

# Ramadan

Part I: Gift of Ramadan & Fasting



# Starter

# What does Ramadan mean to you?



# Learning Objectives

- To appreciate the gift of Ramadan
- To identify the purpose of fasting
- To list various ways of accumulating as much reward as possible



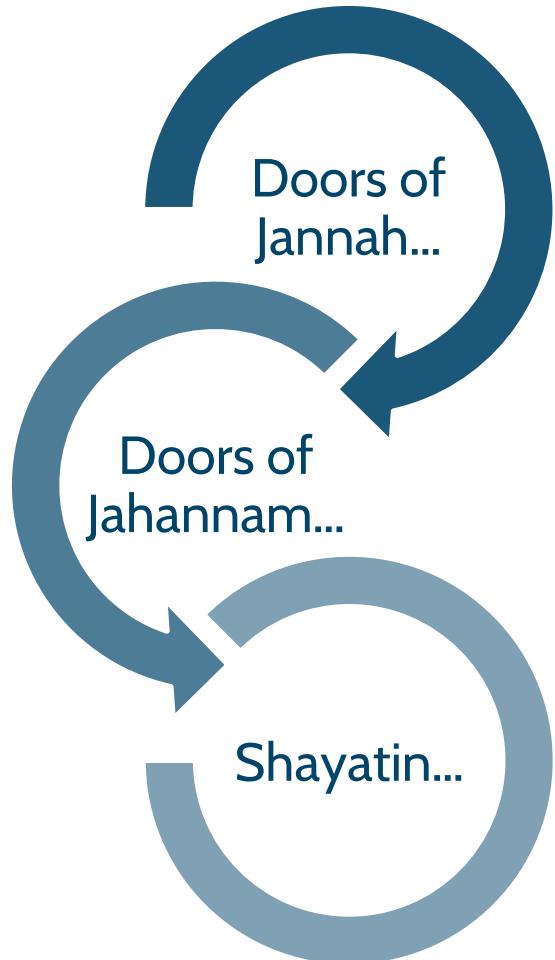
**[A]**



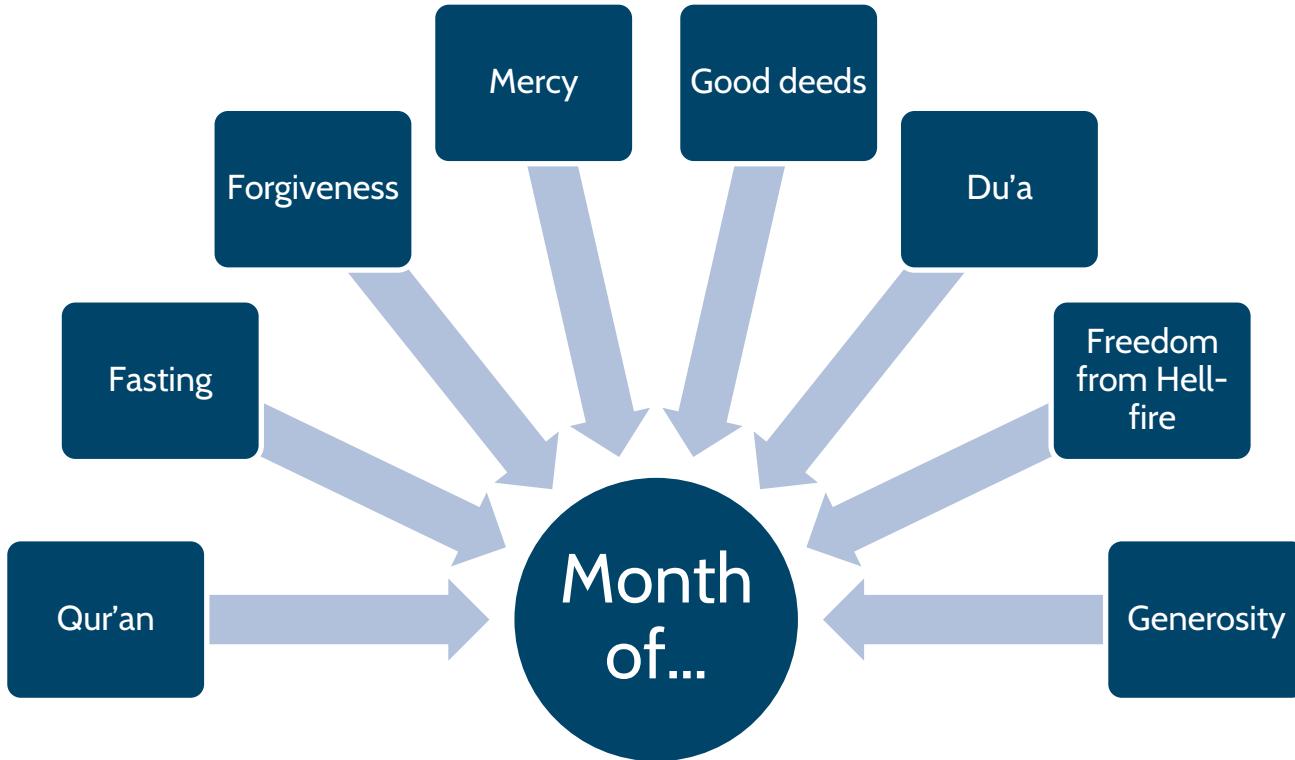
**[A] Why is Ramadan an exquisite gift? What is so special about Ramadan?**



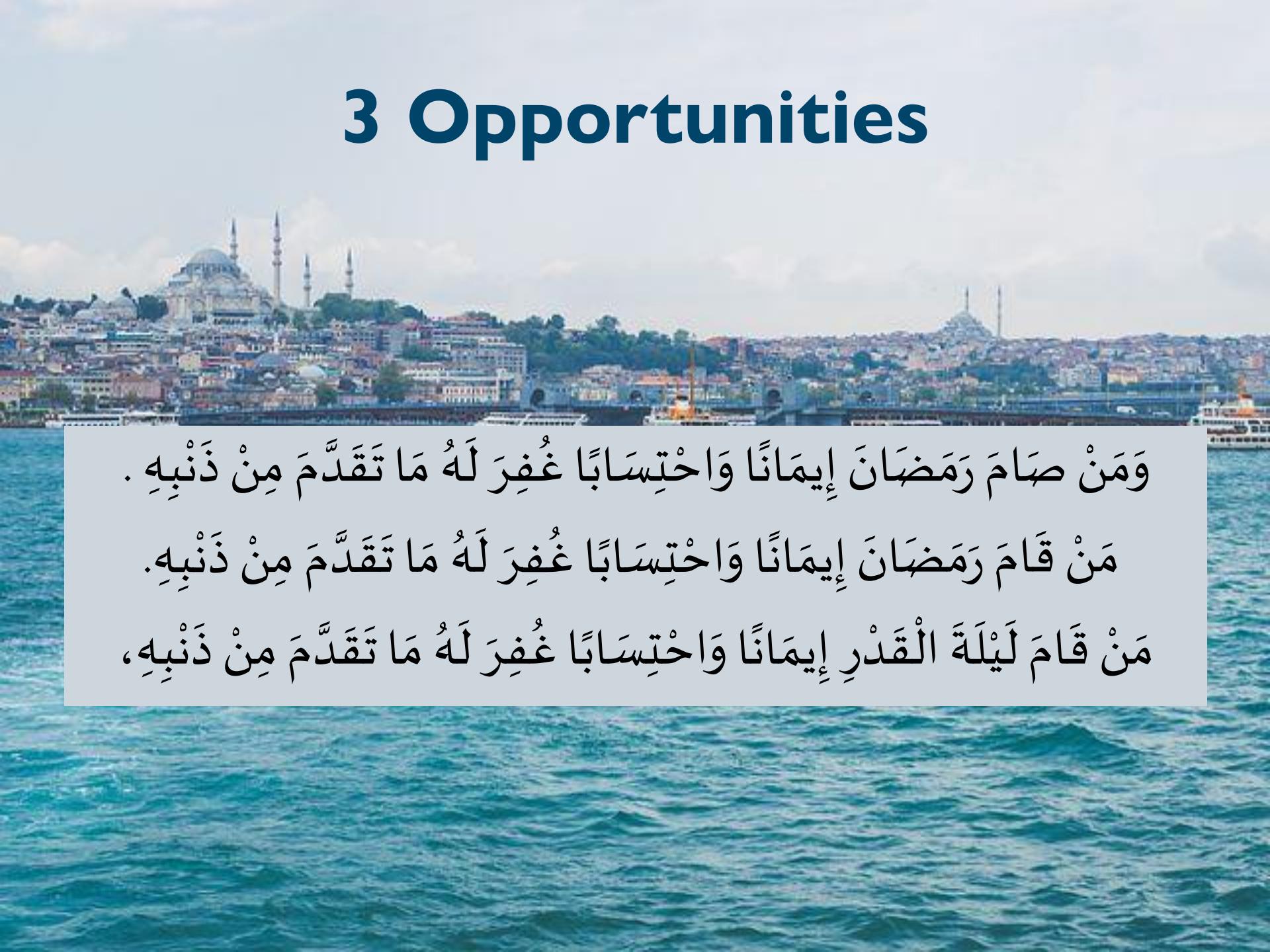
# The Gift of Ramadan



# The Gift of Ramadan



# 3 Opportunities



وَمَنْ صَامَ رَمَضَانَ إِيمَانًا وَاحْتِسَابًا غُفِرَ لَهُ مَا تَقَدَّمَ مِنْ ذَنْبِهِ .

مَنْ قَامَ رَمَضَانَ إِيمَانًا وَاحْتِسَابًا غُفِرَ لَهُ مَا تَقَدَّمَ مِنْ ذَنْبِهِ .

مَنْ قَامَ لَيْلَةَ الْقَدْرِ إِيمَانًا وَاحْتِسَابًا غُفِرَ لَهُ مَا تَقَدَّمَ مِنْ ذَنْبِهِ ،



# Why Do We Fast?



[A] Why do we fast?

Write (Q2:183)

يَا أَيُّهَا الَّذِينَ آمَنُوا كُتِبَ عَلَيْكُمُ الصِّيَامُ كَمَا كُتِبَ عَلَى  
الَّذِينَ مِنْ قَبْلِكُمْ لَعَلَّكُمْ تَتَّقُونَ ١٨٣

[A] What do we desire?

Desire of...

Stomach. Sleep. Soaps. Movies. The opposite gender.



# Fasting and Taqwa

- Who can explain how fasting helps you to gain taqwa? Do you remember the example of the burger?

When we fast, we temporarily make harām on ourselves what is usually halāl (for e.g?).

This teaches us to say ‘NO!’ to our nafs and inner desires & helps us to train ourselves to stay away from all harām throughout the year.

**Fasting = a means of training ourselves to obey Allah.**



# Why Do We Fast?

- To obey Allah's orders
- To attain taqwa
- To be protected from Hell-fire
- To be forgiven for one's past sins
- To enter Paradise
- To have your du'as accepted
- To receive intercession on the Day of Judgement
- Surprise reward from Allah



# Fasting From Haram...

- Fasting is not just to restrain from food and drink.

[A] How can you control your anger/tongue/if someone provokes you etc?

- Backbiting
- Social media



# Role Play (in pairs)

Your non-Muslim colleague asks you at work:

*“Why do you have to fast?  
Isn’t it a bit harsh?”*

How do you respond?



# Du‘a & Dhikr

[A] When are the optimum times for du‘a in Ramadan?

- 1) Whilst you’re fasting
- 2) Before you open your fast
- 3) In the last 3<sup>rd</sup> of night, in sujud

“I can’t make du‘a for more than 5 minutes...I get really stuck on what to say.”

## Dhikr

General: ALL THE TIME, ANYTIME

Specific: (1) After Salah (2) Morning & Evening (3) Before Sleeping (4) Bathroom, Eating, Entering house, clothes etc



[A]

Ramadan Schedule



# Plenary

- How does fasting help you attain taqwa?
- What are the virtues of fasting?
- What is the reward of siyam/qiyam/qiyam of Laylat al-Qadr?
- What are the two conditions of the above reward?



# Ramadan

Part I: Qur'an & Laylat al-Qadr



# LOs

- To discuss how we can strengthen our bond with the Qur'an in this month
- To explore how we can gain closeness to Allah through Salah & the Night Prayer
- To explain the significance of Laylat al-Qadr



# Starter



What do you struggle with in Ramadan?

[A] How can we overcome these struggles?



# Review

- What is the purpose of fasting?
- How does fasting help you attain taqwa?
- What is the du'a after opening the fast?
- List 3 virtues of fasting
- Why is it important to eliminate/control your social media intake in Ramadan?



# Qur'an

[A] Write Q2:185

شَهْرُ رَمَضَانَ الَّذِي أُنْزِلَ فِيهِ الْقُرْآنُ هُدًى لِلنَّاسِ وَبَيِّنَاتٍ مِنَ الْهُدَى وَالْفُرْقَانِ

“Ramadān is the month in which the Qur’ān was revealed – a guidance for mankind, and clear proofs of the guidance, and the criterion (between right and wrong)...” (2:185)

- Picture the scene: Jibril and the Prophet ﷺ

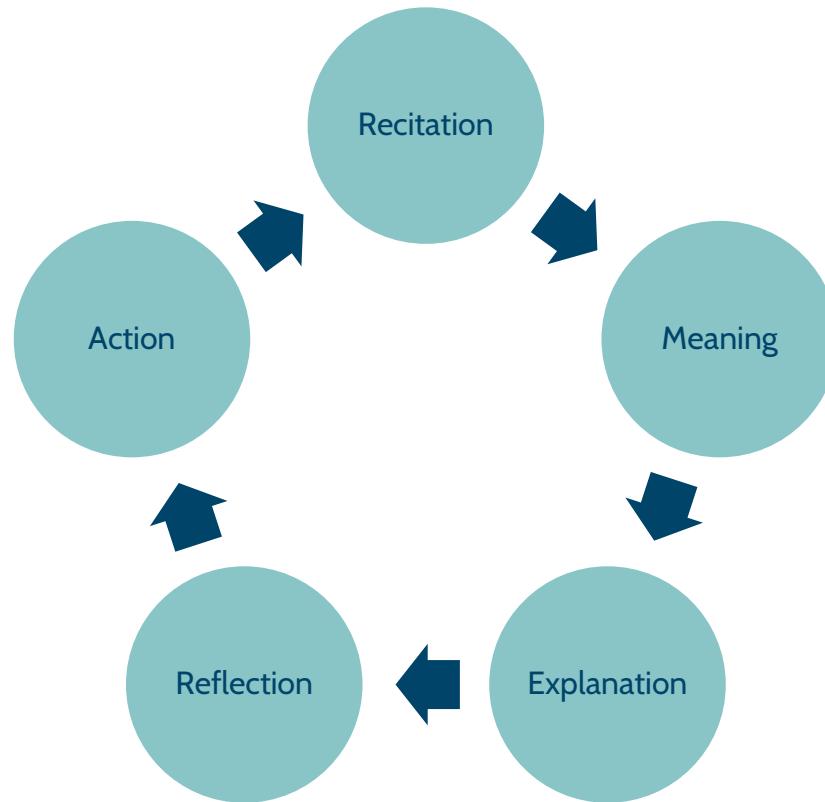


# Qiyam

- Do you remember the reward?
- The sweetness of Qiyam
- How can we taste the sweetness?



# The Month of Qur'an



- How are you going to make the Qur'an the focus of your Ramadan?
- Go back and adjust your schedule



# [A] How to gain reward...

Parents

-

-

    Siblings

-

-

    Classmates/colleagues/neighbours/relatives etc

-

-



# The last 10 days

“When the last ten days of Ramadān arrived, the Prophet ﷺ would tighten his waist belt (stay away from his wives/strive hard), spend the night in worship, and awaken his family.” (Bukhārī)



# Laylat al-Qadr

- Write the surah from your memory.
- How much of it can you translate?

إِنَّا أَنْزَلْنَاهُ فِي لَيْلَةِ الْقَدْرِ {١} وَمَا أَدْرَاكَ مَا لَيْلَةُ الْقَدْرِ {٢}  
لَيْلَةُ الْقَدْرِ خَيْرٌ مِّنْ أَلْفٍ شَهْرٍ {٣} تَنَزَّلُ الْمَلَائِكَةُ وَالرُّوحُ فِيهَا بِإِذْنِ رَبِّهِمْ مِّنْ كُلِّ أَمْرٍ {٤} سَلَامٌ هِيَ  
حَتَّىٰ مَطْلَعِ الْفَجْرِ {٥}

- What does ‘better than a 1,000 months’ mean?



# Du‘a of Laylat al-Qadr



اللَّهُمَّ إِنَّكَ عَفُوٌ كَرِيمٌ  
تُحِبُّ الْعَفْوَ فَاعْفُ عَنِّي.



# Plenary

1. How can we strengthen our bond with the Qur'an in Ramadan?
2. How can we begin to \*enjoy\* the night prayer?
3. What did the Prophet ﷺ used to do in the last 10 nights?
4. What is the du'a of Laylat al-Qadr?
5. What does it mean by 'better than a 1,000 nights'?



**Life With Allah**

الحياة مع الله

