

ISSUE 7
APRIL 2021

Ramadan

THE MONTH OF MERCY

FREE



AIM

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Editorial



Asalamu alaykum wa rahmatu allahi wa barakatu,

Dear respected brothers and sisters,

Ramadan Mubarak to you and your family!

Welcome to the 7th issue of Farah virtual annual magazine. This year the Farah Saeed Trust aims to provide a publication just in time for the blessed month of Ramadan with inspiring and Imaan-boosting articles by passionate writers to improve our internal development: spiritually, personally, healthily and socially.

This past year has been a whirlwind of tests for all in different aspects. However, amongst the positive aspects of the coronavirus pandemic is being closer with our beloved families and importantly: our Creator.

Allah (The Most High) has mentioned in the Quran:

"Do people think that they will be left alone because they say: "We believe," and will not be tested."

[Quran, Surah Al-Ankaboot (The Spider), 29: 2]



So, when we recite the shahadah:

La ilaha ila Allah, Muhammadun Rasool Allah

There is no deity but Allah, Muhammad is the Messenger of Allah. We need to believe in Him. His powers. His love. His Mercy. His Plans.

How we NATURALLY respond to them and how we are SUPPOSED to respond to them using the lessons from: the lives of the Beloved Prophets (peace be upon them all) and the Companions of our Beloved Prophet Muhammad (may Allah have mercy upon them).

We hope you benefit from these articles and develop yourself to be the best version of yourself for yourself.

Enjoy the blessed month of Ramadan with your loved ones.

With love and duas,

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The Farah Saeed Trust



1st Ashra – First 10 days

رَبِّ اغْفِرْ وَارْحَمْ وَأَنْتَ خَيْرُ الرَّحِمِينَ

"O my Lord! grant Thou forgiveness and mercy! for Thou art the Best of those who show mercy!"

2nd Ashra – Second 10 days

أَسْتَغْفِرُ اللَّهَ رَبِّي مِنْ كُلِّ ذَنْبٍ وَأَتُوبُ إِلَيْهِ

I SEEK FORGIVENESS OF ALL MY SINS FROM ALLAH WHO IS MY LORD AND SUSTAINER AND I RETURN BACK IN REPENTANCE TO HIM ALONE.

3rd Ashra – Third 10 days

اللَّهُمَّ أَجِرْنِي مِنَ النَّارِ

"O Allah! Save me from the Hell – Fire."

الْغَفُورُ
عَزَّ وَجَلَّ

التَّوَّابُ
عَزَّ وَجَلَّ



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TALKS



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HOW TO
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ISLAMIC
ART



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TO HELP
KIDS WITH
CANCER



PLAY
RAMADAN
FAMILY
QUIZ



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SUNDAY
18TH APRIL 2021

POETRY
'AHLAN WA SAHLAN
RAMADAN'
ASQARINI HASBI'

MONDAY
19TH APRIL 2021

CONNECTING WITH TIME
HAUSA WASEELA ABBAS

TUESDAY
20TH APRIL 2021

ISLAMIC
CALLIGRAPHY
BY FATIMA FARHEEN

WEDNESDAY
21ST APRIL 2021

STORY TELLING
BY SHAMA FARAG

THURSDAY
22ND APRIL 2021

RAMADAN ART
SESSION

FRIDAY
23RD APRIL 2021

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ANNOUNCEMENT OF
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DRAW OR PAINT
SOMETHING AROUND THE
THEME OF 'CONNECTION
IN RAMADAN'



Entry Requirements:

Please use A4 paper.

Participants must be aged 5 to 16.

A photo or scan of the artwork needs to be sent to alongside a short biography and description of your artwork.

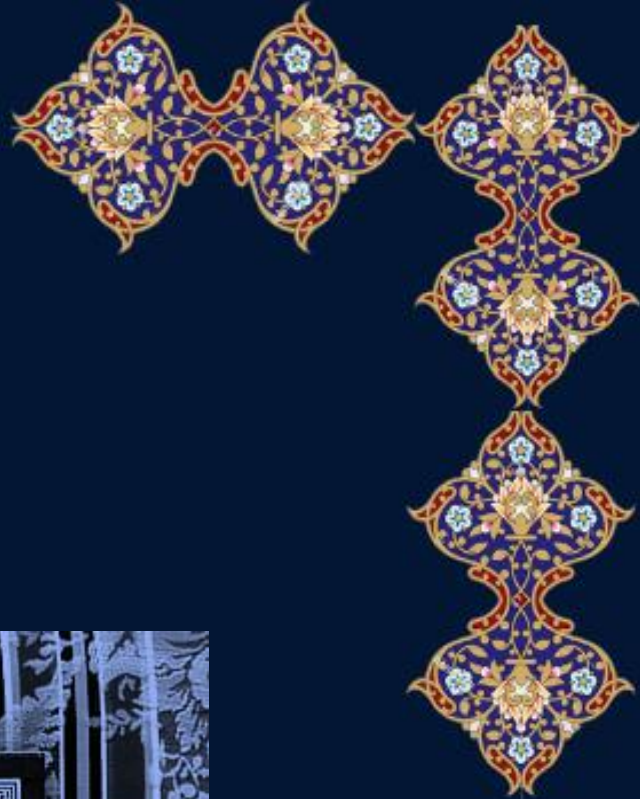
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DEADLINE: 19TH APRIL 2021

Try something
different...





Spiritual development





How do we treat the Quran?

By Najib El Adoui

Najib has experience working in various fields and enjoys writing about history, Arabic literature, personal development and relationships.

The blessed month of Ramadan is here. I am writing again after completing the Chemical Bonding article series with my wife on different types of relationships. Please check it out on the Relationships section on our website: www.hafsaabbas.com We hope you like it and found it beneficial.

This article aims to discuss how we can treat the Glorious Quran. As you are aware, the Quran is the word of Allah (The Most High), revealed to our Beloved Prophet Muhammad (peace be upon him), the Seal of the Prophets (peace be upon them all). It is the last of the Divine books and consists of explanations of the following: medicine and science, commandments, providing reasons why certain things are prohibited, miracles, parables and much more. It is overall a source of guidance and healing for all.



The Glorious Quran revealed on the Night of Power during the blessed month of Ramadan.

"Indeed, it is We Who sent this Quran down on the Night of Glory. And what will make you realize what the Night of Glory is? The Night of Glory is better than a thousand months. That night the angels and the holy spirit¹ descend, by the permission of their Lord, for every decreed matter. It is all peace until the break of dawn."

[Quran, Surah Al-Qadr (The Power), 97:1-5]

The month of Ramadan is the time to seek forgiveness and repentance. From the beginning of Ramadan, we must give time to read the Quran and strive hard to recite it every day and conclude each time supplicating to Allah (The Most High) for repentance. This encourages us to read it and understand the meaning of its verses.





Allah (The Most High) states:

"[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."

[Quran, Surah Saad (Saad), 38:29]

Upon understanding it, the entry of its light to the heart progressively replaces the dark areas caused by sin, negligence, and whims. Please repeat some of its verses until you understand it. Ramadan is the best season to read the Quran from all seasons. Life begins in it flanks so that its owner begins a new life not experienced before. Allah (The Most High) states in the Quran:

"Is he who was dead and We have raised him unto life, and set for him a light wherein he walketh among men, as him whose similitude is in utter darkness whence he cannot emerge? Thus, is their conduct made fair-seeming for the disbelievers."

[Quran, Surah Al-'An'am (The Cattle) 6:122]

So, we must renew our covenant with the Quran in Ramadan and review its verses.



In another verse, Allah (The Most High) states:

"The month of Ramadhan [is that] in which was revealed the Qur'an, a guidance for the people and clear proofs of guidance and criterion. So whoever sights [the new moon of] the month, let him fast it; and whoever is ill or on a journey - then an equal number of other days. Allah intends for you ease and does not intend for you hardship and [wants] for you to complete the period and to glorify Allah for that [to] which He has guided y, and perhaps you will be grateful."

[Quran, Surah Al-Baqarah (The Cow); 2:185]

Therefore, my dear brothers and sisters, reading the Quran during the blessed month of Ramadan requires an organised plan to give time to read the Glorious Quran. The whole process involves the following steps: at first performing ablution for prayer, facing the Qiblah (prayer direction) and then sitting with serenity and reverence, seeking refuge in Allah (The Most High) from the Shaytan because the Quran should not be touched except by the purified ones.





Allah (The Most High) states:

"None touch it except the purified."

[Quran, Surah Al-Waqiah (The inevitable), 56:79]


Furthermore, upon developing a plan to read the Quran, we need to try and aim to read it during the virtuous times: last third of the night, after Fajr (dawn) prayer, an hour before the sunset and between Maghrib and Isha.

Moreover, a defined place to read the Quran also helps with contemplation; for instance, this could be in your room, the masjid or other appropriate locations.

As we read letter by letter, verse by verse, page by page, we need to be aware that Allah (The Most High) is watching us and our sole intention should be to please Him and gain His pleasure and reward. If you pass a verse of praise, then please praise. If you read a verse on torments, please seek refuge from Allah (The Most High). If you read a verse containing a supplication, please ask Allah (The Most High) for His grace.

Overall, we must treat the Glorious Quran with care. It springs our hearts and is an authentic source that has shaped nations and the Islamic civilisation itself from a resurgence. May this blessed month give us success and may its light brightens our hearts.

Ameen



*“This is the Book (The Quran)
about which there is no
doubt, a guidance for those
conscious of Allah.”*

[Quran, Surah Al-Baqarah (The Cow) 2:2]



A person wearing a white thobe is shown from the chest up, with their hands raised in a prayer gesture. They are holding a string of wooden tasbeeh beads. The background is a vibrant blue sky filled with many small brown butterflies. In the foreground, there is a lush landscape with a large waterfall, green trees, and a white crane. The overall scene is peaceful and spiritual.

سُبْحَانَكَ اللَّهُمَّ

*The
principles
of fasting*

*By
Nusayha Aumeer*



Nusayhah Aumeer is a 24 years old passionate writer from Mauritius. She has always been passionate about writing from a young age. She successfully wrote in 2015 her first short Wattpad story titled 'Forever in my heart'. Since then, she has been writing via her Instagram Islamic page 'A Committed Soul'. She has also begun writing for the Farah magazine since 2020 – Alhamdulillah and blog posts on social media.

She aims to spread a positive message that benefits the community. She also writes from experience where she emphasizes the greatness of Allah (The Most High) and our beautiful religion Islam. Her motto is Hope, Kindness, Respect and Empathy.

Facebook: Nusayhah Aumeer

www.facebook.com/nusayhah.aumeer.5/

Instagram: @a_committed_soul





Islam has five core principles and believing in them is key to be identified as a person of the Islamic faith. These five principles referred to as the five pillars of Islam, namely Shahadah, {belief in One God, Allah and Muhammad (peace be upon him)}. Salah {prayer}, Zakat {alms}, Sawm Ramadan {to fast} and Hajj {pilgrimage}. These are acts that Allah (The Most High) has ordained compulsory. Fasting Ramadan is one of the five pillars and is mandatory for all able Muslims. Allah says in the Holy Quran:

“O you who have believed, decreed upon you is fasting as it was decreed upon those before you that you may become righteous.”

[Quran, Surah Baqarah (The Cow) 2:183]

As humans, we are prone to sins and often transgress the boundaries established by Islam. Thus, fasting teaches us to be pious and restrain ourselves from worldly desires. It also has its principles:






Tawheed and Devotion

Tawheed is the belief that there is no God but Allah and the final messenger of Allah (The Most High) is Muhammad (peace be upon him). This declaration of faith (Shahadah) is compulsory for every Muslim and is an indication of a believer in Islam. Once the heart is on Tawheed, devotion will undoubtedly follow. And once we commanded to fast, we will fast. Hence, this summarises the first principle of fasting: the Tawheed and the devotion to worshipping Allah (The Most High).

Abstention

Ramadan is a beautiful reminder of the struggles the poor and less fortunate face. During this month, we abstain from food, drink and sexual intercourse from dawn to sunset. Other deeds avoided are lying, backbiting, ill speech and other acts disliked by Allah (The Most High):





“It has been made permissible for you the night preceding fasting to go to your wives [for sexual relations]. They are clothing for you and you are clothing for them. Allah knows that you used to deceive yourselves, so He accepted your repentance and forgave you. So now, have relations with them and seek that which Allah has decreed for you. And eat and drink until the white thread of dawn becomes distinct to you from the black thread [of night]. Then complete the fast until the sunset. And do not have relations with them as long as you are staying for worship in the mosques. These are the limits [set by] Allah, so do not approach them. Thus does Allah make clear His ordinances to the people that they may become righteous.”

[Quran, Surah Baqarah (The Cow) 2:187]





The Niyah (Intention)

We make the intention every time we are about to do a deed or perform a task. Similarly, fasting requires a sincere intention. Allah (The Most High) states:

"And they were not commanded except to worship Allah, [being] sincere to Him in religion, inclining to truth, and to establish prayer and to give zakah. And that is the correct religion."

[Quran, Surah Al Bayyinnah (The Clear Intention) 98:5]

"Actions are but by intentions and every man shall have only that which he intended. Thus he whose migration (Hijrah to Madeenah from Makkah) was for Allah and His Messenger, his migration was for Allah and His Messenger, and he whose migration was to achieve some worldly benefit or to take some woman in marriage, his migration was for that for which he migrated."

[Bukhari and Muslim]





Who is obliged to fast?

Fasting is compulsory on every grown, sane, able, non-travelling Muslim. As for a woman, she must be free from bleeding due to menstruation and postpartum. Amongst the excused are the elderly and those who are chronically ill. For each day they do not fast; they need to feed a poor person an average amount that covers food or to give it as money (Fidyah). Paying fidyah is also applied to pregnant and breast-feeding women while they do not need to make up their fasts.

On the other hand, those who must make up their fast are Muslims who are travelling and those who are ill but are likely to recover. They should make up the days before the following Ramadhan.

"The month of Ramadhan [is that] in which was revealed the Qur'an, a guidance for the people and clear proofs of guidance and criterion. So whoever sights [the new moon of] the month, let him fast it; and whoever is ill or on a journey - then an equal number of other days. Allah intends for you ease and does not intend for you hardship and [wants] for you to complete the period and to glorify Allah for that [to] which He has guided you, and perhaps you will be grateful."

[Quran, Surah Baqarah (The Cow)

2:185]





It is advised to have the pre-dawn meal (Suhoor) and break the fast-during sunset by having an odd number of fresh/dry dates and water. This is the practice (sunnah) of the Prophet (peace be upon him). The breaking of fast is known as Iftar. Fasting is a month of spiritual reflection and full of blessings for Muslims across the globe. Let us reap the rewards and make the most of them.

I pray for you all a pious Ramadhan and; may Allah accept it from us all.

E Times (2018) *Ramadan: Fasting rules, facts & things to avoid*. Available [online] <https://timesofindia.indiatimes.com/life-style/events/ramadan-fasting-rules-and-facts/articleshow/58878091.cms>

Leeds Grand Mosque (2021) *The Principles of Fasting in the Blessed Month of Ramadan* Available [online] <https://www.leedsgrandmosque.com/ramadan/principles-of-fasting-ramadan>

The Timeless Light (2010) *The Three Principles of Fasting in the Month of Ramadan*. Available [online] <https://thetimelesslight.wordpress.com/2010/08/04/the-three-principles-of-fasting-in-the-month-of-ramadan/>



‘Umar (peace be upon him) said:

The Prophet (peace be upon him) used to say when breaking his fast:

“Dhahaba al-zama’ wa abtalat al-‘urooq wa thabata al-ajr in sha Allah”

ذَهَبَ الظَّمَا ، وَابْتَلَّتِ الْعُرُوقُ ،
وَتَبَّتَ الْأَجْرُ إِنْ شَاءَ اللَّهُ

“Thirst is gone, the veins are moistened and the reward is certain if Allah wills.”

[Abu Dawood, 2357; al-Daraqutni, 25]

The supplication:

***“Allahumma laka sumtu wa bika
amant wa ‘ala rizqika aftartu”***

اَللّٰهُمَّ اِنِّىْ لَكَ صُمْتُ وَبِكَ اَمَنْتُ وَعَلَى رِزْقِكَ اَفْطَرْتُ

O Allah. I fasted for You and I believe in You and I break my fast with Your sustenance

**[Abu Dawood, 2358. It is a mursal hadeeth so it
is da'eef (weak) . Al-Albaani classed it as da'eef
in ben dawwad (510)]**



How to organize and avoid delaying prayer?

By The Desert Rose

She is a passionate writer who enjoys writing in her spare time on a variety of topics to inspire and motivate.

Please visit her website: www.hafsaabbas.com

The prayer is the second pillar of Islam and; is a direct communication method between us with Allah (The Most High). More than a billion Muslims worldwide worship Allah (The Most High) five times a day in one direction – the Kaaba; the house of Allah (The Most High). Despite the differences in the geographical location, culture, linguistic and other factors, prayer instils concentration, connection, unity, and mercy to one focal point.



Allah (The Most High) states:

“And to Allah belongs the east and the west. So wherever you [might] turn, there is the Face of Allah. Indeed, Allah is all-Encompassing and Knowing.”

[Quran, Surah Al Baqarah (The Cow), 2:115]

How many of you regret delaying a prayer and, in some cases, have missed prayer at work or study?

How many of you promptly pray on time on the weekend at home, on holiday or other locations?

The ability to feel that regret is the sign of repentance and once you understand the wisdom behind the prayer, you will begin to emphasise its importance but always remember that Allah (The Most High) does not burden you more than you can bear.



For Allah (The Most High) states:

“Allah does not charge a soul except [with that within] its capacity. It will have [the consequence of] what [good] it has gained, and it will bear [the consequence of] what [evil] it has earned. "Our Lord, do not impose blame upon us if we have forgotten or erred. Our Lord, and lay not upon us a burden like that which You laid upon those before us. Our Lord, and burden us not with that which we cannot bear. And pardon us, and forgive us, and have mercy upon us. You are our protector, so give us victory over the disbelieving people.”

[Quran, Surah Al Baqarah (The Cow), 2:286]

We as Muslims pray five times a day: dawn, early afternoon, late afternoon, sunset and evening. The wisdom behind this is related to being able to remain in contact. The times are shown in the following hadith:

Prophet Muhammad (peace be upon him) said

“The time for Zuhr is from when the sun has passed its zenith and a man’s shadow is equal in length to his height until the time for ‘Asr comes. The time for ‘Asr lasts until the sun turns yellow. The time for Maghrib lasts until the twilight has faded. The time for ‘Isha’ lasts until midnight. The time for Subh (Fajr) prayer lasts from the beginning of the pre-dawn so long as the sun has not yet started to rise. When the sun starts to rise then stop praying, for it rises between the two horns of the Shaytaan.”

[Hadith, Muslim, 612]



The original unit of prayer commanded by Allah (The Most High) is 50 during the miraculous journey of Miraaj – the Ascension to Heaven. He was advised by Prophet Moses (peace be upon him) that it was not practical and to ask Allah (The Most High) to decrease the number of units each time until it was 5. The event described as a hadith presented below:

It was narrated by Abu Dhar (may Allah be pleased with him) that the Prophet Muhammad (peace be upon him) said:

"While I was at Makkah the roof of my house was opened and Gabriel descended, opened my chest, and washed it with Zam-zam water. Then he brought a golden tray full of wisdom and faith and having poured its contents into my chest, he closed it. Then he took my hand and ascended with me to the nearest heaven when I reached the nearest heaven, Gabriel said to the gatekeeper of the heaven, 'Open (the gate).' The gatekeeper asked, 'Who is it?' Gabriel answered: 'Gabriel.' He asked, 'Is there anyone with you?' Gabriel replied, 'Yes, Muhammad I is with me.' He asked, 'Has he been called?' Gabriel said, 'Yes.' So the gate was opened, and we went over to the nearest heaven, and there we saw a man sitting with some people on his right and some on his left.

When he looked towards his right, he laughed and when he looked toward his left he wept.



Then he said, *'Welcome! O pious Prophet and pious son.'* I asked Gabriel, *'Who is he?'* He replied, *'He is Adam and the people on his right and left are the souls of his offspring. Those on his right are the people of Paradise and those on his left are the people of Hell and when he looks towards his right he laughs and when he looks towards his left he weeps.'* Then he ascended with me till he reached the second heaven and he (Gabriel) said to its gatekeeper, *'Open (the gate).'*

The gatekeeper said to him the same as the gatekeeper of the first heaven had said and he opened the gate. Anas said: *"Abu Dhar added that the Prophet met Adam, Idris, Moses, Jesus and Abraham, he (Abu Dhar) did not mention on which heaven they were but he mentioned that he (the Prophet) met Adam on the nearest heaven and Abraham on the sixth heaven. Anas said, "When Gabriel along with the Prophet passed by Idris, the latter said, 'Welcome! O pious Prophet and pious brother.' The Prophet asked, 'Who is he?' Gabriel replied, 'He is Idris." The Prophet added, "I passed by Moses and he said, 'Welcome! O pious Prophet and pious brother.' I asked Gabriel, 'Who is he?' Gabriel replied, 'He is Moses.'*

Then I passed by Jesus and he said, *'Welcome! O pious brother and pious Prophet.'* I asked, *'Who is he?'* Gabriel replied, *'He is Jesus.* Then I passed by Abraham and he said, *'Welcome! O pious Prophet and pious son.'* I asked Gabriel, *'Who is he?'* Gabriel replied, *'He is Abraham.* The Prophet added, *'Then Gabriel ascended with me to a place where I heard the creaking of the pens.'*



Ibn Hazm and Anas bin Malik said: The Prophet (peace be upon him) said, *"Then Allah enjoined fifty prayers on my followers when I returned with this order of Allah, I passed by Moses who asked me, 'What has Allah enjoined on your followers?' I replied, 'He has enjoined fifty prayers on them.' Moses said, 'Go back to your Lord (and appeal for reduction) for your followers will not be able to bear it.'* (So I went back to Allah and requested for reduction) and He reduced it to half.

When I passed by Moses again and informed him about it, he said, *'Go back to your Lord as your followers will not be able to bear it.'* So I returned to Allah and requested further reduction and half of it was reduced. I again passed by Moses and he said to me: *'Return to your Lord, for your followers will not be able to bear it.* So I returned to Allah and He said, *'These are five prayers and they are all (equal to) fifty (in reward) for My Word does not change.'* I returned to Moses and he told me to go back once again. I replied, *'Now I feel shy of asking my Lord again.'* Then Gabriel took me till we "reached Sidrat-il-Muntaha (Lote tree of; the utmost boundary) which was shrouded in colours, indescribable. Then I was admitted into Paradise where I found small (tents or) walls (made) of pearls and its earth was of musk."

[Hadith; Sahih Al Bukhari – 345]



This reminds me of a hadith reported by Ahmad wherein a similar case to Prophet Adam (peace be upon him) there will be a division between those who pray (the believers) and those who don't (disbelievers) as indicated below:

“Whoever keeps on performing Prayers (in its due time), it will be a light, a proof, and redemption for him on the Day of Judgment. Otherwise, he will be assembled with Pharaoh, Qarun Haman, and ‘Ubai Ibn Khalaf.”

[Hadith, Ahmad]

Whom do you want to be in accompany of?

To be able to learn how to pray on time, we need to understand why we pray and its importance?

During the prayer, we are reciting the words of Allah (The Most High), seeking guidance and help. Allah does not need us, it is us who need Allah (The Most High) and His mercy. It strengthens the relationship between the servant and the Lord when facing calamities and reminiscing the bountiful blessings upon us, within us and around us. For Allah (The Most High) states:

“O you who have believed, seek help through patience and prayer. Indeed, Allah is with the patient”

[Quran, Surah Al Baqarah (The Cow); 2:153]



“And We had certainly given Luqman wisdom [and said], "Be grateful to Allah ." And whoever is grateful is grateful for [the benefit of] himself. And whoever denies [His favour] - then indeed, Allah is Free of need and Praiseworthy.”

[Quran, Surah Luqman (Luqman) 31:12]

It is also a method of forgiveness because every one of us is prone to error but how we solve it matters to Allah (The Most High). Prayer is a spiritual intervention in our lives to gain peace, content and the removal of our bad deeds. This can be found in many verses of the Glorious Quran where some are presented below

“And establish prayer at the two ends of the day and the approach of the night. Indeed, good deeds do away with misdeeds. That is a reminder for those who remember.”

[Quran, Surah Hud (Hud) 11:114]

“Recite, [O Muhammad], what has been revealed to you of the Book and establish prayer. Indeed, prayer prohibits immorality and wrongdoing, and the remembrance of Allah is greater. And Allah knows that which you do.”

[Quran, Surah Al-Ankabut (The Spider); 29:45]

How can we ideally and practically pray on time?



A good relationship with your manager – Discuss with your manager that you need to pray for spiritual reasons and should not take more than 10-15 minutes on average. Communication, respect, team-working, organisational skills are key aspects required in any sector. For we need to control our desires and know that the blessing and sustenance can only by the permission of Allah (The Most High) the Ultimate Provider before human nature.

“Men whom neither trade nor sale (business) diverts from the remembrance of Allah (with heart and tongue) nor from performing As Salaah (Iqamat as Salaah) nor from giving the Zakah. They fear a Day when hearts and eyes will be overturned (out of the horror of the torment of the Day of Resurrection). That Allah may reward them according to the best of their deeds, and add even more for them out of His Grace. And Allah provides without measure to whom He wills”

[Quran, Surah al-Noor (The Light) 24:37-38]

How can you describe or compare the emotions that arise when facing Allah (The Most High)?

“Maintain with care the [obligatory] prayers and [in particular] the middle prayer and stand before Allah, devoutly obedient.”

[Quran, Surah Al Baqarah (The Cow); 238:9]



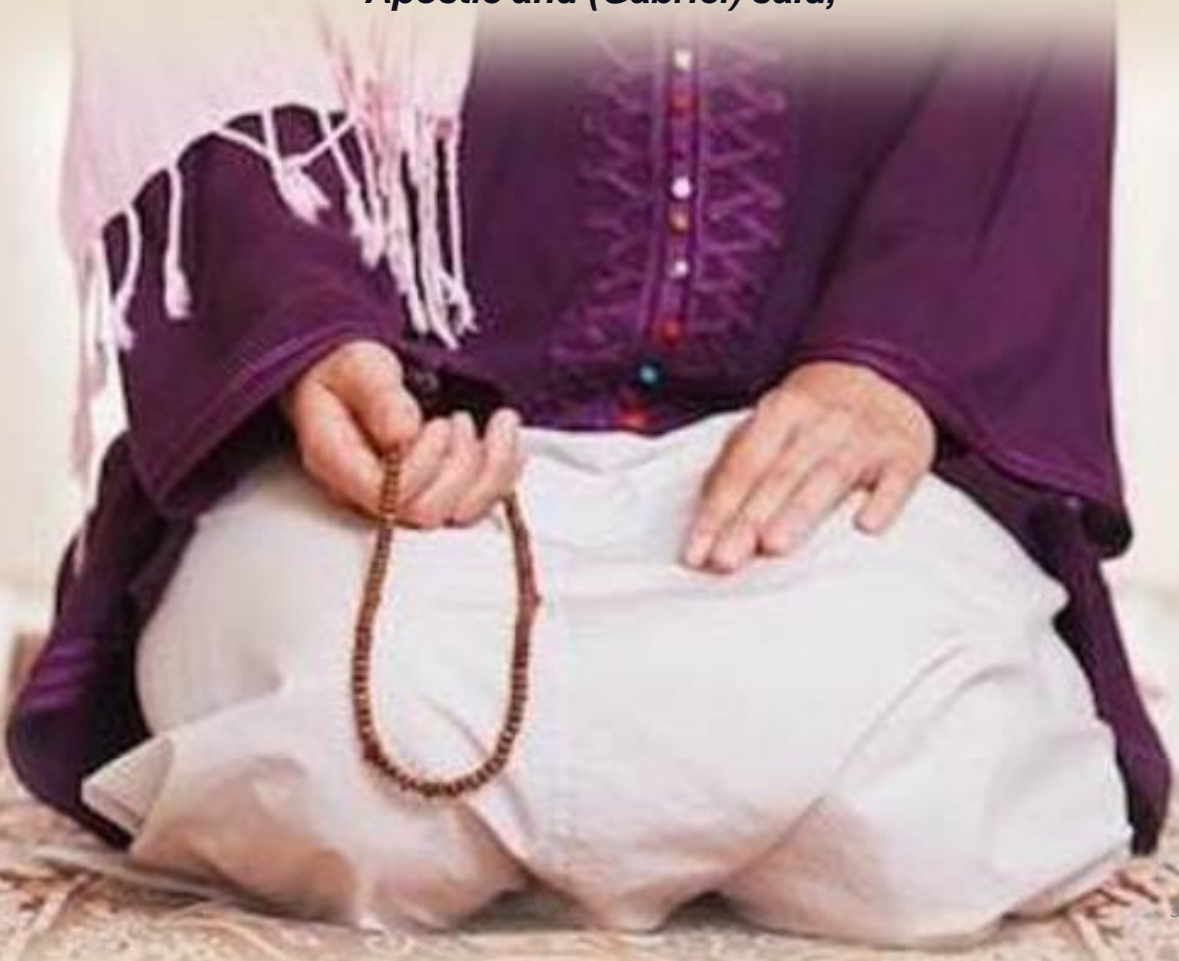
Are we going to be lazy or procrastinate?

So, you must organize your time at work in a way that will not interfere with your performing the prayers on time and work out an agreement on a suitable solution with the administration, even if that causes you some difficulty, such as working extra hours, for example.

Moreover, Islam is flexible whereby if you delayed prayer because of travel, performing surgery, taking long hours or combining prayer – the scholars have reported that if the reason is that you travel, study examinations, or surgery you can combine prayers. For instance, a traveller can join Dhuhr and Asr; Maghrib and Isha. It is better not to delay but if you face difficulty in praying on time.

Narrated by Ibn Shihab (may Allah have mercy upon him)

Once Umar bin 'Abdul 'Aziz delayed the prayer and 'Urwa bin Az-Zubair went to him and said, "Once in 'Iraq, Al-MughTra bin Shu'ba delayed his prayers and Abi Mas'ud Al-Ansari went to him and said, 'O Mughira! What is this? Don't you know that once Gabriel came and offered the prayer (Fajr prayer) and Allah's Apostle prayed too, then he prayed again (Zuhr prayer) and so did Allah's Apostle and again he prayed ('Asr prayers and Allah's Apostle did the same; again he prayed (Maghrib-prayer) and so did Allah's Apostle and again prayed ('Isha prayer) and so did Allah's Apostle and (Gabriel) said,



'I was ordered to do so (to demonstrate the prayers prescribed to you)?'"

'Umar (bin 'Abdul 'Aziz) said to 'Urwa, "Be sure of what you Say. Did Gabriel lead Allah's Apostle at the stated times of the prayers?" 'Urwa replied, "Bashir bin Abi Mas'ud narrated like this on the authority of his father." Urwa added, "Aisha told me that Allah's Apostle used to pray 'Asr prayer when the sun-shine was still inside her residence (during the early time of 'Asr)."

[Hadith, Sahih Al-Bukhari, 500]

In the case of Ramadan, with the Taraweeh prayer (Night prayers) and Qiyaam Al-Layl – both are voluntary prayers but have various virtues as reported in the following hadith:

It was narrated from Abu Hurairah (may Allah have mercy upon him) that the Prophet (peace be upon him) said:

“Whoever prays Qiyaam in Ramadan out of faith and in the hope of reward, his previous sins will be forgiven.”

[Hadith, Al-Bukhari 37; Muslim 759]



Some are committed to pray it throughout the month and some are committed to do it on weekends. In both scenarios, it is important that you have a Ramadan schedule and stick to it and organise your ibadah (worship) effectively, so it does not affect your health and well-being.

For worship is not only prayer but dua (supplication), dhikr (remembrance), our mannerism, control of our emotions, roles in the household, relationships, performing simple acts of kindness, giving charity and many other forms. Please sit with your family or spouse, discuss, delegate tasks, decide prior to Ramadan so you all make the most of Ramadan smoothly and efficiently.

So, my dear brothers and sisters, please don't delay

It will put barakah in your day!



The virtues of Taraweeh and other sunnahs

By Najib El Adoui

Allah (The Most High) chose Muhammad (peace be upon him) as His Last Prophet and Messenger and honoured him with the message of truth and guidance. The Prophet (peace be upon him) enlightened us with many sunnah and; this article aims to put them into the following: Before fast, when breaking the fast, after breaking the fast, character, and sunnah throughout the day. These sunnahs can reap rewards no regardless of how flexible or tight our schedule is. You will feel an overall boost in your Imaan (faith) and performance when participating in these beautiful acts of obedience reviving the Sunnahs of Prophet (peace be upon him).

Before fast

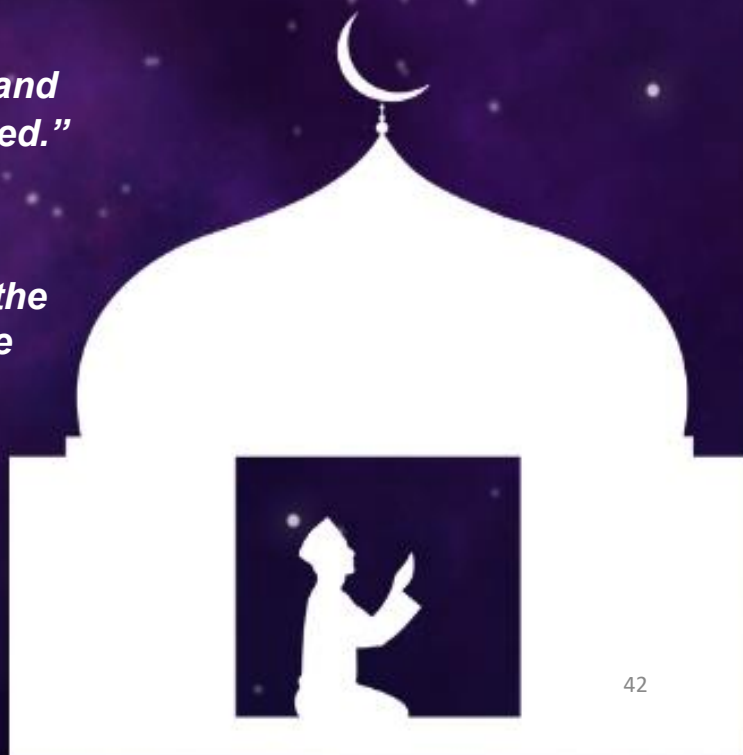
It is always important to make an intention to fast with sincerity and gratitude because you are doing this pillar of Islam for the sake of Allah (The Most High). Our intentions are the root of Taqwa (Conscious of Allah) and should be renewed for the Prophet peace be upon him advised us in the following two hadiths:

“Verily actions are by intentions, and for every person is what he intended.”

[Hadith, Sahih al Bukhari]

“He who observes fasting during the month of Ramadan with faith while seeking its reward from Allah will have his past sins forgiven.”

[Hadith, Al-Bukhari and Muslim].



Many people find it difficult to wake up at Suhoor before dawn but if you knew the benefits of eating at Suhoor and how it nourishes you with energy and productivity, you would not miss it. Anas ibn Malik (may Allah be pleased with him) narrated that the Prophet (peace be upon him) said:

‘Eat Suhoor for in Suhoor there is a blessing.’

[Hadith; Al-Bukhari, 1923; Muslim, 1059].

Another sunnah about Suhoor is to delay it. Zaid ibn Thabit (may Allah be pleased with him) said:

"We ate suhoor with the Messenger of Allah (peace and blessings of Allah be upon him), then he got up to pray." I said: "How much time was there between the adhan and suhoor?" He said: "The time it takes to recite fifty verses." [

Hadith; Al-Bukhari, 1921]

Breaking the fast

There is a special supplication to recite before breaking the fast and is amongst the sunnah of Prophet (peace be upon him).

***“Allahuma laka sumtu wa ‘ala rizqika aftartu,
Allahumma taqabbal minni, innaka antal-samee’
al-‘aleem***

***(O Allah, for You I have fasted and with
Your provision I have broken my fast, O Allah
accept (this fast) from me for You are the
All-Hearing, All-Knowing)***

[Ibn Qayyim; Zaad Al Maad, 2/51]



***“Dhahaba al-dhama’ wa abtalat al-arooq wa thabata al-ajr in sha Allaah
(The thirst is gone, the veins moistened and the reward is assured, if Allah
wills).”***

[Hadith, Abu Dawud, 2357]

Furthermore, the Prophet (peace be upon him) advised to hasten and break the fast with fresh dates and if not then dry dates and if not then water as mentioned in the following hadiths:

“The people will continue to be fine so long as they hasten to break the fast.”

[Hadith; Al-Bukhari, 1957; Muslim, 1098]

Anas ibn Malik narrated

“Prophet (peace be upon him) used to break his fast with fresh dates before praying; if there were no (fresh dates) then with dry dates, and if there were no (dried dates) then he would take a few sips of water.”

[Hadith, Abu Dawud, 2356; Al Tirmidhi, 696]



After the fast

Taraweeh prayers are amongst the confirmed sunnah. It is prayed at night as a congregational prayer during the blessed month of Ramadan after the Isha evening prayers sacrificing our sleep for spiritual fulfilment until before dawn. However, those who can not pray at home.

Prophet (peace be upon him) said:

‘The night prayer is offered as two Rakats followed by two Rakaats and if anyone is afraid of approaching the Fajr prayer should pray one Rakaat and this is the Witr for all of the Rakaats which he has prayed for.’

[Hadith; Al Bukhari, 2, Book 16; Number 105].

When completing the Taraweeh the following supplication is recited:

‘Exalted is the Possessor of the hidden and the manifest dominion. Exalted is the Possessor of Might, Greatness, Reverence, Power, Pride and Majesty. Exalted is the Master, the Living, the one who neither sleeps nor dies. All-perfect, All-holy, Our Lord, and the Lord of the angels and the souls. O Allah, grant us refuge from the Hellfire. O Granter of refuge, O Granter of refuge, O Granter of refuge’

There are many virtues of Taraweeh where Abu Hurairah narrated that Prophet (peace be upon him) said:

“Whoever prays during the night in Ramadan out of sincere faith and seeking its reward from Allah, will have all of his previous sins forgiven.”

[Hadith, Sahih Al-Bukhari]

Narrated Abdullah ibn Amr ibn al-‘As (may Allah be pleased with him) that the Prophet (peace be upon him) said:

“ If anyone prays at night reciting regularly ten verses, he will not be recorded among the negligent; if anyone prays at night and recites a hundred verses, he will be recorded among those who are obedient to Allah; and if anyone prays at night reciting one thousand verses, he will be recorded among those who receive huge rewards.”

[Hadith, Sunan Abu Dawud]

Another sunnah is to learn, understand, memorise and apply some Quranic verses because Ramadan is the month of the Quran and the Beloved Prophet (peace be upon him) and His companions (may Allah be pleased with them) build their relationship with the Quran during this month more than any other.



Character

Ramadan is not only about fasting and prayer but improving our characters and other simple acts of worship.

If one were to insult you, respond by saying 'I am fasting'. This is by the following hadith narrated by Abu Hurairah (may Allah be pleased with him) that the Prophet (peace be upon him) said:

"Fasting is a shield (or a screen or a shelter). So, the person observing fasting should avoid sexual relation with his wife and should not behave foolishly and impudently, and if somebody fights with him or abuses him, he should tell him twice, 'I am fasting.'" The Prophet (peace be upon him) added: "By Him in Whose Hands my soul is, the smell coming out from the mouth of a fasting person is better in the sight of Allah than the smell of musk. (Allah says about the fasting person), 'He has left his food, drink and desires for My sake. The fast is for Me. So I will reward (the fasting person) for it and the reward of good deeds multiplied ten times."

[Hadith; Al-Bukhari, 1894; Al Muslim; 1151].

Other characteristic traits during Ramadan is to smile and be approachable. It will bring a combination of peaceful and sociable. It is considered as a charitable act according to the following hadith

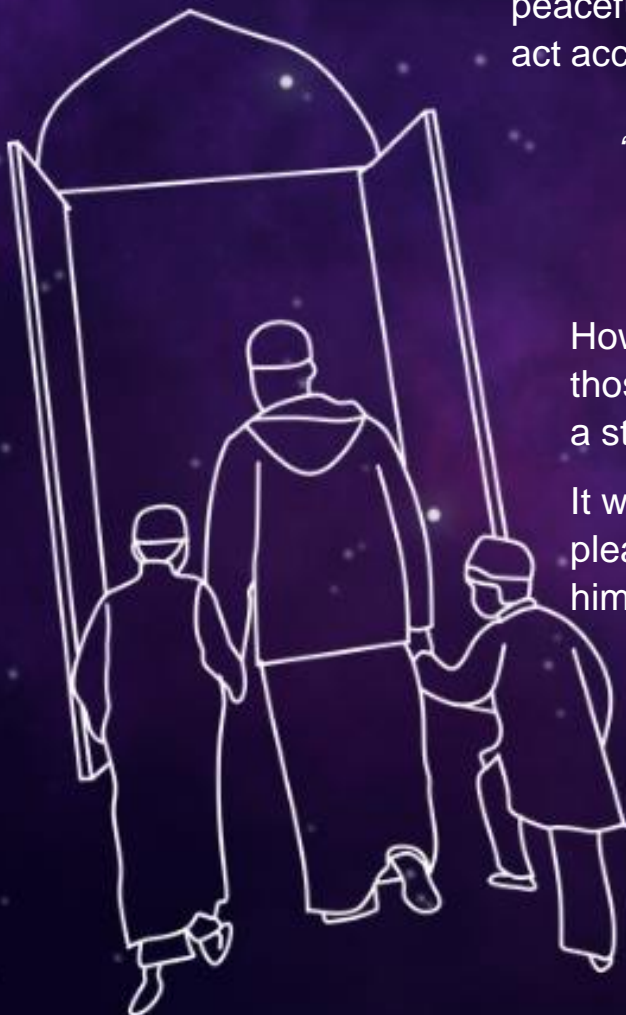
"[Your smiling in the face of your brother is charity..."

Hadith; Tirmidhi]

However, the most challenging activity to forgive those who hurt you but would it not be great to be at a status in the sight of Allah (The Most High)?

It was narrated by Abu Hurairah (may Allah be pleased with him) that the Prophet (peace be upon him) said:

"Sadaqah does not decrease property and; Allah increases the honour of him who forgives and; no one will humble himself for Allah's sake except that Allah raises his status." [Hadith; Muslim]



One of the most important relationships with anyone's life is parents after Allah (The Most High) where we need to treat them with manners and be dutiful. For Prophet (peace be upon him) said:

“A parent is the best of the gates of Jannah; so if you wish, take advantage of that gate, or lose it.”

[Hadith; Al-Tirmidhi and Ibn Majah].

Simple sunnahs that can be done throughout the day

If you are on a break, travelling, studying, working or any other act, please be productive with time. For instance, one can engage in making Dhikr build connect with Allah (The Most High).

It was narrated by Abu-Darda (may Allah be pleased with him) that the Prophet (peace be upon him) said:

“Should I not inform you of the best of your deed, and the purest of them with your Master, and the highest of them in your ranks, and what is better for you than spending gold and silver, and better for you than meeting your enemy and striking their necks, and they strike your necks?” They said: “Of course.”

He said, “The remembrance of Allah [Most High].” Then

Mu'adh bin Jabal (may Allah be pleased with him) said:

“There is nothing that brings more salvation from the punishment of Allah than the remembrance of Allah.”

[Hadith; At-Tirmidhi]

You can also make dua for your loved ones or someone who hurt you for guidance., if they are unwell or any other calamity or even when you hear good news.

For the Prophet peace be upon advised in the following hadith:



“When a Muslim supplicates for his absent brother the angels say: Ameen, and may you receive the like.”

[Hadith, Abu Dawud]

Dua is also readily accepted on Laylatul Qadr and this was narrated by Aisha (may Allah have mercy upon her) that she asked the Prophet (peace be upon him):

“O Messenger of Allah! If I realize Laylatul-ul-Qadr (Night of Decree), what should I supplicate in it?” He (ﷺ) replied, “You should supplicate: Allahumma innaka ‘afuwwun, tuhibbul-‘afwa, fa’fu ‘anni (O Allah, You are Most Forgiving, and You love forgiveness; so forgive me).”

[Hadith; At-Tirmidhi]

Helping or feeding the needy is also part of good character whereby it is considered as a charity and an act of worship. It also increases our gratitude for the bountiful blessings upon us. It was narrated by Abdullah bin ‘Amr bin Al-‘as (May Allah be pleased with him) that a man asked Messenger of Allah (peace be upon him), “Which act in Islam is the best?” He (peace be upon him) replied, “To feed (the poor and the needy) and to greet those whom you know and those you do not know.” [Hadith; Al-Bukhari and Muslim].

Overall, there are many virtues of these sunnahs whilst fasting in Ramadan. Ramadan is a month of returning to Allah (The Most High), become a better Muslim and hoping Allah (The Most High) forgive our previous mistakes. May this month build us spiritually, emotionally, mentally, socially and intellectually.






Intentions



Suhoor




**Dua
Supplications**



**Read, learn
, understand
and adapt
the Quran.**



**Praying
Taraweeh**



**Give a smile
and other
simple
sunnahs.**

الاذكر الله تطمئن القلوب
Verily, in the remembrance of ALLAH
do hearts find rest
(Qur'an)

The Dhikr Remedy to decrease sins

By Ustadha Benish Adeel

Ustadha Benish Adeel is a student, teacher, public speaker and writer. She devoted a decade to spread Islamic knowledge through her lectures and her writings. Currently, she is teaching Tafseer in a well-known online Islamic institute and has recently finished writing her first book on spirituality and waiting to publish.





Verily, in the remembrance of ALLAH
do hearts find rest.

[020]

Try to indulge yourself more and more in reading Quran every day five times a day after each salah and maintain it. You will find yourself comfortable and easier this way by the permission of Allah (The Most High).

In the middle of the day when you have time, try to read the translation of the Glorious Quran to try to ponder and reflect on Allah's message.

Try to engage in Adhkar throughout Ramadan:

The first ten days:

Anas bin Malik said:

“Whenever a matter would distress him, the Prophet (peace be upon him) would say:

***‘O Living, O Self-Sustaining Sustainer! In Your Mercy
do I seek relief’
(Ya hayyu ya qayyum birahmatika astaghees).’***

And with this chain, that he said:

***“The Messenger of Allah (peace be upon him) said:
‘Be constant with: “O Possessor of Majesty and Honor
Ya Dhal-Jalali wal-Ikram).’***

[Grade : Hasan]



الابذكر الله تظمن القلوب

Verily, in the remembrance of ALLAH
do hearts find rest

(Qur'an)

The second ten days:

أَسْتَغْفِرُ اللَّهَ رَبِّي مِنْ كُلِّ ذَنْبٍ وَأَتُوبُ إِلَيْهِ

Astaghfirullah rabbi min kulli zambiyon wa atoobu
ilaiyh

I ask forgiveness of my sins from Allah who is my Lord
and I turn towards Him.

The last ten days:

اللَّهُمَّ أَجِرْنِي مِنَ النَّارِ

Allahumma ajirni min al-nar

O Allah, protect me from the Fire)

الابذكر الله تطمئن القلوب

Verily, in the remembrance of ALLAH
do hearts find rest.

Aisha (may Allah be pleased with her) said: I asked the Messenger of Allah (peace be upon him):

'O Messenger of Allah, if I know what night is the night of Qadr, what should I say during it?'

He, said:

اللَّهُمَّ إِنَّكَ عَفُوٌّ تُحِبُّ الْعَفْوَ فَاعْفُ عَنِّي

'Say: O Allah, You are pardoning and You love to pardon, so pardon me.'

[Ahmad, Ibn Majah, and Tirmidhi]

The following can be uttered when cooking or when performing chores:

لَا إِلَهَ إِلَّا اللَّهُ مُحَمَّدٌ رَسُولُ اللَّهِ

La ila ila Allah, Muhammad Rasool Allah.

There is no deity but God; Muhammad is the messenger of God.

اللَّهُمَّ إِنِّي أَسْأَلُكَ الْجَنَّةَ وَأَعُوذُ بِكَ مِنَ النَّارِ

Allahumma 'innee 'as'alukal-jannata wa 'a'oothu bika minan-nar.

"O Allah, I ask You for PARADISE and seek Your protection from the FIRE"



*How to make
the most of...*

ليلة القدر

Laylat al Qadr

By Nisa Ahmad

Nisa Ahmad is a Malaysian writer with over 14 years of writing experience. She started writing in her diary and then progressed to creating her blog. She has a Bachelors degree in Business Administration with a major in Marketing from Universiti Putra Malaysia, Selangor. Writing is her passion because she likes to observe people and the environment around her. Besides writing, she also enjoys making videos and has a Youtube channel. She is friendly and enjoys listening to others which led her to establish the NAIMM academy where her objective is to change people and make the world better.

<https://powerofmotivationblog.wordpress.com>
<https://www.facebook.com/chinta.niesa>
<https://facebook.com/groups/kelabbloggernisaahmad/>
<https://twitter.com/nisabatrissy27>

Everyone hopes of participating in Laylatul Qadr (Night of Power) - the night that equals a thousand months. To make the most of Laylatul Qadr, we need to be diligent in worship throughout Ramadan and especially in the last ten nights of Ramadan to get more reward, mercy and blessings from Allah (The Most High).

Here is a scenario: The mother of Adam instructed Him to go to the shop to buy grocery items. But, she did not pay him as a reward after being tired from cycling to the shop. Therefore, Adam refuses to go to the shop if his mother asked him to go next. Here, we can see the situation in which the human being is always expecting a reward. But, Allah (The Most High) does not ask for it. Try and reflect on the favours that Allah (The Most High) provided to ALL of His servants whether Muslim or not - humanity as a whole. He never counts or asks for any reward from us. It is enough for us to understand and know our duty as His servants by obeying His commands and avoiding His prohibitions.

Laylatul Qadr requires constant sacrifice and effort so that we can enjoy the sweetness of worship throughout the beautiful night because on such nights, the angels sent by Allah (The Most High) to come down to Earth to find His servants who are diligent and devout in worship.

Please try to practice a habit of reading the Quran at home, in the mosque or in another location. In this day and age, we can download the electronic format of the Quran and study applications on our phones to read in different settings. For instance, MuslimPro, QalbyApp, The Muslim Pocket, The Noor and the equivalent presenting the rapid development of modern technology; whether done preferably as a book or using electronic devices. The Quran is our companion and guide.

*How to make
the most of...*

ليلة القدر

Laylat al Qadr

Allah (The Most High) states:

"Indeed, We have sent it (the Quran) on the Night of Glory (Laylatul Qadr). And do you know what that glorious night is? That glorious night is better than a thousand months. On that night the angels and spirits (Gabriel) came down with the permission of his Lord to arrange all matters. Prosper (that night) until dawn".

[Quran, Surah Al-Qadr (Night of Power) 97:5]

When it comes to the night of Laylatul Qadar, everyone is, of course, racing to get the reward. However, we should also be aware that we must keep our intentions clean and purify our hearts to not deviate from our path. For instance, when reading the Quran at the mosque, it should be done at a slow pace and not have a high pitch because misunderstandings may occur.



Since the outbreak of the coronavirus pandemic and the movement control order (MCO), Tadarus/studying was being performed on various online applications, for instance, WhatsApp, Zoom, WebEx, Google Meet, Facebook live and Instagram live. Therefore, we need to be vigilant and make effort to support people.

In Malaysia, the Jom Ngaji slot on the Al-Hijrah TV broadcast, Mengaji Back To Basic with Ustadh Don Danial is a medium that is shown to invite people who are not good at reciting or want to correct recitation and pronunciation of the Quran (Tajweed), tarannum (melody) and sound articulation (qalqalah).

Therefore, we can make the most of Laylatul Qadr and Ramadan by devoting our time to different acts of worship with pleasure, humility (tawadduk), consistency, diligence and commitment from the chambers of their hearts. We ask Allah for His repentance and forgiveness as He listens to our supplications. May our hearts feel as calm as the beach when no waves hit it.



The importance of Zakatul Fitr

By The Desert Rose

Zakat ul-Fitr is also known as Sadaqatul-Fitr is a charitable act given at the end of the blessed month of Ramadan. The phrase 'Fitr' is the Arabic term for breakfast. It is an obligatory (Wajib) act to perform by each Muslim as long as they have the means to do so. It brings the community together where people from different social classes help one another. For example, the rich will contact the poor and; the poor will be with those who are poorer. It ignites love and generosity within the community. Zakat ul-Fitr also helps with the repentance of the possible errors that may take place during Ramadan.

Ibn Abbas (may Allah be pleased with him) reported,

“The Prophet (peace be upon him) made Zakat ul-Fitr compulsory so that those who fasted may be purified of their idle deeds and shameful talk (committed during Ramadhan) and so that the poor may be fed. Whoever gives it before Salaah will have it accepted as Zakat, while he who gives it after the Salah has given Sadaqat.”

[Hadith, Abu Dawud, vol. 2, p. 421, no. 1605]

How is Zakatul Fitr performed?

The obligatory act is done at a particular time and should not be missed without a good reason. After Salah (prayer), the money given is considered as a normal charity and would not get the blessings of Zakatul Fitr (Abu Dawud, no. 1605). It starts from the sunset on the last day until the beginning of Salatul Eid (sunrise) the following day.

Some of the Sahabah have donated before this timeframe as narrated in the following hadith by Ibn Umar (may Allah please him):

The Prophet (peace be upon him) ordered that Zakat ul-Fitr given before people go to make the Salah (of 'Eid). Nafi' transmitted that Ibn 'Umar used to pay for a day or two before the 'Eid prayer.

[Hadith, Al-Bukhari, vol. 2, p. 339, no. 579 & Muslim, Abu Dawud]

The amount is the same for everyone regardless of status and; one Sa' is two handfuls of grain or dried food per member of the family. Ibn Umar (May Allah be pleased with him) narrated in the following hadith:

"Zakat ul-Fitr compulsory on every slave, freeman, male, female, young and old among the Muslims; one Sa' of dried dates or one Sa' of barley."

[Hadith, Al-Bukhari, vol. 2, p. 339, no. 579]

In another hadith, it was narrated by Abu Saeed Al-Khudri (may Allah be pleased with him) that:

"In the Prophet's time, we used to give it (Zakat ul-Fitr) as a Sa' of food, dried dates, barley, raisins or dried cheese."

[al-Bukhari, vol. 2, p. 340, no. 582]

Zakat ul-Fitr is an act of worship and, our beautiful religion has emphasized its importance.

My dear brothers and sisters, please give Zakat ul Fitr to maintain compassion within the community and increase spiritual development.

Source:

Ruling on zakaat al-Fitr and how much is to be paid –
Islam Question & Answer (islamqa.info)





شَوَّال

The benefits of fasting the six days of Shawwal

By The Desert Rose

Following the blessed month of Ramadan, where we devote our time to different acts of worship, it is important to remain steadfast and maintain enthusiasm. One of the ways this is achieved by doing voluntary fasts. One of the voluntary fasts is the six days of Shawwal. Shawwal is the tenth month of the Muslim calendar and, observing the six days of fasting after the festivity of Eid-ul-Fitr is recommended. There are many great virtues and reward for doing this: Abu Ayyub Al-Ansari (may Allah be pleased with him) narrated that the Prophet (peace be upon him) said:

"He who fasts Ramadan, followed by six days in Shawal, weigh (in reward fasting) the days of this lifetime."

[Hadith, Muslim, Abu Dawud, al-Tirmidhi, al-Nisaa'i and Ibn Maajah]

In another hadith, the Prophet (peace be upon him) said:

"Whoever observes the Ramadan fast and follows it with six days of fast in Shawwal, it is as if he has fasted Dahr (the whole year)."

[Hadith, Sahih Muslim, Book 006, Number 2614]

Thawban that the Prophet (peace be upon him) said:

"The fast of Ramadan is like observing ten months of fasting. Fasting six days of Shawwal is like observing two months of fasting. This together is like fasting throughout the year."

[Sahih Ibn Khuzaymah (2115) and Sunan al-Nasa'i al-Kubra (2860)]

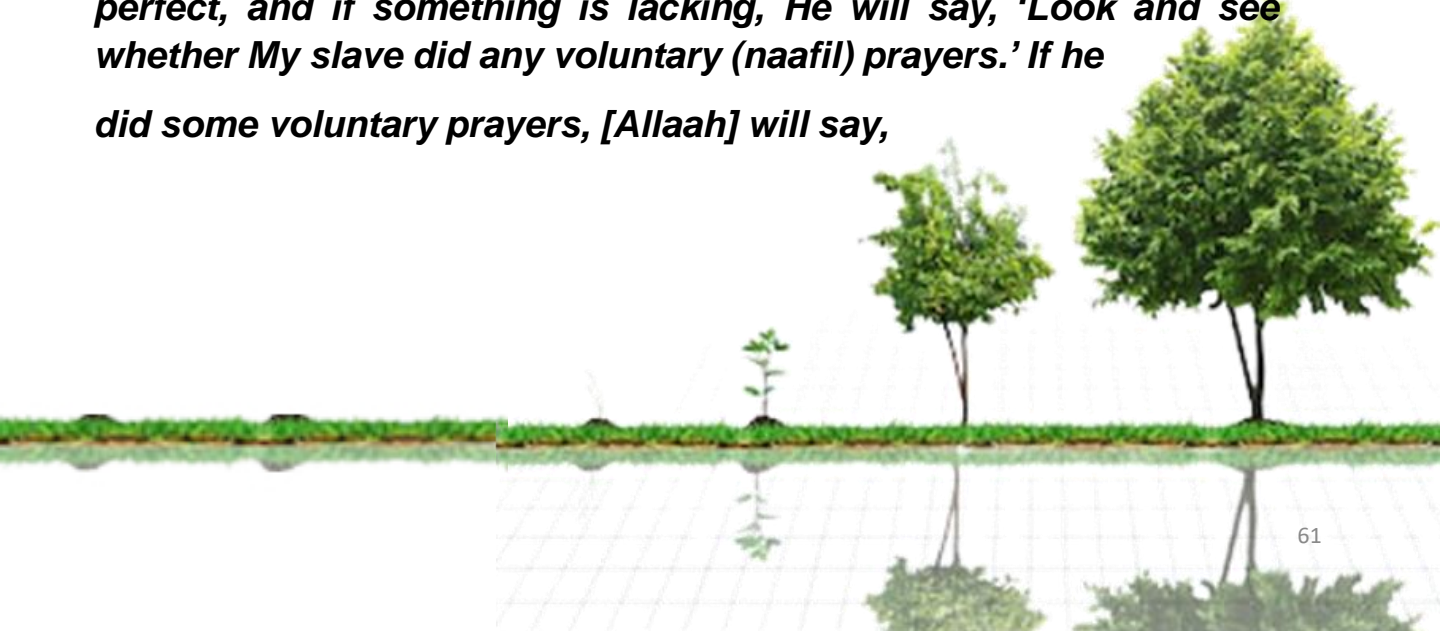
Al-Nawawi explained that scholars agree that when observing fasting for one year will increase the reward of a good deed tenfold. Therefore, fasting Ramadan is like fasting for ten months and fasting six days in Shawwal is like fasting for two months.

[Sharh Sahih Muslim 8/56]

The fasting of Shawwal is observed continuously or consecutively after the second day of Eid (Agreed upon by Ibn Al-Mubarak and Al-Shafii) or any six days within Shawwal (Agreed upon by Waki and Ibn Hanbal). The respected scholars consider this as a Sunnah Mustahabbah. It is not obligatory but a naafil (voluntary) fast. On the other hand, Ramadan is one of the five pillars of Islam and an obligatory fast. It is prohibited to fast on the first day of Eid and is agreed upon by all scholars.

Another virtue of fasting in Shawwal is to make up any shortfall in the obligatory fasts. The Prophet (peace be upon him) said:

"The first thing for which people will be brought to account on the Day of Resurrection will be their salaah (prayer). Our Lord, may He be glorified and exalted, will say to His angels – although He knows best – 'Look at the salaah of My slave, whether it is complete or incomplete.' If it is perfect, it will be recorded as perfect, and if something is lacking, He will say, 'Look and see whether My slave did any voluntary (naafil) prayers.' If he did some voluntary prayers, [Allaah] will say,





شَوَّال

Complete the obligatory actions of My slave from his voluntary actions.’ Then all his actions will be dealt with in a similar manner.”

[Narrated by Abu Dawood]

Therefore, one should make the intention to make up the missed fast first. The majority of the respected scholars agree with this before proceeding with the six days of Shawwal. One authentic source, Islam Q and A (2021a) stated, when a woman had undergone menstruation, she should not fast the six days of Shawwal until she compensates for the missed fasts because she did not fast the whole of Ramadan (Majmoo' Al-Fatawa 20/19).

A missed fast is also when a woman had menstruation just before Maghrib - she would still need to make a fast for that day (Islam Q and A, 2021b).

However, if she is in a scenario whereby she has fasted the missed days during Shawwal and did not complete it until the next month where the eleventh month, Dhul Qa'adah initiates, then she can fast the six days and will be rewarded similar to the one who fasted them during Shawwal because of a valid reason (Islam Q and A, 2021).

Another opinion agreed upon by most jurists is that you can make up the fasts of Ramadan throughout the year.

Ayesha (may Allah be pleased with her) said:

“It happens that I have to make up days of Ramadan and I will not make up (these days) but in Sha'ban.”

[Hadith, Muslim]

On the other hand, the Shafii scholars agree that the missed fast simultaneously with the six days of Shawwal is considered a full obligation. In other words, it is permissible for a woman to make up missed fast during Ramadan and considered the reward of six days of Shawwal (Dar Alifta, 2021).

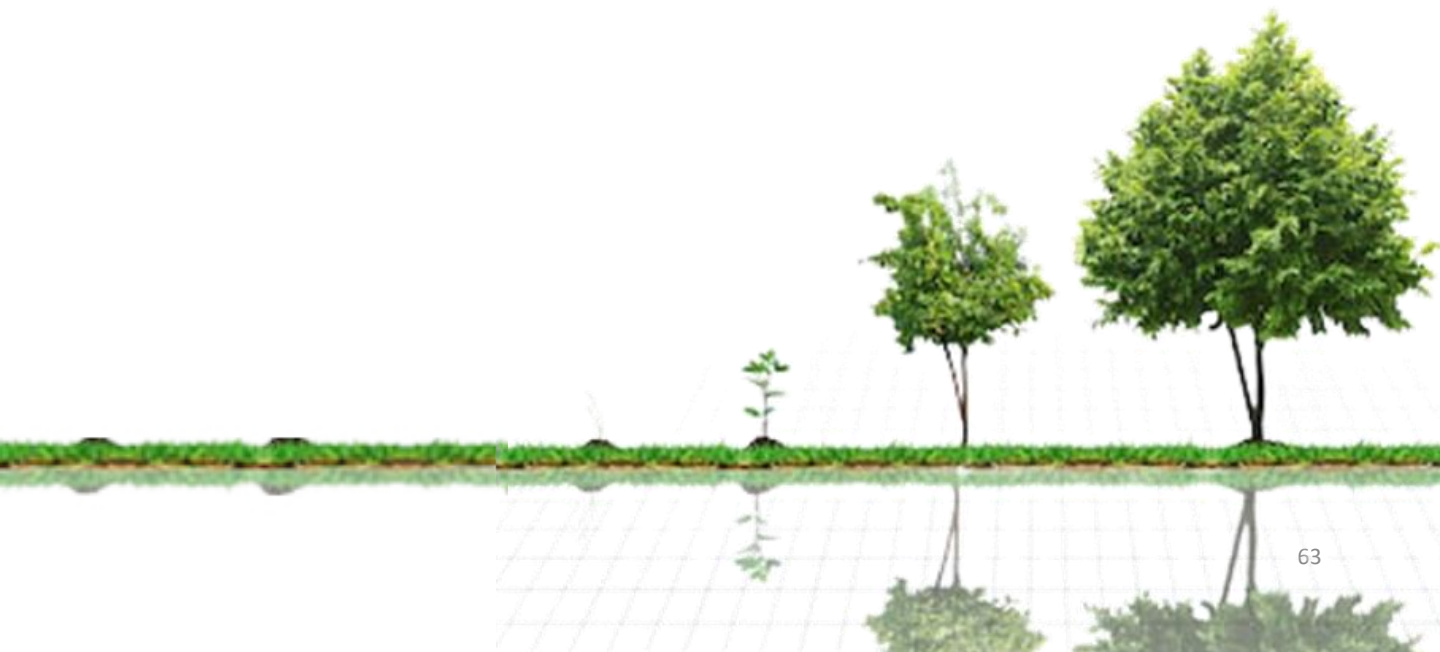
Overall, fasting the six days of Shawwal after the blessed month of Ramadan further boosts your faith with gratitude, just like how fasting Shabaan prepares you spiritually, physically and mentally to increase your focus and performance for the month of Ramadan.

Source:

Islam Q and A (2021a) *Should he start with the six days of Shawwaal before making up missed fasts if there are not enough days left?* - Islam Question & Answer [Available online] islamqa.info

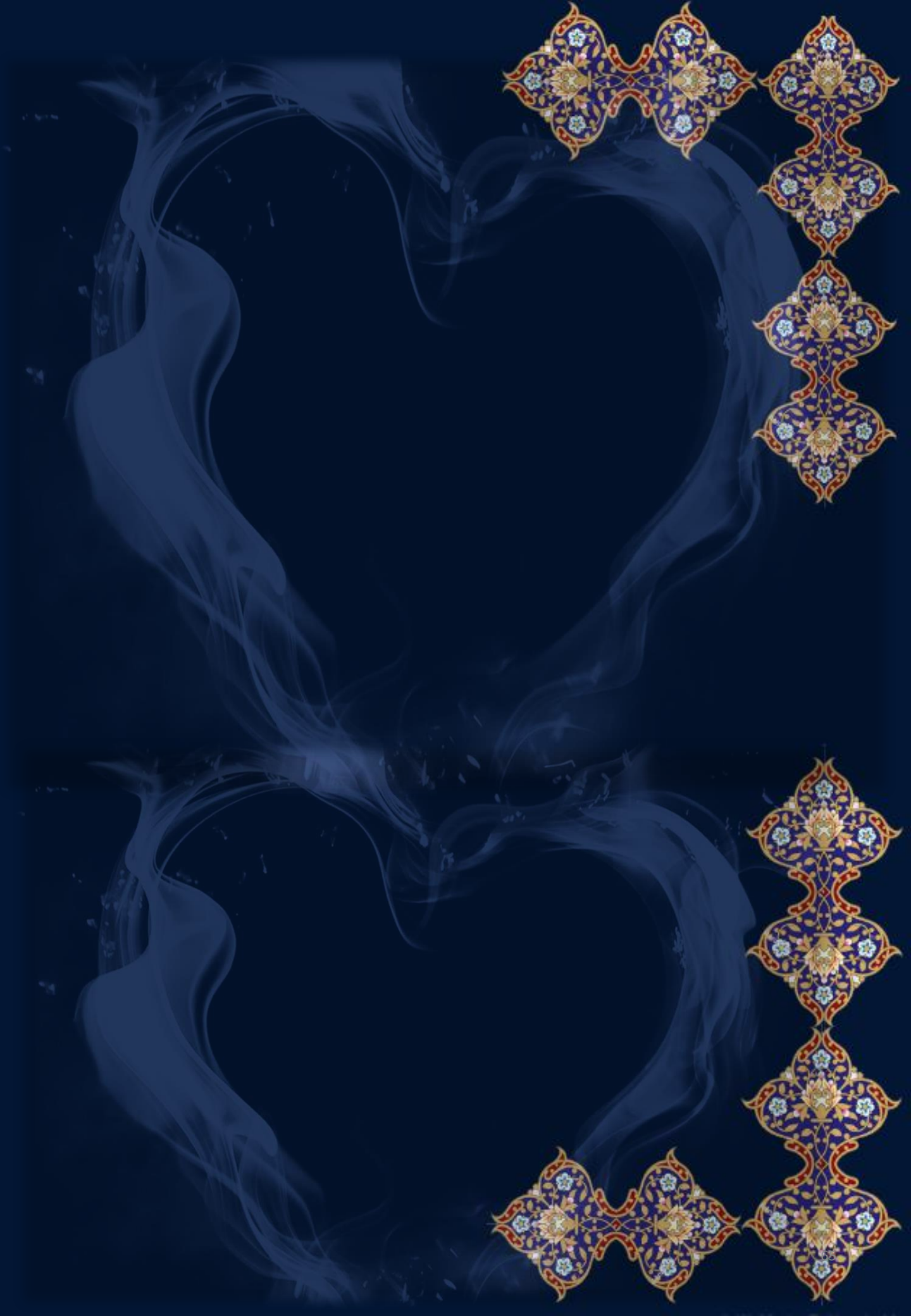
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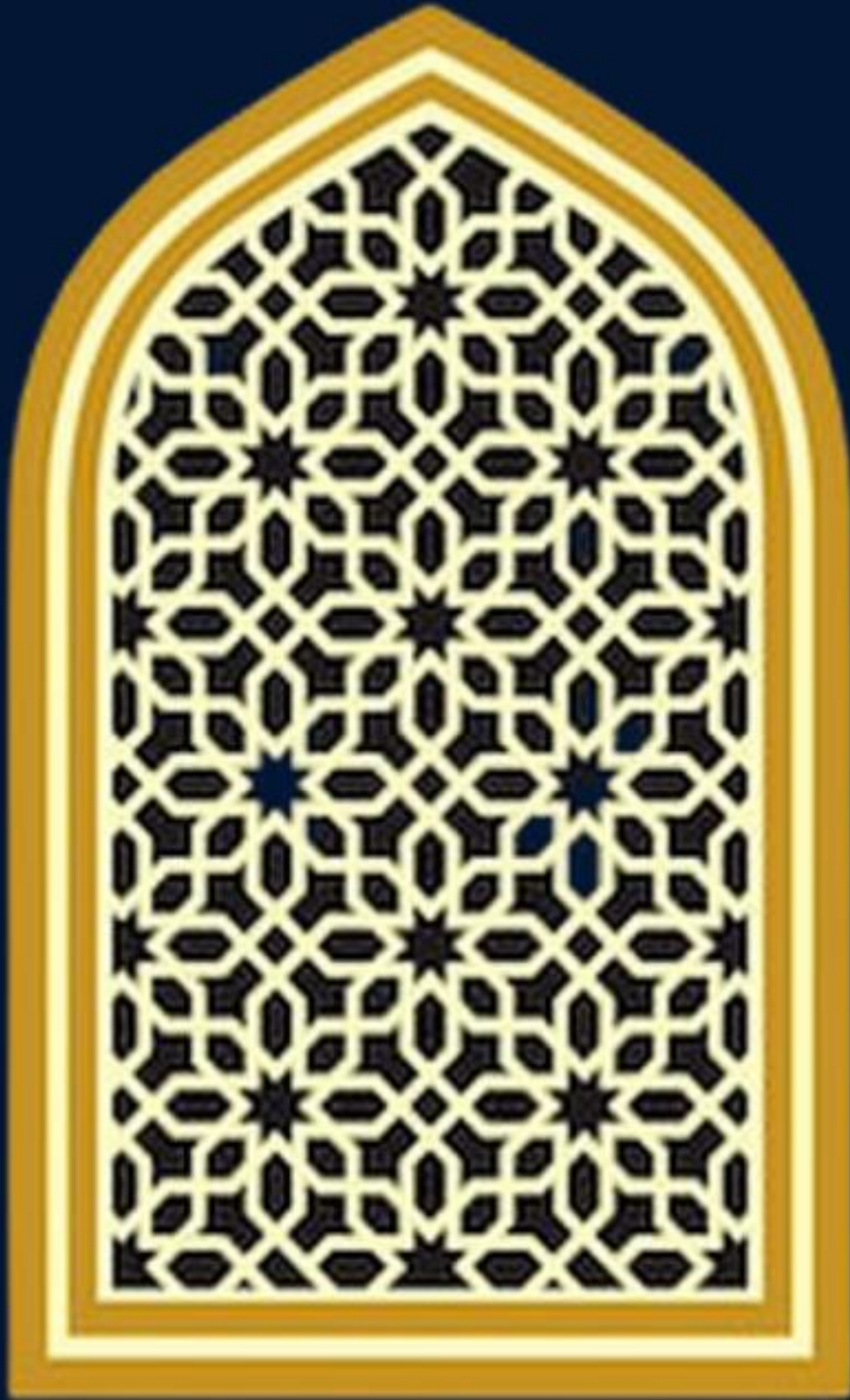




Personal development



How to live with peace and contentment when facing calamities?



By Ustadha Zainab Oladapo

Zainab is a Life, Business and Leadership Coach. She is the CEO of Acumen Consulting and Muslimah Ultimate Success Academy that provides training and consultancy services in the education and personal development industry.

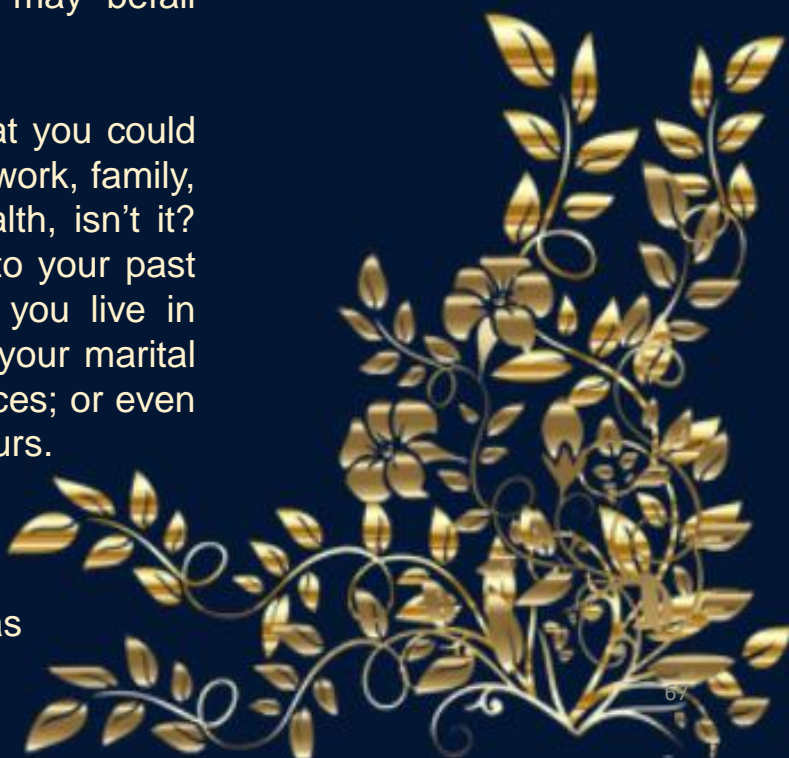
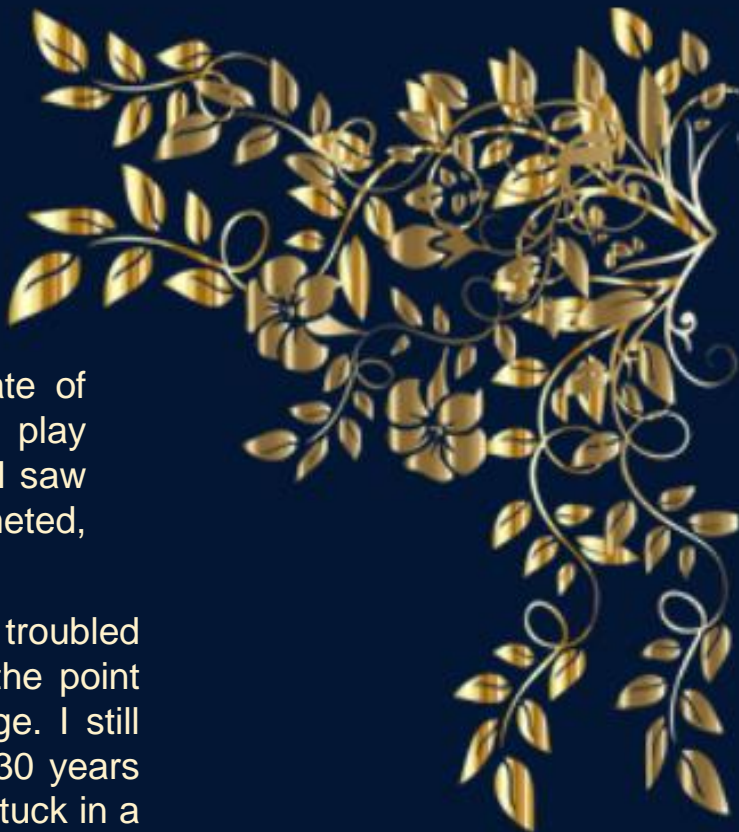
Tears trickled down my face as memories flooded my mind, the gnarled hands of the old man as he violated me, my 9-year-old innocence unknowing, not understanding what he was doing.


Two years after I suffered another fate of being exposed to pornography on a play date; that incidence changed the way I saw myself - my feeling of self-worth plummeted, and I lost my sense of confidence.

I became filled with anger and had troubled teenage years and struggled solo to the point that I ended up in an abusive marriage. I still hated the old man with boiling anger 30 years down the line. It was as though I was stuck in a vacuum that I could not exit. The memories hurt like fresh new wounds every single time with its accompanying fear, guilt, shame, anger and anxiety. I never told anyone of this experience until more than 20 years had elapsed, yet I got no relief. By the time I gave birth to my daughters I had become so paranoid that I would wear leggings for them right from when in diapers to protect them even on the hottest of days. I feared the same fate may befall them...

There are all kinds of problems that you could face in life as a Muslim woman: at work, family, relationships, health and even wealth, isn't it? These challenges may be related to your past experiences or upbringing, where you live in the world, the people around you, your marital status, your state of health or finances; or even some of your bad habits or behaviours.

Problems have the ability to affect a person emotionally, physically or spiritually. Allah (The Most High) has guided us with the following verse:






“No Misfortune Ever Befalls Except by Permission of Allah. And Whoever Has Faith in Allah - He Will Guide His Heart. And Allah Is Knowing of All Things”

[Quran, Surah Al Taghabun
(Mutual Loss and Gain) 64:11]

So, in essence every problem, challenge or difficulty faced is decreed by Allah and we will always be in a state of being tested with one or another.

Finding peace and happiness when experiencing any of these challenges may seem impossible and when we get caught up in these problems, we tend to experience feelings we mostly find uncomfortable isn't it? And because of this discomfort these low feelings are generally labeled as “bad.”

You might wonder why do you have to experience these uncomfortable feelings?



Allah (The Most High) created the extensive array of feelings that we could all experience - sadness, happiness, anger, excitement, shame, guilt, sorrow, ecstasy, loneliness, love, hopelessness, anguish, fascination, distress.

The ability to experience feelings is a part of our humanness and it is a barometer with which to experience the richness of life.

By Allah's permission we experience these different feelings at different points in time, whether the comfortable "High" feelings which we wish to experience all the time like "joy" or the uncomfortable "low" feelings which we want to avoid as much as possible like anger.

To summarize, feelings are neither good nor bad but it is how we react to them is important to our well-being and that of others. Allah (The Most High) states:


"O You Who Have Believed, Seek Help Through Patient Perseverance and Prayer. Indeed, Allah Is with The Patient."

[Quran, Surah Al Baqarah (The Cow) 2:153]

There are a few misunderstandings that we tend to have that may prevent us from living a truly happy life filled with peace.

Firstly, it is to believe that the events that occur in our lives have the power to dictate how we feel. The truth is that we only feel the way we do because of what we are thinking at that moment. For instance, Aisha, the wife of Prophet Mohammed (peace be upon him) being sad and crying continuously for days because she was consumed with thinking about the slander on her. So, what had happened in the past whether 10 years ago or 10 seconds ago cannot make us feel a certain way except how we are thinking about it right now.






Another misunderstanding is believing that others can think like us or behave the way we want them to. This is completely impossible.

Are you able to think and behave exactly in the way you prefer all the time?

I am sure the answer is no. So, realizing that when others do not think or feel like you there is nothing wrong with them or with you is a liberating truth. It makes us understand that people behave in the way they do because of what they are thinking or feeling at that time.

An example of this is the response of Aisha (may Allah have mercy upon her) to the Prophet (peace be upon him) when he confronted her of the incidence of the slander, it was related that immediately he finished speaking her tears dried and not one drop came out of her eyes



“By God, I know that you have heard these rumors, and you look as if you have believed them. So, if I were to tell you that I am not guilty, – Allah knows that I am not – you would not believe me. And if I were to tell you I did something bad, – God knows that I did not – you would readily believe me! So, all I can say to you for my and your situation is the story of Jacob (peace be upon him) with his sons. At that time, he said, ‘(For me) patience is most fitting: against that which ye assert, it is Allah(alone) whose help can be sought”.

The third misunderstanding is created by imagining that we have the complete picture of what the future will look like. So, we consume ourselves thinking about scenarios whether building castles in the air that could lead to disappointments in the future or other scenarios that will lead to anxiety.

Note, the future is unknown and Allah (The Most High) knows the unseen and one needs to take consolation for He said:

“Allah does not charge a soul except (with that within) its capacity.”

[Quran, Surah Al Baqarah (The Cow) 2:286]


Moreover, the belief that we need to fix our problems from the past or to get something in the future will make us feeling okay is another misunderstanding. In reality, these problems from the past or the speedboat of achievements being anticipated for the future makes us lose sight of the present moment.

The best place to be is in the present moment where we can do Dhikr - remembrance of Allah (The Most High) to relieve problems. Allah (The Most High)

“...Verily in the remembrance of Allah do hearts find rest!”

[Quran, Surah Al Raad (The Thunder) 13:28]






A fifth misunderstanding is believing we should be saints and have the perfect behavior all the time. The truth is that Allah (The Most High) has created us with the ability to be weak, to forget and to make mistakes.

Anas ibn Malik (may Allah have mercy upon her) reported: The Prophet (peace and blessings be upon him) said

“All of the children of Adam are sinners, and the best sinners are those who repent.”

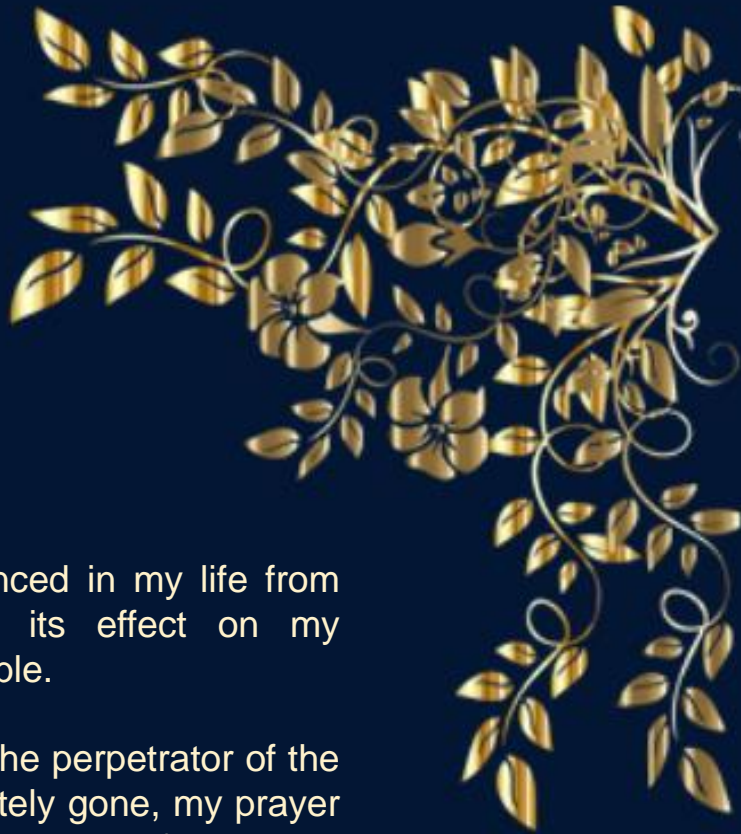
[Hadith, Sunan al-Tirmidhī 2499]

The ability to accept this truth will enable you to have self-compassion, forgive yourself for the past mistakes, ask Allah’s forgiveness. In addition, it will help you be compassionate towards others because you know they may be hurting too. This does not mean to let them off for their wrongdoing towards you or others; it is the ability to help them find love and peace within themselves that will facilitate their transformation just as you would want for yourself.



“O my Servants who have transgressed against their souls! Despair not of the Mercy of Allah: for Allah forgives all sins: for He is Oft-Forgiving, Most Merciful.”

[Quran, Surah AL Zumr (The Clouds) 39:53]



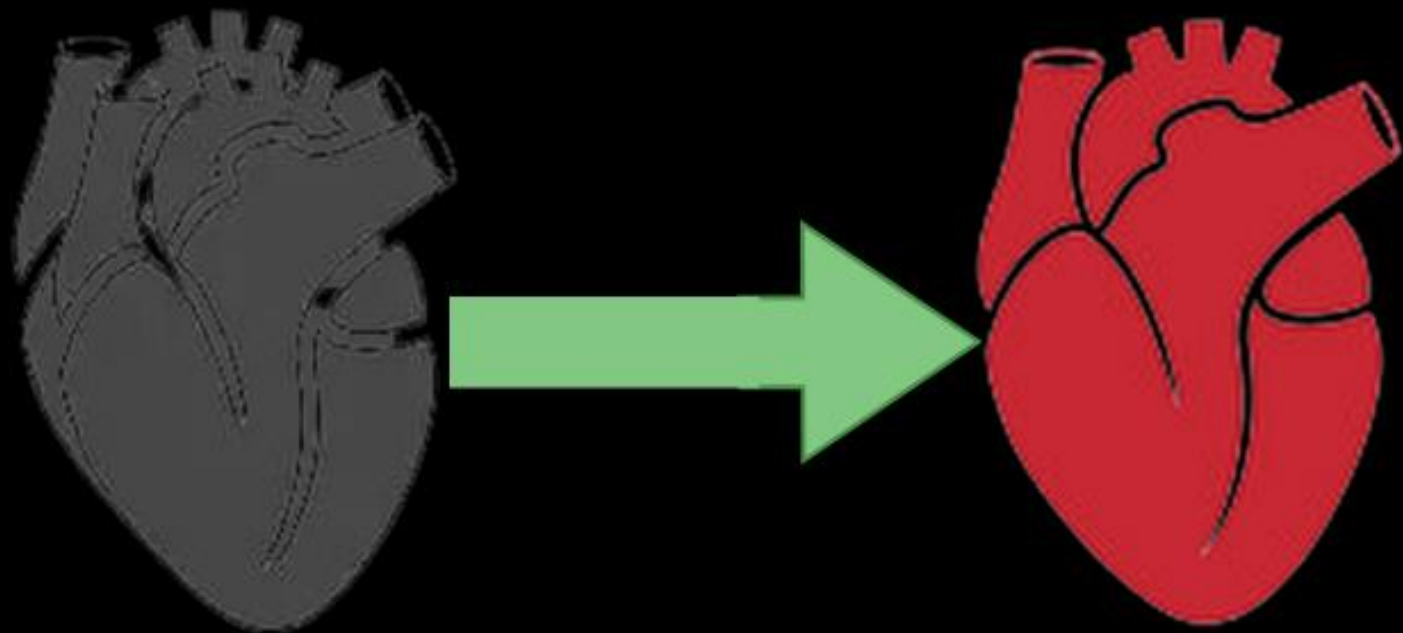
The transformation that I experienced in my life from understanding these truths and its effect on my emotional well being is immeasurable.

Today, all I feel is compassion for the perpetrator of the sexual abuse, the anger is completely gone, my prayer is that he had the opportunity to repent for his sin before he passed on.

I no longer feel worthless or ashamed because of the exposure I had as a child to pornography or beat myself up about the fact that my first marriage was an abusive one –it is a non-issue now. I no longer fear for my daughters well –being as I trust in Allah’s ability to protect them- they will be okay.

The lens with which I see life and experience it now is from a place of compassion, calm and confidence in other words with peace and happiness and this is available to you too now.





How to control anger and sadness during Ramadan?

By Nusayhah Aumeer



The blessed month of Ramadhan has come to us. A month which all Muslims around the globe have been waiting for. We are ordained to fast in Ramadan: to not eat nor drink nor have sexual activity from dawn to sunset as an element of patience and virtue. Being on an empty stomach for several hours during the day can be daunting. It can give feelings of irritability and anger. According to research conducted by a psychologist called Dr Susan A.B:

‘feeling low and sad is normal due to the dropping blood sugar level and a spike in cortisol (the stress hormone) which happens when one is overly hungry’.

These emotions that usually appear during our state of fasting managed if not completely removed. Here, I explain some of the ways achieved:

Taqwa

Taqwa is piety, righteousness and consciousness of Allah (The Most High). It is the quality of a believer which keeps him or her aware of Allah (The Most High) all the time. A person who has taqwa loves and hastens to do good and avoid evil for the Sake of Allah (The Most High). Taqwa requires patience and perseverance. Undoubtedly, a person who continues to work on his piety will find it easier to control his temper and ill speech. Fasting purifies the soul and cleanses us from evils.

"O you who have believed, decreed upon you is fasting as it was decreed upon those before you that you may become righteous"

[Quran, Surah Al-Baqarah (The Cow) 2:183]



Getting Rid of Bad Habits

Removing bad habits in Ramadhan can be a solution to bettering our behaviours. This month is not only abstaining from food and drink. But also to spend more time devoted to Allah (The Most High) through prayer and good deeds. We are also encouraged not to waste time in vain such as watching movies and engaging in unnecessary conversations. By doing so, we become closer to Allah (The Most High) and are less prone to sins. It becomes easier for us to practice self-control.

Recitation of the Holy Quran

The Holy Quran has a healing effect on our hearts and is mercy for the believers. It has proved to bring light and coolness to each relationship. The recitation of the Glorious Quran as a habit draws us closer to Allah (The Most High) whereby it becomes easier to control our feelings. We become engrossed in this humble conversation with Allah (The Most High) that we tend to forget our reasons for being sad, angry, hungry, frustrated, down and so on. Moreover, the Quran itself has principles for us to distinguish between right and wrong.

"The month of Ramadhan [is that] in which was revealed the Qur'an, a guidance for the people and clear proofs of guidance and criterion. So whoever sights [the new moon of] the month, let him fast it; and whoever is ill or on a journey - then an equal number of other days. Allah intends for you ease and does not intend for you hardship and [wants] for you to complete the period and to glorify Allah for that [to] which He has guided you, and perhaps you will be grateful."

[Quran, Surah Al-Baqarah (The Cow) 2:185]



Performing Prayer (Salah)

Salah relaxes the mind as it lifts the soul to the Almighty. It also increases our understanding of doing good and makes us selfless. The gesture of preparing ourselves for prayer includes getting anger out of the mind allows us to become calm and positive. We also experience peace, harmony and a balanced life.

"Recite, [O Muhammad], what has been revealed to you of the Book and establish prayer. Indeed, prayer prohibits immorality and wrongdoing, and the remembrance of Allah is greater. And Allah knows that which you do."

[Quran, Surah Al-Ankabut (The Spider) 29:45]

In a hadith narrated by Al-Bukhari:

'The strong is not the one who overcomes people by use of his strength; rather he is the one who controls himself while in anger.'



In conclusion, being angry and sad while in a state of fasting is normal. We need to track our emotions and handle them with care so, we fast in the way Allah (The Most High) is pleased. In the end, we seek His Pleasure and rewards and nothing more.

May Allah (The Most High) ease our fasting and helps us to remain steadfast on the path of Islam.

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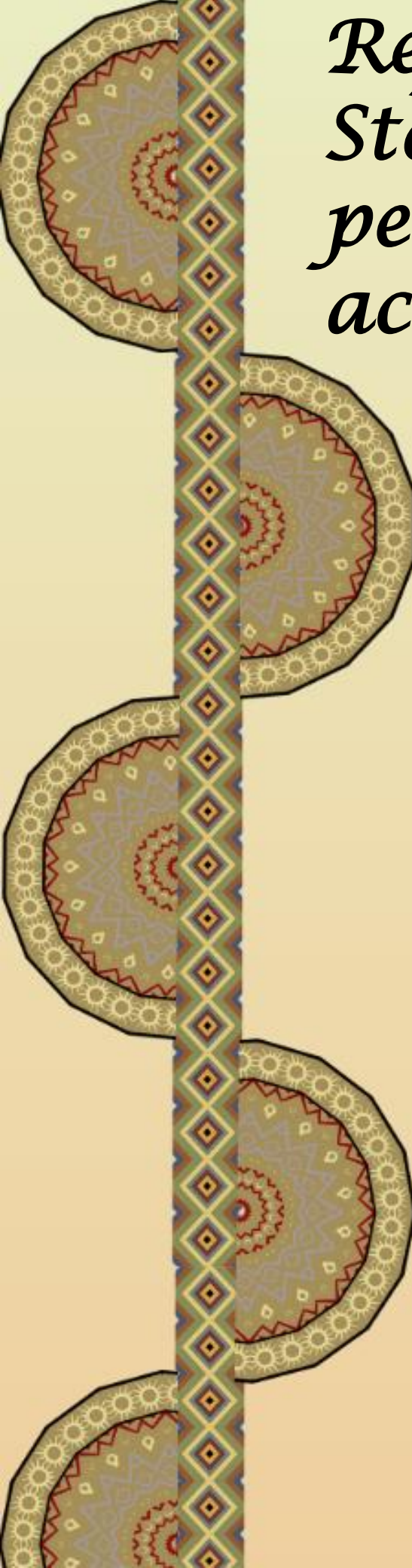


بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

الرُّكَّتُ أَنْزَلْنَاهُ إِلَيْكَ لِتُخْرِجَ النَّاسَ مِنَ الظُّلُمَاتِ إِلَى
النُّورِ بِإِذْنِ رَبِّهِمْ إِلَى صِرَاطٍ الْعَزِيزِ الْحَمِيدِ ﴿١﴾

Alif, Lam, Ra. [This is] a Book which We
have revealed to YOU, that YOU might
bring mankind out of darknesses into the
light by permission of their LORD - to
the path of THE EXALTED IN MIGHT, THE
PRAISEWORTHY

Al-Qur'an 14:1



Repentance and Steadfastness when performing good actions

By Nisa Ahmad

Istiqamah is defined as the right direction in obeying Allah (The Most High). Allah (The Most High) says in the following verse:

“Indeed, sincere devotion is due ‘only’ to Allah. As for those who take other lords besides Him, ‘saying,’ ‘We worship them only so they may bring us closer to Allah,’ surely Allah will judge between all¹ regarding what they differed about. Allah certainly does not guide whoever persists in lying and disbelief.”
[Quran, Surah Al Zumr (The Troops), 39:3]

In one of the hadiths, narrated by Abu Hurairah (may Allah be pleased with him), the Prophet (peace be upon him) said:

"Leave me as I have left you (Do not ask me the minor things that I have avoided to tell you). For those who came before you were doomed because of their questions and differences with their Prophets. If I command you to do something, then do as much of it as you can, and if I forbid you from doing something, then refrain from it."

[Hadith, Sunan Ibn Majah, Vol. 1, Book 1, Hadith 2]





Both pieces of evidence from the Quran and hadith present the importance of istiqamah. One of my personal goals that allowed me to obtain istiqamah is the face veil called the niqab. A niqabi is a person covered with the niqab and; a hijabi is a person observing the hijab.

My choice to wear the niqab was not obligatory - it was a choice. However, once you start to wear it, it should be a continuous act. The niqab provided me with patience and a strong, and sensitive heart to maintain istiqamah and have faith. It also did not limit my activities because I am still socialising with my friends and doing things I enjoy.

Another way to remain istiqamah is to do good to the people around us. To think good, be kind and have a positive attitude in the environment around you.

There are several questions I think and ask myself about the niqab and istiqamah during the process of changing:

"It's hard if a friend invites you to hang out at a restaurant."

"How to eat with your mouth closed?."

"Is there any work when wearing the niqab (for social media / public figures)?."

For those who are still single, "will the partner accept women wearing the niqab?."

"Wearing this niqab must take care of speech etiquette, behaviour and others. But, I'm a bad person - can I still wear one?."

Allah (The Most High) says in the Quran:

"Whoever fears Allah, He will open a way out for him, and He will provide for him from the direction he did not expect. And whoever puts his trust in Allah, Allah will suffice him. Indeed, Allah performs His affairs. Indeed Allah has made provision for everything".



Please do not be afraid or worry if someone sees the niqab as a barrier for working women. Death, sustenance, jobs, relationships e.g. marriage and friendship are in the hands of Allah (The Most High). Our role as His pious servants is to surrender, pray and put trust in Him always. He alone is the Most Merciful and loves those who want to change and improve.

Abu Hurairah (may Allah have mercy upon him) reported that The Prophet (peace be upon him) said:

“People whose hearts are like the hearts of birds will enter Paradise.”

This verse suggests that those who rely on Allah or have soft hearts (Al Nawawi, 2010). In another hadith, Anas ibn Malik (may Allah be pleased with him) reported that the Prophet (peace be upon him) said:

"When a disbeliever does a good deed, he is rewarded for it in this world. As to the believer, Allah, the Almighty, saves his good deeds to reward him in the Hereafter and provides him with sustenance in this life as a reward for his obedience." Another narration reads: "Allah does not deal unjustly with a believer regarding a single good deed. He is given blessings for it in this world and will be rewarded for it in the Hereafter. As to the disbeliever, he is given sustenance as a reward for his good deeds in this world, so when he comes to the Hereafter, there are no more good deeds for him for which he can be rewarded."

[Hadith, Muslim]

The scholars have explained that when a disbeliever does a good act of obedience, Allah (The Most High) will reward him/her in this life alone with sustenance whereas, for the believer they will get a reward in this life and the Hereafter for the act of obedience. For example, this may include good character, kindness, relationships and other good deeds. However, if the disbeliever enters Islam, he/she will be rewarded both worlds.



In another Quranic verse, Allah (The Most High) states:

"Allah does not burden a person except according to his ability. He got (reward) from (the good) he did and he got (punishment) from (the evil) he did. (They prayed), "Our Lord, do not punish us if we forget or we make a mistake. Our Lord, do not burden us with a heavy burden as You burdened those before us. Our Lord, do not burden us with what we are not able to bear. Forgive us, forgive us, and have mercy on us. You are our protector, so help us to face the disbelievers. "

[Quran, Surah Baqarah (The Cow) 2:289]

Therefore, guidance belongs to Allah (The Most High). At the right time, He will open the heart of His servants and change it for the better.

So please take the golden opportunity in Ramadan while you can perform. If Allah (The Most High) closes His servant's heart, he will no longer get the guidance because guidance is special and limited to the servant He chooses.

So please continue to do good and spread good around you even to those who lack mannerism. Please forgive them and forgive yourself for the sake of Allah (The Most High). Sometimes Allah (The Most High) brings such people for the sole purpose of testing us. He wants to see the extent of our patience when being tested. Seek forgiveness and repentance from Allah (The Most High) because he is the Most Forgiving and Most Merciful.

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Dua for forgiveness

«اللَّهُمَّ إِنِّي ظَلَمْتُ نَفْسِي ظُلْمًا كَثِيرًا، وَلَا يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ، فَاعْفِرْ لِي مَغْفِرَةً مِنْ عِنْدِكَ وَارْحَمْنِي، إِنَّكَ أَنْتَ الْغَفُورُ الرَّحِيمُ».

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/allaahumma innee Żalamtu nafsee Żulman katheera(w), walaa yaghfirud-đunuuba illaa ant(a), faghfir lee maghfiratam-min ĩindik(a), warĥamnee, innaka antal-ghafuurrur-raĥeem/ (Sahih Al-Bukhari # 834)

"O Allah! I have wronged myself considerably. None can forgive sins but You. Grant me Your forgiveness. You are the Ever-Forgiving, the Merciful."

Source: Comprehensive Du'aa, By: Khaled Al-Jeraisy

اللهم إني أسألك برحمتك التي
وسعت كل شيء أن تغفرلي
ذنوبي

Oh Allah. I ask you through the
medium of that mercy of yours,
that encompasses everything,
that you forgive my sins.

[Hisnul Haseen]

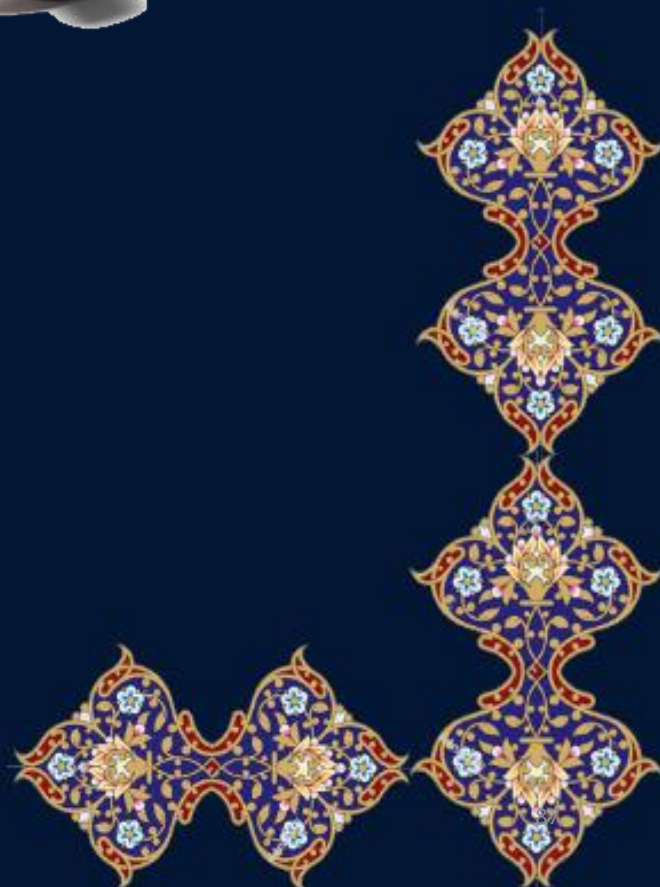
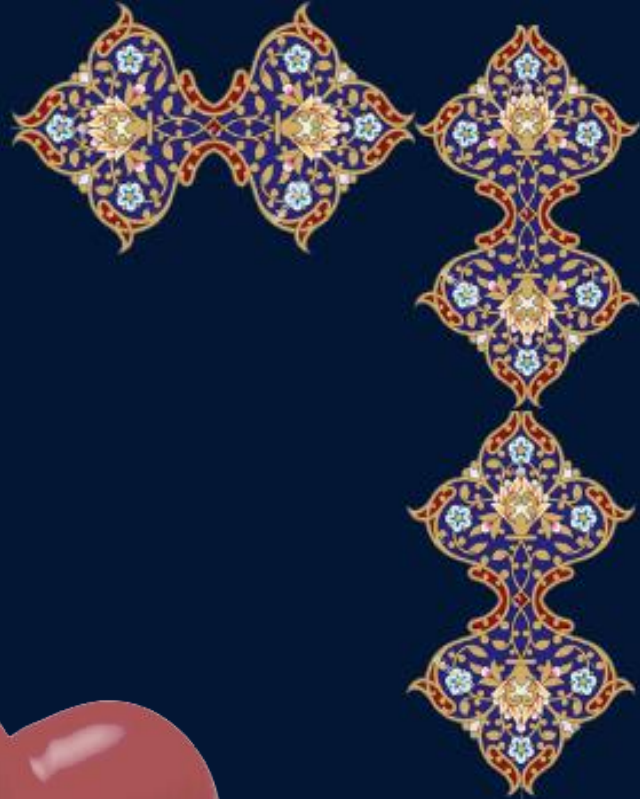


بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ





Health development





Taking care of your health during Ramadan

The Desert Rose

Taking care of our health is very important not only during Ramadan but also throughout the year. Here are gentle reminders to consider because how we manage our lifestyle reflects our health and well-being. Here are four top tips.

How to keep our bodies hydrated.

Water consists of more than 70% of our body and; it has several functions, helping food to break down (digest), maintain balance, control calories and making the skin healthy and good. It is advised to drink water at Suhoor and after the Iftar. Other hydrating drinks, for instance, coconut water and herbal tea can prevent tiredness (lethargy). However, this excludes coffee and soda drinks because they have a high acid content that may cause heartburn and indigestion.

The importance of Suhoor.

Suhoor is the time before dawn and Muslims make the intention and eat and prepare themselves for the fasting period. There are many benefits, for instance, easier to fast and the strength to worship. There is a hadith which states the following:

Narrated by Anas ibn Malik (may Allah have mercy upon him) said:
The Prophet (peace be upon him) said:

“Eat suhoor, for in suhoor there is a blessing.”

[Al-Bukhari 1923, Muslim 1095]

The Prophet (peace be upon him) used to delay Suhoor as much as possible to get a good sleep schedule.

Food with carbohydrate and fibre contents.

Carbohydrate is needed to provide our body with energy for cellular and biochemical processes to work. Besides, enzymes, high dietary intake of fibre helps break down (digest) food from large molecules to small molecules; so they can enter the blood much easier via the thin wall of the small intestines to be used in these processes. For instance, proteins digest into amino acids; carbohydrates digest into glucose and fats digest into fatty acids and glycerol.

The amount of fibre and carbohydrate can vary according to the symptoms you experience if you have digestive disorders and; therefore; please contact your G.P.

Examples of food with high carbohydrate/starch content is bread, pasta and rice. Examples of food that contains fibre divided into the insoluble and soluble fibre. Wholemeal bread, pasta and rice are examples of insoluble fibre because wholemeal cannot enter the intestines without being digested. It also helps other foods to pass through the digestive systems and lowers the risk of bowel cancer. However, please decrease the amount of insoluble fibre diet if you experience diarrhoea.



Soluble fibre lowers cholesterol levels and; and found in fruits, vegetables, and oats. If you experience constipation, please gradually increase the number of soluble fibres to aid stools to leave the body. Another tip is to avoid cauliflower and cabbages that can bloat the stomach.

Fruits and vegetables.

Eating fruits and vegetables at Suhoor or with Iftar helps boost your immune system. They have high levels of vitamin C and minerals with low-fat content. There are several benefits where it lowers the risk of heart diseases, cancer, diabetes type 2, stroke and other non-communicable diseases.

Example of vegetables include cucumbers, leeks, red and green peppers. Examples of fruits include tomato, oranges, apples, banana, and other fruits. They can be eaten naturally, salad fruit, smoothie or can be used to make soup.



*"Eat of the good things we have
provided for your sustenance,
but commit no excess therein,
lest my wrath should justly
descend on you, and those on
whom descends my wrath do
perish indeed"*

[Quran, Surah Taha, 20:81]



FIX YOUR HEART AND BODY PRACTICALLY WITH EXERCISE

By Rowah Hasan

Rowah Hassan is a 44-year-old mother of three wonderful children. She has been a personal trainer for over 15 years and is currently successfully managing and running three businesses: Burn Fitness, Fun Fit Kids and CrossPump Bootcamp. Rowah is a pioneer in making a career out of fitness for Muslim women and believes that through her example, she is paving the way for the next generation of Muslim women who will hopefully have to face fewer hurdles from both the Muslim and non-Muslim community. She is encouraged through positive feedback given by her peers and observes the determination exhibited by women around her. She believes a strong and united sisterhood makes a more cohesive, forward-thinking community.

The month of Ramadan is a time of worship for our Muslim brothers and sisters. Unfortunately, during this month, many believe they should not work out for various reasons. While it is important to understand that we should not stress our bodies more than they can physically handle, we also need to remember to keep a balanced lifestyle. We should not aim to lose weight, gain muscle or improve our physical capabilities during Ramadan, but rather to try and maintain them. This includes putting the right foods into our bodies as well.

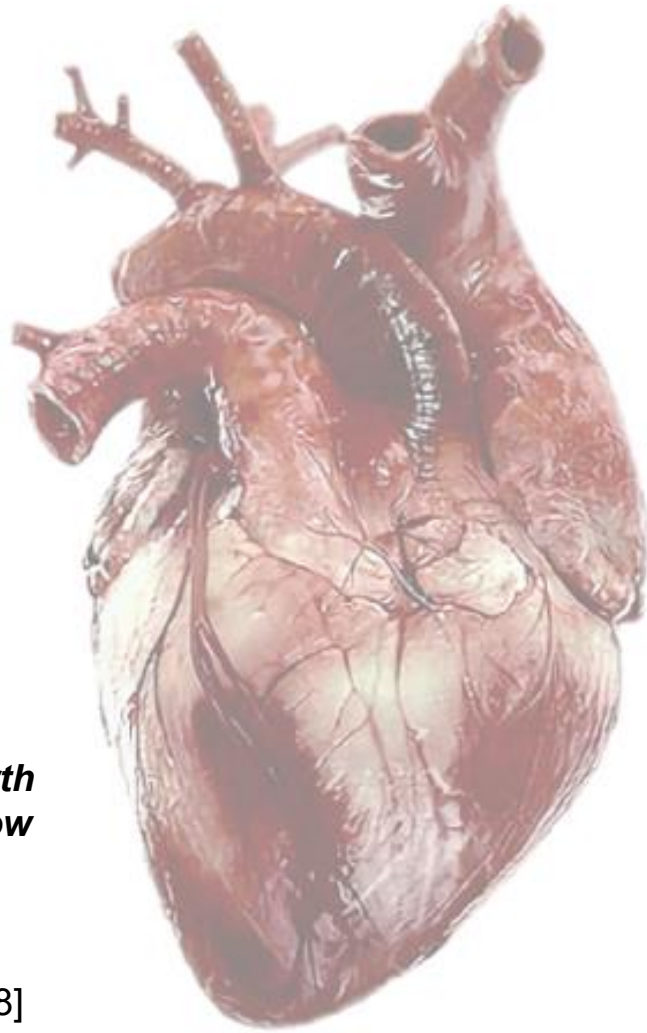
In the Quran, Allah (The Most High) has recommended us to:

"O mankind, eat from whatever is on earth [that is] lawful and good and do not follow the footsteps of Satan. Indeed, he is to you a clear enemy."

[Quran, Surah Al Baqarah (The Cow), 2:168]

"And spend in the way of Allah and do not throw [yourselves] with your [own] hands into destruction [by refraining]. And do good; indeed, Allah loves the doers of good."

[Quran, Surah Al Baqarah (The Cow), 2:195]



Here are a few tips to follow during Ramadan:

Don't stop working out:

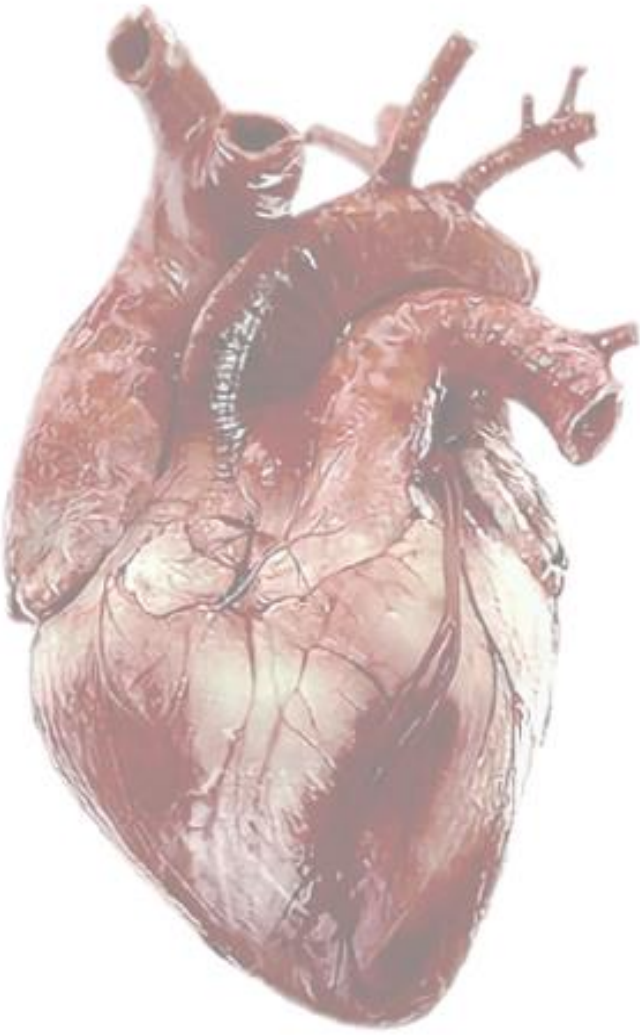
Continue to exercise from the beginning of Ramadan, your body maintains muscle mass if it feels it is needed. When you stop exercising, your body will slowly build back what it feels is unnecessary luggage costing extra energy.

Adjust the Intensity

On a typical day in Ramadan, you have fasted for 9+ hours with a busy day behind you. Under those circumstances, pulling off your usual intensity is very hard to do. There is nothing wrong with you here: your carbohydrates are what let you work out with intensity. Either adjust the weight or the number of reps. If you want to continue with your usual weight load, allow doing fewer repetitions and be sure to lower the weight if you fail to reach your normal number of minimum repetitions.

Include cardio (working on the heart) exercise.

I recommend doing 2-4 cardio sessions a week at most. This is to preserve lean muscle tissue. It is safer to do intense cardio after you have broken your fast or right after Fajr. However, if you are looking to burn a little more fat tissue, the best time to train is before breaking your fast. Training whilst fasting DOES burn fat because your body uses fat for energy.



Keep Hydrated.

Please ensure that you drink more than your usual amount of water after sunset and before sunrise. It is important not to get dehydrated. Depending on where you're seeing Ramadan, the weather may be cooler than usual, hence we forget to drink when permissible. Try to drink at least three glasses before Fajr and 6-7 glasses of water after Maghrib.

I like to mix up some core work with cardio, an example session plan would be:-

Warm Up with Dynamic Stretches, three sets of the following:

- **Plank 30 seconds**
- **Abdominal Crunches 30 seconds.**
- **Heel Taps 30 seconds.**
- **Russian Twists 30 seconds.**

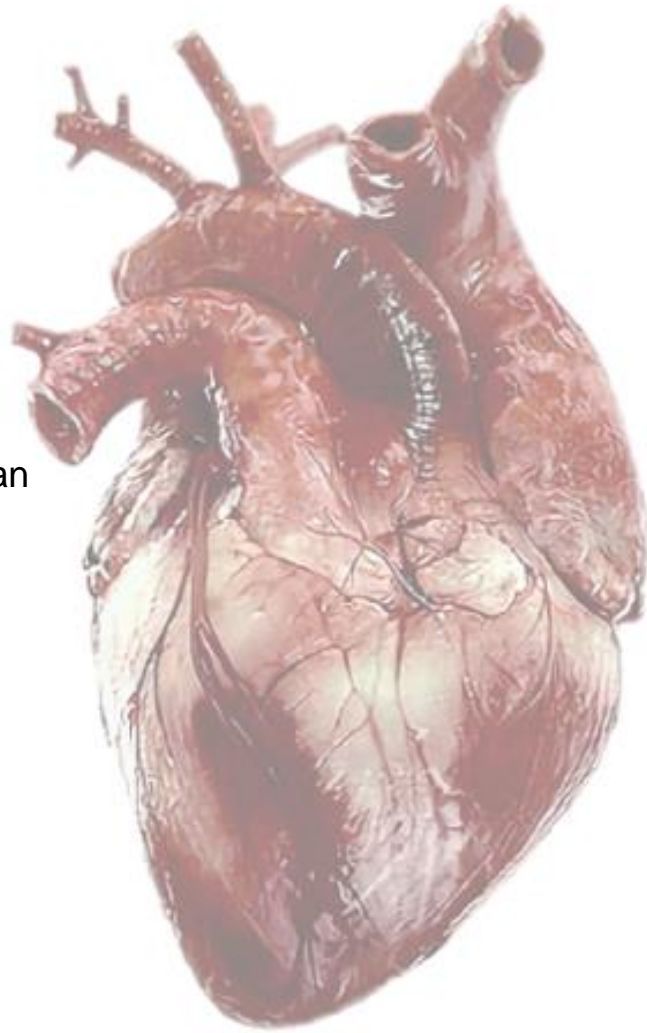
Walk for 10 minutes before completing 3 sets of the following:

- **30 Squats**
- **30 walk Lunges**
- **30 Leg Raises**
- **30 Donkey kicks (each leg).**

Walk for a further 10 min (vigorous) then 3 more sets of:

- **30 Bicep Curls.**
- **30 Tricep Dips.**
- **30 Press-ups.**
- **30 Chest Butterfly**

I recommend you adjust the time or reps to suit you if you cannot complete all 3 sets then reduce the repetitions you do to 15 or 20, if you feel like more of a challenge then increase the number of reps and increase the weight you hold. Feel free to follow me on social media for tips and workout videos during Ramadan and, also throughout the year. Ramadan Kareem to you all, may Allah (The Most High) bless you all during this month.



Ramadan Recipes By Shama Farag

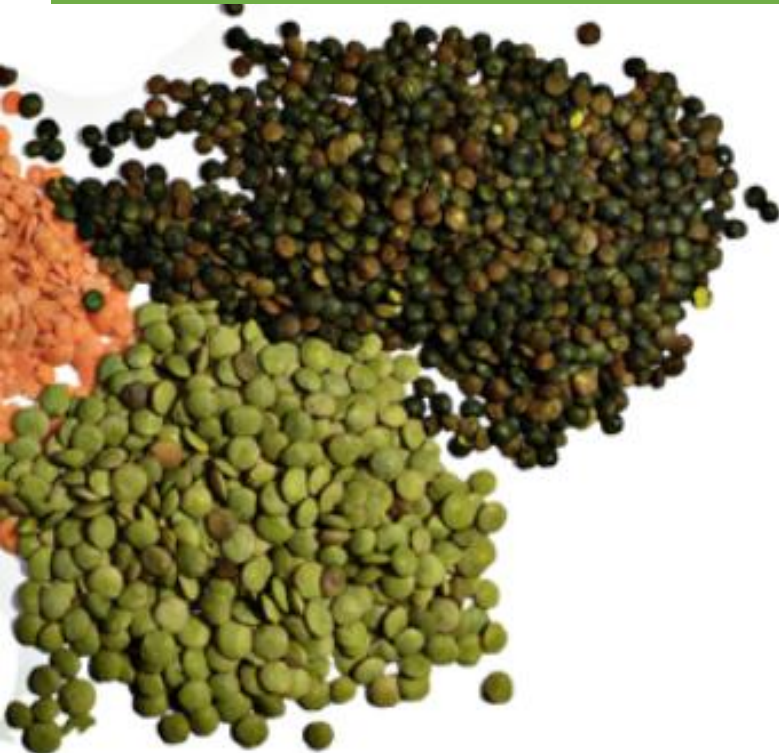


Lentil Soup

Shama Farag is a bilingual author who studied creative writing at Wesleyan University, Studied digital storytelling techniques at the University of Houston System, also Writing for young readers at Commonwealth Trust. Shama is a web content manager at Many Cultures One Community (MAPS-MCOC). Also, she is the chief editor of Little Farah Magazine form kids, and she also blogs for Arabic-post dot com.

Shama has many self-published books in both Arabic and English languages. She is the author of Egyptian Food Made Easy, I'm Different...I'm Special!, Hi, I'm Syrian, Kermalak Novel, Arabic Practice Guide for Non-Arabic Native Speakers Level one and Level two.

Lentil soup can be amongst your healthy vegetarian options during the blessed month of Ramadan. It is delicious, filling and has a beautiful aroma smell. It is a common staple dish in many parts of the world.



You will need:

- 1 ½ cup of lentil
- A tomato
- One potato
- Two onion
- 4-5 cloves of garlic
- One carrot
- Salt
- Grounded black pepper
- Grounded cumin power
- Boiled water

Step by Step Procedure

1. Wash 1 ½ cup of lentils and boil it in the pan.
2. Chop one tomato, one potato, one onion, carrot, 4-5 cloves of garlic into small sizes and add to the pan.
3. Add ½ teaspoon of salt, a pinch of ground black pepper, ¼ teaspoon cumin to the mixture.
4. Add water, and it should be an inch over the ingredients.
5. Boil for 25 minutes over low heat.
6. When all the mixture became ripe and fragile, wait until the mixture cools off and blend it.
7. For the corner, please fry one onion in butter and add the caramelized onion on the top of it can be served with a bowl of chopped onions rinsed in a mixture of vinegar and water.

Additional tips:

- Some folks fry some mini spaghetti in butter and add the fried mini spaghetti to the blended mix.
- A Syrian friend of mine adds zucchini/courgette and boils it with the vegetable lentil mixture. Then, she fries chopped onions and garlic in olive oil and serves them on top of the soup.



Recipe: Egyptian Food Made Easy by Shama Farag
Photo credit: Helmy Photography
On Amazon, please search:

Egyptian Food Made By Shama Farag

Bil hana wish shifa
With Blessing and Healing.
بالهنا والشفاف





❁ وَهُوَ الَّذِي أَنْشَأَ جَنَّاتٍ مَّعْرُوشَاتٍ وَغَيْرَ مَعْرُوشَاتٍ
وَالنَّخْلَ وَالزَّرْعَ مُخْتَلِفًا أُكُلُهُ وَالزَّيْتُونَ وَالرُّمَّانَ
مُتَشَابِهًا وَغَيْرَ مُتَشَابِهٍ كُلُوا مِنْ ثَمَرِهِ إِذَا أَثْمَرَ وَءَاتُوا
حَقَّهُ يَوْمَ حَصَادِهِ وَلَا تُسْرِفُوا إِنَّهُ لَا يُحِبُّ

الْمُسْرِفِينَ ﴿١٤١﴾

“And He it is who causes gardens to grow, [both] trellised and untrellised, and palm trees and crops of different [kinds of] food and olives and pomegranates, similar and dissimilar. Eat of [each of] its fruit when it yields and give its due [zakah] on the day of its harvest. And be not excessive. Indeed, He does not like those who commit excess.”

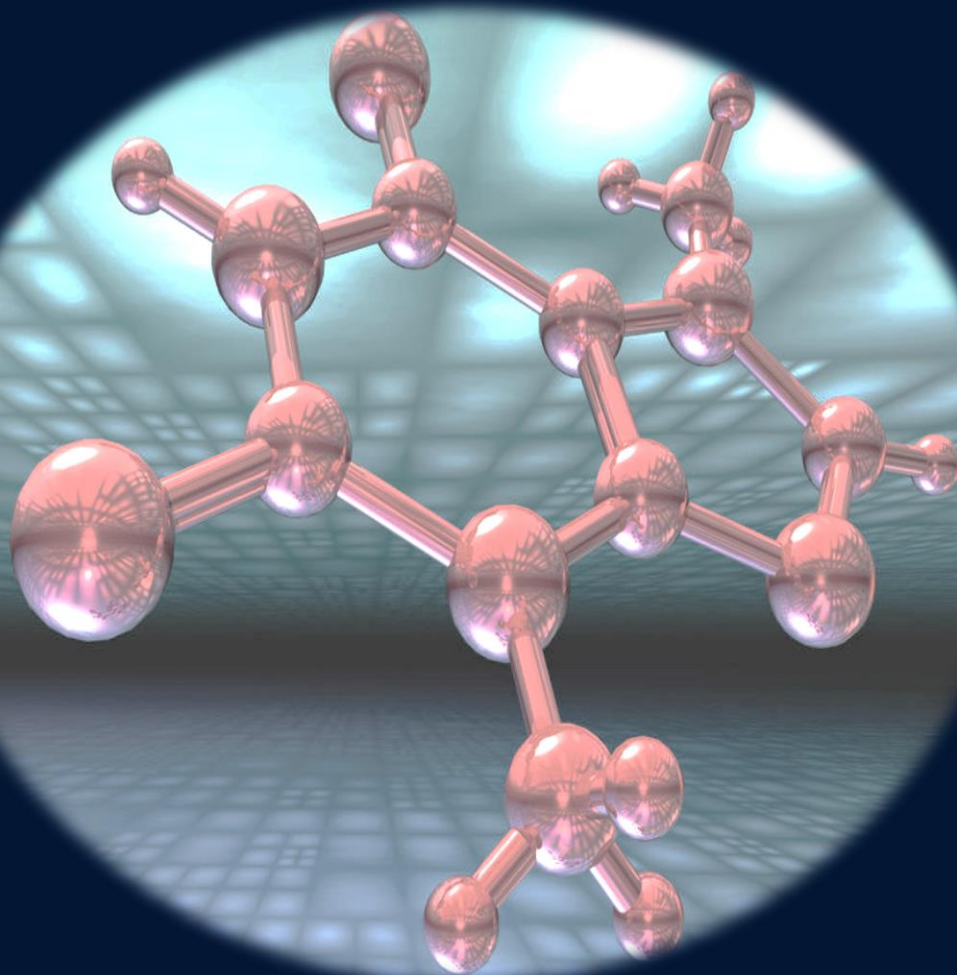
[Quran, Surah Al Anaam (The Cattle) 6:141]





Social development







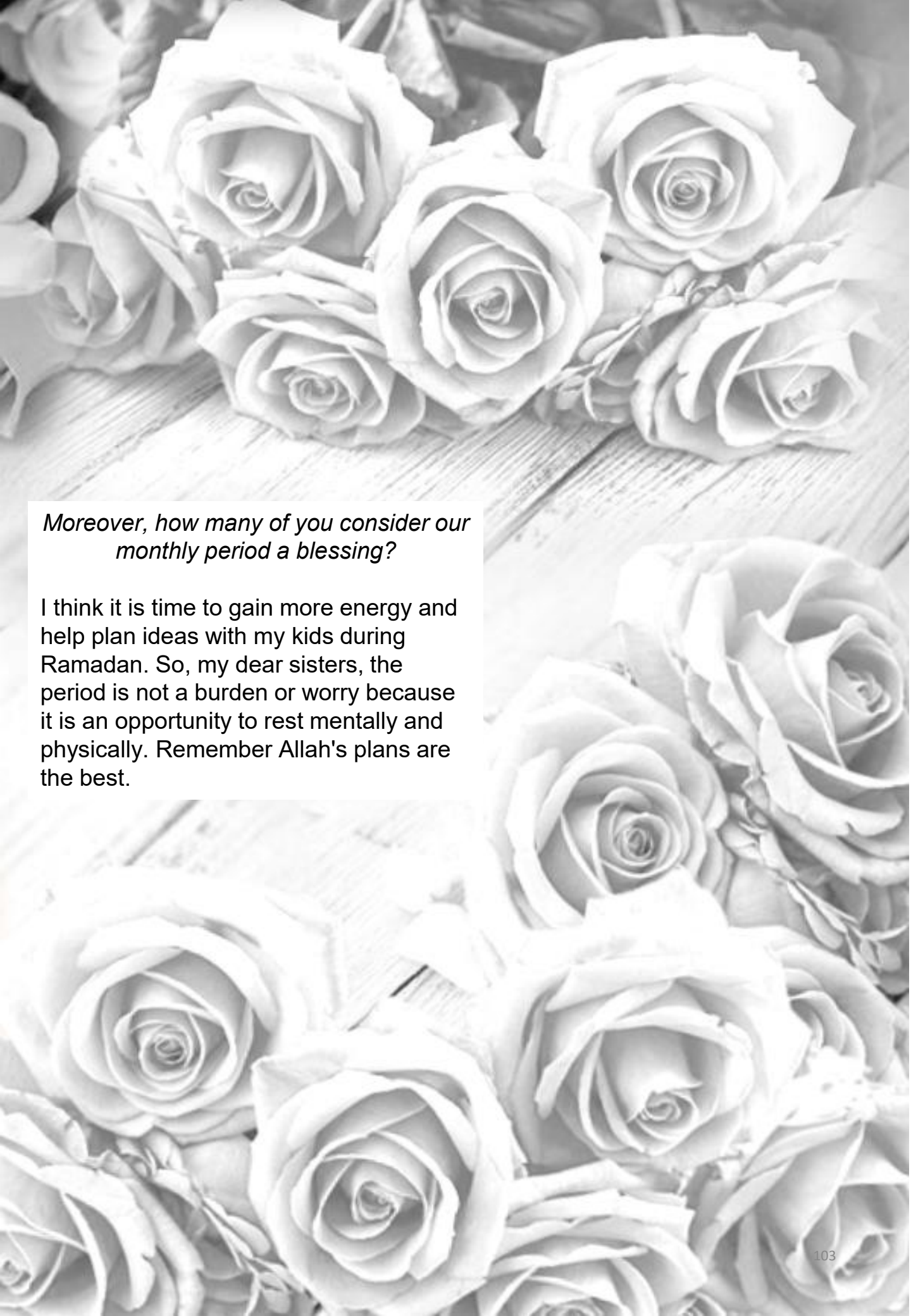
Sisters: How to spend Ramadan with family?

By Ustadha Benish Adeel

My dear sisters, Ramadan is the best time to give time to yourself and your children. Being a woman who is fasting during the month of Ramadan, we naturally have less energy and physical strength to approach any ideas to keep the children busy.

In the month of Ramadan, we have more spiritual strength than physical strength. It is the only form of power that pushes us towards our chores, or children and other commitments. In other words, when we are fasting, we are spiritually uplifted to do things.

During the day between chores, we become less energized physically and want to rest and; this is especially when having young children. It is important to remember that Allah (The Most High) watches our struggles. When we stand to pray, our Imaan (faith) is recharged.



Moreover, how many of you consider our monthly period a blessing?

I think it is time to gain more energy and help plan ideas with my kids during Ramadan. So, my dear sisters, the period is not a burden or worry because it is an opportunity to rest mentally and physically. Remember Allah's plans are the best.

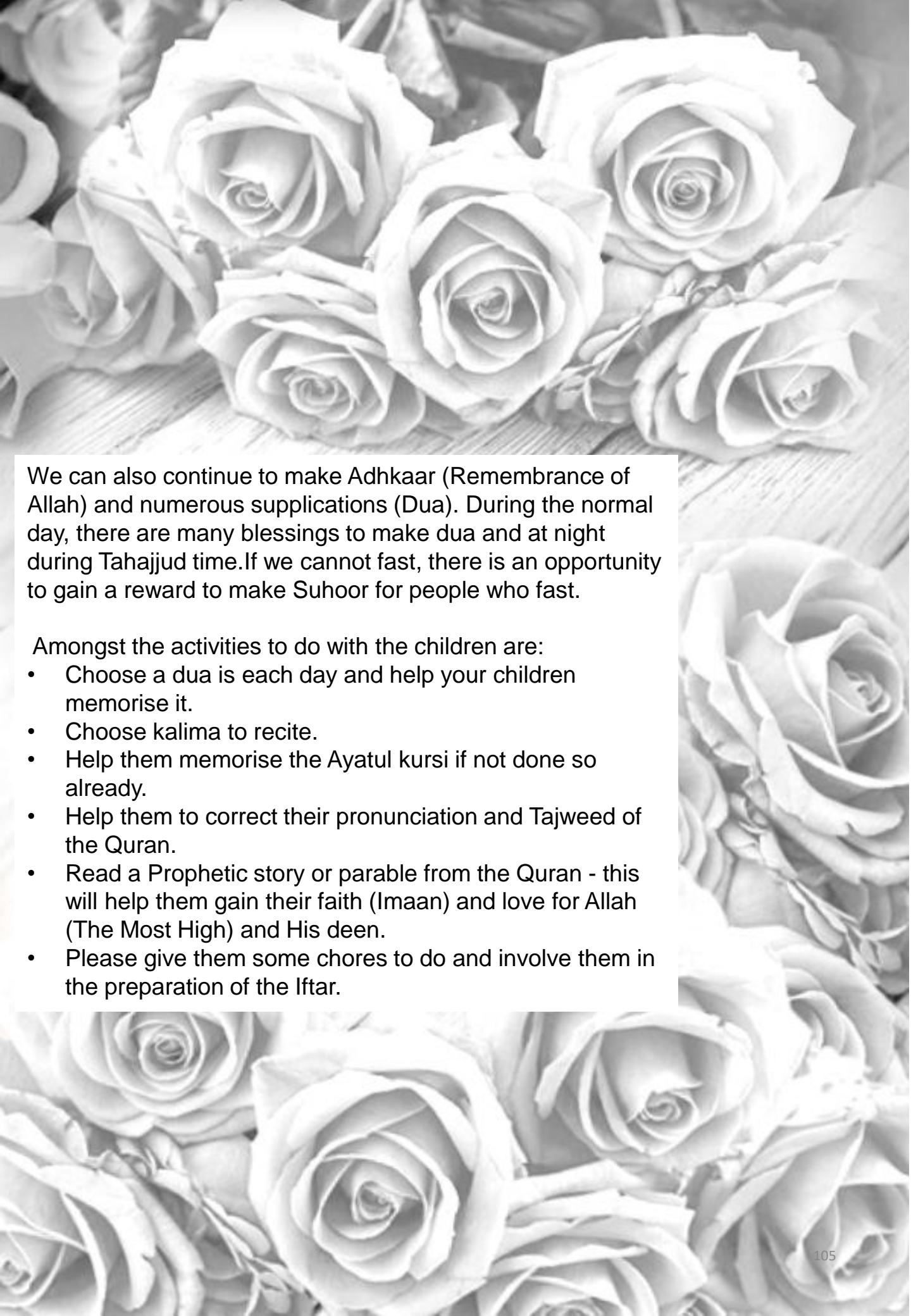


Why mentally relaxed?

We are somehow relaxed back in our heads that we are not praying because we want to ensure we make wudhu (ablution) and prayer (Salah) with Khushoo (sincerity, submission and humility) and Hudoo (quietness). You do not have to rush things or rush your prayers. Making our Salah is our priority in our daily routine. It allows us to become stronger when praying again after the period completes.

Why physically relaxed?


We have extra energy since we are not fasting because we consume food and drink throughout the day after running behind the kids. Alhamdulillah (All Praise to Allah), for Allah's blessings and His wisdom behind them. SubhanAllah (Glory Be to Allah).



We can also continue to make Adhkaar (Remembrance of Allah) and numerous supplications (Dua). During the normal day, there are many blessings to make dua and at night during Tahajjud time. If we cannot fast, there is an opportunity to gain a reward to make Suhoor for people who fast.

Amongst the activities to do with the children are:

- Choose a dua is each day and help your children memorise it.
- Choose kalima to recite.
- Help them memorise the Ayatul kursi if not done so already.
- Help them to correct their pronunciation and Tajweed of the Quran.
- Read a Prophetic story or parable from the Quran - this will help them gain their faith (Imaan) and love for Allah (The Most High) and His deen.
- Please give them some chores to do and involve them in the preparation of the Iftar.



It will help build their interest and help more in the house. In sha Allah (if Allah wills).

My dear sisters, there is still time to be more organized by planning, writing and applying them. May Allah (The Most High) help me and you to achieve our goals and reward our intentions. Ameen, Remember me in your duas.



How to make kids enjoy Ramadan?

By Nourin Ibrahim

Nourin is a happy homemaker, a joyful mom and a simple writer whose aim is to inspire female minds.

Ramadan is a special month and excites many Muslims across the world. It is a feeling that is unexpressed through words.

*Have we ever thought about what it is like from a child's perspective?
Are they excited about the arrival of Ramadan?*

As parents and teachers, we must enlighten and spread the joy of Ramadan into their little hearts. Here are some ideas you could try to initiate and maintain the love of Ramadan in our children:

- 1) Discuss the blessed month months before its arrival. Help them understand it is a BIG DEAL-This will help them wait for Ramadan eagerly.
- 2) Teach them to supplicate and pray to Allah (The Most High) whilst waiting for its arrival.

"Allahuma Balighna Ramadan"

May Allah grant us the ability to reach Ramadan.



There are many nasheeds available online that are both entertaining and educational.

3) Create halaqas for children of the same age. This will increase interaction and allow them to share their views and thoughts about Ramadan. If this is unachievable in person, a virtual arrangement can be performed that involves various crafts, games and activities to keep them motivated and occupied. It will also help them identify the real purpose of fasting and the virtues behind it.



“O You who believe! Fasting is prescribed upon you as it was prescribed on those before you so that you may attain Taqwa.”

[Quran, Surah Baqarah (The Cow) 2:183]

4) Create a solid foundation before proceeding with anything else. Taqwa (piety, fear of Allah) introduced from a young age. A well-lit home dedicated to worshipping Allah (The Most High) through prayer and other acts is a great start to initiate the mood.

This may include getting prayer dresses, mats and a Rainbow Quran.



5) Involve the kids at home when preparing and giving gifts during Ramadan and Eid - a time of joy and peace.

6) Read Ramadan-related books - It is a wonderful way for children to read to extend their knowledge and explore different aspects of Ramadan through stories.

7) Make a record of different acts of worship on a daily tracker - daily trackers are readily available online for free and printable.

8) Educate your children on the importance of sadaqah (giving charity) and make it creative with a DIY sadaqa box to keep money aside.

9) Encourage them to fast - this is dependent on their overall health and age. You could start with fasting for half a day and is rewarded with a gift because they completed their first fast. For instance, prepare their favourite dish.

10) Involve children when cooking or setting up the table for Iftar.

11) Create surprise Eid gifts to bring joy for the young and the older kids making it extra special.

These are some tips I wanted to share, so please give your children Ramadan joy, peace, happiness and goodness for Ramadan is a month full of blessings.





*And those who say, "Our Lord,
grant us from among our wives
and offspring comfort to our eyes
and make us an example for the
righteous."*

[Quran, Surat Al-Furqān (The Criterion) 25: 74]



RAMADAN WORDSEARCH

F	P	K	I	N	T	R	L	O	V	E	F	I	A
A	R	U	H	R	T	R	H	H	T	T	O	H	Q
M	A	O	L	A	N	T	E	A	O	S	R	I	I
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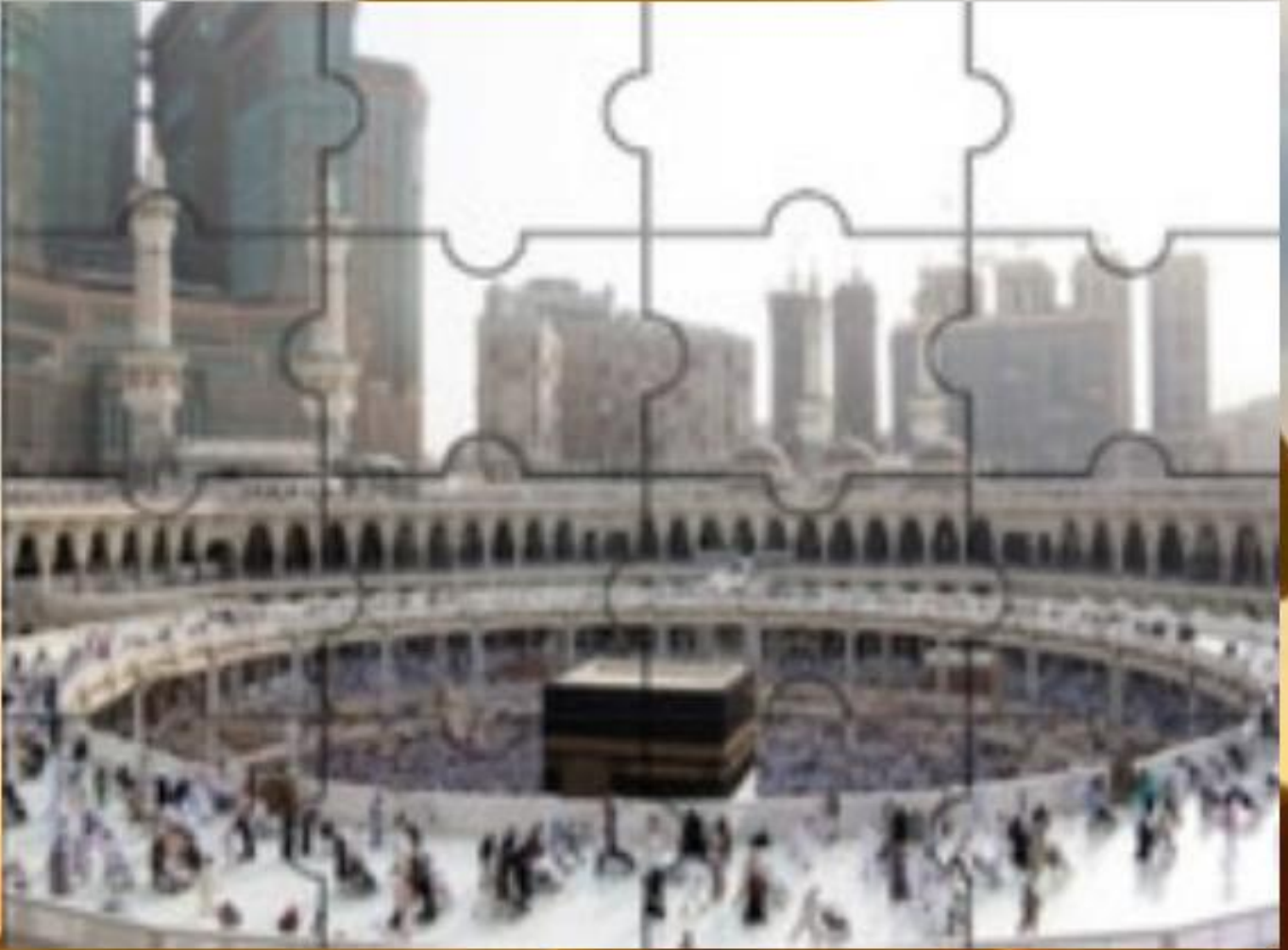
RAMADAN
FAMILY
CHARITY
EID
FITR

SUPPLICATION
SHAYTAN
PROTECTION
MERCY
PRAYER

FORGIVENESS
DUA
ALLAH
ZAKAT
DHIKR

LOVE
CONNECTION
SUHOOR
TARAWEEH
QIYAM

FARAH JIGSAW PUZZLE

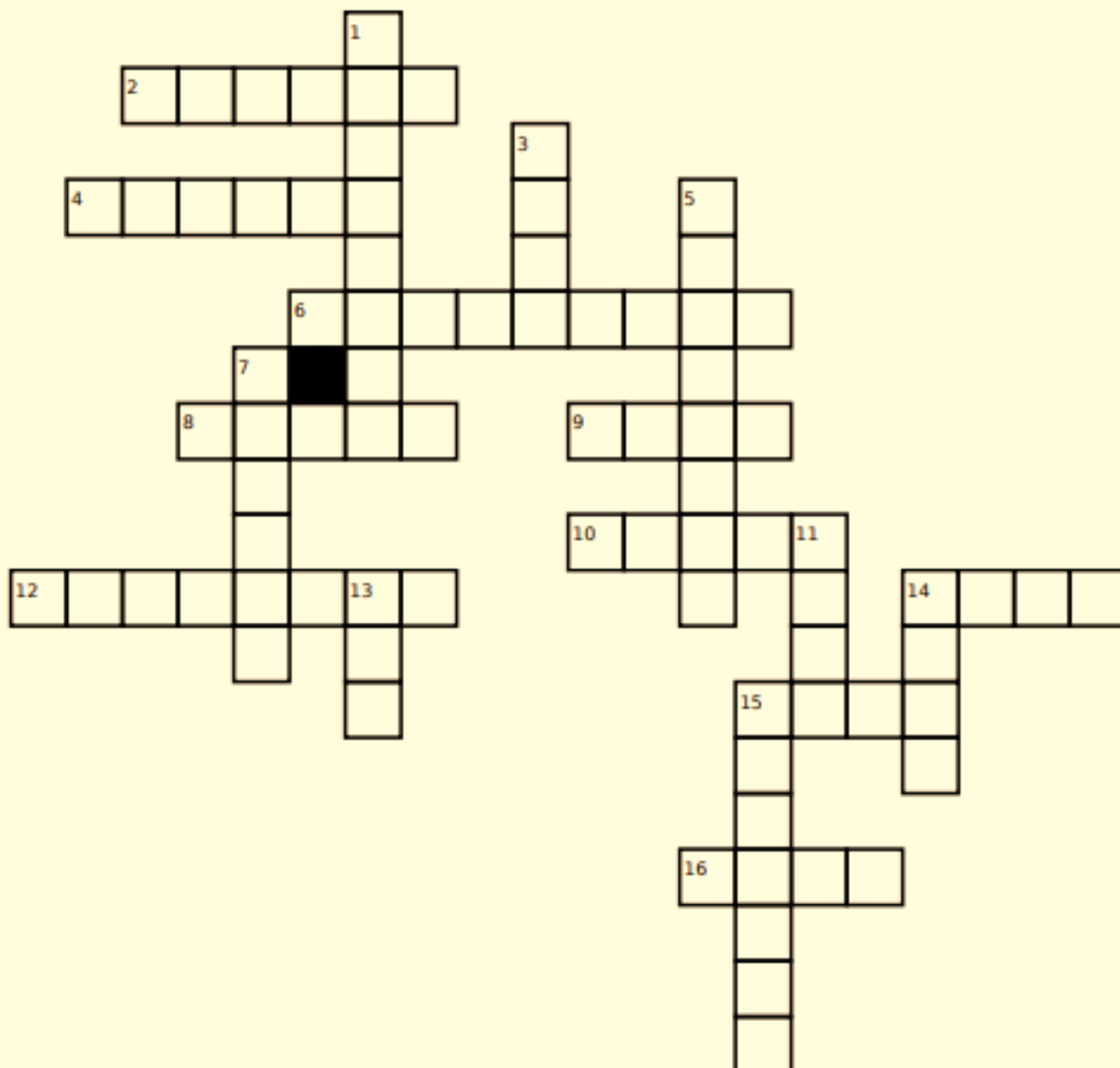


One minute
challenge: Can you
rearrange the jigsaw
puzzle in one
minute?

THE RAMADAN MAZE!



The Quran was revealed during Ramadan to our Beloved Prophet Muhammad (pbuh). It is the centre core for our life and guidance to all mankind.



Down:

1. The Quran was revealed for this purpose for all mankind.
3. The start of Ramadan is based upon this.
5. The Night of Power is better than a _____ month.
7. It is the name of the gate to enter Paradise in which people who fast.
11. It is the name of the cave in which the Quran was revealed to Muhammad pbuh in Makkah.
13. The end of Ramadan is celebrated with this festival.
14. Ramadan is divided into three sets of 10 days: Mercy, Repentance and protection from _____.
15. It is the name of the Surah that affirms the Quran was revealed during Ramadan.

Across:

2. Ramadan is when Muslims fast, give charity, perform good deeds, no sexual relations and not do _____ acts.
4. It is narrated by Abu Hurairah (ra) that Prophet Muhammad (pbuh) said. Fasting is a _____. So the fasting person should avoid obscene speech and should not behave foolishly and ignorantly, and if somebody fights with him or insults him, he should tell him twice, 'I am fasting.' By the One in Whose hand is my soul, the smell that comes from the mouth of a fasting person is better in the sight of Allah than the scent of musk. (Allah says about the fasting person), 'He has given up his food, drink and desires for My sake. The fast is for Me and I will reward (the fasting person) for it and the reward of good deeds is multiplied ten times.'" [Al-Bukhari, 1894; Muslim, 1151]
6. Like with every action, Ramadan starts with this

THE RAMADAN CROSSWORD



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