



Ramadhan Guide Book

Name:

Class:

JOIN US THIS RAMADHAN!



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INTRODUCTION TO RAMADHAN

Ramadhan is the ninth month of the Islamic calendar. This is the month in which all of us atone and seek nearness to Allah by fasting, reflecting our behaviours, and actions in the past years and abstaining from doing sins. Not only we experience what other people around the world experiences poverty, but doing that also cleanses our body and is healthy for us. Muslims believe that during the month of Ramadan, Allah revealed the first verses of the Quran.

What can we do during Ramadhan?

Perform more sunnah prayers

Recite the Al-Quran everyday and pondering and reflection of its meanings

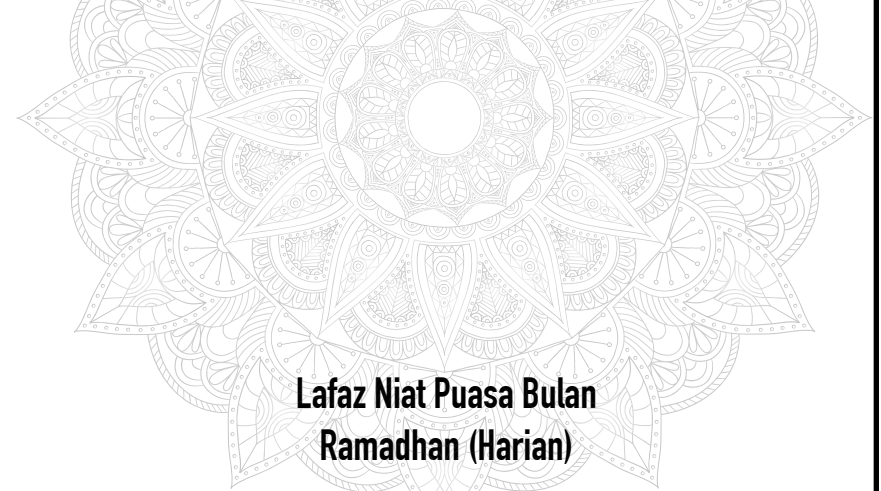
Give zakat/ infaq to poor or orphan

Make a personal Dua list

Surah Al-Baqarah, Ayah 185

شَهْرُ رَمَضَانَ الَّذِي أُنْزِلَ فِيهِ الْقُرْآنُ هُدًى لِّلنَّاسِ وَبَيِّنَاتٍ مِّنَ الْهُدَى
وَالْفُرْقَانِ ۚ فَمَنْ شَهِدَ مِنْكُمُ الشَّهْرَ فَلْيَصُمْهُ ۖ وَمَنْ كَانَ مَرِيضًا أَوْ عَلَى سَفَرٍ
فَعِدَّةٌ مِّنْ أَيَّامٍ أُخَرَ ۗ يُرِيدُ اللَّهُ بِكُمُ الْيُسْرَ وَلَا يُرِيدُ بِكُمُ الْعُسْرَ وَلِتُكْمِلُوا
الْعِدَّةَ وَلِتُكَبِّرُوا اللَّهَ عَلَىٰ مَا هَدَاكُمْ وَلَعَلَّكُمْ تَشْكُرُونَ

It is the month of Ramadhan in which the Qur'an was revealed, a guidance for mankind with clear teachings showing the Right Way and a criterion of truth and falsehood. Therefore, anyone of you who witnesses that month should fast therein, and whoever is ill or upon a journey shall fast a similar number of days later on. Allah intends your well-being and does not want to put you to hardship. He wants you to complete the prescribed period so that you should glorify His Greatness and render thanks to Him for giving you guidance.



Lafaz Niat Puasa Bulan Ramadhan (Harian)

تَوَيْتُ صَوْمَ غَدٍ عَنْ أَدَاءِ فَرْضِ شَهْرِ رَمَضَانَ
هَذِهِ السَّنَةِ لِلَّهِ تَعَالَى

*"Nawaitu sauma ghadin an'adai fardi syahri ramadhana
hadzihis sanati lillahi ta'ala"*

Meaning: "I intend to fast tomorrow to perform the obligatory fasting during Ramadan for this year due to Allah Taala".

Lafaz Niat Puasa Bulan Ramadhan (Sebulan)

تَوَيْتُ صَوْمَ شَهْرِ رَمَضَانَ كُلِّهِ لِلَّهِ تَعَالَى

"Nawaitu sauma syahri ramadhaana kulibi lillaahi ta'ala"

Meaning: "I intended to fast the whole month of Ramadan for this year due to Allah Taala"

Lafaz Niat Berbuka Puasa Bulan Ramadhan

اَللّٰهُمَّ لَكَ صُمْتُ وَبِكَ اَمِنْتُ وَعَلَى رِزْقِكَ
اَفْطَرْتُ بِرَحْمَتِكَ يَا اَرْحَمَ الرَّحِمِيْنَ

*"Allaahumma lakasumtu wabika aamantu wa'ala rizqika
aftibortu birohmaticka yaa arbamar roobimiin"*

Meaning: "O Allah! I fasted for You and I believe in You (and I put my trust in you) and I break my fast with Your sustenance by your mercy, O Allah the Compassionate."

FYI To prevent getting thirsty during Ramadan, drink plenty of water, avoid foods that are too spicy or salty, and consume more fruits and vegetables.

SUNAH DURING RAMADHAN

Dhuha Prayer

Dhuha prayer is a sunnah prayer that is being done between Subuh and Zuhur. The time of the prayer starts when the sun raised more or less everything until the sun is right in the middle of the sky. It is up to the individual how many Rakaats to perform that is between two and twelve rakaats with the recitation of any Surah. Dhuha prayer also fulfills sadaqah on every joint in your body. "In the morning every single joint of yours must pay a sadaqah (charity). Every SubhanAllah is a sadaqah, every Alhamdulillah is a sadaqah, every La Ilaha Illa Allah is a sadaqah, every Allahu Akbar is a sadaqah, every commanding good is a sadaqah, and every forbidding evil is a sadaqah, and all this is accomplished through two rak'ats one can pray in Dhuha."

Lafaz Niat Solat Sunnah Dhuha

أُصَلِّي سُنَّةَ الصُّبْحِي رَكَعَتَيْنِ لِلَّهِ تَعَالَى
"Usholli sunnatadhuha raka'ataini lillahi ta'ala"

Meaning: "I intent to pray sunnah prayer Dhuha 2 raka'at due to Allah ta'ala."

Dua after Dhuha Prayer

اللَّهُمَّ إِنَّ الصُّبْحِي ضُحَاكَ وَالْبَهَاءَ بَهَائِكَ وَالْجَمَالَ
 جَمَالَكَ وَالْقُوَّةَ قُوَّتَكَ وَالْعِصْمَةَ عِصْمَتَكَ اللَّهُمَّ إِنَّ
 كَانَ رِزْقِي فِي السَّمَاءِ فَأَنْزِلْهُ وَإِنْ كَانَ بَعِيدًا
 فَقَرِّبْهُ وَإِنْ كَانَ قَرِيبًا فَيَسِّرْهُ يَسِّرْهُ بِعَنِّي ضُحَاكَ وَبَهَائِكَ
 وَتُجَّتِكَ وَعِصْمَتِكَ أَتَيْنِي مَا أَتَيْتَ عِبَادَكَ
 الصَّالِحِينَ. وَصَلَّى اللَّهُ عَلَى سَيِّدِنَا مُحَمَّدٍ وَعَلَى آلِهِ
 وَصَحْبِهِ وَسَلَّمَ وَالْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ.

"Oh Allah, verily the time of Dhuha is but Your time of Dhuha, all beauty is but Your beauty, all strength is but Your strength, all power is but Your power and all protection is but Your protection."

"Oh Allah, if my rezqi is still in the skies, please let it down and if it's still in the ground, please let it out. Please make it easier if it is hard, if it is haraam please make it halal and please make it nearer if it is still far away. The blessings of the time of Dhuha, Your greatness, Your beauty, Your strength and Your power; bestow upon us all that you have bestowed unto Your righteous servants."

Witir Prayer

Witir prayer is one of the prayers that are being performed at night whether in Ramadan or in other months, which starts after Isha' prayer until the time comes to perform the Fajr prayer. It is being performed with odd numbers of rakaat. Witir prayer is one of the most encouraged prayers that need to be done. Prophet s.a.w. always performed this prayer with Fajr sunnah prayer. Witir can be done as little as one rakaat and maximum will be eleven rakaat, which is encouraged.

Lafaz Niat Solat Sunnah

Lafaz Niat Solat Sunnah

Witir 3 rakaat

أُصَلِّي سُنَّةَ الْوَيْتْرِ ثَلَاثَ رَكَعَاتٍ لِلَّهِ تَعَالَى
"Usholli sunnatalwitir tsalatsa raka'atin lillahi ta'ala"

Meaning: "I intent to pray sunnah prayer Witir 3 raka'at due to Allah ta'ala"

Witir 2 rakaat

أُصَلِّي سُنَّةَ الْوَيْتْرِ رَكَعَتَيْنِ لِلَّهِ تَعَالَى
"Usholli sunnatalwitir raka'atan lillahi ta'ala"

Meaning: "I intent to pray sunnah prayer Witir 2 raka'at due to Allah ta'ala."

Dua after Witir Prayer

سُبْحَانَ الْمَلِكِ الْقُدُّوسِ

"I mention the Purity of the Owner, i.e. Allah who is Pure"

اللَّهُمَّ إِنِّي أَعُوذُ بِرِضَاكَ مِنْ سَخَطِكَ وَبِمُعَافَاتِكَ مِنْ عُقُوبَتِكَ وَأَعُوذُ بِكَ مِنْكَ
 لَا أُحْصِي ثَنَاءَ عَلَيْكَ أَنْتَ كَمَا أَتَيْتَ عَلَى نَفْسِكَ

"O Allah, I seek Your refuge (protection) from your displeasure through. Your pleasure and from Your punishment with forgiveness. I seek refuge from all calamities and punishments. I have no words to Praise You as You have praised Yourself.

Tarawih Prayer

Tarawih Prayer is a sunnah prayer that is being done during Ramadhan after performing Isyak prayer. The word tarawih means to rest and relax. After every four rakaat, one sits for a brief period of rest before continuing. Tarawih prayer could be done in 8 or 20 rakaat. It should be done calmly and not in hurry so do pick the amount of rakaat that you are comfortable with.

Lafaz Niat Solat Sunnah Tarawih

أُصَلِّي سُنَّةَ تَرَوِيٍّ رَكَعَتَيْنِ لِلَّهِ تَعَالَى
"Usholli sunnat tarawih raka'ataini lillahi ta'ala"

Meaning: "I intent to pray sunnah prayer Tarawih 2 raka'at due to Allah ta'ala."

Sunnah On-The-Go

1. To recite Surah Al-Kafiroon and Surah al-Ikhlâs

It was the Sunnah of the Prophet s.a.w to recite in the Sunnah rak'ah before Fajr & after Maghrib with these two surahs.

2. To be generous

There are many opportunities for us to be generous during the month of Ramadan such as share our food with other people who are fasting and spend our wealth for the sake of Allah s.w.t.

3. To use the siwak

Siwak, which is a tooth stick, is cleansing for the mouth and is pleasing to Allah according to a hadith narrated by al-Nasaa'i (hadith no. 5). It is highly recommended to do before the salah after making ablution.

4. To shake hands when greeting each other

This is something that is so easy to implement during the month of Ramadan where so much of our time is spent meeting with other Muslims. Do note you can only shake hands with somebody who is mahram to you only.

5. To seek forgiveness

We should make istigfar regularly throughout the day as the Prophet s.a.w used to repent to Allah and make istigfar over 100 times a day. The month of Ramadan is a perfect opportunity to seek forgiveness from Allah s.w.t for all of our shortcomings and bad actions.

6. To put the right shoe on first

It has been narrated on the authority of Abu Hurayrah r.a that the Prophet s.a.w said "If one of you puts on the shoes, let him begin with the right. And when he takes them off let him begin with the left. And let him take them both off or leave them both on."

7. To take advantage of the accepted hour of prayer

The Prophet s.a.w told us of an hour between 'Asar and Maghrib prayer where Allah s.w.t responds to the supplication of the Muslim.

Meaningful Ramadhan 101

1. Make the Qur'an a top priority. We need to make time to recite and study the al-Quran by pondering over its meaning.

2. Set clear goals and list it down. For example, read 5 pages of al-Quran after each solat and take a rejuvenating power nap in the afternoon to be alert during tarawih.

3. Minimize distractions from our gadgets by putting them on silent or airplane mode. We could also maximize the potential of our phone by downloading apps that could help us track our time, memorize the al-Quran, or give us a daily hadith to ponder over.

4. Block the time to achieve your set goals. Make a schedule so that you have enough time to get your daily ibadah done promptly.

5. Plan ahead to simplify your life. Make a menu for the entire month and cook ahead. The following ideas can save precious time that should be spent in worship rather than cooking.

6. Dedicate yourself to service. Use your talents, skills, and resources to make a difference in the lives of others. Action is the best form of da'wah.

7. Make the intention to make this your best Ramadan ever sincerely so that Allah s.w.t will guide our steps, insha Allah.

FYI
Ramadan occurs on the 9th month of the Islamic Lunar Calendar. This is the month that the Angel Gabriel reportedly came to the prophet Muhammad to reveal the Quran.

Ramadhan Hacks

1. Do not drink large amounts of water at iftar time

Why: Filling the stomach with water is more strenuous than with food.

Solution: have a few sips at iftar then a glass after every two hours.

2. Exercising directly after iftaar.

Why: Blood flow is concentrated around the stomach at that time.

Solution: Exercise after two hours of eating to ease digestion.

3. Chewing and swallowing food fast.

Why: chewing food slowly can speed up digestion and help maintain your weight

4. Consuming foods with high amounts of sodium

Why: Sodium triggers thirst through out the fasting hours of the day

Solution: instead, eat foods that are high in potassium, they retain water and suppress your thirst.

Bananas are high in potassium. A banana at Suhoor time can control your thirst level through out the day.

Best sources of potassium for Suhoor:

- bananas
- milk
- dates
- avocados
- dried peaches
- pistachios
- pumpkin
- peas
- dark chocolate

Worst choices for Suhoor:

- biryani
- kebab
- pizza
- fast food in general
- cheese
- haleem

Best choices for Suhoor:

- potato
- rice
- dates
- whole grain
- bread
- banana

6 Tips on How to Stay Up after Fajr

1. Go to bed early and rest

After the Isha prayer, the Prophet (Peace and blessings be upon him) would not like to engage in unnecessary talk and would take to his house to go to sleep. If you need to fit in more sleep, try taking a nap before or after Zhuhr.

2. Untie your three knots

"During your sleep, Satan knots three knots at the back of the head of each of you, and he breathes the following words at each knot, 'The night is, long, so keep on sleeping,' If that person wakes up and celebrates the praises of Allah, then one knot is undone, and when he performs ablution the second knot is undone, and when he prays, all the knots are undone, and he gets up in the morning lively and in a good mood, otherwise he gets up dull and gloomy." (Bukhari)

3. Perform the prescribed dhikr after Fajr

If you still have the urge to jump back into your warm comfy bed after Fajr, remember that the best extension of the prayer is the dhikr that you perform afterwards.

4. Aim to pray Dhuha

5. Exercise

An early morning walk or stretches will get your blood moving and you will find that you have the energy to stay up and make the most of your day insha'Allah.

6. Have a list of tasks ready

If you do not have a plan for your morning, then you will inevitably waste time wandering and half-completing tasks. Use the morning wisely by writing your To-Do List first thing after Salat-ul-Dhuha, or even better, the night before. Aim to complete 3-5 tasks before you set off to work or school.

INTRODUCTION TO LAILATUL QADR

Lailatul Qadr is the night of Decree as we welcome the last ten days of Ramadhan. It is thought to be the actual day when the Quran was given to the prophet and usually falls on odd numbered nights within the last 10 days. In the Al-Quran Surah Al-Qadr verse 3:

لَيْلَةُ الْقَدْرِ خَيْرٌ مِنْ أَلْفِ شَهْرٍ

The night of Al-Qadr (Decree) is better than a thousand months. Hence, we are encouraged to stay awake the entire night, and pray for blessings and forgiveness as the worship of this one blessed night is better than the worship done in a thousand months.

Dua for Lailatul Qadr

اللَّهُمَّ إِنَّكَ عَفُوفٌ، تُحِبُّ الْعَفْوَ فَاعْفُ عَنِّي
Allahumma innaka 'afuwun tubibbul 'afwa fa'fu 'anni'

Meaning: O Allah You are The One Who forgives greatly, and loves to forgive, so forgive me. [at Tirmidhi]



13 things you can do on the Night of Power in Ramadan

1. Recite & reflect the Quran

Perhaps you can choose Surahs or passages from the Quran which you have heard in Tarawih this past Ramadan to recite. Read their translation and Tafseer. Then think deeply about their meaning and how it affects you on a personal level.

(If you want to study the Quran with more understanding, check out Way to the Quran and Access to Quranic Arabic.

2. Do Itikaf

It was a practice of the Prophet to spend the last ten days and nights of Ramadan in the masjid for Itikaf.

Those in Itikaf stay in the masjid all this time, performing various forms of zikr (the remembrance of Allah), like doing extra Salat, recitation and study of the Quran. They do not go outside the masjid except in case of emergencies, therefore, they sleep in the masjid. Their families or the masjid administration takes care of their food needs.

Itikaf of a shorter period of time, like one night, a day or a couple of days is encouraged as well.

3. Make this special Dua

Aisha, may Allah be pleased with her, said: I asked the Messenger of Allah: 'O Messenger of Allah, if I know what night is the night of Qadr, what should I say during it?' He said: 'Say: O Allah, You are pardoning and You love to pardon, so pardon me.' "(Ahmad, Ibn Majah, and Tirmidhi).

The transliteration of this Dua is "Allahumma innaka 'afuwun tubibbul 'afwa fa'fu 'annee"

4. Take a vacation for Allah

We take a break from our jobs for almost everything in life. Why not this time to focus on worshiping and thanking our Creator.

*If this is not possible at least take a few days off if you can. This can make it easier to stay awake at night to do extra Ibadah, not having to worry about getting to work the next day.
It will also facilitate doing Itikaf.*

5. Get your sins wiped out

Abu Huraira narrated that the Messenger said: Whoever stands (in prayer) in Laylatul Qadr while nourishing his faith with self-evaluation, expecting reward from Allah, will have all of his previous sins forgiven. [Bukhari and Muslim).

Don't just pray using the shorter Surahs that you know. Try to make your prayers longer, deeper and meaningful. If you are familiar with longer Surahs, read the translation and explanation and then pray reciting these Surahs, carefully reflecting on the meaning while you pray.

Even if you are only familiar with the shorter Surahs, read the translation and explanation beforehand, and then pray reflecting on the message of the Surahs.

This is a good way to develop the habit of concentration, even in regular prayers, where many of us tend to be fidgety and/or easily distracted.

6. Make a personal Dua list.

Ask yourself what you really want from Allah. Make a list of each and everything, no matter how small or how big it is, whether it deals with this world or not. Allah loves to hear from us. Once this list is ready, you can do three things:

- Ask Allah to give you those things
- Think about what have you done to get those things
- Develop a work plan to get those things in future.

Wake up one hour before Suboor time to ask Allah for anything and everything you want that is Halal. This can be done using the Duas of the Sunnah, but also Dua in your own language, with sincerity and conviction

7. Evaluate yourself.

Ask yourself those questions that need to be asked. Do an evaluation of where you are and where you are going. Let this evaluation lead you to feel happiness for the good you have done and remorse for the bad you have done. (see a short and a long evaluation guide) This latter feeling should make it easier to seek Allah's sincere forgiveness when making the Dua mentioned in tip number one above.

8. Have Iftar with the family

If you've spent Iftar time on weekdays in your cubicle at work alone with a couple of dates, now is the last few days you'll have this Ramadan to spend with your family. Use it wisely.

9. Memorize a different Dua every night

They don't have to be long. They can be just one line. And be sure to know what they mean generally at least, even if you don't know the exact translation in English.

You can put them on index cards (or and keep them with you during the day, glancing at them during work, while driving, waiting in line, etc.) Then practice them at night in prayer.

10. Take the family to Tarawih

Have your spouse and kids missed Tarawih most of Ramadan because you weren't there to drive them to the Masjid, which is too far away to walk to? If so, do all of yourselves a favor and bring everyone for Tarawih in these last ten nights.

11. Attend the Dua after the completion of Quran recitation

Almost all Masjids where the Imam aims to finish an entire reading of the Quran in Tarawih prayers in Ramadan will be completing their recitation in these last ten nights. They may try to end on one of the odd nights and read the Dua at the end of a reading of the Quran. Attend this particular night's Tarawih prayer with your family. See if you can attend different Masjids' Tarawih prayers the night they finish reading the Quran.

12. Finish reading a book on the Prophet

Read about the Prophet's life, which can increase your love for him and Islam by seeing how much he struggled for Allah's sake. It may inspire you to push yourself even harder during these last ten nights. This community is built on sacrifice.

13. To do list for the Night of Power

Make a to do checklist for each Night of Power. This should define how you would like your night, the one better than a thousand months, to be used. Pick things from this list and define the sequence you would like to do things in. This will help you avoid wasting your time in unproductive chats which common in the festive atmosphere of Masjids at the Night of Power.

DUA LIST

For Yourself

For your family

For the ummah

LAILATUL QADR TO DO LIST

1. Recite Quran
2. Recite "Allahumma innaka 'afuwun tuhibbul 'afwa fa fu 'annee"
3. Evaluate Yourself
4. Reflect on your dua list
5. Iftar with your love ones
6. Terawih with Family
7. Get to know the Prophet
8. Qiyam
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.

FYI Preserve your tongue from lying, cursing, backbiting and slander for it decreases the reward of fasting.

RAMADHAN 2016

MON

TUES

WED

THURS

FRI

SAT

SUN

June 6	June 7	June 8	June 9	June 10	June 11	June 12
June 13	June 14	June 15	June 16	June 17	June 18	June 19
June 20	June 21	June 22	June 23	June 24	June 25	June 26
June 27	June 28	June 29	June 30	July 1	July 2	July 3
July 4	July 5	July 6	July 7	July 8	July 9	July 10

RCM DAY 1

RCM DAY 2

START OF
Lailatul Qadr

[illegible]

RAMADHAN BUCKETLIST

1. Memorise Surah An-Naba
2. Iftar with fellow muslims.
3. Iftar at Masjid.
4. Iftar with non-muslims.
5. Set aside \$_____ for the poor.
6. Pay my own zakat.
7. Tarawih with buddies.
8. Go hiking!
9. Help mother cook iftar.
10. Perform terawih at home.
11. Matsurat
12. Visit Orphanage
13. Tahajud
- 14.
- 15.
- 16.
- 17.
- 18.
- 19.
- 20.
- 21.
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