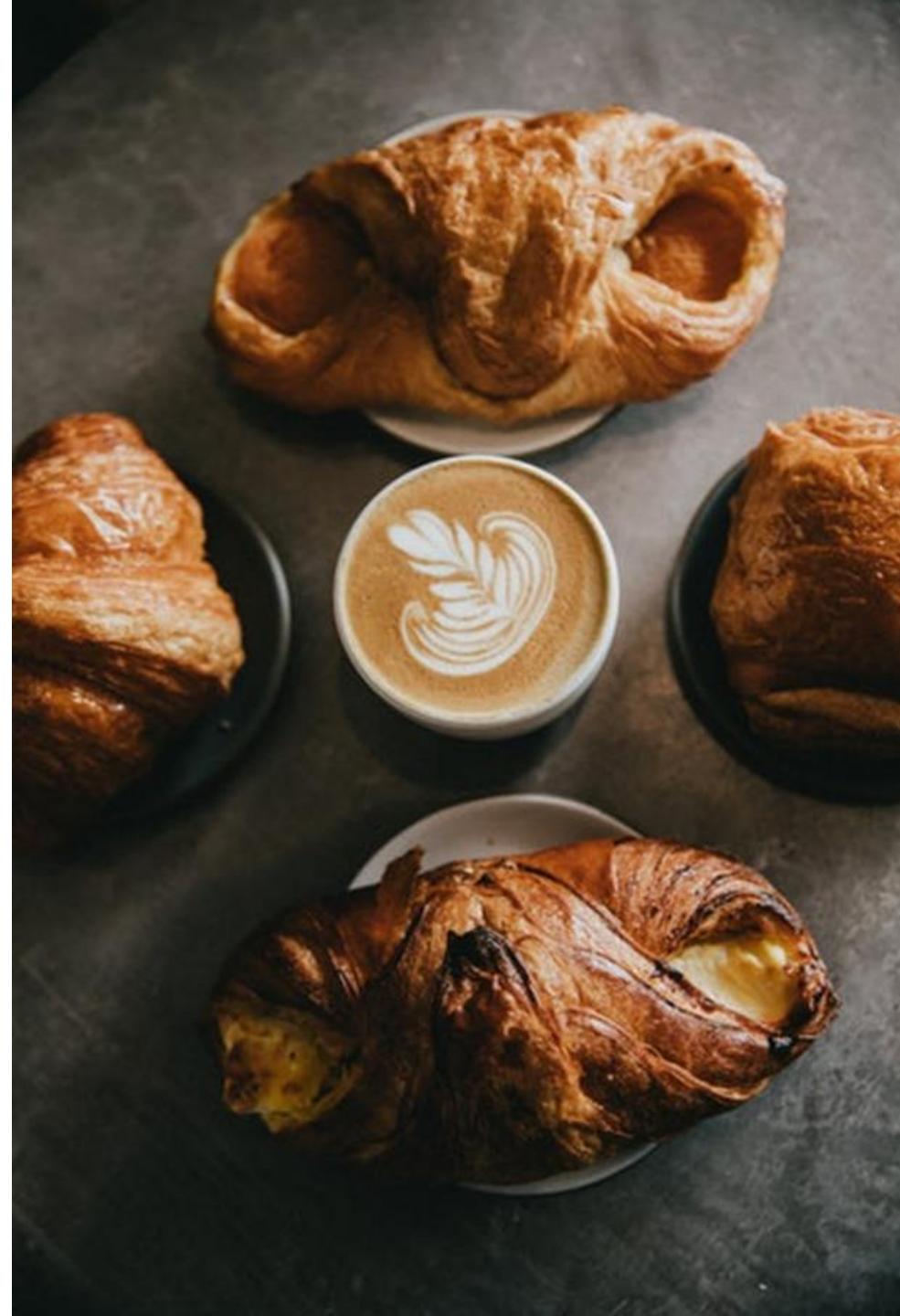
# LOs

- To identify the link between the heart and Ramadan
- To list how we can maximise our niyyah in Ramadan
- To explain why suhur is blessed



# Starter

- How is fasting linked to taqwa?
- Why is fasting singled out in the 'Fasting is for Me' hadith?



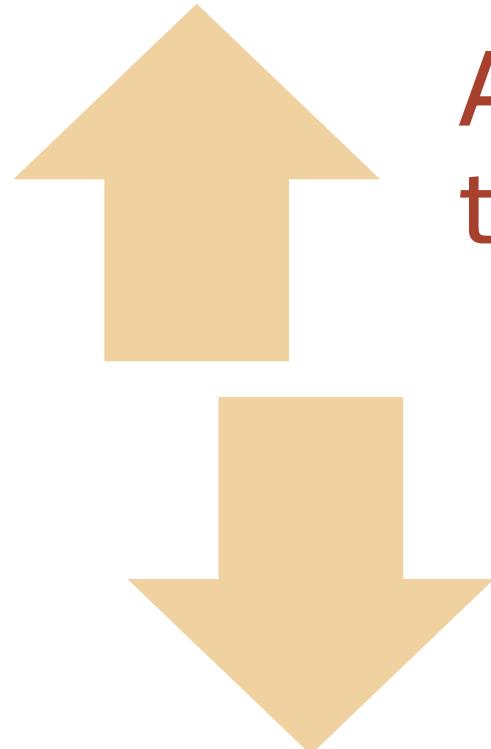
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"إِذَا كَانَ أَوَّلُ لَيْلَةٍ مِنْ شَهْرِ رَمَضَانَ  
صُفِّدَتِ الشَّيَاطِينُ وَمَرَدَةُ الْجِنِّ وَغُلِقَتْ  
أَبْوَابُ النَّارِ فَلَمْ يُفْتَحْ مِنْهَا بَابٌ. وَفُتُّحَتْ  
أَبْوَابُ الْجَنَّةِ فَلَمْ يُغْلِقْ مِنْهَا بَابٌ وَيُنَادِي  
مُنَادٍ يَا بَاغِيَ الْخَيْرِ أَقْبِلْ وَيَا بَاغِيَ الشَّرِّ  
أَقْصِرْ وَلِلَّهِ عُتَقَاءُ مِنَ النَّارِ وَذَلِكَ كُلَّ  
لَيْلَةٍ".



# Group Activity

[A] How is Ramadan the perfect month for training the heart?



Actions of  
the Heart

Diseases of  
the Heart



# Developing Ikhlas in Ramadhan



- Fasting itself: renew your intention at every possible moment.
- Secret Deeds: Between you and Allah



# Upping your Niyyah this Ramadhan

[A] What intentions can you have whilst you're fasting?

1. There's no equivalent to fasting
2. You're doing s.th which Allah is storing a reward for: a surprise!
3. Your past sins will be forgiven
4. Fasting will intercede for you on the Day of Judgement
5. If you do suhur—Allah and His Angels send special salam on you
6. If you're fasting and you die—you will enter Jannah
7. Your du'a will be accepted. When?
8. Two happiness: (1) At iftar (2) When meeting Allah (swt) 
9. Your mouth smells better than musk by Allah
10. Your ranks will be raised in Jannah



# The Blessings of Suhur

“

- following the Sunnah
- differing from the People of the Book
- gives you strength to worship Allah
- increases your energy
- wards off bad attitude and poor character that may arise from hunger
- a means of giving charity to anyone who asks for it at that time; or is a means of them sharing your meal
- a means for you to remember Allah and ask Him at a time when it is likely to be accepted
- allows you to make an intention of fasting, if you forgot to do so before sleeping.

*(Adapted from Fath al-Bari; Ibn Hajar rahimahullah)*



# Laylat al-Qadr

Qadr: (1) Decree (2) Glory & Honour

- What is so special about this night?
- What is the reward for the qiyam of this night?
- What is the du'a for this night?
- What does العفو mean?



# Ramadan: A Month of Training

- RAMADAN-RAMADAN EXPIATES SINS IN BETWEEN
- DISCIPLINING THE NAFS
- TASTING THE SWEETNESS OF WORSHIP
- RAMADAN: THE MONTH OF QUR'AN



# Mindful Ramadan is about Becoming More Post Ramadan

DURING RAMADAN	POST RAMADAN
Praying 8-20 Rakats Taraweeh every night.	 Praying 5 Salah and Qiyam consistently with a Mindful heart.
Reading 1 Juz of the Quran daily.	 Consistently reading & Tadabbur four pages with a set schedule.
Listening to multiple Tafsir or Lectures every day.	 Spending 10 minutes to read or listen to nurture your knowledge.
Having 60 meals of Suhoor and Iftar together with the family.	 Be present for a meal with your family, away from phones and distractions.
Fasting every day, eating two meals a day.	 Fasting Mondays & Thursdays or the three White days.
Being patient - not arguing or backbiting.	 Continuing to be mindful of Allah in our speech.
Practicing plentiful Sadaqah and fulfilling our Zakah.	 Creating a habit for consistent daily giving.
Doing Itikaf, especially in the last ten days.	 Scheduling daily times for silence, reflection, and seclusion.



# [A]

## Option 1

- Write an article for a local newspaper about Ramadan. Don't forget to explain why Muslims fast.
- General/specific angle.

## Option 2

- Pick an action of the heart.
- Design a journal page/infographic to help you cultivate and focus on this action in Ramadan.
- Be as specific as possible.
- Include key reminders.



# Plenary

- 1) How does Ramadan help you to purify your heart?
- 2) How does Ramadan help you to attach your heart to Allah (swt)?
- 3) What intentions can you have whilst you're fasting?
- 4) What is the meaning of 'Afuwwun?
- 5) In what ways is suhur blessed?

