

Following in his footsteps:

The Ramadan of Allah's Messenger

صلى الله
عليه
وسلم



Ramadan Mubarak!

The month of Ramadan is a blessing upon each of us, an opportunity to seek His forgiveness and reconnect with our Lord.

To help you feel amazing this Ramadan, we have put together this short booklet about the Ramadan of the best of Muslims, the Prophet Muhammad ﷺ.

With selected ayat and ahadith, we hope that this brings you guidance and blessings, Insha'Allah.

May Allah (swt) accept our efforts, forgive our sins and increase us in His favour, Ameen.

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The Obligation of Fasting

Ramadan is a true blessing and one filled with opportunity not to be missed by those who worship Allah (swt).

The command and duty to fast can be found in the Holy Qur'an and the example of Allah's Messenger ﷺ.

"Oh you who believe! Fasting is prescribed to you as it was prescribed to those before you, that you many learn piety and righteousness" (Holy Qur'an 2:183)

Fasting involves abstaining from food, drink and sexual intercourse during the hours of dawn (Fajr) to dusk (Maghrib). It is a detox of the body and soul as we pacify our ego (nafs) and submit completely to our Lord.

The rewards of fasting are numerous as it teaches us to be patient, increase in taqwa (God-consciousness) and is a purification of sins.

The Prophet's ﷺ Suhoor and Iftar

Suhoor:

Suhoor is the meal consumed prior to beginning the fast. It is a meal full of blessings as well as being integral to sustaining the body during long hours. The Prophet ﷺ of Allah said:

Take the morning meal (Suhoor). Verily, there is blessing in the morning meal (Suhoor)." (Bukhari)

The Prophet ﷺ advised his companion Abu Sa'eed Al-Khudri رضي الله عنه about the importance of the morning meal in the following words:

"The morning meal is a blessed meal, so do not abandon it even if you take only a sip of water. Verily, Allah and His angels send blessings upon those who take the morning meal."

Dua upon breaking the fast:

dhahab-az-zama'u, wabtallat-il-urooqu, wa thabat-al-ajru in shaa' allaah

"The thirst has gone and the veins are moist, and reward is assured, if Allah wills." (Abu Dawud)

Iftar:

Iftar is eaten at the time of breaking fast. The fast should be broken with Iftar, no matter how small, and prayer and du'a performed. The Prophet ﷺ would hasten to take iftar, saying:

"My nation will not cease to be upon goodness so long as they hasten to break their fasting." (Ahmad)

The companion of the Prophet ﷺ, Anas Ibn Malik رضي الله عنه tells us what our Prophet ﷺ would eat to break his fast:

"The Prophet ﷺ used to break his fast with fresh dates before he prayed. If he did not find fresh dates then he would use dried dates. If he did not find that also he drank a few sips of water." (Ahmad and Abu Dawud).

The Prophet's ﷺ Prayer and Worship in Ramadan

Ramadan is a month to increase in our daily worship in order to maximise the opportunity for blessings and reward.

Just like our Prophet ﷺ, feel the blessings this Ramadan by making du'a at every available opportunity.

"When my servants ask you concerning me, (tell them) I am indeed close (to them). I listen to the prayer of every suppliant when he calls on me." (Holy Qur'an 2:186)

The Prophet ﷺ emphasised making the most of this blessed time and the chance to obtain forgiveness.

"Whoever fasted in Ramadan out of sincere Faith (i.e. belief) and hopping for a reward from Allah, the all his past sins will be forgiven, and whoever stood for the prayers in the nights of Ramadan out of sincere Faith and hoping for a reward from Allah, then all his previous sins will be forgiven." (Bukhari)

Increasing in worship can include increasing ones recitation of the Qur'an. Ibn Abbas (ra) narrated that:

"Jibreel used to meet the Prophet ﷺ every night in Ramadan to study the Holy Quran carefully together." (Bukhari)

The Prophet used to perform the Tarawih prayer during the nights of Ramadan. Being offered after the Isha salah, Tarawih would be a part of the Prophet's night prayers or Qiyam ul Layl. The reward of offering Tarawih in congregation is immense, the Prophet ﷺ said:

"Whoever prays qiyaam – i.e., Taraweeh – with the imam until he finishes, it will be recorded as if he spent the whole night in prayer." (Tirmidhi)

Selected Adhkar

“O You who believe! Remember Allah with much remembrance” (Holy Qur’an 33:41)

Dhikr is the remembrance and glorification of Allah (swt). During Ramadan, there is increased reward for those who remember Allah ﷺ often. Reap the rewards this Ramadan by remembering Allah often. The following adhkar are short and easy to learn:

1. “Rabbana atina fid dunya hasana, wa fil akhirati hasana, wa kina adhaab an-Naar

(O Allah, give the good of this world, and the good of the life hereafter, and save us from the punishment of the fire.) (Holy Qur’an 2:201)

2. Aishah رضي الله عنها said: “I asked the Messenger of Allah ﷺ:

‘O Messenger of Allah ﷺ, if I know what night is the Night of Qadr, what should I say during it?’ He (saws) said: ‘Say:

Allah humma Innaka Afuwan, Tohibbul Afwa, Fahfo anni.

(O Allah, You are The Pardoner, and You love to pardon, so pardon me.)” (Ahmad)

3. “Qais bin Sa`d bin `Ubadah narrated that his father offered him to the Prophet ﷺ to serve him.

He said: “So the Prophet ﷺ passed by me, and I had just performed Salat, so he poked me with his foot and said: ‘Should I not direct you to a gate from the gates of Paradise?’ I said: ‘Of course.’ He ﷺ said: ‘There is no might or power except with Allah **(La hawla wa la quwwata illa billah).**”

(Tirmidhi)

Charity, Ramadan and the Prophet ﷺ

The one who gives in charity for the sake of Allah (swt) in the month of Ramadan will be rewarded.

The Prophet Muhammad ﷺ said: **“Every Muslim has to give in charity.”** *The people then asked: “(But what) if someone has nothing to give, what should he do?”* **The Prophet replied: “He should work with his hands and benefit himself and also give in charity (from what he earns).”** *The people further asked: “If he cannot find even that?”* **He replied: “He should help the needy who appeal for help.”** *Then the people asked: “If he cannot do (even) that?”* **The Prophet said finally: “Then he should perform good deeds and keep away from evil deeds, and that will be regarded as charitable deeds.”** (Bukhari)

Narrated Ibn ‘Abbas: “The Prophet was the most generous person, and he used to become more so (generous) particularly in the month of Ramadan...more generous than the fast wind in doing good” (Bukhari)

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The Power of the Last Ten Days

The final ten days of this blessed month are filled with much reward and blessings for those who seek the favours of Allah (swt). The Messenger of Allah ﷺ would increase in his worship during these ten days.

“With the start of the last ten days of Ramadan, the Prophet ﷺ to tighten His waist belt (i.e. work hard) and used to pray all the night and used to keep His family awake for prayers.” (Bukhari)

Laylat al-Qadr or the Night of Power, falls within the last ten nights. It is a particularly special night which the Prophet ﷺ would encourage his companions to seek.

It was narrated that ‘Aa’ishah رضي الله عنها said: If I witnessed and was able to tell that it is the night of decree, Laylatul-qadr, then what kind of dua should I make? He said: “Say: ‘Allaahumma innaka ‘afuwun tuhibb al-‘afwa fa’fu ‘anni (O Allah, You are forgiving and You love forgiveness, so forgive me).” (Tirmidhi)

Abu Hurairah رضي الله عنه narrated that the Prophet ﷺ said: “Whoever stands (in qiyaam) in Laylat al-Qadr out of faith and expectation (of Allah’s reward), will have all of his previous sins forgiven.” (Bukhari)

The Sunnah of Eid

When Eid ul Fitr arrives, it is important to ensure that we celebrate in accordance with the Sunnah. The Prophet ﷺ highlighted several habits of this wonderful occasion.

Preparing oneself:

The Messenger of Allah (saw) used to have a bath on the day of Fitr’ (Ibn Majah)

Eating before the prayer:

Allah’s Messenger ﷺ never proceeded (for the prayer) on the Day of ‘Eid-ul-Fitr unless he had eaten some dates. Anas also narrated: The Prophet ﷺ used to eat odd number of dates. (Bukhari)

Greeting others:

It was narrated that Jubayr ibn Nufayr said: When the Companions of the Prophet ﷺ met one another on the day of Eid, they would say to one another: “Taqabbal Allahu minna wa minkum (May Allah accept it from us and from you).” (Fath-Al Barri)

Returning from the prayer:

On the Day of Eid the Prophet used to return after offering the Eid prayer through a way different from that by which he went’ (Bukhari).



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