

# Preparing For Ramadan

## Part 1



Life With Allah

الحياة مع الله

# LOs

- To explain the purpose of fasting
- To list the dos and don'ts of Ramadan
- To prepare a list of specific actions for Ramadan

# Starter



Complete the following sentence:

*Ramadan is a month where.....*

[A]

In pairs, discuss:

Why  
do we  
fast?



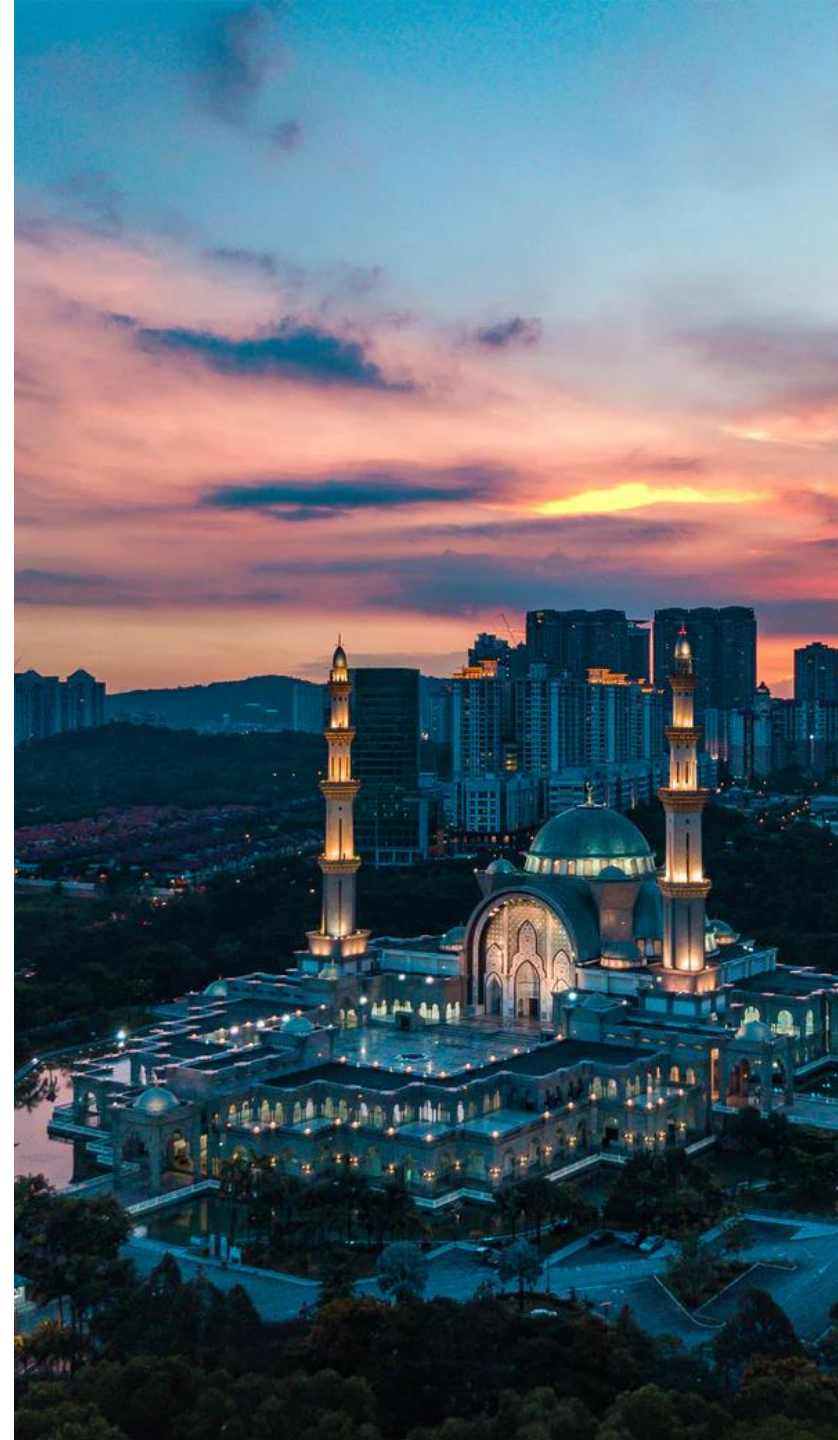


# Why do we fast?

[A] 2:183

يَا أَيُّهَا الَّذِينَ آمَنُوا كُتِبَ عَلَيْكُمُ الصِّيَامُ  
كَمَا كُتِبَ عَلَى الَّذِينَ مِن قَبْلِكُمْ لَعَلَّكُمْ  
تَتَّقُونَ ﴿١٨٣﴾

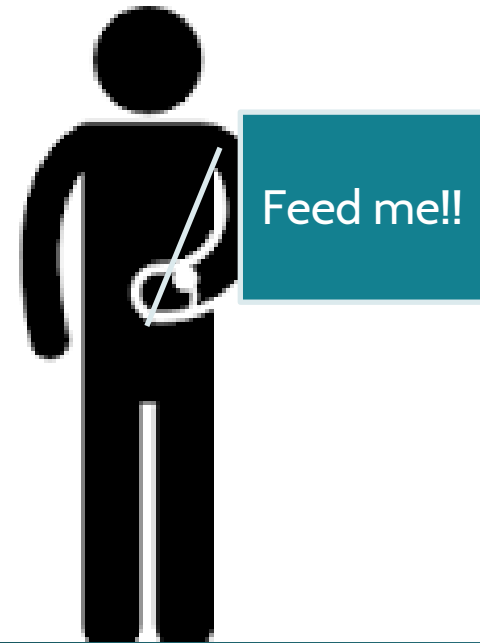
Taqwa: protect yourself from Allah's punishment and anger  
BY (1) following His commands (2) staying away from His Prohibitions



# Fasting → Taqwa

When we fast, we temporarily make harām on ourselves what is usually halāl (for e.g?).

This teaches us to say ‘NO!’ to our nafs and inner desires & helps us to train ourselves to stay away from all harām throughout the year.



# The Reward of Fasting



“Every action of the son of Ādam is multiplied: a good deed receiving a tenfold to seven hundredfold reward. Allah (‘azz wa jall) has said: ‘Except for fasting. **It is for Me and I will (personally) reward it;** he abandons his desires and food for My sake.’ The fasting person will have **two moments of joy:** one when he opens his fast, and the other when he will meet his Lord. The unpleasant smell coming out of his mouth is more fragrant to Allah than musk.”

(Muslim)

[A]

In groups, discuss and jot down on A3 paper:

Actions  
of  
Ramadan:

a) to do

b) to avoid



# Actions of Ramadan

## To Do

- Fasting
- Qur'an
- Qiyam
- Dhikr
- Du'a
- Charity
- Reading/listening to beneficial lectures
- Silat al-Rahim

## To Avoid

- Backbiting
- Arguing (esp. with siblings!)
- Foul language
- Social media
- Wasting time
- Looking at haram
- Overeating
- Eating unhealthy food
- "I'm starving!"

# Protect Your Fast



What should you say if someone insults you or argues with you in Ramadan?

The Messenger of Allah ﷺ said: “Whoever does not give up lying and false conduct, Allah has no need in him giving up his food and his drink.”  
(Bukhārī)

# Du'a After Opening a Fast

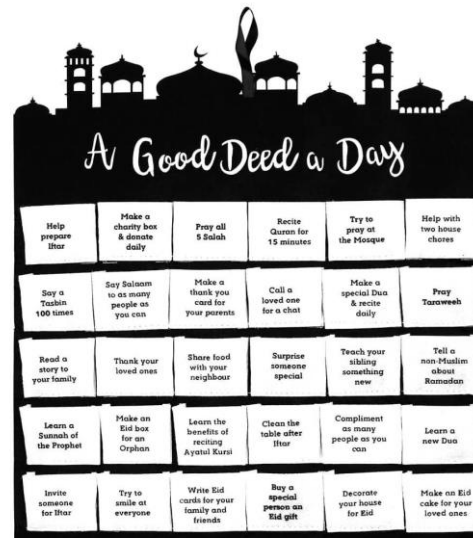
ذَهَبَ الظَّمَأُ ، وَابْتَلَّتِ العُرُوقُ ، وَثَبَتَ الأَجْرُ إِن شَاءَ اللّهُ.

Who remembers what this du 'a means?



# Good deed Calendar

Let's inspire each other and prepare a calendar for this Ramadan.



# Plenary

- Why do we fast?
- What is the reward of fasting?
- How should we protect our fasts?
- What is the du'a after we open our fasts?

# Homework

*“What does Ramadan mean to me?”*

Poetry/Short Essay/Poster Contest

# Ramadan: the Month of Qur'an & Laylat al-Qadr

## Part II



Life With Allah

الحياة مع الله



# Starter



1. Why do we fast?
2. What is the link between taqwa and fasting?
3. What is really cool about the reward of fasting?
4. What is the du'a after we open the fast?



# LOs

- To identify how we can strengthen our bond with the Qur'an in Ramadan
- To explain how we can improve in our night prayer
- To explore the significance of Laylat al-Qadr

# Fasting

“Whoever observes the fasts of Ramadān with īmān and hoping for reward, all his previous sins will be forgiven.”

(Bukhārī)



# Ramadan & the Qur'an

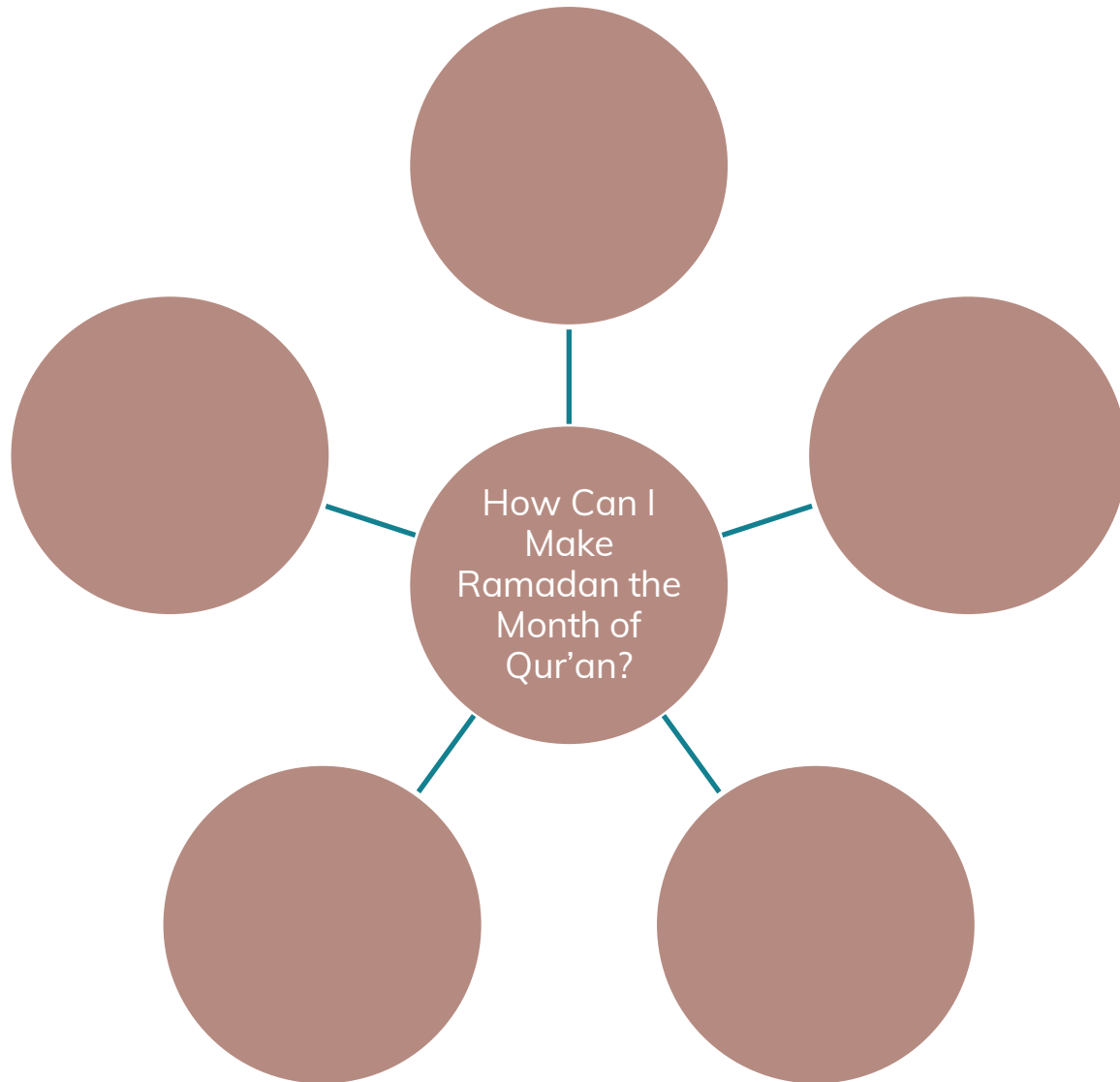
[A] Q2:185

شَهْرُ رَمَضَانَ الَّذِي أُنزِلَ فِيهِ الْقُرْآنُ هُدًى لِّلنَّاسِ وَبَيِّنَاتٍ مِّنَ الْهُدَىٰ  
وَالْفُرْقَانِ

“Ramadān is the month in which the Qur’ān was revealed – a guidance for mankind, and clear proofs of the guidance, and the criterion (between right and wrong)...”

(2:185)

# The Month of Qur'an



# Tips

- Recite a minimum fixed portion every day...and more inshallah 😊
- Read/Listen to a tafsir lecture, for e.g. ....
- Ask yourself: what is Allah telling ME?
- Listen to Qur'an
- Revise what you have memorised so you are not reciting the last 10 surahs only in Tarawih

# Qiyam al-Layl

“Whoever prays at night (qiyām) in the month of Ramadān with **firm belief** and **hoping for reward**, all his previous sins will be forgiven.”

(Bukhārī)

[A] How should you perform tarawih/tahajjud?



“I find Tarawih so tiring 😞 What can I do?”

*Do you have any advice?*



# Laylatul-Qadr

“Whoever prays at night (qiyām) during the Night of Qadr with **firm belief** and **hoping for reward**, all his previous sins will be forgiven.” (Bukhārī)

- What makes this night **SUPER SPECIAL?**





# Du'a of Laylat al-Qadr

اللَّهُمَّ إِنَّكَ عَفُوفٌ كَرِيمٌ  
تُحِبُّ الْعَفْوَ فَاعْفُ عَنِّي.



# Month of Du'a

[A] How should we make du'a?

- Praise
- Salawat
- Istighfar
- Du'a for yourself + ummah

# Special Times for Du'a in Ramadan

During your ENTIRE fast

Before Iftar

In the last 3<sup>rd</sup> of Night, in Sujud

# Plenary

1. What is the reward of fasting Ramadan/qiyam/qiyam of Laylat al-Qadr?
2. How can we make Ramadan the month of the Qur'an?
3. What are the special times for du'a in Ramadan?
4. How should we make du'a?
5. Why is Laylat al-Qadr extremely special?
6. What du'a should we read in Laylat al-Qadr?

# Free Handout

Don't forget to take your free handout home  
and use it in Ramadan 😊



**Life With Allah**

الحياة مع الله