

MY RAMADAN RECORD BOOK



Compiled by Rahmah Ibrahim

*This book belongs to:*

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## 1. Definition

What does Sawm (fasting) mean?

The meaning of fasting in Arabic is "sawm" and "siyam". The word "sawm" means "to keep away from something, to restrain oneself, to prevent oneself in Arabic.

As a Fiqh term, it means "to keep away from eating, drinking and conjugal relations (jima) between husband and wife from dawn until the sunset (maghrib) consciously and by seeking a goal.

## 2. Classification of Sawm

Sawm is wajib/fard (compulsory) on Muslims, according to the Qur'an and Sunnah (tradition of the Prophet), during the night month of the Hijri calendar, called Ramadaan.

Allah, the Most High, said in the Qur'an, "The month of Ramadan in which was revealed the Qur'an, a guidance for mankind and clear proofs for the guidance and the criterion (between right and wrong). So whoever of you sights (the crescent on the first night of) the month (of Ramadan i.e. is present at his home), he must observe Sawm (fasts) that month,..."[2]

يَا أَيُّهَا الَّذِينَ ءَامَنُوا كُتِبَ عَلَيْكُمُ الصِّيَامُ كَمَا كُتِبَ عَلَى  
الَّذِينَ مِن قَبْلِكُمْ لَعَلَّكُمْ تَتَّقُونَ



O you who have believed, decreed upon you is fasting as it was decreed upon those before you that you may become righteous – Al Baqarah:183 (source: quran.com).

### 3. The Purpose of Fasting

The ultimate goal of the fast is to develop taqwa (consciousness of God) in people, as Allah said in Surah al-Baqarah Verse 183, "...that you may become righteous (taqwa)."

Taqwa is amongst the highest moral qualities that a Muslim can attain. It is achieved by placing a shield between ones self and Allah's wrath, as the root meaning of the word implies (i.e. taqwa comes from the verb waqaa, which means "to safeguard"). This is achieved by being conscious of Allah and all His commandments at all times, which means avoid the Haram (prohibited) as well as the Makruh (undesirable) and even some of the Halal (permissible), wherever doubt arises.

### 4. Virtues and Benefits of Fasting

#### 4.1 Fasting is a Shield

Fasting provides protection from evil for those who sincerely fast. Abu Hurayrah (may Allaah be pleased with him) reported Allah's Messenger (may peace be upon him) as saying: "Fasting is a shield." Narrated Uthman ibn Abil - Aas and Jaabir (may Allaah be pleased with them): The Prophet (peace be upon him) said, "Fasting is a shield with which a servant protects himself from Fire."

#### 4.2 Fasting Causes one to enter Paradise

Narrated Abu Umaamah (may Allah be pleased with him): I said. "O Messenger of Allah, tell me of an action by which I may enter paradise." He said, "Take to Fasting, there is nothing like it."

Narrated Abu Saeed (may Allaah be pleased with him): I heard the Prophet saying, "Indeed, anyone who fasts for one day for Allah's Pleasure, Allah will keep his face away from the (Hell) fire for (a distance covered by a journey of) seventy years."

The Prophet (peace be upon him) said, "Whoever fasts one day seeking the pleasure of Allah, if that is the last day of his life, he will enter Paradise."

#### *4.3 The People who fast are rewarded with immense reward*

The Prophet (peace be upon him) said, "Fasting has no equal." Narrated Abu Hurayrah (may Allah be pleased with him): Allah's Apostle (peace be upon him) said, "Allah said -All the deeds of Adams sons (people) are for them, except fasting which is for Me, and I will give the reward for it."

#### *4.4 Fasting and the Quraan intercede for a person*

Narrated Abdullah ibn Umar (may Allaah be pleased with him): The Messenger of Allah (peace be upon him) said, "Fasting and the Qur'an intercede for the servant on the Day of Resurrection. Fasting will say, 'O my Lord I prevented him from food and desires so accept my intercession for him', and the Qur'an will say: "I prevented him from sleep a night, so accept my intercession for him". so their intercession will be accepted."

#### *4.5 Fasting is an expiation for various sins*

Narrated Hudhayfah (may Allah be pleased with him): Allah's Apostle (peace be upon him) said, "A man's afflictions (i.e. wrong deeds) concerning his relation to his family, his property and his neighbours are expiated by his prayers, giving in charity and enjoining what is good and forbidding what is evil."

#### *4.6 Ar - Rayyaan is for those who fast*

Narrated Sahl (may Allah be pleased with him): The Prophet (peace be upon him) said, "There is a gate in Paradise called Ar-Rayyan, and those who observe fasts will enter through it on the Day of Resurrection and none except them will enter through it. It will be said, "Where are those who used to observe fasts?" They will get up, and none except them will enter through it. After their entry the gate will be closed and nobody will enter through it."

#### *4.7 Makes us appreciate the provision of food (from Allah)*

Fasting gives the individual a real taste of hunger and thirst which helps him to realise the experience of the poor. This experience should instil a desire to want to help those who are less fortunate by sharing

food and wealth with them.

When the fasting person feels the pangs of hunger, he experiences how the poor feel, so he has compassion towards them and gives them something to ward off their hunger. Hearing about them is not the same as sharing their suffering, just as a rider does not understand the hardship of walking unless he gets down and walks.

#### *4.8 Helps improve Moral character*

It is required that the individual gives up not only food, drink, but also all forms of lying (e.g. backbiting, slander, etc).

This is confirmed by the Prophet (peace be upon him) statement: Narrated Abu Hurayrah (may Allah be pleased with him): The Prophet (peace be upon him) said, "Whoever does not give up forged speech and evil actions, Allah is not in need of his leaving his food and drink (i.e. Allah will not accept his fasting.)"

So, if one observes the fast according to the above principles, it should improve his morale character, making him more truthful and more careful about what he says and does. If a persons stomach is hungry, this will keep many of his other faculties from feeling hunger or desires; but if his stomach is satisfied, his tongue, eye, hand and private parts will start to feel hungry. Fasting leads to the defeat of Shaytaan; it controls desires and protects ones faculties.

#### *4.9 Health benefits*

It has also been noted by medical experts that fasting improves the physical health in numerous ways. For example, during the fast, the body uses up stored cholesterol (fats) which are often deposited in the blood system, as well as other fatty areas of the body. Thus, it helps to keep the body firm and minimizes the danger of heart attacks.

#### *4.10 Du'a will be answered*

The Prophet (peace be upon him) said, "The du'a of the fasting person will not be refused."

## 5. The Requirements

### 5.1 Who must fast in Ramadan?

5.1.1 Every accountable Muslim is obligated to fast the month of Ramadan. To be of full age, the age of puberty and discretion, which is normally about fourteen. Children under this age should be encouraged to start this good practice on easy levels, so when they reach the age of puberty they will be mentally and physically prepared to observe the fasting.

5.1.2 For one to be obligated to fast, one must be of sound mind/sane.

### 5.2 Exemption from fasting

5.2.1 Fasting is not obligatory on the insane person.

5.2.2 Fasting is not obligatory on a person whose body cannot tolerate fasting, either due to old age or severe illness.

5.2.3 The one who is travelling a walking distance of two or more days (about 80 miles or 130 kilometres) is permitted to break their fast, provided his reason for travelling is not sinful. However, one must make up the missed days.

5.2.3 Fasting is not obligatory on the menstruating woman, or the woman who has postpartum bleeding. The pregnant woman is permitted to break her fast if she fears harm may come to her or her baby from fasting. This includes the breastfeeding woman as well.

## 6. Du'as/ Adayah

### 6.1 Intention for Fasting (in the heart)

وَبِصَوْمِ غَدٍ نَّوَيْتُ مِنْ شَهْرِ رَمَضَانَ

Wa bi-sawmi ghadin nawaytu min shahri Ramadan

I intend to keep the fast for tomorrow in the month of Ramadan.

## 6.2 Dua for Breaking Fast (Iftar)

اللَّهُمَّ إِنِّي لَكَ صُومْتُ وَبِكَ آمَنْتُ [وَعَلَيْكَ تَوَكَّلْتُ]  
وَعَلَى رِزْقِكَ أَفْطَرْتُ

Allahumma inni laka sumtu wa bika aamantu [wa 'alayka tawakkaltu]  
wa 'alaa rizqika aftartu

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.

## 6.3 Recommended du'as in Ramadan

اللَّهُمَّ إِنَّكَ عَفْوٌ تُحِبُّ الْعَفْوَ فَاعْفُ عَنِّي

Allahumma innaka 'afuwwun kariimun tuhibbul 'afwa fa'fu 'annii.

“O Allah, You are the best forgiver. You love forgiveness, so forgive me.” (Tirmidhi).

### 6.3.1 Du'as for the First 10 Days: Mercy from Allah

Allahummaghfir lii warhamnii wajburnii wahdinii warzuqnii.

“O Allah! Forgive me, have mercy on me, help me, guide me and sustain me.”

(Tirmidhi al Tabarani)

Laa ilaaha illaa anta subhaanak. Allahumma astaghfiruka li-dhambii  
wa as-aluka rahmatak. Allaahumma zidnii 'ilmaw-walaa tuzigh qalbii  
ba'da idh hadaytanii wahab lii  
milladunka rahmatan innaka antal-wahhaab.

“There is no God except You. You are glorified. O Allah! I seek Your

forgiveness for my sins, I ask You for Your mercy. O Allah! Increase me in knowledge and do not misguide my heart after having guided me. And grant me mercy from Your treasure. Verily You are the Giver.” (Al-Hakim, Ibn Hibban and Abu Dawud).

### 6.3.2 Du'a for the Second 10 Days: Days of Forgiveness

Allahumma innii as-aluka bini'matika-assaabighati allatii an'amta bihaa 'alaiyya wa balaa-ikal-ladhii ibtalaitanii wa bifadlikal-ladhee afdalta 'alayya an tudkhilaniyal-jannah. Allahumma adkhilnii aljannata bifadlika wa mannika wa rahmatika.

“O Allah! I ask You by medium of Your abundant blessings that You have blessed me with and by medium of Your trials that You have tested me with and by medium of Your trials that You have favoured me with that You enter me in Paradise. O Allah! Enter me into paradise with Your favour, boon and mercy.” (Al-Tabarani).

### 6.3.3 Du'as for the Last 10 Days: Salvation from Hellfire

Allahumma innii as-aluka-aljannata wa maa qarraba ilayhaa min qawlin aw 'amal. Wa a'uudhu bika minan-naari wa maa qarraba ilayhaa min qawlin aw 'amal. Wa as-aluka an taj'ala kulla qadaa-in qadaitahuu lii khayraa.

“O Allah! I ask You for paradise and whatever words and actions may take me near it. I seek Your protection from the fire and whatever words or actions that may take me near it. I beseech You to make Your decisions for me good.” (Ahmad Ibn Majah - similar wording in Al-Hakim and Al-Adab Al-Mufrad of Al-Bukhari).

Allahumma innii as-alukal-jannata wa na'iimahaa wa bahjatahaa wa a'uudhu bika minan-naari wa salaasilihaa wa aghlaalihaa.

“O Allah! I ask for heaven and its bounties and its joy and I seek Your protection from the Fire, its chains and its shackles.” (Abu Dawud, Ahmad)



## 7. Sunnah practices in the month of Ramadan

- 7.1 Partaking of food prior to the commencement of the fast.
- 7.2 Breaking the fast by eating dates or with a drink of water.
- 7.3 Putting away the toothbrush after the noon prayer (dhuhr).
- 7.4 Charity and good deeds.
- 7.5 Performance of voluntary Congregational night prayers tarawih.
- 7.6 Recitation and contemplation of the Noble Qur'an.
- 7.7 The Night of Power
- 7.8 Retreat to the masjid during the last ten days and nights of Ramadan.

## 8. Haram Days to Fast

- 8.1 Eid al-Fitr (1<sup>st</sup> Shawwal).
- 8.2 Eid al-Adha (10<sup>th</sup> Dhul Hijjah)
- 8.3 The days of Tashriq (Dhul Hijjah 11, 12, 13 - the three days following Eid al-Adha).

## 9. Zakah al-Fitr

### 9.1 Meaning

Zakah al-Fitr is often referred to as Sadaqah al-Fitr. The word Fitr means the same as Iftar, breaking a fast and it comes from the same root word as Futur which means breakfast. Thus, Islamically, Zakah al-Fitr is the name given to charity which is distributed at the end of the fast of Ramadan.

### 9.2 Classification

Sadaqah al-Fitr is a duty which is Wajib on every Muslim, whether male or female, minor or adult as long as he/she has the means to do so. The proof that this form of charity is compulsory can be found in the Sunnah whereby Ibn `Umar reported that the Prophet (peace be upon him) made Zakah al-Fitr compulsory on every slave, freeman, male, female, young and old among the Muslims; one Sa` of dried dates or one Sa` of barley. The head of the household may pay the required amount for the other members. Abu Sa'id al-Khudri said, "On

behalf of our young and old, free men and slaves, we used to take out during Allah's Messenger's (peace be upon him) lifetime one Sa` of grain, cheese or raisins".

### *9.3 Significance*

The significant role played by Zakah in the circulation of wealth within the Islamic society is also played by the Sadaqah al-Fitr. However, in the case of Sadaqah al-Fitr, each individual is required to calculate how much charity is due from himself and his dependents and go into the community in order to find those who deserve such charity. Thus, Sadaqah al-Fitr plays a very important role in the development of the bonds of community. The rich are obliged to come in direct contact with the poor, and the poor are put in contact with the extremely poor. This contact between the various levels of society helps to build real bonds of brotherhood and love within the Islamic community and trains those who have, to be generous to those who do not have.

### *9.4 Purpose*

The main purpose of Zakah al-Fitr is to provide those who fasted with the means of making up for their errors during the month of fasting. Zakah al-Fitr also provides the poor with a means with which they can celebrate the festival of breaking the fast (`Eid al-Fitr) along with the rest of the Muslims. Ibn Abbas reported, "The Prophet (peace be upon him) made Zakah al-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. Whoever gives it before Salah will have it accepted as Zakah, while he who gives it after the Salah has given Sadaqah." Hence, the goal of Sadaqah al-Fitr is the spiritual development of the Believers. By making them give up some of their wealth, the believers are taught the higher moral characteristics of generosity, compassion (sympathy for the unfortunate), gratitude to God and the righteousness. But, since Islam does not neglect man's material need, part of the goal of Zakah al-Fitr is the economic well-being of the poorer members of society.

### 9.5 Conditions

Zakah al-Fitr is only Wajib for a particular period of time. If one misses the time period without a good reason, he has sinned and can not make it up. This form of charity becomes obligatory from sunset on the last day of fasting and remains obligatory until the beginning of Salah al-'Eid' (i.e. shortly after sunrise on the following day).

However, it can be paid prior to the above mentioned period, as many of the Sahabah [companions of the Prophet (peace be upon him)] used to pay Sadaqah al-Fitr a couple days before the `Eid. Nafi reported that the Prophet's companion Ibn `Umar used to give it to those who would accept it and the people used to give it a day or two before the `Eid. Ibn `Umar reported that the Prophet (peace be upon him) order that it (Zakah al-Fitr) be given before people go to make the Salah (al-'Eid). And Ibn `Abbas reported that the Prophet (peace be upon him) said, "Whoever gives it before the Salah will have it accepted as Zakah, while he who gives it after the Salah (will not, for it will only be considered as) ordinary charity. Therefore, one who forgets to pay this Zakah al-Fitr on time should do so as soon as possible even though it will not be counted as Zakah al-Fitr.

### 9.6 Rate

The amount of Zakah is the same for everyone regardless of their different income brackets. The minimum amount is one Sa` (two handfuls) of food, grain or dried fruit for each member of the family. This calculation is based on Ibn `Umar's report that the Prophet (peace be upon him) made Zakah al-Fitr compulsory and payable by a Sa` of dried dates or a Sa` of barley. The Sahabi, Abu Sa`id al-Khudri said, "In the Prophet's time, we used to give it (Zakah al-Fitr) as a Sa` of food, dried dates, barley, raisins or dried cheese".

*References:*

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# MY FASTING RECORD



Name: \_\_\_\_\_

Month: Ramadan

H \_\_\_\_\_

Date	Fasting		Note	Signature
	Yes*	No*		

\* Yes: J No: X



# MY QUR'AN READING RECORD



Name:

Month: Ramadan

H

Date	Juz	Surah/Chapter	Ayah/Verse	Signature

## THE TAKBIR FOR EID AL FITR

اللَّهُ أَكْبَرُ - اللَّهُ أَكْبَرُ - اللَّهُ أَكْبَرُ  
لَا إِلَهَ إِلَّا اللَّهُ وَاللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ وَاللَّهُ أَكْبَرُ

Allaahu akbar, Allaahu akbar, Allaahu akbar, laa ilaaha ill-Allaah,  
Allaahu akbar, Allaahu akbar, Allaahu akbar, wa Lillaahi'l-hamd

Allah is Most Great, Allah is Most Great, Allah is Most Great, there is  
no god except Allah, Allah is Most Great, Allah is Most Great, Allah is  
Most Great and all praise be to Allah.

# MY RAMADAN GOALS

Source: Jamaal and Layla

1. Have you tried fasting today?

*If you're still small, try an hour or two even!*

2. Did you read Qur'an today?

*Try reading a page!*

3. Have you given charity today?

*Try and give a little to those who collect money for the poor*

4. Did you make du'a to Allah today?

*You can ask Allah anything, He always hears you!*

5. Have you prayed extra today?

*Try going to pray tarawih at night, pray as much as you can!*

6. Did you have sahoor with family today?

*Even if you can't fast all day, sahur is a sunnah!*

7. Have you enjoyed iftaar with family today?

*Have iftaar as soon as you can when the adhaan starts*

8. Did you give out dates to your family and neighbours at iftar?

*You can have the reward of their fast!*

9. Have you given food to your family and neighbours to break their fast with?

*You can have the reward of their fast!*

10. Did you help your Mum around the house today? You get lots of reward!

11. Have you used good words that please Allah?

*Nice words will make your family happy too!*

12. Were you patient today?

*When things go wrong, remember not to get angry and always say Alhamdulillah.*



13. Have you done dhikr today?

*Earn more reward in Ramadan! Say Astaghfirullah, Alhamdulillah a lot!*

14. Did you read an Islamic book today?

*Any topic and any book! But something new to learn about Islam!*

15. Watch or listen to an Islamic show for children!

*Learn something new and get more Islamic knowledge!*

16. Think about the bad habits you want to change in ourself.

*Start to change into a better you!*

17. Learn a hadith today!

*Hadiths help us understand the Qur'an and what we should and shouldn't do in Islam*

18. Learn a short surah today or a few verses of the Qur'an!

19. Pick a short surah and find out what it means in English!

*Understanding the Qur'an is important!*

20. Give things away that don't fit you anymore or your old toys to Muslim charity shops to help the poor!

21. If you have sisters or brothers, spend a lot of time with them, teaching them and playing with them!

22. Learn some Arabic today!

*Use a website or activity book! Arabic helps us understand the Qur'an!*

23. Read a book or watch a video about prophet Muhammad peace be upon him!

24. Think about how the prophet Muhammad peace be upon him behaved and try to act the same!

25. Learn some Sunnah acts!

*Things the prophet Muhammad peace be upon him did, that we should copy!*

26. Think about what you want in Jannah In sha Allah!

*Draw a picture and use this to remind you to be good!*

27. Today, learn 5 or more if you can, of Allah's names!

28. Watch a video or read a book about caliphs of Islam.

*Who do you want to be like?*

29. Do as many good deeds as you can today. Try and fast, pray, read lot of Qur'an, do du'a and dhikr!

30. Ramadan is ending! Do good deeds even after Ramadan and get ready for Eid!

*Well done! Masha Allah.*