



RAMADAN

THE MONTH OF
MERCY

FORGIVENESS

FREEDOM FROM HELL FIRE



THE ILM FOUNDATION

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1. Ramadan

Ramadan is the ninth month of the Islamic lunar calendar, and may be 29 or 30 days long. It is the month in which fasting (Saum), one of the five pillars of Islam, is prescribed by Allah ﷻ. It is the month in which Allah ﷻ started the revelation of the Quran to The Prophet Muhammad ﷺ.

2. Fasting

Fasting is obligatory on every adult Muslim, male or female if he/she is mentally and physically fit and not on a journey. Fasting (Saum) is abstaining completely from eating and drinking from dawn (Fajr) till sunset (Maghrib) for seeking pleasure of Allah ﷻ.

Allah ﷻ said, "Therefore, whoever of you is present in that month (Ramadan) should Fast." (Al Baqara:185)

The Prophet Muhammad ﷺ said, "He who fasts during Ramadan with faith and sincerity will have his past sins forgiven." (Bukhari)

Benefits of Fasting and Ramadan

- i. Gaining Taqwa that is abstaining from sins.
- ii. Opportunity to get closer to Allah ﷻ.
- iii. Rewards for good deeds are multiplied.
- iv. Bad deeds are forgiven.
- v. Source of entering into Paradise.
- vi. Kindness and spirit to help others.
- vii. Striving for good deeds and avoiding sins.
- viii. Chance to repent (tauba) and supplication (dua).
- ix. Collective atmosphere of piety.
- x. Passion of spending in the way of Allah ﷻ.
- xi. Learning to control one's wishes and passion to please Allah ﷻ.
- xii. A training for rest of 11 months.

3. Protecting one's Fast

Fasting is not only giving up eating and drinking but the objective of fasting is giving up sins and disobedience of Allah ﷻ.

The Prophet Muhammad ﷺ said, "Whoever does not give up false statements (i.e. telling lies etc.), Allah ﷻ is not in need of his (fasting) leaving his food and drink." (Bukhari)

Therefore, a part from leaving food and drink we should also leave telling lies, back biting, disobedience of elders, misbehaving with youngsters and other evil deeds.

4. Bab ur Rayyan (The door of Paradise)

The Prophet Muhammad ﷺ said: "Those who fast will enter Paradise through the "Al- Rayyan" (Special door of Jannah for those who Fast)". (Bukhari)

5. Ramadan is the month of Quran

The Real importance of the month of Ramadan is due to revelation of Quran. This is the month in which Allah ﷻ started to reveal Quran on The Prophet Muhammad ﷺ. Quran was descended so that we may read, understand and act upon it to get the pleasure of Allah ﷻ.

Allah ﷻ said, "Ramadan is the month in which the Quran was revealed, a book of guidance for all mankind." (Al Baqara: 185)

Fasting of Parts of Body

- MIND:** avoid evil thoughts.
- HANDS:** not to be used wrongfully.
- FEET:** not going to places where sinful acts are propagated.
- EYES:** prevent them from seeing forbidden things.
- TONGUE:** guarding against lying, backbiting and abusing others.
- EARS:** not to listen to idle talk, gossip and music etc.
- HEART:** casting out from it the love of worldly things and evil intentions.

6. Ramadan is the month of Goodness

Ramadan is the season of good deeds in which the reward of our deeds is multiplied several times.

Therefore, we should be punctual in praying five times a day, reciting Quran, doing zikr, dua, istaghfar, helping others and performing other good deeds.

The Prophet Muhammad ﷺ said, "Whoever draws nearer (to Allah ﷻ) by performing any of the (optional) good deeds in (this month) shall receive the same reward as performing an obligatory deed at any other time, and whoever discharges an obligatory deed in (this month) shall receive the reward of performing seventy obligations at any other time." (Behiqi)

7. Sehri

Predawn eating and drinking of a fasting person is called sehri.

The Prophet Muhammad ﷺ said, "Do take your sehri meal, because the sehri meal has many blessings in it." (Nisaai)

Virtues of Ramadan

The Prophet Muhammad ﷺ said, "My Ummah has been given five things in regards to Ramadan which has not been given to any other Ummah before them.

1. The smell of the mouth of the fasting person is more fragrant, to The Almighty, than musk.
2. The angels continuously seek forgiveness on their behalf until they end their fast.
3. Allah ﷻ everyday adorns his Heaven and says (to it), 'The time is near when my pious servants shall be freed from difficulties and will come to You'.
4. The shayaateen will be shackled and restrained from performing the mischief that they can perform outside Ramadan.
5. Those fasting will be forgiven in the last night of Ramadan." (Ahmad)

8. Iftar

The fast is completed at the sunset. Taking food and drink to break the fast is called iftar.

The Prophet Muhammad ﷺ said, "People will continue to be in good shape for as long as they hasten in breaking their fast." (Ahmad)

9. Taraweeh

Taraweeh prayer is performed after Isha prayer during the month of Ramadan. It gives us a great opportunity to listen to the Quran.

The Prophet Muhammad ﷺ said, "Whoever stands (in prayer) during the nights of Ramadan with faith and sincerity will have his past sins forgiven." (Bukhari)

10. Last Ten days of Ramadan

The last 9 or 10 days and nights of the month of Ramadan are very important and blessed, we should specially prepare ourselves for ibaadah.

According to Hadith, "The Prophet Muhammad ﷺ used to worship Allah throughout the nights of the last ten days of Ramadan and he used to wake up his family for the same." (Bukhari)

Do You Know

Sawm is broken by:

- Intentional eating or drinking.
- Provoke vomiting.

Sawm is not broken by:

- If one forgets and eat or drink.
- Wearing perfumes.
- Applying Surma in eyes.
- Oiling hairs or body.
- Brushing teeth with miswak.
- Using eye drops.
- Applying medicine or cream on skin.
- Injections (medication not nutritional).

11. I'tekaf

The Prophet Muhammad ﷺ used to spend the last ten days and nights of Ramadan in the masjid. I'tekaf means cutting oneself from worldly activities and stay in the masjid for the pleasure of Allah ﷻ.

One can sit in Nafl I'tekaf for one day or a few days.

The Prophet Muhammad ﷺ said, "The one who does I'tekaf remains free from sins due to staying in the masjid and in his name aamal reward is written as that of the other pious people. (Ibn e Maa'ja)

12. Laylat ul Qadr (Shab e Qadr)

This is a great night in which Allah ﷻ revealed the Quran and worship in this night is better than 1000 months.

Allah ﷻ said, "We have revealed it (Quran) in the night of Qadr (value)? And do you know what the night of Qadr is? The night of Qadr (value) is better than a thousand months." (Al Qadr)

In the light of authentic Ahadith, it should be searched in the odd nights during the last 10 days of the month of Ramadan (i.e. 21st, 23rd, 25th, 27th and 29th).

Prophet Muhammad ﷺ said, "He whoever stands (in prayer) during night of Qadr with faith and sincerity will have his past sins forgiven." (Bukhari)

Ramadan, Quran and Pakistan

- Ramadan is the month in which Quran was revealed.
- Quran was revealed in the Night of Qadr.
- Pakistan came into existence on 27th of Ramadan.
- Pakistan was established in the name of Islam.
- Founder of Pakistan Muhammad Ali Jinnah said that "the Constitution of Pakistan will be Quran."
- Constitution of Pakistan says that "there will be no legislation repugnant to the Quran and Sunnah".

13. Sadaqah tul Fitr

Sadaqah tul Fitr is money given to the poor of the society before the Eid prayers so that they may also participate in Eid celebrations. Another purpose of sadaqah tul Fitr is the purification of the misconducts during fasting.

"The Prophet Muhammad ﷺ made sadaqah tul Fitr compulsory so that those who fasted may be purified of their idle deeds and shameful talk (committed during Ramadan) and so that the poor may be fed." (Abu Dawood)

14. Night of Eid (Chand Raat)

At the end of the month of Ramadan, at the night of Eid we should thank Allah ﷻ and do zikr and make dua. We should make sure to avoid disobedience of Allah ﷻ and sins so that the struggle we did for the pleasure of Allah ﷻ does not go waste.

15. Eid ul Fitr

At the end of the month of Ramadan Allah ﷻ has given us a festival of Eid ul Fitr. It starts with praying salat ul Eid. We are advised to remember Allah ﷻ on our happy events as well. We should thank Allah ﷻ for the guidance and bounties He bestowed upon us during Ramadan and also include others in our joys.

The Prophet Muhammad ﷺ said, "Allah ﷻ has appointed two better days for you in the year- the days of Eid ul Fitr and Eid ul Adha." (Bukhari)

Life Long Fast (Life after Ramadan)

Ramadan's fast starts from dawn which prohibits eating & drinking and ends at sunsets by taking food and water. While the life-long fast starts at the conscious age (adolescence) which prohibits all forbidden by Allah ﷻ and it ends at the time of death with visually seeing of Allah ﷻ insha Allah.

Best Three Hours in Ramadan

After Salat ul Fajr: The Prophet Muhammad ﷺ said, "Whoever prays fajr in congregation, then sits remembering Allah ﷻ until sunrise, then prays two units of prayer, has a complete reward of Hajj and Umrah " [Tirmidhi]

Before Iftar: The Prophet Muhammad ﷺ said, "There are three people whose supplications are not rejected: the fasting person when he breaks his fast, the just ruler and the oppressed" (Tirmidhi).

Before Sehri: The Prophet Muhammad ﷺ said, "Every night, when the last third of it remains, Allah ﷻ descends to the lowest heaven saying, 'Is there anyone to ask Me so that I may grant him his request? Is there anyone to invoke Me so that I may respond to his invocation? Is there anyone seeking My forgiveness so that I may forgive him?'" (Muslim)

SUPPLICATIONS

Iftar

اللَّهُمَّ لَكَ صُيَّمْتُ وَعَلَى رِزْقِكَ أَفْطَرْتُ (أبو داؤد)

"O Allah! I fasted for You and I break my fast with Your sustenance."

Shab e Qadr

اللَّهُمَّ إِنَّكَ عَفُوفٌ كَرِيمٌ تُحِبُّ الْعَفْوَ فَاعْفُ عَنِّي (ترمذی)

"O Allah! You are the Forgiver and You like forgiving so forgive me."

Eid

تَقَبَّلَ اللَّهُ مِنَّا وَمِنْكَ (بيهقي)

"May Allah accepts from us and you"





No Eating or Drinking Whilst Fasting



Lower Your Gaze



No Arguing or Fighting & Avoid Sins



No Swearing Lying & Backbiting



No Smoking Try quitting for good



Don't Waste Time on Useless Activities



Do not listen to Music



Pray all your 5 Daily Salaah's on Time



Study & Learn Islamic Knowledge



Recite & Learn the Holy Quran



Do Lot of Zikr



Make Lots of Dua



Give in Charity & Help the Poor

EARN HIGH REWARD WITH THE
RAMADAN
HIGH-WAY CODE



RAMADAN ACHIEVEMENT CHART

THE BEGINNING IS MERCY

ACHIEVEMENTS	1	2	3	4	5	6	7	8	9	10
ACHIEVEMENTS IN THE MORNING										
1. Did I eat sehri?										
2. Did I recite Quran?										
3. Did I make zikr and dua?										
ACHIEVEMENTS DURING THE DAY										
4. Did I pray all prayers on time with jamat (males)?										
5. Did I keep the sawm?										
6. Did I read Tafseer (at least one ayat) of Quran?										
7. Did I read one new Hadith?										
8. Did I follow Day to Day manners of Prophet Muhammad ﷺ (eating, walking, dressing etc.)?										
9. Did I recite Masnoon supplications of Prophet Muhammad ﷺ?										
10. Did I obey my parents and teachers?										
11. Was I kind to family, friends and others?										
12. Did I abstain from bad habits (for e.g. lying, cursing, anger, fighting etc.)?										
13. Did I give charity?										
14. Did I do any welfare activity (helping others, feeding the hungry etc.)?										
15. Did I teach someone about Islam?										
16. Did I try to become a role model for others?										
ACHIEVEMENTS IN THE NIGHT										
17. Did I pray Taraweeh?										
18. Did I pounder about my life after death / Akhirah?										
19. Did I go to sleep in a state of Wadu?										
20. Did I pray (minimum 2 rakah) Tahajjud?										

Note: Hang on or paste somewhere in your home so that your brothers and sisters can also fill the same.



THE MIDDLE IS FORGIVENESS

ACHIEVEMENTS	11	12	13	14	15	16	17	18	19	20
ACHIEVEMENTS IN THE MORNING										
1. Did I eat sehri?										
2. Did I recite Quran?										
3. Did I make zikr and dua?										
ACHIEVEMENTS DURING THE DAY										
4. Did I pray all prayers on time with jamat (males)?										
5. Did I keep the sawm?										
6. Did I read Tafseer (at least one ayat) of Quran?										
7. Did I read one new Hadith?										
8. Did I follow Day to Day manners of Prophet Muhammad ﷺ (eating, walking, dressing etc.)?										
9. Did I recite Masnoon supplications of Prophet Muhammad ﷺ?										
10. Did I obey my parents and teachers?										
11. Was I kind to family, friends and others?										
12. Did I abstain from bad habits (for e.g. lying, cursing, anger, fighting etc.)?										
13. Did I give charity?										
14. Did I do any welfare activity (helping others, feeding the hungry etc.)?										
15. Did I teach someone about Islam?										
16. Did I try to become a role model for others?										
ACHIEVEMENTS IN THE NIGHT										
17. Did I pray Taraweeh?										
18. Did I ponder about my life after death / Aakhirah?										
19. Did I go to sleep in a state of Wadu?										
20. Did I pray (minimum 2 rakah) Tahajjud?										

Note: Hang on or paste somewhere in your home so that your brothers and sisters can also fill the same.



THE END IS SAVIOUR FROM HELLFIRE

ACHIEVEMENTS	21	22	23	24	25	26	27	28	29	30
ACHIEVEMENTS IN THE MORNING										
1. Did I eat sehri?										
2. Did I recite Quran?										
3. Did I make zikr and dua?										
ACHIEVEMENTS DURING THE DAY										
4. Did I pray all prayers on time with jamat (males)?										
5. Did I keep the sawm?										
6. Did I read Tafseer (at least one ayat) of Quran?										
7. Did I read one new Hadith?										
8. Did I follow Day to Day manners of Prophet Muhammad ﷺ (eating, walking, dressing etc.)?										
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15. Did I teach someone about Islam?										
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ACHIEVEMENTS IN THE NIGHT										
17. Did I pray Taraweeh?										
18. Did I ponder about my life after death / Aakhirah?										
19. Did I go to sleep in a state of Wadu?										
20. Did I pray (minimum 2 rakah) Tahajjud?										

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EID MESSAGE

'Allah ﷻ alone is great; to Allah ﷻ belongs all thankful praise'.

If the beginning of Ramadan is mercy, its middle forgiveness and its ending liberation from the hellfire; its outcome should be thankfulness to Allah ﷻ. Because it is Allah ﷻ who bestowed upon us this great month and its blessings.

Blessed Ramadan has ended. However, its passing should not witness the end of our spirit of worship.

Thankfulness to Allah ﷻ also requires sharing the bounties of Allah with others. On 'Eid day, we enjoy the blessings of ample food and clothes, but we should not forget to help our brothers and sisters who are not able to celebrate the Eid festival.



THE ILM FOUNDATION

THE ILM FOUNDATION is an organization not for profit, which intends to provide a complimentary effective **platform** to K-12 schools to provide **value-inspired and virtue based world class modern education**. We intend to empower the net-work associates with full dignity in the true spirit of fairness and benevolence, to design, deliver, manage and continuously improve their respective systems, while maintaining their individual entities. The strategy is to be based on the interactive participation of all, **as equals**, for co-evolution of concepts as well as for their implementation.

