Ramadan Planner

Name: ____________________________

AL HUDA INSTITUTE - SRI LANKA
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Ramadan

Why Fast?

'Ba 'inayna al-diniyin a'munna kabb ilaihimu al-siyam kama kabb 'alaihni min qabilihim 'alaihimu tanfigoun'

'O you who have believed, decreed upon you is fasting as it was decreed upon those before you that you may become righteous.' [Surah al-Baqarah: 183]

What is Taqwa?

The famous student of Ibn ‘Abbaas, Mujahid ibn Jabr, defined Taqwa as: “It is that you obey Allah so that He is never disobeyed, and you are conscious of Him so that He is never forgotten, and that you thank Him so that He is never shown ingratitude.”

Fasting and Taqwa

Prophet ﷺ said: “Whoever does not give up lying, forged speech and evil actions, Allah is not in need of his leaving his food and drink.” [Sahih al-Bukhari]

Du’a when sighting the new moon

Allah the Exalted and Majestic said, “Every act of the son of Adam is for him, except fasting. It is (exclusively) meant for Me and I (alone) will reward it.” [Sahih al-Bukhari]
Virtues of Ramadan

Hellfire is locked and the gates of Paradise are opened

The Prophet ﷺ said: “When Ramadan comes, the gates of Paradise are opened and the gates of the Fire are closed and the devils are chained…”
[Sahih al-Bukhari]

Sins are forgiven

The Prophet ﷺ said: "Whoever fasts during Ramadan out of sincere faith and hoping to attain Allah's rewards, then all his past sins will be forgiven."
[Sahih al-Bukhari]

Lailatul Qadr

The Prophet ﷺ said: “Indeed the month of Ramadan has come upon you, a month of blessings, in which Allah has obligated fasting on you. In it the gates of Paradise are opened and the gates of Hellfire are closed, and the devils are chained. In it is a night that is better than a 1000 months, the one who is deprived of its goodness is indeed deprived.” [Musnad Ahmad]
Virtues of Fasting

A shield

The Prophet ﷺ said: “Fasting is a shield with which a servant protects himself from the Fire.” [Musnad Ahmad]

An intercession

The Prophet ﷺ said: “Fasting and the Qur’an are two intercessors for the servant of Allah on the Day of Resurrection. Fasting will say: ‘O Lord, I prevented him from his food and desires during the day. Let me intercede for him.’ The Qur’an will say: ‘I prevented him from sleeping at night. Let me intercede for him.’ And their intercession will be accepted.” [Musnad Ahmad]

Ar-Rayyan is for the fasting people

The Prophet ﷺ said: “Indeed, there is a gate of Paradise called Ar-Rayyan. On the Day of Resurrection those who fast will enter through it; no one enters it except for them, and when they have entered, it is closed so that no one (else) enters it.” [Sahih al-Bukhari]

A cause for entering Paradise

Abu Umamah رضي الله عنه reported: "I came to the Messenger of Allah ﷺ and said: 'Order me to perform a deed that will allow me to enter Paradise.' He said ﷺ: 'Stick to fasting, as there is no equivalent to it.'" [Sunan al-Nasaa’i]}

An immense reward

The Prophet ﷺ said that Allah says: "Every good deed of the son of Adam is for him except for fasting; it is for Me; and I shall reward (the fasting person) for it." [Sahih al-Bukhari]
During Ramadan

Fast
The Prophet ﷺ said: "Whoever fasts during Ramadan out of sincere faith and hoping to attain Allah's rewards, then all his past sins will be forgiven." [Sahih al-Bukhari]

Adopt Taqwa
The Prophet ﷺ said: "Fasting is a shield, therefore whoever is fasting should not resort to obscene language and immoral behaviour. If any person quarrels or abuses a person who is fasting, then the one who is fasting should say: 'I am fasting.'" [Sahih al-Bukhari]

Suhoor
The Prophet ﷺ said: "Take the Suhur, for there is in it blessing." [Sahih al-Bukhari]

Iftaar
The Prophet ﷺ said: "My Ummah will continue to be upon good for as long as they hasten to break the fast and delay the pre-dawn meal." [Sahih al-Bukhari]

Salah
The Prophet ﷺ said: "Whoever stands in prayer in Ramaḍan (night prayers) with Imaan and seeking reward (from Allah), his past sins will be forgiven." [Sahih al-Bukhari]

Sadaqah
Ibn 'Abbaas رضي الله عنه said: "The Prophet ﷺ was the most generous of people, but he would be his most generous during Ramaḍan when he would meet with the Angel Jibreel. He would meet with him every night and recite the Qur'an. When Jibreel met him, he used to be more generous than a fast wind." [Sahih al-Bukhari]

Du'a & Istighfaar
'And in the hours before dawn they would ask forgiveness.' [Surah adh-Dhariyat:18]

The Prophet ﷺ said: "Supplications made by three people are not rejected: the father, the fasting person and the traveler." [Sunan al-Kubra al-Bayhaqi]
During Ramadan

Recitation of The Qur’an
The Prophetﷺ said: “Whoever reads one letter of the Book of Allah will have one good deed for it, and each good deed is a tenfold reward. I do not say that Alif-Laam-Meem is a letter, rather Alif is a letter, Laam is a letter, Meem is a letter.” [Sunan at-Tirmidhi]

Memorization of The Qur’an
The Prophetﷺ said: “It will be said to the one who was devoted to the Qur’an: ‘Recite and ascend; and recite carefully as you recited carefully when you were in the world, for verily your abode will be at the place of the last verse you recite.’” [Abu Dawud]

Pondering over The Qur’an
‘[This is] a blessed Book which We have revealed to you, [O Muhammad], that they might reflect upon its verses and that those of understanding would be reminded.’ [Surah Saad: 29]

Learning and teaching The Qur’an
The Prophetﷺ said: “The best amongst you is the one who learns the Qur’an and teaches it.” [Sahih al-Bukhari]

Last 10 Nights
The Prophetﷺ said: “Whoever stands in prayer in Ramadan (night prayers) with Imaan and seeking reward (from Allah), his past sins will be forgiven.” [Sahih al-Bukhari]

Seek Lailatul Qadr:
The Prophetﷺ said: “Seek it (Lailatul Qadr) in the last (ten nights). If one among you shows slackness and weakness (in the earlier part of Ramadan), it should not be allowed to prevail upon him in the last week.” [Sahih Muslim]

Reward:
Abu Hurairah رضي الله عنه narrated that the Prophetﷺ said: “Whoever establishes prayers during the Night of Al-Qadr with sincere faith and hoping to attain Allah's rewards (not for showing off), all his past sins will be forgiven.” [Sahih al-Bukhari]

Du’a in the last 10 nights:
Aa'isha رضي الله عنها said: "I asked the Messenger of Allahﷺ: ‘O Messenger of Allahﷺ, if I find the night of Al-Qadr, what should I say?’ Heﷺ said, say:

"O Allah, You are the One Pardoning, You love to pardon, so pardon me.” [Sunan at-Tirmidhi]
Why Fast?
To Attain Taqwa

What is Taqwa?
To Do What Pleases Allah and To Stay Away from That Which Displeases Him
Gain Reward
Do what pleases Allah

- Patience
- Integrity
- Trustworthiness
- Open-heartedness
- Humility
- Speak well about people
- Forgive people
- Generosity
- Encourage & motivate to goodness
- Give charity
- Greet others with Salaam
- Gentleness
- Smile
- Take care of personal hygiene
- Give importance to others
- Show mercy
- Give good advice
- Make Du'a for others
- Accept your mistakes
- Do Istighfaar
- Help others
- Take care of your parents
- Be cooperative
- Use time wisely
- Care about the environment
- Fulfill your duties
- Make Du'a
- Recite the Qur'an
- Offer your Salah on time
- Say the morning & evening supplications
- Feed others
- Busy your tongue in the Remembrance of Allah every opportunity you get!

'Race towards all that is good.'
[Surah al-Baqarah: 148]
Avoid
Leave what displeases Allah

- Lying
- Cheating
- Deception
- Jealousy
- Arrogance
- False accusations
- Bad suppositions
- Backbiting
- Slander
- Harbouring grudges
- Greed
- Selfishness
- Mocking and taunting
- Theft
- Arguments
- Screaming and shouting
- Ignoring others
- Excessive speech
- Not returning Salaam
- Always finding faults in others
- Harshness
- Hurting other people's feelings
- Pretension
- Judgmental attitude
- Borrowing & not returning things
- Laxity in personal hygiene
- Rejecting sound advice
- Interrupting others
- Not fulfilling responsibility
- Excessive Sleep
- Procrastination
- Always showing anger
- Interference in other people's personal matters

'And forbid what is wrong.'
[Surah Luqman: 17]
Pre-Ramadan Prep

The number of days in Ramadan are limited! Prepare in advance so that you can dedicate most of your time to the worship of Allah during this blessed month.

- Mentally and Spiritually prepare yourself and your family
- Tidy up and reorganize
- Plan your menu and stock up on major groceries
- Set goals and equip yourself
- Calculate and set aside your zakat and sadaqah
- Buy your Eid clothes and gifts

Notes
Spiritual Analysis

Ask yourself...

What do I need to develop to make my Ramadan 'most successful'?  
What is the level of my Taqwa?  
Do I have gratitude in my attitude?  
What can I 'live without' in Ramadan? What can I avoid?

Notes
## My Ramadan Goals

'And let every soul look to what it has put forth for tomorrow'. [Surah al Hashr: 18]

Take your big goals and break them down to more do-able tasks.

<table>
<thead>
<tr>
<th>Big Goal</th>
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<th>Smaller Goal</th>
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<th>Daily Task</th>
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My Ramadan Goals

'And let every soul look to what it has put forth for tomorrow'. [Surah al Hashr: 18]

Take your big goals and break them down to more do-able tasks.
'And when My servants ask you, [O Prophet], concerning Me - indeed I am near. I respond to the invocation of the supplicant when he calls upon Me. So let them respond to Me [by obedience] and believe in Me that they may be [rightly] guided'. [Surah al Baqarah: 186]
Ramadan Activities

Design a Du’a Card

• Write the Arabic and English translation of the Du’a on a card.
• Decorate it.
• Place the card somewhere visible to remind yourself to read the Du’a.
• Make more cards like these and gift it to people.

Put together a Ramadan Gift Basket

• Make a Ramadan Gift Basket.
• Include in the basket a Ramadan Card (template can be found at the back of this planner), a book on Islam and some treats.
• Wrap it nicely.
• Share the gift with your neighbour/friend.

Make a Sadaqah Box

• Make a Sadaqah Box with a motivational Hadith such as: *The Messenger of Allah ﷺ said, “Allah Almighty says, 'Son of Adam, spend and you will be spent on.’” [Agreed upon]*
• Involve your family.
• After a week take the collection to your local masjid.
• Write your reflections.

Another activity of your choice
Calendar
A space to insert your goals, tasks or reminders during Ramadan

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# Calendar

A space to insert your goals, tasks or reminders during Ramadan

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Ramadan 1st

Date:

Good Deeds To Do

Today's Qur'an Goals

Recitation:

Memorization

Pondering/Reflection:

Learning/Teaching

Salah

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<tr>
<th>Fajr</th>
<th>Ishraaq/Duha</th>
<th>Dhuhr</th>
<th>Asr</th>
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Sadaqah

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Meals

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Ramadan 2nd

Date:

Good Deeds To Do

Today's Qur'an Goals

Recitation:

Memorization

Pondering/Reflection:

Learning/Teaching

Salah

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Sadaqah

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Meals

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Ramadan 3rd

Date:

Good Deeds To Do

Salah
- Fajr:
- Ishraaq/Duha:
- Dhuhr:
- Asr:
- Maghrib:
- Isha:
- Qiyam al Layl:

Sadaqah
- Who?
- What?
- Where?

Meals
- Suhoor:
- Iftaar:
- Dinner/ Snack:

Today's Qur'an Goals
- Recitation:
- Memorization
- Pondering/Reflection:
- Learning/Teaching

Ramadan 4th

Date:

Good Deeds To Do

Salah
- Fajr:
- Ishraaq/Duha:
- Dhuhr:
- Asr:
- Maghrib:
- Isha:
- Qiyam al Layl:

Sadaqah
- Who?
- What?
- Where?

Meals
- Suhoor:
- Iftaar:
- Dinner/ Snack:

Today's Qur'an Goals
- Recitation:
- Memorization
- Pondering/Reflection:
- Learning/Teaching
### Ramadan 5th

**Date:**

**Good Deeds To Do**

**Today’s Qur’an Goals**

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**Sadaqah**

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### Ramadan 6th

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**Good Deeds To Do**

**Today’s Qur’an Goals**

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### Ramadan 7th

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**Good Deeds To Do**

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**Recitation:**

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**Memorization:**

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**Pondering/Reflection:**

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**Learning/Teaching:**

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**Today's Qur'an Goals**

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**Salah**

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**Sadaqah**

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**Meals**

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### Ramadan 8th

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**Good Deeds To Do**

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**Today's Qur'an Goals**

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**Salah**

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**Sadaqah**

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**Meals**

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### Today's Qur'an Goals

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**Salah**

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**Sadaqah**

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**Meals**

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**Ramadan 8th**

**Date:**

**Good Deeds To Do**

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**Recitation:**

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**Memorization:**

- [ ]

**Pondering/Reflection:**

- [ ]

**Learning/Teaching:**

- [ ]

**Today's Qur'an Goals**

- [ ]

**Salah**

- [ ]

**Sadaqah**

- [ ]

**Meals**

- [ ]

**Today's Qur'an Goals**

- [ ]

**Salah**

- [ ]

**Sadaqah**

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**Meals**

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### Ramadan 9th

**Date:**

**Good Deeds To Do**

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**Today's Qur'an Goals**

- Recitation:
- Memorization:
- Pondering/Reflection:
- Learning/Teaching:

### Ramadan 10th

**Date:**

**Good Deeds To Do**

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**Today's Qur'an Goals**

- Recitation:
- Memorization:
- Pondering/Reflection:
- Learning/Teaching:
Ramadan 13th

Date:

Good Deeds To Do

Today's Qur'an Goals

Recitation:

Memorization

Pondering/Reflection:

Learning/Teaching

Salah

Fajr: ○
Ishraaq/Duha: ○
Dhuhr: ○
Asr: ○
Maghrib: ○
Isha: ○
Qiyam al Layl: ○

Sadaqah

Who?

What?

Where?

Meals

Suhoor:

Iftaar:

Dinner/Snack:

Ramadan 14th

Date:

Good Deeds To Do

Today's Qur'an Goals

Recitation:

Memorization

Pondering/Reflection:

Learning/Teaching

Salah

Fajr: ○
Ishraaq/Duha: ○
Dhuhr: ○
Asr: ○
Maghrib: ○
Isha: ○
Qiyam al Layl: ○

Sadaqah

Who?

What?

Where?

Meals

Suhoor:

Iftaar:

Dinner/Snack:
### Ramadan 15th

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**Today's Qur'an Goals**

- Recitation:
- Memorization
- Pondering/Reflection:
- Learning/Teaching

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### Ramadan 16th

**Date:**

**Good Deeds To Do**

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**Today's Qur'an Goals**

- Recitation:
- Memorization
- Pondering/Reflection:
- Learning/Teaching

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25
Ramadan 17th

Date:

Good Deeds To Do

Today's Qur'an Goals
Recitation:
Memorization
Pondering/Reflection:
Learning/Teaching

Salah
Fajr: ☐
Ishraaq/Duha: ☐
Dhuhr: ☐
Asr: ☐
Maghrib: ☐
Isha: ☐
Qiyam al Layl: ☐

Sadaqah
Who?
What?
Where?

Meals
Suhoor:
Iftaar:
Dinner/Snack:

Ramadan 18th

Date:

Good Deeds To Do

Today's Qur'an Goals
Recitation:
Memorization
Pondering/Reflection:
Learning/Teaching

Salah
Fajr: ☐
Ishraaq/Duha: ☐
Dhuhr: ☐
Asr: ☐
Maghrib: ☐
Isha: ☐
Qiyam al Layl: ☐

Sadaqah
Who?
What?
Where?

Meals
Suhoor:
Iftaar:
Dinner/Snack:
Ramadan 19th

Date:

Good Deeds To Do

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Recitation:

Memorization

Pondering/Reflection:

Learning/Teaching

Today's Qur'an Goals

Ramadan 20th

Date:

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Recitation:

Memorization

Pondering/Reflection:

Learning/Teaching

Today's Qur'an Goals
Good Deeds To Do

Salah
- Fajr:
- Ishraaq/Duha:
- Dhuhr:
- Asr:
- Maghrib
- Isha:
- Qiyam al Layl:

Sadaqah
- Who?
- What?
- Where?

Meals
- Suhoor:
- Iftaar:
- Dinner/Snack:

Recitation:

Memorization:

Pondering/Reflection:

Learning/Teaching:

Today's Qur'an Goals

Ramadan 21st

Date:

Ramadan 22nd

Date:

Today's Qur'an Goals
### Ramadan 25th

#### Date:

**Good Deeds To Do**

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**Recitation:**

**Memorization:**

**Pondering/Reflection:**

**Learning/Teaching**

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### Ramadan 26th

#### Date:

**Good Deeds To Do**

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**Recitation:**

**Memorization:**

**Pondering/Reflection:**

**Learning/Teaching**

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## Ramadan 29th

**Date:**

### Good Deeds To Do

#### Today's Qur'an Goals
- Recitation:
- Memorization
- Pondering/Reflection:
- Learning/Teaching

### Salah
- **Fajr:**
- **Ishraaq/Duha:**
- **Dhuhr:**
- **Asr:**
- **Maghrib**
- **Isha:**
- **Qiyam al Layl:**

### Sadaqah
- **Who?**
- **What?**
- **Where?**

### Meals
- **Suhoor:**
- **Iftaar:**
- **Dinner/Snack:**

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## Ramadan 30th

**Date:**

### Good Deeds To Do

#### Today's Qur'an Goals
- Recitation:
- Memorization
- Pondering/Reflection:
- Learning/Teaching

### Salah
- **Fajr:**
- **Ishraaq/Duha:**
- **Dhuhr:**
- **Asr:**
- **Maghrib**
- **Isha:**
- **Qiyam al Layl:**

### Sadaqah
- **Who?**
- **What?**
- **Where?**

### Meals
- **Suhoor:**
- **Iftaar:**
- **Dinner/Snack:**
Eid al-Fitr

Sunan Al Eid

Take a bath:
It was narrated that Ibn 'Umar رضي الله عنه and other companions of the Prophet ﷺ used to take a bath for Eid. [Fath al-Baari]

Wear your best clothes:
Jabir ibn 'Abdullah رضي الله عنه said: “The Prophet ﷺ had a jubbah [garment] that he would wear on Eid and on Fridays.” [Ibn Khuzaymah]

Eat dates before the Eid prayer:
Anas bin Malik رضي الله عنه narrates that Allah’s Messenger ﷺ on the day of Eid al Fitr, would proceed to the Eid Prayer only after eating some dates, and he used to eat an odd number of dates. [Sahih al-Bukhari]

Proclaim the Takbiraat

Recite the Takbiraat abundantly when going for Eid prayers:

اللّهُ أَكْبَرُ، اللّهُ أَكْبَرُ، لَا إِلَى اللّهِ وَلَا مَنْ تَعَالَى

Allah is Most Great, Allah is Most Great, there is no god but Allah, and Allah is Most Great, Allah is Most Great and to Allah (alone) belongs all praise.

Eid Prayer

Offer the Eid prayer:
The Prophet ﷺ and his Companions always prayed the Eid Prayer, and they would gather the community for it including menstruating women, children and the elderly. [Sahih al-Bukhari]

Go out using one route and come back using another:
Jabir ibn 'Abdullah رضي الله عنه narrated that the Prophet ﷺ used to come back from Eid al-Fitr on a path other than the one he used going to [the prayer]. [Sahih al-Bukhari]

Greet one another:
Jubair ibn Nufair said: “At the time of the Prophet ﷺ when people met one another on the day of Eid, they would say: ‘Taqabbal Allāhu minnā wa minka (May Allah accept from us and from you).’” [Fath al-Baari]
Abu Ayyub Ansari رضي الله عنه narrates that Allah’s Messenger ﷺ said: “Whoever, after completing the fasts of Ramaḍan, fasts for six days in Shawwaal (every year), he will be rewarded as if he has been fasting for his entire life.” [Sahih Muslim]

Keep a track of your Shawwaal fasts by ticking the boxes below:

1  2  3  4  5  6

What are your Post-Ramadan reflections? How can you improve for next year InshaAllah?
Ramadan Card Template

Dear: ________________________________

We would like to share the blessings of the month of Ramadan with you. In this blessed month, the Holy Qur’an was revealed upon the Prophet Muhammad (peace be upon him) as a Guidance for all humanity.

Ramadan is the ninth month of the Islamic calendar in which Muslims all over the world abstain from food and drink from dawn until sunset for a period of 29-30 days.

It is a time for spiritual rejuvenation where one is urged to focus on prayer and the remembrance of Allah (God). It is also a time for personal reflection as one is reminded of the reality of hunger and poverty around us.

Ramadan is a very special time of the year, when Muslims look forward to sharing food and money with those in need and inviting others to share in the breaking of the Fast.

We would like to share some treats with you, which we hope you will enjoy.

From: ________________________________

“The best of the companions in the sight of Allah (God) is the one who is the best towards his neighbours.” [Tirmidhi]

Loving and joining ties builds a special sense of community, which is highly emphasized in Islam. It means to look beyond your needs, transcend beyond selfishness, and think of others before oneself.
The Prophet ﷺ said: "Whoever fasts during Ramadan out of sincere faith and hoping to attain Allah's rewards, then all his past sins will be forgiven."

[Sahih al-Bukhari]