

Farah Ramadan Magazine

Issue 12

Ramadan 1447AH

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FARAH

PROPHETIC STEPS

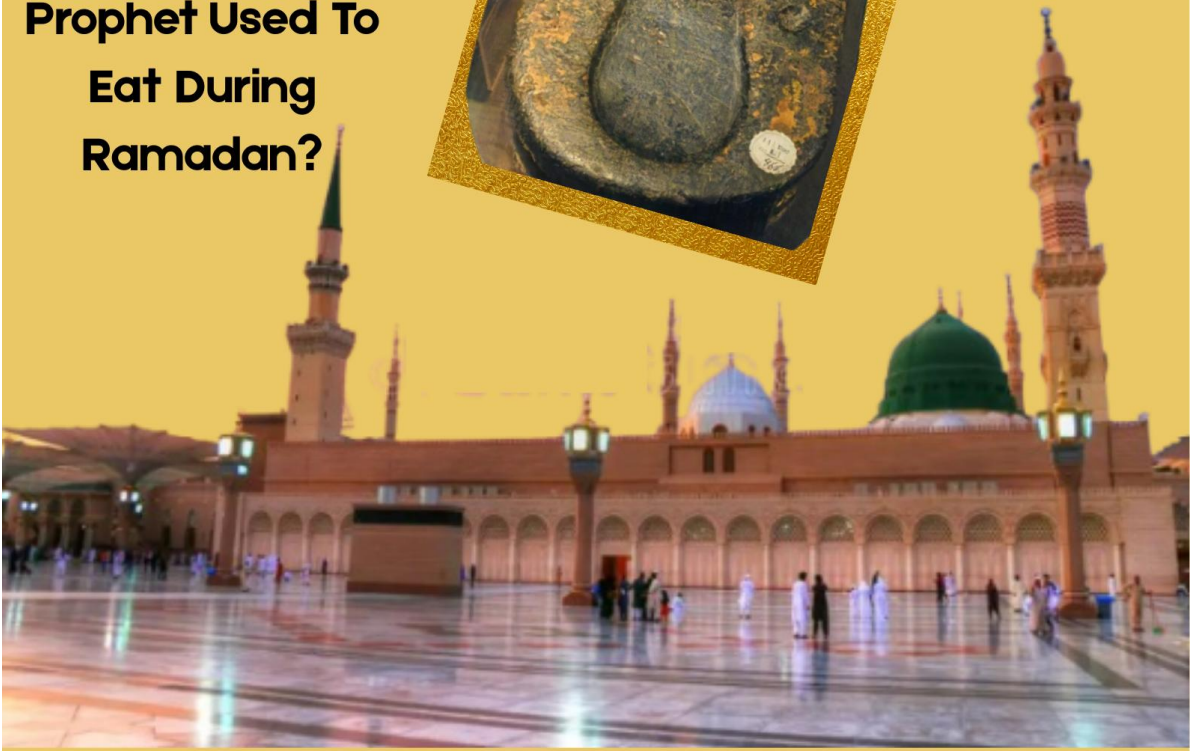
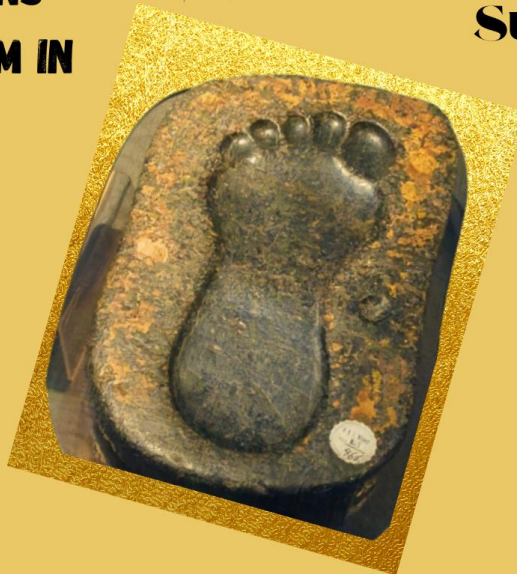
**HOW DID THE PROPHET
AND HIS COMPANIONS
(SAHABAH) PERFORM IN
RAMADAN?**



**What Is The
Sunnah?**

**Ramadan
Dua Jigsaw**

**What Did The
Prophet Used To
Eat During
Ramadan?**



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محمد رسول الله

عليه وآله وسلم



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

وَمَا أَرْسَلْنَاكَ إِلَّا

رَحْمَةً لِّلْعَالَمِينَ

“We have sent you ‘O Prophet’ only as a mercy for the whole world.”

[Surah Al-Anbiyah (The Prophets), Verse 107]



EDITORIAL

Esteemed readers,

السلام عليكم ورحمة الله وبركاته

Assalamu Alaykum Wa Rahmatu Allahi Wa

Barakatu

[Peace to be upon you with God's mercy and
blessings]

Alhamdulillah, the blessed month of Ramadan is
upon us once again. What a privilege it is to
experience and feel the beauty of this holy month.



EDITORIAL

Believing in Allah as the One true God and acknowledging Prophet Muhammad (peace be upon him) as the final Messenger of Islam are essential for every Muslim. Our faith is not complete if we affirm belief in Allah yet fail to believe in the Prophet (peace be upon him).

The prophet of Islam sacrificed immensely for the ummah, and Prophet Muhammad (peace be upon him) was sent as a guidance for all of humanity.

It is our duty to love him, to follow his footsteps, and to refrain from what he warned us against. This year's magazine theme focuses on reviving the Sunnahs of the Prophet (peace be upon him).



EDITORIAL

The sunnah is not merely a collection of optional actions. In the midst of our busy routines, the simple practices of the Prophet (peace be upon him) such as a smile to a brother or sister, speaking with kindness, eating with moderation and using our right hand, using the miswaak to brush our teeth etc, can easily slip away from us. Yet these small acts carry immense weight, shaping our character and strengthening the bond between us and our Lord.

Ramadan presents a golden opportunity to rekindle these prophetic habits. As we purify our bodies through fasting, we are reminded to purify our actions through adherence to the Sunnah.



EDITORIAL

In this edition, we hope to inspire our readers with reflections, reminders, and practical steps to reconnect with the Sunnah in daily life. May this Ramadan be a means for us all to cultivate sincerity, strengthen our Imaan, and revive the prophetic way in our homes, our communities, and in our hearts.

May Allah accept our fasting, our prayers, and our efforts in seeking His pleasure. Ameen.

Your sister in Islam,

Husaynah Aumeer

Chief Editor

Head Of Writing: *Shama Farag*

Graphic Designer: *The FST Team*



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Second

- **Memorizing** as many Surahs as possible from the Holy Quran, starting with Juz' Amma.

أَوْزِدْ عَلَيْهِ وَرَتِّلِ الْقُرْآنَ تَرْتِيلاً

"Or add to it, and recite the Qur'an with measured recitation."

[Holy Quran, Surah Al-Muzzamil (The Enshrouded One), 73:4]

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P A R E N T S S P O U S E F A M I L Y

*When You Pray To Allah
For Someone or
Something, You Are
Offering Them The Most
Purest Kind Of Care and
Love*

J O B

H E A L T H

P I E T Y

U M M A H

N

E D U C A T I O N

S U C C E S S

F R I E N D S

P A R E N T S S P O U S E F A M I L Y





A Committed Soul



A manual for Salaat



Picture source: Pinterest

Pray before you are prayed upon!

Written by Mrs. Nusayhah Aumeer Hosany



Do You Understand Why

We Pray?

Who Do We Pray To?

What Are The

Consequences For Our

Actions?



This FREE prayer manual is written by Sister Nusayhah Aumeer.

It is fully approved by scholars in Mauritius.

It is available to download via:



<https://farahsaeed.org/supporting-team-members-independent-publications/>



nusaumeer34@gmail.com



It helps Muslims and non-Muslims understand what prayer is.



It provides reminders on what forgiveness is and its various forms.



A step-by-step guide is available on how to perform prayer using both Arabic and English, accompanied by supporting images.



There are Arabic transliterations to help pronounce each word.



Duas/Supplications too!

It was reported that Sahl bin. Sa'd
(May Allah be pleased with him)
reported Prophet Muhammad (peace
be upon him) as saying:

عَنْ سَهْلِ بْنِ سَعْدٍ، - رَضِيَ اللَّهُ عَنْهُ - قَالَ قَالَ
رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ " إِنَّ فِي الْجَنَّةِ بَابًا
يُقَالُ لَهُ الرِّيَّانُ يَدْخُلُ مِنْهُ الصَّائِمُونَ يَوْمَ الْقِيَامَةِ لَا
يَدْخُلُ مَعَهُمْ أَحَدٌ غَيْرُهُمْ يُقَالُ أَيْنَ الصَّائِمُونَ فَيَدْخُلُونَ
" مِنْهُ فَإِذَا دَخَلَ آخِرُهُمْ أُغْلِقَ فَلَمْ يَدْخُلْ مِنْهُ أَحَدٌ

"

“In Paradise there is a gate which is called Rayyan through which only the people who fast would enter on the Day on Resurrection. None else would enter along with them. It would be proclaimed: Where are the people who fast that they should be admitted into it? And when the last of them would enter, it would be closed and no one would enter it.”

[Hadith, Sahih Muslim, 1152]





The Definition Of The Sunnah

By Anonymous

Our Beloved Angel, Jibreel (peace be upon him), revealed the miraculous nature of speech in a written format from Allah (The Most High) to our Beloved Prophet Muhammad (peace be upon him). This began during the first revelation ‘*Recite*’ from Surah Al-Alaq at the start of His Prophethood in the Cave of Hira in 610 CE, and throughout the whole of the Glorious Quran. These revelations were from Allah as a direct guidance to all humankind. It contains the tenets of beliefs, the varied actions of worship, and the moral lessons of the Parable of the Prophets (peace be upon them all) (Al-Luwayhiq, n.d.). Reading each letter of the Quran is rewarding and is an act of



worship.

Abdullah ibn Mas'ud (May Allah have mercy upon him) reported: The Messenger of Allah (peace and blessings be upon him) said,

“Whoever recites a letter from the Book of Allah, he will receive one good deed as ten good deeds like it. I do not say that Alif Lam Mim is one letter, but rather Alif is a letter, Lam is a letter, and Mim is a letter.”

[Hadith, Sahih Al-Tirmidhi 2910]

The Sunnah, on the other hand, is the words, actions, method, personality, and way of life of the Prophet Muhammad (peace be upon him) to increase closeness to Allah (The Most High). It also provides details and explanations for the laws outlined in the Glorious Quran, for instance, the performance of ablution (wudhu), fasting, prayers, and Umrah (short pilgrimage) (Islam Online, 2025).



This is extracted from the statements and sayings of our Beloved Prophet (peace be upon him), known as Hadiths.

The Hadiths were handed over to the Companions of the Prophet Muhammad (peace be upon him) for implementation. Collectively, all hadiths must be followed but are not formally recited like the Glorious Quran (Al-Luwayhiq, n.d.).

Therefore, one must obey the Quran and the Sunnah as mentioned in the following verse:

“O you who have believed, obey Allah and obey the Messenger and those in authority among you. And if you disagree over anything, refer it to Allah and the Messenger, if you should believe in Allah and the Last Day. That is the best [way] and best in result.”

[Al-Quran, Surah Al-Nissa (The Women), 4:59]

However, not all actions require following the Prophetic steps. For instance, how he slept on a simple mat should not be followed. On the other hand, when he slept on the



right side, it was considered a Sunnah, and we were advised to apply.

Moreover, the following hadith was narrated by Ibn Mas'ud and is an example of the sunnah for how we should react in situations:

Ibn Mas'ud (May Allah be pleased with him) said: The Messenger of Allah (peace be upon him) said,

"A true believer does not taunt or curse or abuse or talk indecently."

[Hadith, At-Tirmidhi].



Furthermore, in the following Quranic verse, the Sunnah was referred to as Wisdom.

“When you divorce women and they have ‘almost’ reached the end of their waiting period, either retain them honourably or let them go honourably. But do not retain them ‘only’ to harm them ‘or’ to take advantage ‘of them’. Whoever does that surely wrong his own soul. Do not take Allah’s revelations lightly. Remember Allah’s favours upon you as well as the Book and wisdom He has sent down for your guidance. Be mindful of Allah and know that Allah has ‘perfect’ knowledge of all things.”

[Quran, Surah Al-Baqarah (The Cow), 2:231]

The prominent jurist, Al-Shafi (May Allah have mercy upon him), stated:

“God mentions the Book, which is the Quran. I have heard from people whom I consider authorities on the Quran that the Wisdom is the Sunnah of God’s Messenger.”

This illustrates the importance of following the Quran and Sunnah as conveyed by the Prophet Muhammad (peace be upon him).



Types of Sunnah

Sunnah is divided into two major forms: confirmed sunnah (Sunnah Mu'akkadah) and optional sunnah (Sunnah Ghayr Mu'akkadah). The confirmed Sunnah, despite not being obligatory (Fardh), should not be avoided nor neglected. In contrast, the optional Sunnah is recommended but not compulsory, and there is no sin for neglect.

For example, the total amount of the units of Sunnah prayers (rak'ah) is 12, and they are performed either before or after the obligatory prayer. It is optional and recommended because the Muslim believer can compensate for missed obligatory prayers or accepted. On the contrary, eating with the right hand is a confirmed sunnah (Islam Online, 2025).

Furthermore, it is also important to distinguish between informative and affirmative revelation. Despite the angel Jibreel (peace be upon him) giving him the revelation, our Beloved Prophet Muhammad (peace be upon him) does not use his own thoughts on a matter. This is an informative revelation.



On the other hand, Affirmative revelation is when our Beloved Prophet Muhammad (peace be upon him) made a decision using his own reasoning and judgment on a matter. This was later confirmed by Allah, and a revelation was then made for affirmation.

Conversely, if a misunderstanding or mistake was made, Allah (The Most High) would correct and guide the Prophet truthfully through a revelation to maintain integrity and prevent error (Al-Luwayhiq, n.d.). Overall, the difference between the informative and affirmative revelation is that affirmative revelation is a revelation made on his own discretion (Al-Luwayhiq, n.d.).

How Merciful is the Almighty?

“It is not for a human being that God should speak to him except as revelation or from behind a barrier, or by sending a Messenger who reveals by His leave whatever He wishes. Verily, He is Exalted, All-Wise.”

[Quran, Surah Al-Shura, (Mutual Consultation), 42:51]



References

Al-Luwayhiq, A.R. (n.d.) *What is the Sunnah?* Available at: <https://islamhouse.com/read/en/what-is-the-sunnah-420427> (Accessed: 3rd October 2025)

Islam Online (2025) *What is the Sunnah.* Available at: <https://islamonline.net/en/what-is-the-sunnah/> (Accessed: 3rd October 2025)



A photograph of a person's hands held up in a sunlit forest. The hands are positioned in the lower center of the frame, palms facing up. Sunlight streams through the dense green foliage in the background, creating a bright, ethereal atmosphere. The text "The Ten Days Of Mercy" is overlaid in the center of the image.

The Ten Days Of Mercy

The Ten Days Of Mercy

رَبَّنَا لَا تُزِغْ قُلُوبَنَا بَعْدَ إِذْ هَدَيْتَنَا وَهَبْ لَنَا مِنْ لَدُنْكَ
رَحْمَةً إِنَّكَ أَنْتَ الْوَهَّابُ

“They say, ‘Our Lord! Do not let our hearts deviate after you have guided us. Grant us Your mercy. You are indeed the Giver of all bounties’”

[Surah Al Imran (Family Of Imran),
Verse 8]



The Ten Days Of Mercy

اللَّهُمَّ ارْحَمْنِي وَاعْفِرْ لِي وَاهْدِنِي وَعَافِنِي وَارْزُقْنِي

Arabic Transliteration:

*Allahumma irhamni wa igh-firli
wa ih-dini wa 'aafini wa irzukni*

English Translation:

*“O Allah, have mercy on me,
forgive me, guide me, grant me
well-being, and provide for me.”*

(Hadith, Abu Dawud, Ibn Majah, At-Tirmidhi)



The image is a vertical composition. The top half shows several ornate, glowing lanterns hanging from thin chains against a dark background with bokeh light spots. The bottom half features a pair of hands in a prayer position on the left and a glowing, anatomical heart on the right, set against a similar bokeh background. The text 'The Ten Days Of Forgiveness' is overlaid in the center in a bold, orange font.

The Ten Days Of Forgiveness

The Ten Days Of Forgiveness

لَلّهُمَّ أَنْتَ رَبِّي لَا إِلَهَ إِلَّا أَنْتَ خَلَقْتَنِي وَأَنَا عَبْدُكَ وَأَنَا عَلَى
عَهْدِكَ وَوَعْدِكَ مَا اسْتَطَعْتُ أَعُوذُ بِكَ مِنْ شَرِّ مَا صَنَعْتُ
أَبُوءُ لَكَ بِنِعْمَتِكَ عَلَيَّ وَأَبُوءُ بِذُنُوبِي فَاعْفُرْ لِي فَإِنَّهُ لَا
يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ. (سيد الاستغفار)

Arabic Transliteration

Allāhumma anta Rabbī lā ilāha illā ant,
khalaqtanī wa anā `abduk, wa anā `alā
`ahdika wa wa`dika mastaṭa`t, a`ūdhu bika
min sharri mā ṣana`t, abū`u laka bi
ni`matika `alay, wa abū`u bidhanbī faghfir lī
fa`innahu lā yaghfirudh-dhunūba illā ant.

English Translation:

O Allah, You are my Lord, there is none worthy of worship but You. You created me and I am your slave. I keep Your covenant, and my pledge to You so far as I am able. I seek refuge in You from the evil of what I have done. I admit to Your blessings upon me, and I admit to my misdeeds. Forgive me, for there is none who may forgive sins but You.

Reference: Whoever recites this with conviction in the evening and dies during that night shall enter Paradise, and whoever recites it with conviction in the morning and dies during that day shall enter Paradise

[Hadith, Al-Bukhari 7/150. Other reports are in An-Nasa'i and At-Tirmidhi]





The Ten Days Of Protection From Hellfire



The Ten Days Of Protection From The Hellfire

اللَّهُمَّ إِنَّكَ عَفُوفٌ تُحِبُّ الْعَفْوَ فَاعْفُ عَنِّي

Arabic Transliteration:
*Allahumma inaka 'afuwwun
tohebo Al-'affuw fa'foo 'ani*

English translation:
*“O Allah, You are Most Forgiving,
and You love to forgive, so forgive
me.”*

(Hadith, At-Tirmidhi, Riyad as-Salihin 1195)



The Ten Days Of Protection

From The Hellfire

اللَّهُمَّ أَجِرْنِي مِنَ النَّارِ

Arabic Transliteration:

“Allahumma Ajirni min Al-Nar.”

English translation

“O Allah, save me from the Fire.”

[Hadith, Abu Dawud, 5079]

The Ten Days Of Protection From The Hellfire

اللَّهُمَّ لَكَ الْحَمْدُ مِثْلَ السَّمَاوَاتِ وَمِثْلَ الْأَرْضِ، وَمِثْلَ مَا شِئْتَ مِنْ شَيْءٍ بَعْدُ، اللَّهُمَّ طَهِّرْنِي
بِالْبَرْدِ وَالتَّلْجِ وَالْمَاءِ الْبَارِدِ، اللَّهُمَّ طَهِّرْنِي مِنَ الذُّنُوبِ، وَنَقِّنِي كَمَا يُنْقَى الثَّوْبُ الْأَبْيَضُ مِنَ
الدَّنَسِ.

Arabic Transliteration:

*Allahumma laka al-hamdu mil'a as-samawati
wa mil'a al-ardi, wa mil'a ma shi'ta min shay'in ba'd.
Allahumma tahhirni bil-bardi wa ath-thalji wal-ma'i al-barid.
Allahumma tahhirni mina adh-dhunubi,
wa naqqini kama yunaqqa ath-thawbu al-abyadu mina ad-danas.*


English translation:

"O Allah, praise is Yours in quantity as great as the heavens and in quantity as great as the earth and in quantity as great as You wish from anything else. O Allah, purify me with ice, snow and cold water. O Allah, purify me from wrong actions and clean me as the white garment is cleansed of dirt."



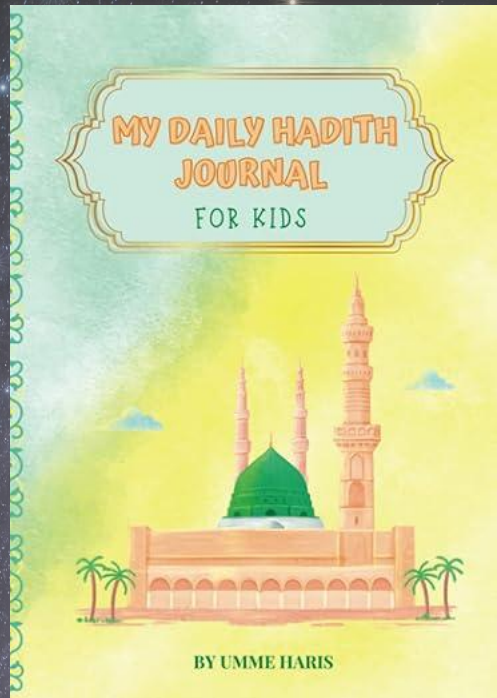
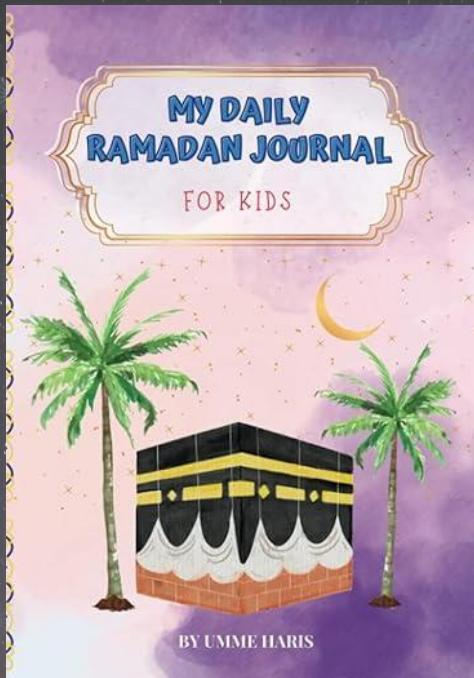
*Are you concerned about the
Islamic tarbiyah for your kids?*

*Do you want to see your
kids raised as confident
and practicing
Muslims?*



*Embark on a life-
changing journey with
your kids this
Ramadan by gifting
them these journals!*

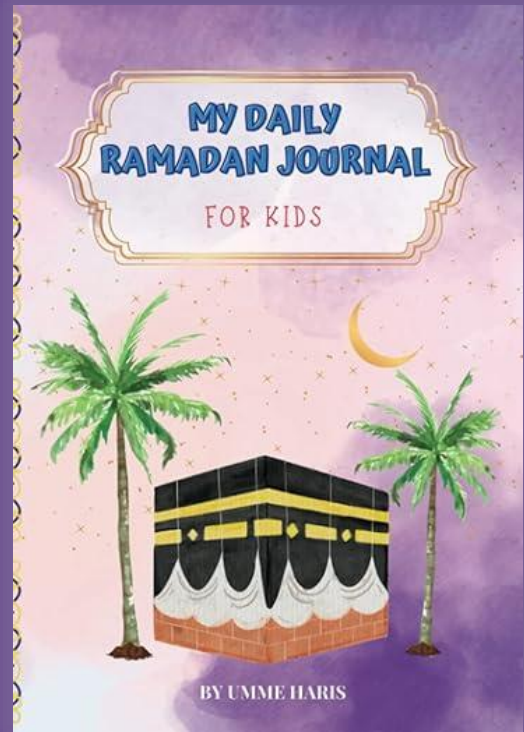




What Are These Books About?



*Create A Memorable,
Interactive And Blessed
Experience For Your
Children To Become
Motivated And Devoted
Muslims During
Ramadan And Beyond!*



**Journals should be completed
under the guidance of a parent
or teacher.**

*Salah Hadith Quran Dua Colourful
Illustrations*

**Please email the author, Umme Haris
for any enquiries: farea4@gmail.com**

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MY DAILY HADITH
JOURNAL
FOR KIDS



BY UMME HARIS



*Instill the love of
Our Beloved
Prophet
Muhammad (peace
be upon him) in
our children
through this
amazing journal
with 30 simple,
authentic and
fully referenced-
hadiths*

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MY DAILY HADITH JOURNAL FOR KIDS



BY UMME HARIS



- *The hadiths are presented for easy memorization.*
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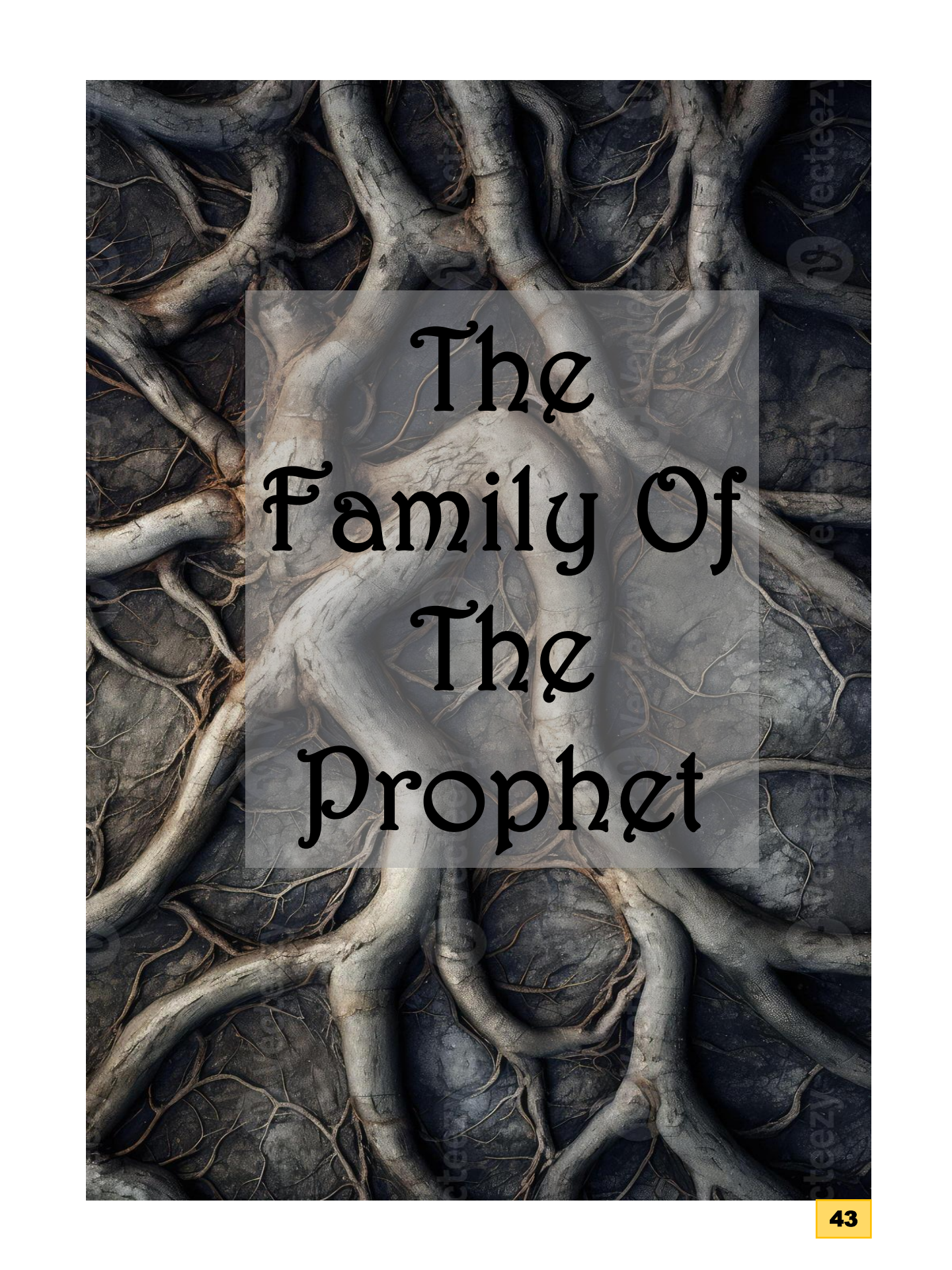
It was narrated that Abu Hurairah (May Allah have mercy upon him) said:

"The Messenger of Allah (peace be upon him) said: 'There has come to you Ramadan, a blessed month, which Allah, the Mighty and Sublime, has enjoined you to fast. In it the gates of heavens are opened and the gates of Hell are closed, and every devil is chained up. In it Allah has a night which is better than a thousand months; whoever is deprived of its goodness is indeed deprived.'"

أَتَاكُمْ رَمَضَانُ شَهْرٌ مُبَارَكٌ " أَخْبَرَنَا أَبِي هُرَيْرَةَ، قَالَ قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ
فَرَضَ اللَّهُ عَزَّ وَجَلَّ عَلَيْكُمْ صِيَامَهُ تَفْتَحُ فِيهِ أَبْوَابُ السَّمَاءِ وَتُغْلَقُ فِيهِ أَبْوَابُ الْجَحِيمِ وَتُعَلَّقُ
" فِيهِ مَرَدَّةُ الشَّيَاطِينِ لِلَّهِ فِيهِ لَيْلَةٌ خَيْرٌ مِنْ أَلْفِ شَهْرٍ مَنْ حُرِمَ خَيْرَهَا فَقَدْ حُرِمَ .

[Hadith, Al-Nasa'I, 2106]

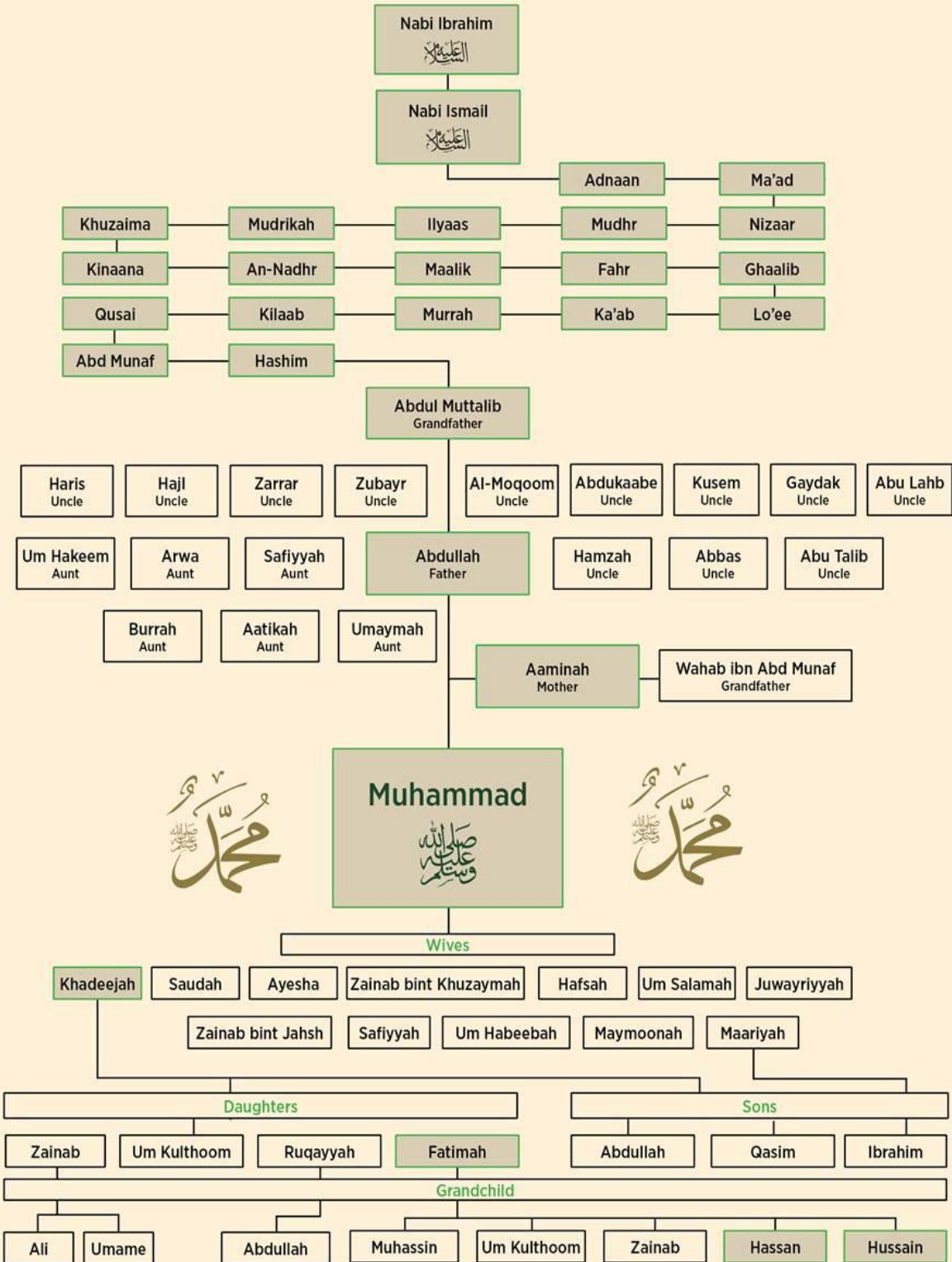




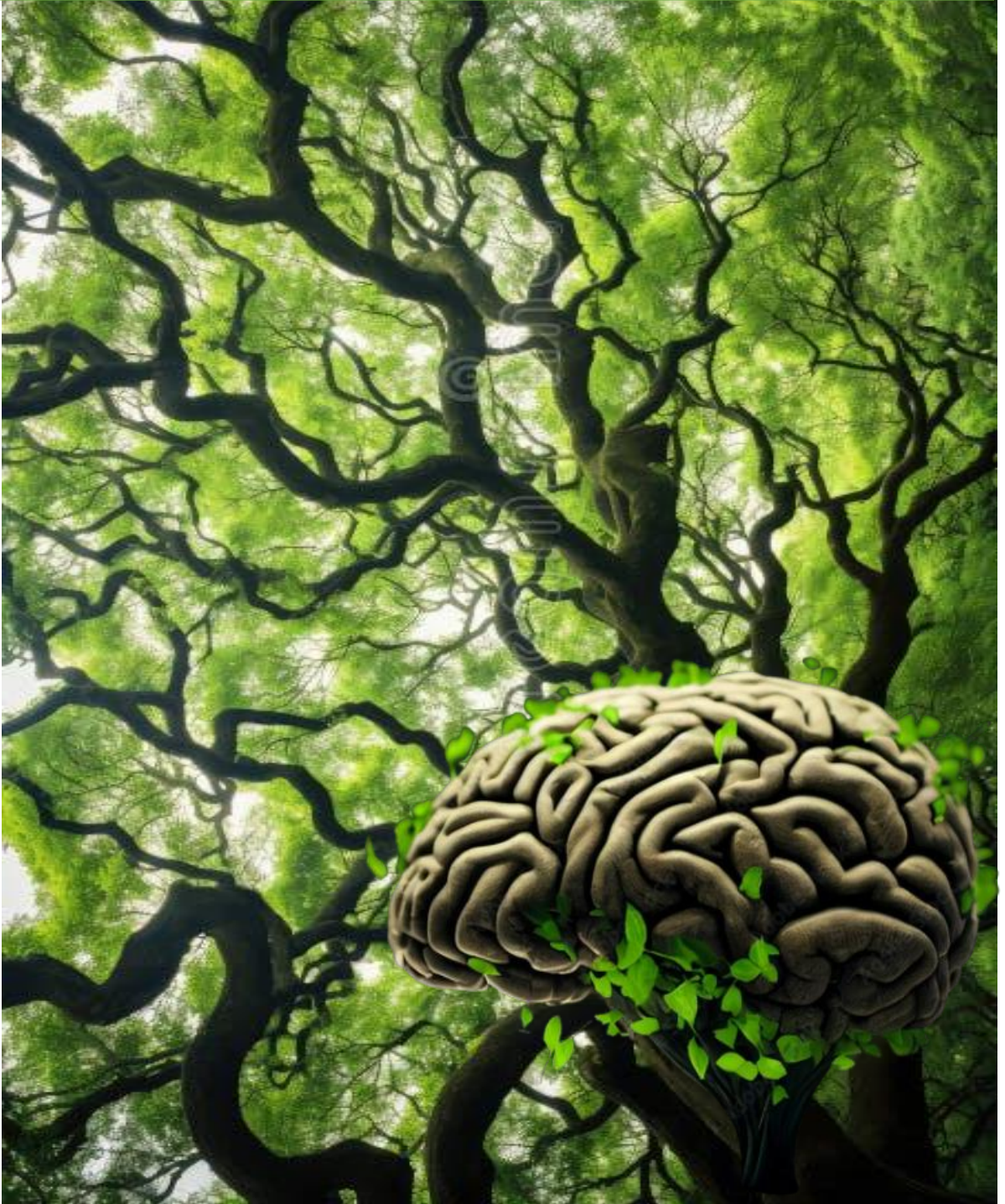
The Family Of The Prophet

THE FAMILY TREE OF PROPHET MUHAMMAD

ﷺ



اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ





The Prophet Muhammad (peace be upon him) was the best in character. He also stemmed from a blessed lineage from both parents belonging to the Quraysh tribe and which reached Prophet Ibrahim and his son Prophet Ismail (peace be upon them all) (Togbas, 2019). One of the prominent scholars stressed the importance that none other than the Prophet Muhammad (peace be upon him) can retrieve the blessed lineage without doubt, controversies, speculations, and inaccuracies (IslamWeb, 2019a):

“No other person than Prophet Muhammad (peace be upon him) has a well-recorded lineage that is moreover blessed with uninterrupted purity and nobility since Adam (peace be upon him). This is a special gift to His Beloved by the Almighty.”

(Ibn Khaldun, I, 115)

There are several hadiths where the Prophet Muhammad (peace be upon him) confirmed the following:

“I was born from my mother and father without being marred by any of the evils of the Period of Ignorance. From Adam (peace be upon him) to my mother and father, every preceding member of lineage was conceived by none other than religiously legal marriage, never from fornication.”

[Ibn Kathir, al-Bidâya, II, 260]

In another hadith, he reported:

“Allah (The Most High), chose Ismail from among the sons of Ibrahim, the Kinana clan from among the descendants of Ismail, Quraysh from among the sons of Kinana, the sons of Hashim from among Quraysh, and the sons of Abdulmuttalib from among Hashim; and me from among the sons of Abdulmuttalib.”

[Hadith, Muslim, Fadâil, 1; Tirmidhî, Manâqib, 1]



However, what is certain is how the generosity, honesty, kindness, and selfless characteristics of the Prophet Muhammad (peace be upon him) were instilled through his forefathers. For instance, Hashim used to donate food and water to pilgrims and initiated Quraysh's journey during two seasons: summer and winter, where he once went to Syria as a merchant.

Hashim married Salmah, the daughter of 'Amr from Bani 'Adi Ibn An-Najjar in Al-Madinah, Saudi Arabia. Amongst his four sons and five daughters was Abdul-Muttalib, the grandfather of Prophet Muhammad (peace be upon him). Abdul-Muttalib's actual name was Shaybah due to the presence of white hair on his head.

Abdul-Muttalib's father's generosity and dedication to support the pilgrims were mirrored in his uncle, Al-Muttalib ibn Abdul Munaf, who supported him in feeding the pilgrims. Al-Muttalib admired Abdul-Muttalib's character, and to maintain consistency, he asked for the consent of his mother for Abdul-Muttalib to go to Makkah and continue the legacy. At first, his mother resisted and managed to convince her son to go to Makkah by stating:

"Your son is going to Makkah to restore his father's authority, and to live in the vicinity of the Sacred House."

In Makkah, many mistook Abdul Muttalib and thought he was a slave. However, Al-Muttalib used to correct their perception by revealing that Abdul Muttalib was his nephew and his father, Hashim, was his brother.



Alternatively, another unfortunate death where Al-Muttalib passed away in Bardman in Yemen, and his nephew Abdul Muttalib continued to manage just like his uncles and forefathers, but to a greater extent, and earned respect and love from the people of Makkah.

One of the prominent discoveries from the life of Abdul Muttalib was his ability to search for Zamzam water with his elder son, Harith, and succeed after witnessing a dream (IslamWeb, 2019a). He also witnessed the destruction of the Abyssinian King, Abraha, and his army, whom Abdul Muttalib had strong faith that Allah would protect His sacred house after they planned to attempt to destroy it. The demolition of Abraha further restored the faith of many in Quraysh.

When Abdul-Muttalib was young, he prayed and made a secret vow to have 10 sons and one of them to be sacrificed in the name of God. When doing the divination of arrows, it turned out to be Abdullah who would be sacrificed. All his children accepted. Alternatively, after discussion with the people of Quraysh, they agreed to a settlement, for 100 camels to be sacrificed instead of Abdullah (IslamWeb, 2019b). Abdul Muttalib bore 10 sons: Al-Harith, Az-Zubayr, Abu Talib, 'Abdullah, Hamzah, Abu Lahab, Ghidaq, Maqwam, Safar, and Al-'Abbas. He also had six daughters, who were Umm Al-Hakim, Barrah, 'Atikah, Safiya, Arwa, and Omayma.

Abdullah's mother was Fatimah, daughter of 'Amr Ibn 'A'idh Ibn 'Imran Ibn Makhzum Ibn Yaqdha Ibn Murrah (may Allah have mercy upon them all). He was the father of Prophet Muhammad (peace be upon him). Abdul Muttalib chose Aminah, daughter of Wahab ibn Abdul Munaf Ibn Zahrah Ibn Kilab, for his son Abdullah, who had a mutual



status of respect and honour. They were married in Makkah, and he was sent to go to Madinah to buy dates for his father, Abdul Muttalib, but he sadly passed away at the age of 25.

Other sources suggest Abdullah travelled to Syria for trade and died in Al-Madinah, where he was buried in An-Nabigha Al Judi. Historians suggest he passed away either two months before Muhammad (peace be upon him) was born, whereas other historians suggest two months after (IslamWeb, 2019b).

Therefore, when we try to contemplate the character of the Prophet Muhammad (peace be upon him), we become aware that just like a flowing river, it has been passed through generations on the importance of generosity, honesty, and kindness, besides the emphasis on manners in Islam.

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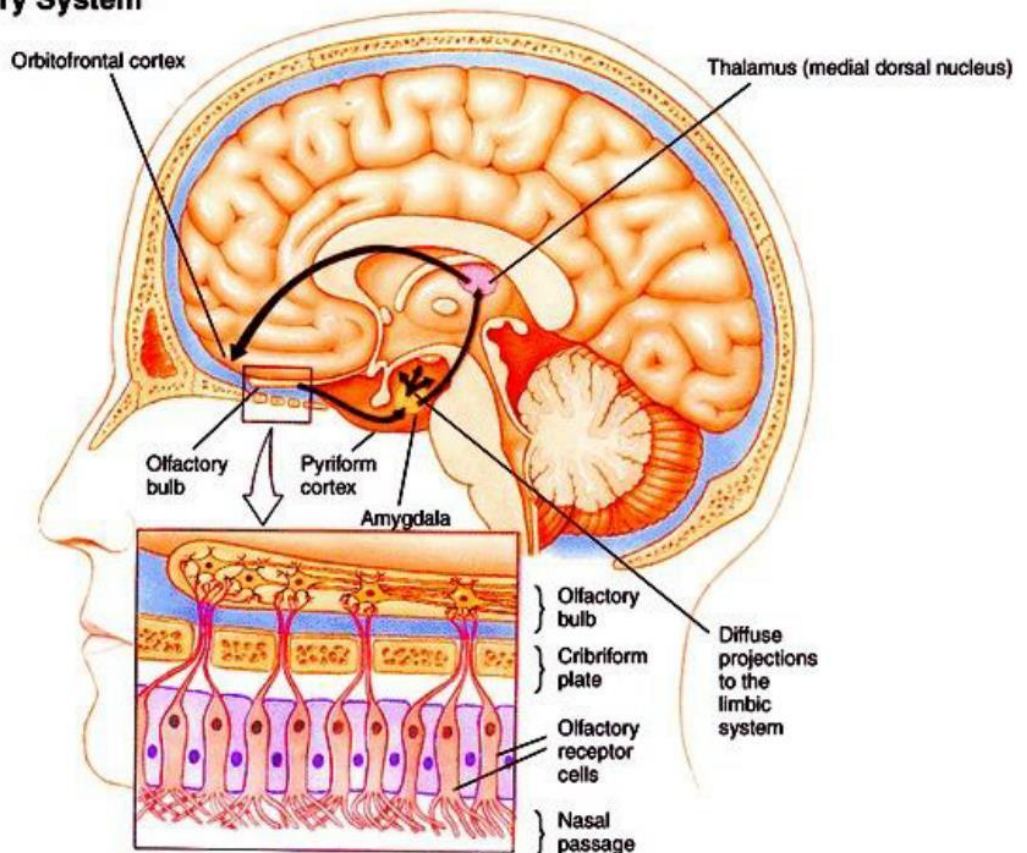
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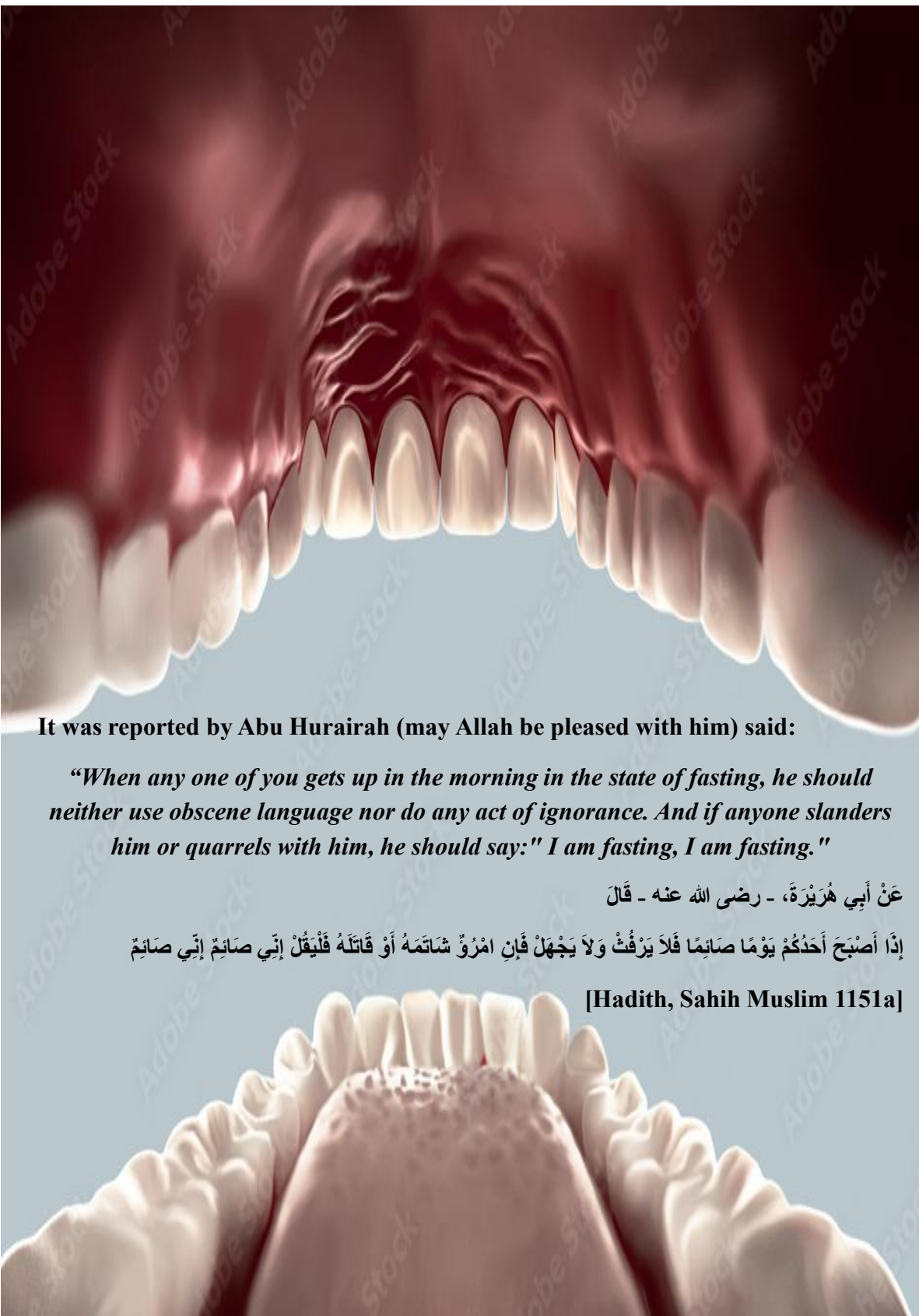
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It was reported by Abu Hurairah (may Allah be pleased with him) said:

“When any one of you gets up in the morning in the state of fasting, he should neither use obscene language nor do any act of ignorance. And if anyone slanders him or quarrels with him, he should say:” I am fasting, I am fasting.”

عَنْ أَبِي هُرَيْرَةَ، - رَضِيَ اللَّهُ عَنْهُ - قَالَ

إِذَا أَصْبَحَ أَحَدُكُمْ يَوْمًا صَائِمًا فَلَا يَرْفُثْ وَلَا يَجْهَلْ فَإِنْ أَمْرُو شَاتَمَهُ أَوْ قَاتَلَهُ فَلْيَقُلْ إِنِّي صَائِمٌ إِنِّي صَائِمٌ

[Hadith, Sahih Muslim 1151a]

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Following The Prophetic Footsteps

By Shama Farag



Following The Prophetic Footsteps

By Shama Farag



When they asked the Prophet (peace be upon him), *"What is your opinion about a person who may love some people, but he cannot catch up with their good deeds?"* The Prophet (peace be upon him) said, *"Everyone will be with those whom he loves."*

(Sahih Al-Bukhari 5817, Sahih Muslim 2641)

We were taught that on the Day of Judgment people will be resurrected and will be with those they loved. As believers and Muslims, we should strive to ensure that we are among those we love, beginning in this life before the next. Therefore, the person most deserving of our love and loyalty is our Prophet Mohammed (peace be upon him): our role model, our beacon of light, our mentor and guide, and our symbol of hope. He is the one who illuminated our path with his insightful teachings and unprecedented love paving the way for us to be faithful Muslim believers following his blessed path.





Following The Prophetic Footsteps

By Shama Farag



Every believing Muslim should aspire to be in the Prophet's blessed company and truthful fellowship in the Hereafter by diligently following his noble example. Let us remain vigilant in adhering to his teachings, his methods, and his way of life. We should strive to emulate the way he ate, walked, spoke, and behaved; how he resolved conflicts and addressed problems; how he treated his family; and how he conducted his dealings, business transactions, and all other relationships.

Abdullah ibn Quhafa (Abu Bakr al-Siddiq), the Prophet's closest friend and companion, is the greatest role model we can strive to follow in this regard. Abu Bakr demonstrated an exceptional level of prophetic loyalty, true love, and ideal companionship. He was the Prophet's first follower; when the Prophet received the news of his blessed prophethood, Abu Bakr believed immediately and followed, without doubt or hesitation.





Following The Prophetic Footsteps

By Shama Farag



When the Prophet (peace be upon him) was threatened and had to leave Mecca to migrate to Medina, where it was safer and more suitable for him and his followers, he was the last to depart. Abu Bakr, his devoted companion, chose to stay with him and leave together.

During their migration journey, their hostile enemies were tracking their footsteps, intending on killing the Prophet (peace be upon him). The Prophet was divinely inspired to take refuge in a cave on Mount Hira, and they hid there. When they reached the cave, the first thing Abu Bakr did was to enter before the Prophet, inspect it for any hidden dangers or poisonous creatures, then clean the space. Only after ensuring that it was safe and comfortable did he invite the Prophet to come inside.





Following The Prophetic Footsteps

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While the Prophet rested, Abu Bakr went out in search of a shepherd who could provide them with something to eat. He milked the shepherd's goat and cooled the milk by placing water around its container. When he returned to the cave, he found that the Prophet had awakened. Abu Bakr offered him the milk, and he later said, *"The Prophet drank until I was pleased."*

[Sahih Muslim 2009a (Book 36, Hadith 112)]

Let's take a moment to reflect on how Abu Bakr compassionately and protectively cared for the Prophet (peace be upon him), despite knowing that the Prophet was divinely protected. Are we able to see the depth of Abu Bakr's endearing love? Abu Bakr consistently prioritized the Prophet's safety and well-being over his own. He went out to find food while the Prophet was sleeping so as not to disturb his rest. He ensured that the Prophet had access to food first, despite its scarcity.





Following The Prophetic Footsteps

By Shama Farag



He even cooled the milk before offering it to the Prophet, demonstrating true care and selfless service.

When Abu Bakr said, *“He drank until I was pleased,”* we cannot imagine an expression of love more sincere than this utterance. Abu Bakr’s soul was in harmony with the soul of the Prophet (peace be upon him), a sincere love that caused wandering hearts to settle in the presence of the Beloved. It was a harmony so intertwined that Abu Bakr regarded the Prophet’s well-being as if it was his own.

May we be granted true love and connectedness to our beloved Prophet Muhammad (peace be upon him). May we remain loving and sincere like Abu Bakr, whose happiness was inseparably tied to the Prophet’s wellness and satisfaction.





Following The Prophetic Footsteps

By Shama Farag



Our respected scholars have taught us that there are many ways to attain the blessed prophetic fellowship. We can do so by imitating the Prophet's actions, reiterating his noble statements in our conversations, and following his guidance in our daily lives and throughout all life events. This includes adopting the prophetic manner of connecting with Allah (The Most High), reviving the remembrance of Allah, sending prayers upon the Prophet, and reciting his supplications during everyday activities.

It also includes reviving the forgotten Sunnah practices, such as using the miswak, smiling, greeting others warmly, looking toward the sky and smiling after boarding transportation, beginning actions with the right hand, giving beautiful names to our belongings, fasting the three lunar days each month, fasting on Mondays and Thursdays, and fasting during Rajab and Sha 'ban. We should also recite the prophetic sayings that are appropriate to different occasions, such as during rainfall, wind, or thunder.





Following The Prophetic Footsteps

By Shama Farag



May Allah grant us the ability to adhere to the Prophetic Sunnah to the best of our abilities, to hold firmly to the love of the Prophet, and to be granted the strength, wellness, and capacity to transmit his blessed path and knowledge to many generations to come. Ameen!





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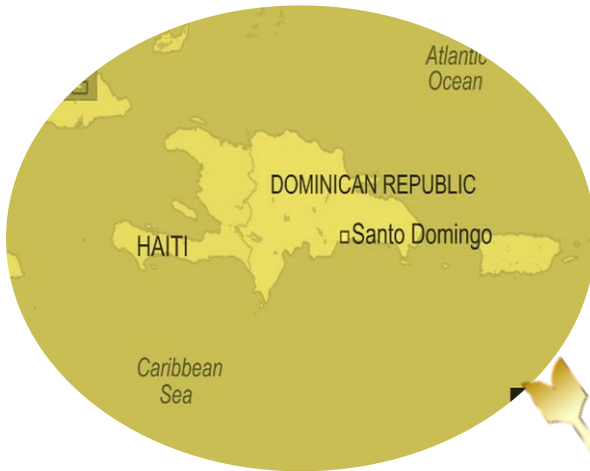


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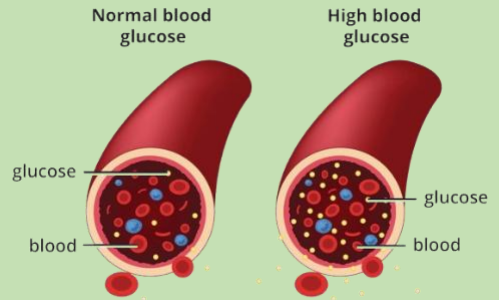
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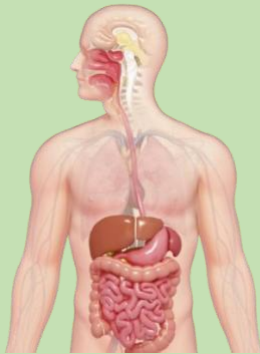


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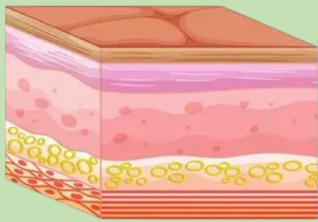
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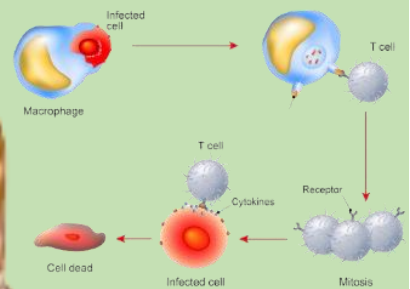


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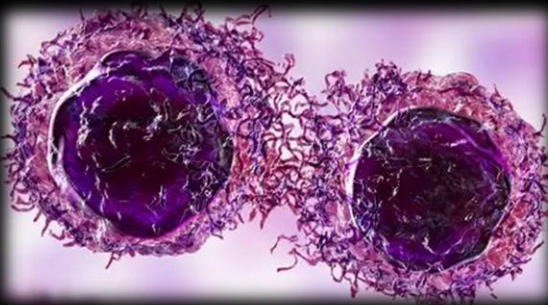
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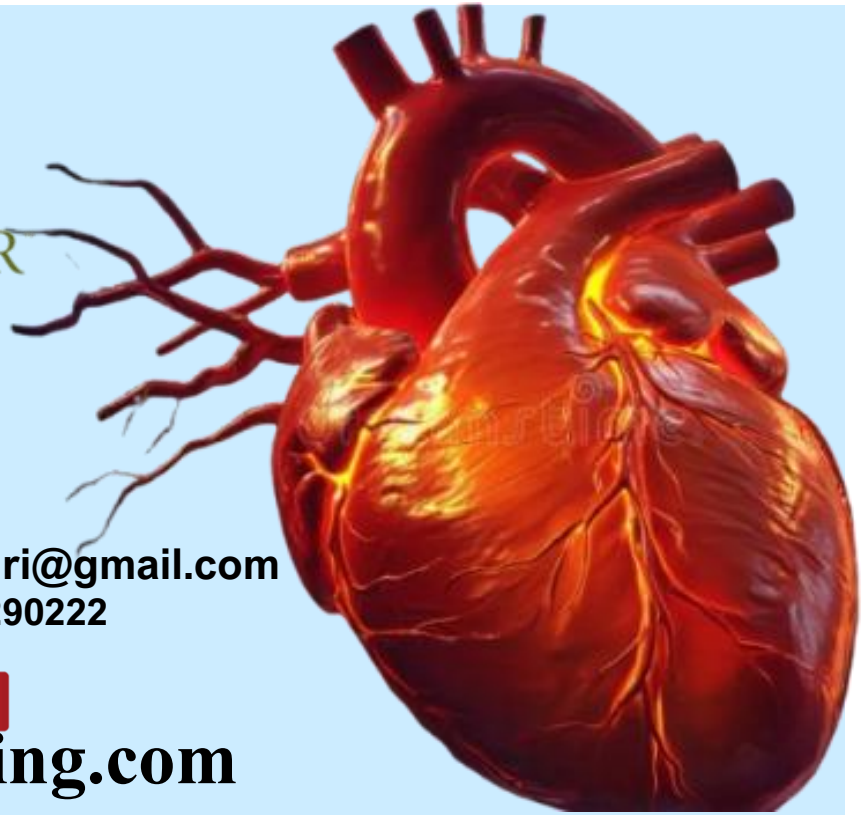
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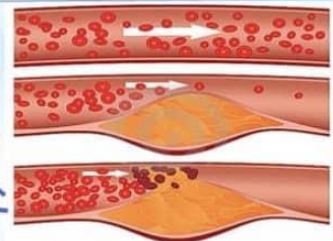
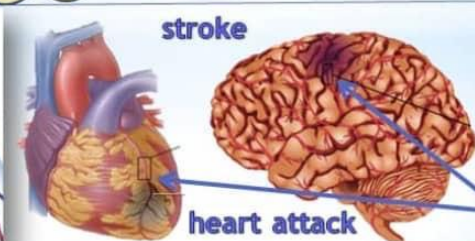
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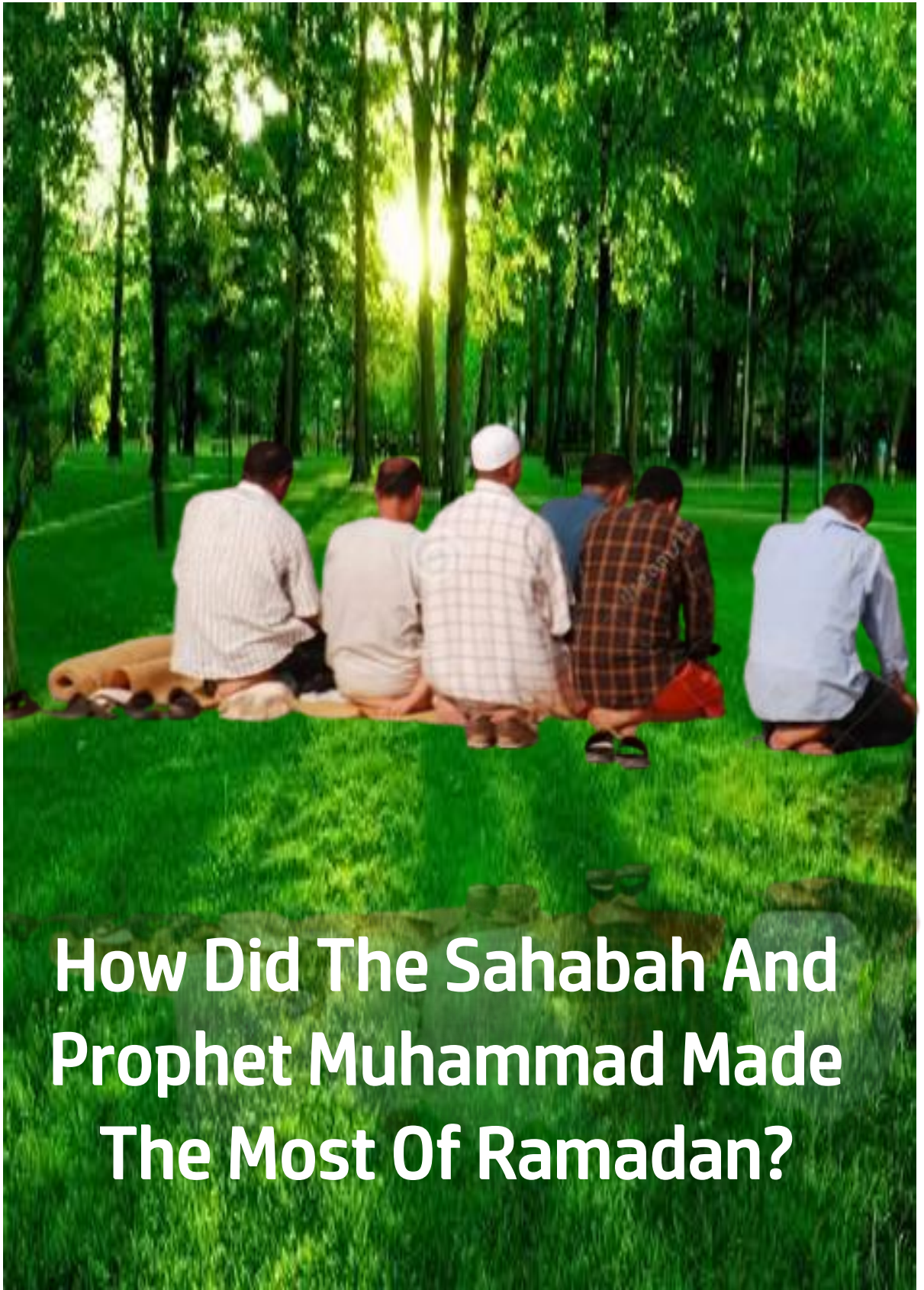
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How Did The Sahabah And Prophet Muhammad Made The Most Of Ramadan?



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Looking ahead, as we strive to make the most of these special days of Ramadan, days marked by mercy, repentance, and protection from Hellfire, consider the following recommendations: We must look back to how our Beloved Prophet Muhammad (peace be upon him) and his Companions (may Allah have mercy upon them) made the most of every precious moment of Ramadan. We, too, pray and yearn to meet this blessed month with eagerness and passion, seeking to make a positive change.

Our brothers and sisters who were with us last year could not make it to this year, despite their intentions. We do not know whether we will witness another Ramadan again, especially as the minor signs of the Day of Judgement have already appeared.

Therefore, we must ensure that we make this Ramadan an everlasting and powerful time of sincere worship, striving to perform every action just as the Sahabah (may Allah have mercy upon them) once did.

HOW DID THE SAHABAH AND PROPHET MUHAMMAD MADE THE MOST OF RAMADAN?

By Anonymous

Mannerism When Preparing To Fast



HOW DID THE SAHABAH AND PROPHET MUHAMMAD MADE THE MOST OF RAMADAN?



Mannerism When Preparing To Fast

One of the fundamental principles of life is having good manners in all forms of relationships; whether with family, friends, colleagues, neighbours, or the general public, regardless of their faith.

Good manners also shape our attitude toward all aspects of life, especially when fasting.

This includes the etiquette of maintaining cleanliness, preparing for the fast, breaking the fast, and embodying other praiseworthy qualities.

The Prophet (peace be upon him) said:

‘Cleanliness is half of faith.’

[Hadith, Muslim]



HOW DID THE SAHABAH AND PROPHET MUHAMMAD MADE THE MOST OF RAMADAN?



Mannerism When Preparing To Fast

For instance, we should wash our hands before and after handling food and rinse our mouths after eating. Several authentic sources confirm that our Beloved Prophet (peace be upon him) used the *miswaak* (tooth stick) while fasting.

Suhoor is the pre-dawn meal taken between the middle of the night and dawn. It helps

keep us nourished and energized throughout the day as we carry out our roles and responsibilities. It was advised by the Prophet Muhammad (peace be upon him), who said: "*The pre-dawn meal is blessed, so do not neglect it even if you only take a sip of water. Verily, Allah and the angels pray for those who have the pre-dawn meals.*" [Hadith, Ahmad]



HOW DID THE SAHABAH AND PROPHET MUHAMMAD MADE THE MOST OF RAMADAN?



Mannerism When Preparing To Fast

This suggests that there is no particular amount one needs to consume for Suhoor; even a sip of water is sufficient. In relation to timing, it is best to leave Suhoor as close to Fajr (dawn) as possible (Islam Q and A, 2021a).

Zayd Ibn Thabit (may Allah be pleased with him) reported: *"We ate the pre-dawn meal with the Messenger of Allah (peace be upon him) and then we got up for the prayer. Zayd was asked: 'What was the amount of time between the two?' He responded: 'The time it would take to recite fifty verses.'"*

[Hadith, Al-Bukhari and Muslim]



HOW DID THE SAHABAH AND PROPHET MUHAMMAD MADE THE MOST OF RAMADAN?



Mannerism When Preparing To Fast

If you are in doubt about when suhoor ends, Allah (the Most High), says :

“You may’ eat and drink until you see the light of dawn breaking the darkness of night, then complete the fast until nightfall.”

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

This indicates that one may continue eating until they are certain that dawn has arrived. However, in today’s society, we have access to timetables, both in printed form and through mobile applications, that help us stay organised.

In some rural communities, the sound of the Adhaan announces the time to stop eating.



HOW DID THE SAHABAH AND PROPHET MUHAMMAD MADE THE MOST OF RAMADAN?

By Anonymous

Mannerism
When
Breaking
Our Fast



HOW DID THE SAHABAH AND PROPHET MUHAMMAD MADE THE MOST OF RAMADAN?



Mannerism When Breaking Our Fast

Our fasts are broken at sunset, and this meal is referred to as *Iftar*.

As part of the etiquette, supplicating to Allah (the Most High) at this time is important, and such supplications are not rejected.

‘Three supplications will not be rejected (by Allah [The Most High]): the supplication of the parent for his child, the supplication of the one who is fasting, and the supplication of the traveller.’

[Hadith, Al-Bayhaqi, Al-Tirmidhi]



HOW DID THE SAHABAH AND PROPHET MUHAMMAD MADE THE MOST OF RAMADAN?



Mannerism When Breaking Our Fast

This is followed by making Dua to break the fast:

*Allahumma laka sumtu wa
`alaa rizqika aftartu*

*‘O Allah! For You have I fasted
and upon Your sustenance have
I broken my fast.’*

[Hadith, Abu Dawud]

An alternative dua was narrated by ‘Umar (May Allah have mercy upon him), said:

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

*“Dhahaba al-zama wa’btalat al-
`uruq wa thabata al-ajr in sha
Allah”*



HOW DID THE SAHABAH AND PROPHET MUHAMMAD MADE THE MOST OF RAMADAN?



Mannerism When Breaking Our Fast

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

[Hadith, Abu Dawud, 2357; al-Daraqutni, 25]

(Islam Q and A, 2021b)

Moreover, reciting Allah’s name before eating and eating from our right hand are also amongst the etiquettes when opening our fasts.

Our Beloved Prophet Muhammad (peace be upon him) advised:



HOW DID THE SAHABAH AND PROPHET MUHAMMAD MADE THE MOST OF RAMADAN?



Mannerism When Breaking Our Fast

“Mention Allah’s Name (i.e., say Bismillah before starting eating), eat with your right hand, and eat from what is near you.”

[Hadith, Al-Bukhari and Muslim]

(Islam Q and A, 2021a)

It is important to break the fast as soon as it is due, and the Prophetic

etiquette is to break our fast with dates. It is also advised not to speak when the mouth is full to prevent food pieces from going on the table and elsewhere. Our Beloved Prophet (peace be upon him) added: *“People will continue to be upon virtue so long as they hasten in breaking the fast.”*

[Hadith, Al-Bukhari and Muslim]



HOW DID THE SAHABAH AND PROPHET MUHAMMAD MADE THE MOST OF RAMADAN?



Mannerism When Breaking Our Fast

Anas (may Allah be pleased with him) said: *'The Messenger of Allah (peace be upon him) would break his fast with ripe dates before he would pray. If those were not available, he (peace be upon him) would eat dried dates. If those were not available, he would drink some water.'*

[Hadith, Abu Dawud, Al-Hakim, and Al-Tirmidhi]

If the meal is ready, one can begin to eat; however, if it is not ready, one can pray the Maghrib (sunset) prayer as reported by Anas (may Allah be pleased with him):

"If the food is already presented, eat before praying the sunset prayer and do not eat your meals in haste." [Hadith, Al-Bukhari and Muslim]



HOW DID THE SAHABAH AND PROPHET MUHAMMAD MADE THE MOST OF RAMADAN?



Mannerism When Breaking Our Fast

At the table, ensure that you are patient and wait for your turn to take food. If something is far, ask someone to pass it to you rather than leaning.

Our Beloved Prophet (peace be upon him) advises:

'Whoever provides the food for a fasting person to break his fast with, then for him is the same reward as his (the fasting person's), without anything being diminished from the reward of the fasting person'.

[Hadith, Al-Tirmidhi]



HOW DID THE SAHABAH AND PROPHET MUHAMMAD MADE THE MOST OF RAMADAN?

By Anonymous

Manners Of Our Tongues



HOW DID THE SAHABAH AND PROPHET MUHAMMAD MADE THE MOST OF RAMADAN?



Manners Of Our Tongues

The meaning of *sawm* (fasting) is to withhold. The aim is not only to withhold food from entering our stomachs, but also to observe the fasting of our eyes, tongue, and hands. Therefore, we must try even during the most tense moments to control ourselves. We are living in a time when manners seem to vanish into thin air, and speaking the truth is often considered rude or defensive. For this reason, we must be careful with our speech and tone, always intending to do and say what is good for the sake of Allah. Your ultimate reward for patience is with Allah (the Most High).



HOW DID THE SAHABAH AND PROPHET MUHAMMAD MADE THE MOST OF RAMADAN?



Manners Of Our Tongues

Fasting is a form of moral and spiritual discipline. It allows us to experience, in a small way, what life is like for those living in poverty in many underdeveloped countries around the world. The Prophet Muhammad (peace and blessings be upon him) said: *"Fasting is a shield. When any one of you is fasting on a day, he should neither indulge in obscene language, nor raise his voice; rather, if anyone reviles him or quarrels with him, he should say, 'I am fasting.'*

[Hadith, Al-Bukhari and Muslim]. (Islam Q and A, 2021a).



HOW DID THE SAHABAH AND PROPHET MUHAMMAD MADE THE MOST OF RAMADAN?

By Anonymous

**Making
Dua**



HOW DID THE SAHABAH AND PROPHET MUHAMMAD MADE THE MOST OF RAMADAN?



Making *dua* (supplication) while raising the palms of our hands to Allah (The Most High) during Ramadan is one of the best times to do so, as the *duas* of those who are fasting are never rejected.

Therefore, we should seize this opportunity to make *istighfar* (seek forgiveness) for our past sins, while also rectifying our actions through acts of worship and expressing our gratitude to Him for the blessings He has bestowed upon us.

The Prophet Muhammad (peace be upon him) advised: *“There are three whose supplication is not rejected: one who has just ended a fast, a just imam, and one who has been wronged whose supplication is raised by Allah above the clouds and for*

يا الله

Accept all our dua & keep our steadfast on Deen

HOW DID THE SAHABAH AND PROPHET MUHAMMAD MADE THE MOST OF RAMADAN?



which the gates of Heaven are opened. Allah says, 'I swear by My might that I shall certainly help you, though it be after some time.'

[Hadith, Al-Tirmidhi]

Moreover, the Prophet Muhammad (peace be upon him) said: *"Let there be smeared with dust the nose of the person in whose presence I am mentioned, and he does not invoke blessing upon me, the one who has opportunity to see the month of Ramadan and it comes to an end without his securing pardon for himself and one who finds alive his aged parents, both of them or one of them, and through them (by serving them) he does not enter Paradise."* [Hadith, Al-Tirmidhi]

يا الله

Accept all our dua & keep our
steadfast on Deen

HOW DID THE SAHABAH AND PROPHET MUHAMMAD MADE THE MOST OF RAMADAN?

By Anonymous

Taraweeh
prayer
during
Ramadan



HOW DID THE SAHABAH AND PROPHET MUHAMMAD MADE THE MOST OF RAMADAN?



Taraweeh Prayer During Ramadan

Taraweeh prayer is a significant aspect of Ramadan, where, after the Isha mandatory prayer, the Imam of the Masjid dedicates effort to recite a segment each night from the Quran from the first night of Ramadan until the last night, where they see the new lunar moon for the subsequent month of Shawwal, and declare when the Eid al-Fitr celebration is.

The Prophet, peace and blessings be upon him, said to the Sahabah. *‘Now that we do not have the fear that Taraweeh Salah will become fardh on us, we can start performing it in congregation.’* He then asked *Ubay bin Kaab Radiallahu Anhu* to lead the Taraweeh Salah – twenty rakaats followed by three rakaats Witr.”

[Hadith, Al-Bukhari]



HOW DID THE SAHABAH AND PROPHET MUHAMMAD MADE THE MOST OF RAMADAN?

By Anonymous



Reciting The Quran



HOW DID THE SAHABAH AND PROPHET MUHAMMAD MADE THE MOST OF RAMADAN?



Some brothers and sisters may be unable to dedicate time each night to perform the *Taraweeh* prayer due to work shifts, caring responsibilities, exam seasons, or health issues.

However, the Sahabah would increase their recitation of the Qur'an during the obligatory prayers and at other times, as Ramadan is the month of the Qur'an. Reciting the Qur'an is just as important as implementing its guidance, as it will serve as an intercessor on the Day of Judgement.



HOW DID THE SAHABAH AND PROPHET MUHAMMAD MADE THE MOST OF RAMADAN?



In the Glorious Quran, Allah (The Most High) said:

“Ramadan is the (month) in which was sent down Al-Qur'an, as a guide to mankind, also clear (Signs) for guidance and judgement (Between right and wrong)”.

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



HOW DID THE SAHABAH AND PROPHET MUHAMMAD MADE THE MOST OF RAMADAN?



Uthman Ibn Affan (may Allah have mercy upon him) used to complete reciting the Qur'an once each day. Some of the Sahabah completed the Quran in their Qiyam prayer (Night prayer) every three nights, others completed it every seven days, while some others completed it every ten nights.

The respected scholars were also committed to reading the Glorious Quran during Ramadan.



HOW DID THE SAHABAH AND PROPHET MUHAMMAD MADE THE MOST OF RAMADAN?



Amongst them was Sufyan Al-Thawn (may Allah be pleased with him), who focused on the Quran and left all other forms of worship (Al-Islaah Publications, n.d.).

Al-Shafi'i (may Allah be pleased with him) recited the Quran 60 times and did not include prayer times. Qatada (may Allah have mercy upon him) used to complete the Quran every 7 nights



HOW DID THE SAHABAH AND PROPHET MUHAMMAD MADE THE MOST OF RAMADAN?



before Ramadan, during Ramadan, every three nights, and in the last ten nights, it was every night.

Al-Asward (may Allah have mercy upon him) used to complete it every two nights (Al-Islaah Publications, n.d.).

The Sahabah used to weep whilst reciting the Quran.



HOW DID THE SAHABAH AND PROPHET MUHAMMAD MADE THE MOST OF RAMADAN?



Abdullah Ibn Mas'ud (may Allah be pleased with him) said,

"The Messenger of Allah (peace be upon him) said, 'Recite (the Qur'an) to me.' Then I said, 'How can I recite to you when it was revealed to you?' The Prophet (peace be upon him) said, 'I like to hear it from someone else.'" Abdullah Ibn Mas'ud said, "I recited the Qur'an from Surah Al-Nisa' until I reached the verse that says, 'How will it be then, when We bring from every nation a



HOW DID THE SAHABAH AND PROPHET MUHAMMAD MADE THE MOST OF RAMADAN?



witness and bring you to witness over all of them''' [Qur'an 4:41].


The Prophet (peace be upon him) said, *'That is enough.' I turned to the Prophet (peace be upon him) and found his eyes flooding with tears. "*

[Hadith, Al-Bukhari]



HOW DID THE SAHABAH AND PROPHET MUHAMMAD MADE THE MOST OF RAMADAN?

By Anonymous



Night Prayer During Ramadan



HOW DID THE SAHABAH AND PROPHET MUHAMMAD MADE THE MOST OF RAMADAN?



7

Night Prayer During Ramadan

During Ramadan, the Companions of the Prophet (peace be upon him) used to increase in voluntary prayer and istighfar (seeking Allah's forgiveness). Qiyam Al-Layl is the night prayer that was regularly performed.

Our Beloved Prophet, peace and blessings be upon him, said:

"Whoever stands (for the night prayer during) Ramadan with belief and hope, (then) his past sins will be forgiven".

[Hadith, Al-Bukhari and Al-Muslim]

One of the companions, Umar bin Al-Khattab (may Allah have mercy upon him), used to pray at night what he wished, until it was in the middle of the night, when he would wake up his family to pray; then he would say to them "*prayer.. prayer*", and would recite this verse of the Qur'an,

HOW DID THE SAHABAH AND PROPHET MUHAMMAD MADE THE MOST OF RAMADAN?

7

Night Prayer During Ramadan

"Enjoin prayer on your people and be constant therein. We ask you not to provide sustenance: We provide it for you. But the fruit of the Hereafter is for righteousness."

[Qur'an, Surah Taha, 20:132].

HOW DID THE SAHABAH AND PROPHET MUHAMMAD MADE THE MOST OF RAMADAN?

By Anonymous

Itikaf During Ramadan



HOW DID THE SAHABAH AND PROPHET MUHAMMAD MADE THE MOST OF RAMADAN?



Itikaf is a form of devotion observed during the last ten days of Ramadan, in which one remains in the masjid (mosque) to focus entirely on worship while limiting time spent with others and detaching from worldly matters.



HOW DID THE SAHABAH AND PROPHET MUHAMMAD MADE THE MOST OF RAMADAN?

This period is dedicated to praying, supplicating, reciting the Qur'an, and giving charity with a clear and sincere mindset, striving to attain the blessings of the Night of Power (Laylat al-Qadr).

The Prophet Muhammad (peace be upon him) advised his family and companions to seek this night, especially on the odd nights of the last ten days, so that their sins may be forgiven. The Night of Power is greater in spiritual virtue than a thousand months.

“With the start of the last ten days of Ramadan, the Prophet Muhammad (peace be upon him) used to work hard and used to offer Salaat (prayers) all night, and used to keep his family awake for the Salaat (prayers).”

[Hadith, Al-Bukhari, Volume 3, Book 32, Number 241]



HOW DID THE SAHABAH AND PROPHET MUHAMMAD MADE THE MOST OF RAMADAN?

Women are also permitted to do so if they wish.

“The Prophet Muhammad (peace be upon him) mentioned that he would practice Itikaf in the last ten days of Ramadan. 'Aisha (may Allah have mercy upon her) asked his permission to perform Itikaf, and he permitted her.”

[Hadith, Al-Bukhari, Volume 3, Book 33, Number 261]

HOW DID THE SAHABAH AND PROPHET MUHAMMAD MADE THE MOST OF RAMADAN?

By Anonymous

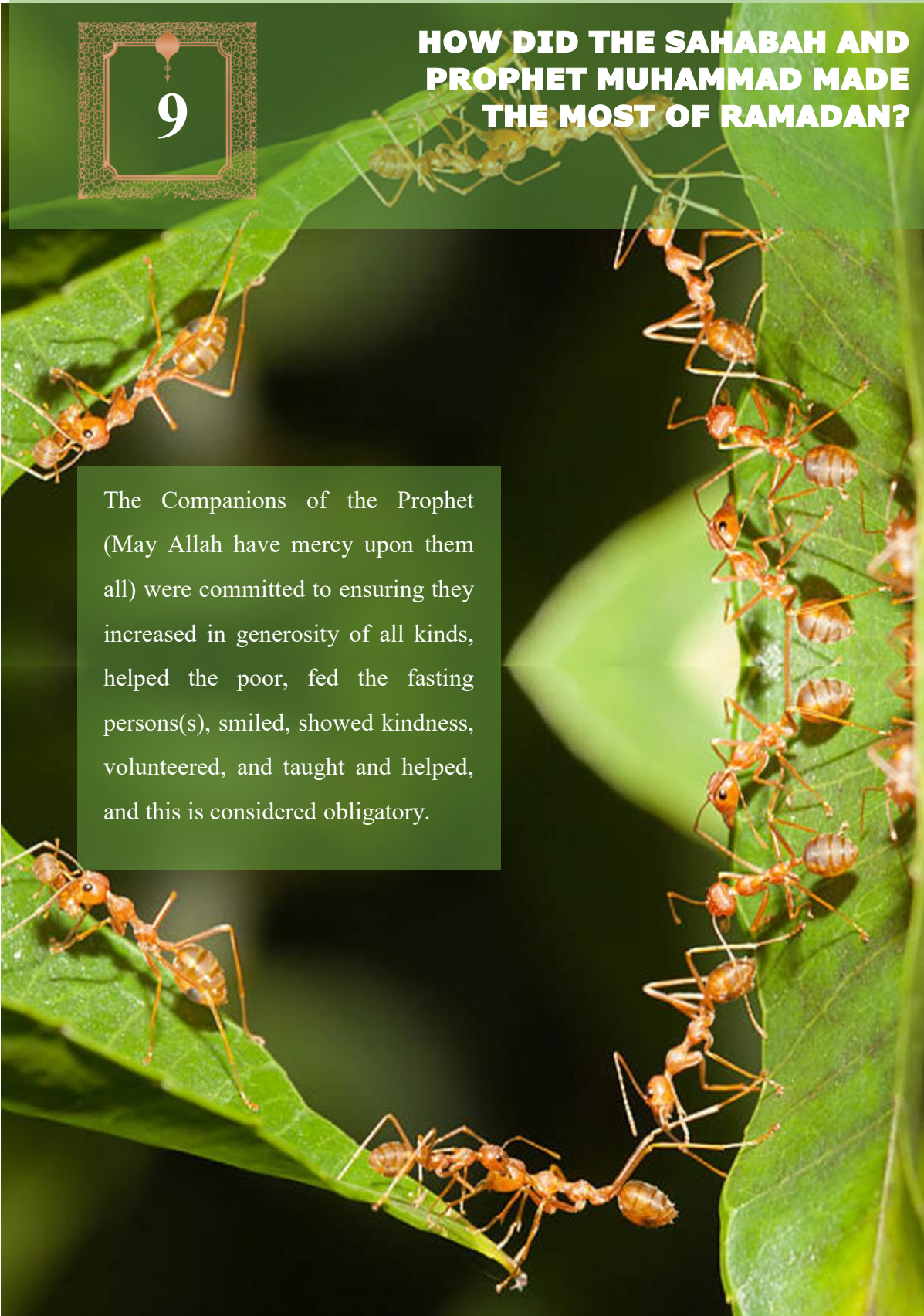
**Increasing In
Good Deeds**





9

HOW DID THE SAHABAH AND PROPHET MUHAMMAD MADE THE MOST OF RAMADAN?



The Companions of the Prophet (May Allah have mercy upon them all) were committed to ensuring they increased in generosity of all kinds, helped the poor, fed the fasting persons(s), smiled, showed kindness, volunteered, and taught and helped, and this is considered obligatory.



HOW DID THE SAHABAH AND PROPHET MUHAMMAD MADE THE MOST OF RAMADAN?

The Prophet Muhammad (peace be upon him) said:

“If someone draws near to Allah during Ramadan with some good act he will be like one who fulfils an obligatory duty in another month, and he who fulfils an obligatory duty in it will be like one who fulfils seventy obligatory duties in another month”.

[Hadith, Al-Tirmidhi]

The Prophet Muhammad (peace be upon him) said: *“This is the month of charity in which believers’ sustenance is increased. Whosoever feeds a fasting person or gives a fasting person a single date or a sip of water, to break the fast, for him there shall be forgiveness of his sins and he will be saved from the fire of hell, and for him shall be the same reward as for him (whom he fed)”.*

[Hadith, Al-Tirmidhi]





HOW DID THE SAHABAH AND PROPHET MUHAMMAD MADE THE MOST OF RAMADAN?

Ibn Abbas (may Allah be pleased with him) said:

"The Prophet (peace be upon him) was the most generous of people, but he would be most generous during Ramadan when he would meet with Angel Jibreel (peace be upon him). He would meet with him every night and recite the Quran. When Jibreel met him, he (the Prophet), peace be upon him, would be faster in spending charity than a fast wind."

[Hadith, Al-Bukhari]

The Prophet, peace and blessings be upon him, said

*"The best charity is one given during
Ramadan."*

[Hadith, Al-Tirmidhi].

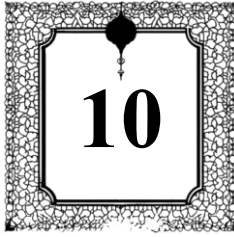


HOW DID THE SAHABAH AND PROPHET MUHAMMAD MADE THE MOST OF RAMADAN?

By Anonymous

Performing Umrah

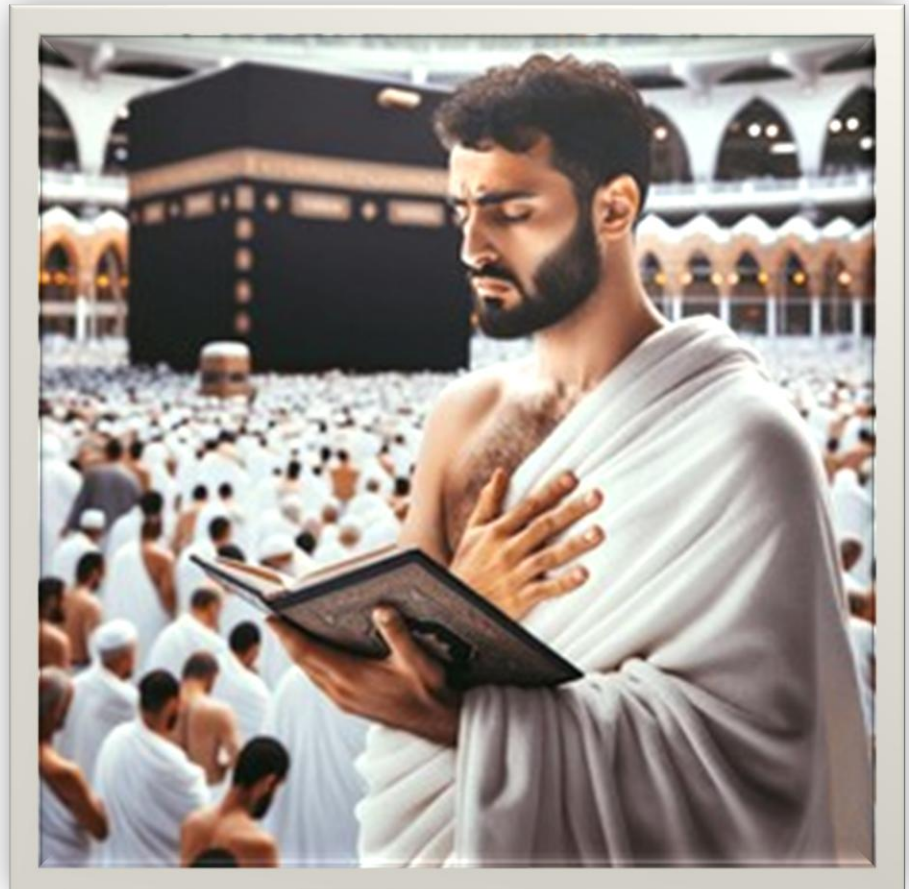




HOW DID THE SAHABAH AND PROPHET MUHAMMAD MADE THE MOST OF RAMADAN?

Umrah is a shorter form of pilgrimage that brothers and sisters can perform voluntarily throughout the year, though it is especially recommended during Ramadan. Its purpose is to elevate faith, seek forgiveness, and dedicate time to worship Allah. Men typically wear *Ihram*, which consists of two white, unstitched cloths, while women wear modest, loose-fitting clothing.

Among the acts of worship during *Umrah* is *Tawaf*, which involves circling the Kaaba (the House of Allah) anticlockwise while reciting *dhikr* and making *dua*. Pilgrims also visit *Maqam Ibrahim* and perform *Saii* (سعي). The *Saii* consists of walking seven times





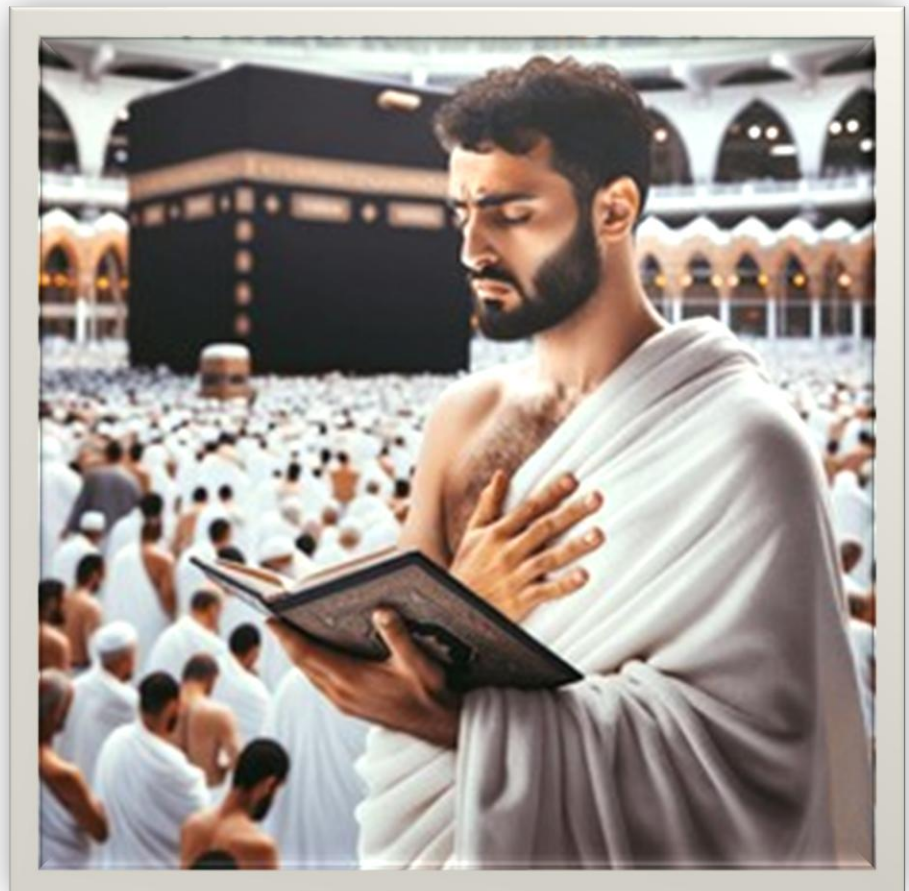
HOW DID THE SAHABAH AND PROPHET MUHAMMAD MADE THE MOST OF RAMADAN?

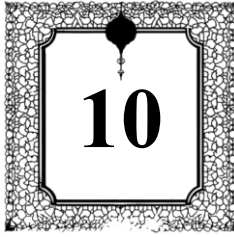
back and forth between Safa and Marwa, commemorating how Hajar (may Allah have mercy upon her), the wife of Prophet Ibrahim (peace be upon him) and mother of Prophet Ismail (peace be upon him), searched for water to provide for her child.

The Prophet (peace be upon him) said:

"An Umrah performed in Ramadan is equal in reward to Hajj."

[Hadith, Al-Bukhari and Muslim].





HOW DID THE SAHABAH AND PROPHET MUHAMMAD MADE THE MOST OF RAMADAN?

Overall, Ramadan helps with the purification of our souls and brings us closer to Allah (The Most High) through good etiquette and all forms of worship. May we reach the gate of Al-Rayyan.

The Prophet (peace be upon him) said: *“There is a gate in Paradise called Al-Rayyan, and those who observe fasting will enter through it on the Day of Resurrection, and none except them will enter through it”*. [Hadith, Al-Bukhari]





HOW DID THE SAHABAH AND PROPHET MUHAMMAD MADE THE MOST OF RAMADAN?

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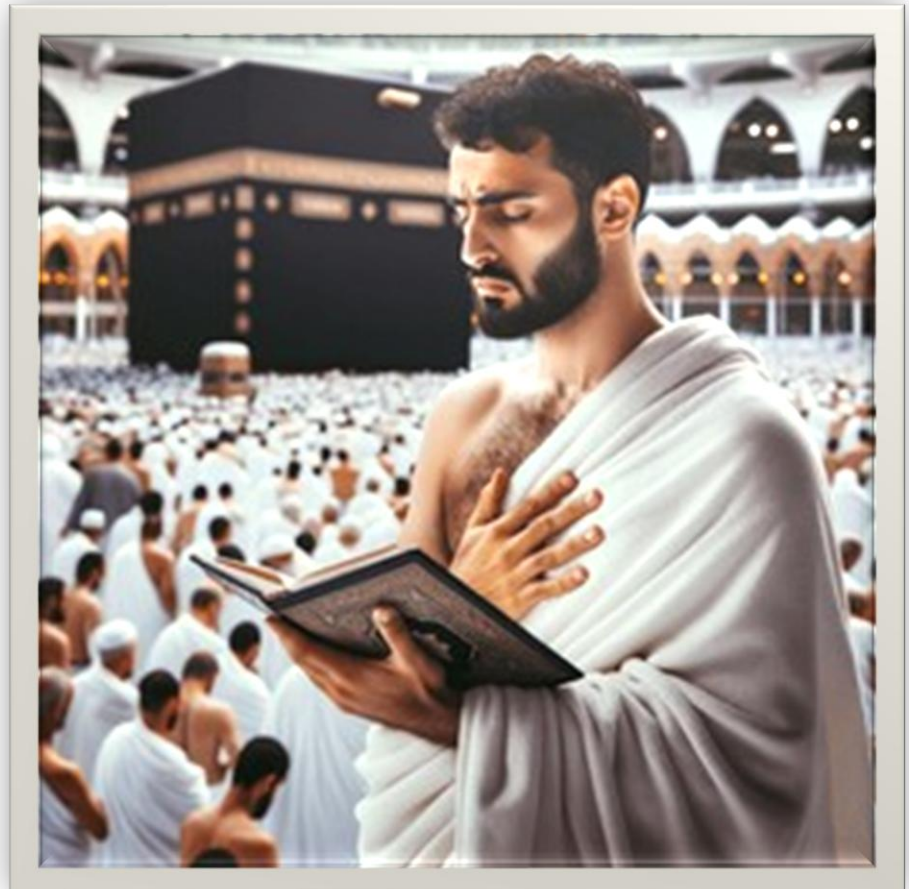
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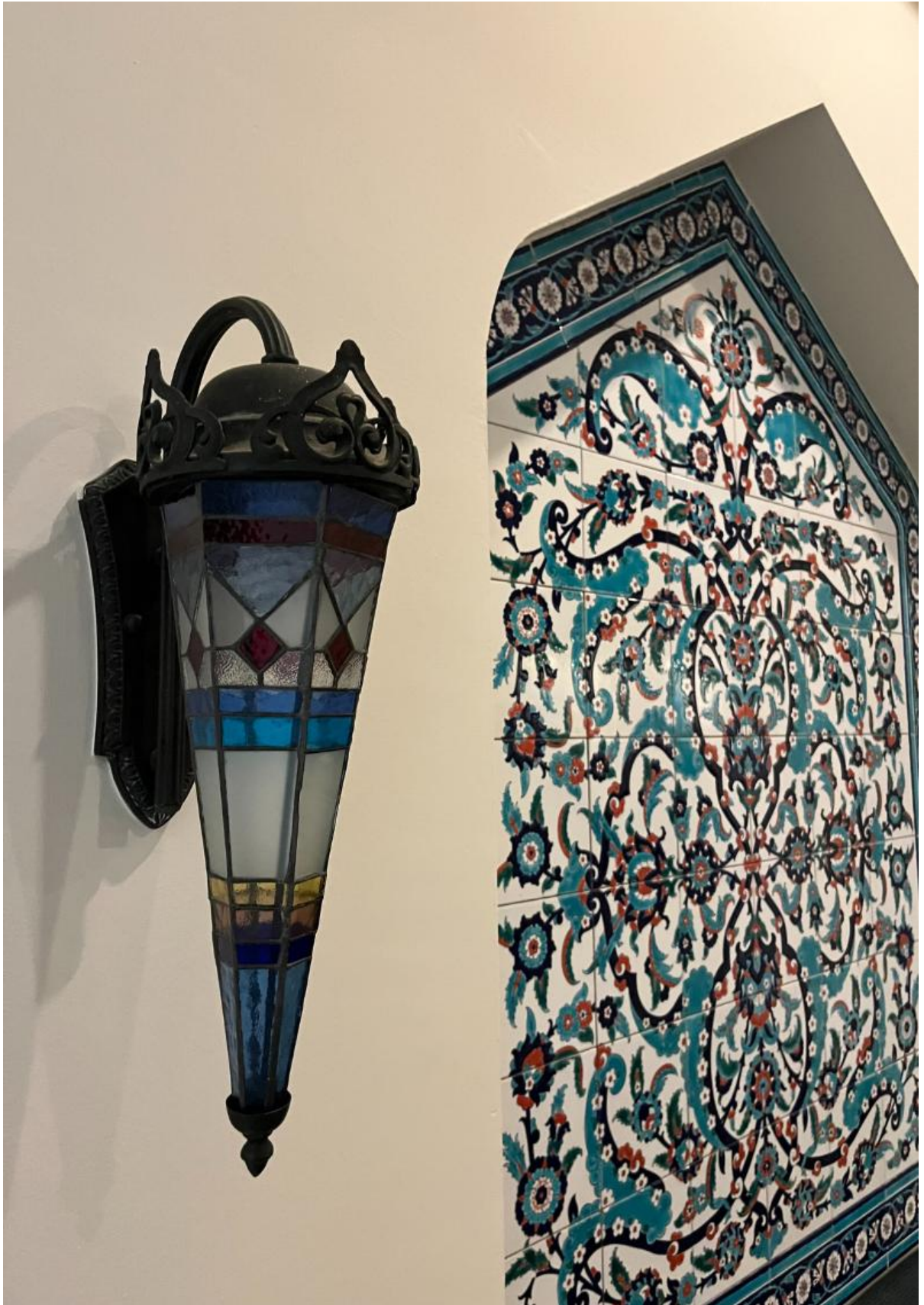
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Ramadan's Lessons

By Haris

Biography: I am Haris and I'm 12 years old. I study in 8th grade and live in the USA.

My interests include writing, reading, programming, research, technology, exercise, and making cool projects. I liked writing this story especially since it reflects on Ramadan, which is my favourite month.



Ramadan's Lessons

By Haris

Ali just couldn't wait for Ramadan to come. He had just come home from school, feeling bored, so he decided to turn on the TV.

"Have you done your homework, dear?"

His mom, Ms. Yasin, was always worried about homework. Ali was so annoyed by the frequent reminders. He angrily replied,

"Yes, yes. Okay! I'll do it!"

He got up and slumped toward his backpack. He had so much homework to do that he didn't want to do it anymore. He quickly picked up the papers stuffed inside his backpack and sat at the desk.





Ramadan's Lessons

By Haris

Ramadan meant a lot to Ali. It was like an important day to him, except it lasted an entire month. Time flew by, Sha'ban came, and his family began preparing for Ramadan.

It was the night before the first day of Ramadan. Ali was excited and nervous at the same time, knowing his routine was about to change. After eating dinner, he quickly used the bathroom, made wudu', and went with his dad and his cousins' family, who had come over to the mosque. There, they prayed Isha, and after a short while, Taraweeh began. The entire family, including his cousins, prayed the 20 rak'ahs. They decided to pray Witr there as well before heading home.





Ramadan's Lessons

By Haris

When they returned, they dropped off his cousins at their house and then went to their own. After taking off his shoes, changing, and lying on his bed, Ali was so tired that he instantly fell asleep.



Ali's alarm clock rang at 4:30 AM. He jumped out of bed, silenced it, used the bathroom, and rushed downstairs. His parents were already sitting at the table, eating haleem (a dish that originated in the Middle East and is mainly eaten in South Asia), and he joined them.

He guzzled a few glasses of water, and then the Fajr adhan rang from his parents' phones.

"5:44 — a decent time for Fajr," said his dad, Mr. Yasin.





Ramadan's Lessons

By Haris

After that, each of them went to a different part of the house to pray, Ali and his dad upstairs, and they prayed Fajr there. Afterwards, Ali fell back asleep.



When he woke up, he realized his school had been cancelled for Ramadan break. He went downstairs, read some Qur'an, did dhikr, and cleaned the house. He also helped his dad, who was repairing his motorbike.



Soon, his mom began preparing iftar, while Ali's stomach growled from the unusual change in his eating schedule. His strong *taqwa* (reliance on Allah) and his love for Prophet Muhammad (peace be upon him) helped him stay patient and avoid breaking his fast before Maghrib. Instead, he helped his mom bake the date dessert and make the strawberry shake.





Ramadan's Lessons

By Haris

When it was time for Maghrib, he followed the Prophet's sunnah and broke his fast with three dates. Ali remembered a hadith from Anas bin Malik (may Allah have mercy upon him), who reported:

The Messenger of Allah (peace and blessings be upon him) said:

“Whoever has dried dates should break the fast with them, and whoever does not, then let him break the fast with water, for indeed water is purifying.”

[Hadith, Al-Tirmidhi 694]

After breaking his fast, he prayed with his father and then began eating the delicious food that he and his mom had prepared.





Ramadan's Lessons

By Haris

As usual, they prayed at the mosque, and after returning home, Ali briefly wondered if he might be too young to fast. But remembering the hardships Prophet Muhammad (peace be upon him) endured, he decided to keep going.

Day after day passed, and soon Ramadan was over. Ali even finished reading all 30 chapters of the Qur'an, and he made dua to Allah, The Most High, asking that he would be able to follow his mentor's footsteps not just during Ramadan, but every single day. He also made dua that the Prophet Muhammad (peace be upon him) would always remain his role model.





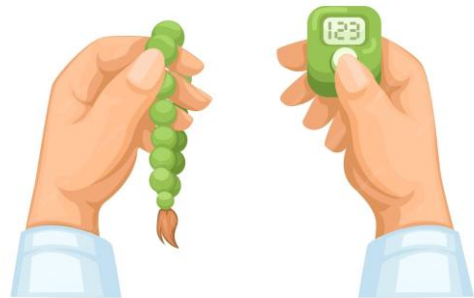
Ramadan's Lessons

By Haris

His dua became so powerful that every day Ali grew closer to his role model. He continued making the same dua and did dhikr daily.

After all, Prophet Muhammad (peace be upon him) was the best example to follow, and duas were the strongest shield a Muslim could have.

Ali was not just a Muslim; he was becoming a mu'min - a practicing devout believer.



It was reported by Abu Hurairah (may Allah be pleased with him):

The Prophet Muhammad (peace be upon him) said:

“Every (good) deed of the son of Adam would be multiplied, a good deed receiving a tenfold to seven hundredfold reward. Allah, the Exalted and Majestic, has said: With the exception of fasting, for it is done for Me and I will give a reward for it, for one abandons his passion and food for My sake. There are two occasions of joy for one who fasts, joy when he breaks it, and joy when he meets his Lord, and the breath (of an observer of fast) is sweeter to Allah than the fragrance of musk.”

قَالَ قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ -رَضِيَ اللَّهُ عَنْهُ -عَنْ أَبِي هُرَيْرَةَ،
كُلُّ عَمَلٍ ابْنِ آدَمَ يُضَاعَفُ الْحَسَنَةُ عَشْرُ أَمْثَالِهَا إِلَى سَبْعِمِائَةٍ " وَسَلَّمَ
ضِعْفٍ قَالَ اللَّهُ عَزَّ وَجَلَّ إِلَّا الصَّوْمَ فَإِنَّهُ لِي وَأَنَا أَجْزِي بِهِ يَدْعُ شَهْوَتَهُ
وَطَعَامَهُ مِنْ أَجْلِي لِلصَّائِمِ فَرْحَتَانِ فَرْحَةٌ عِنْدَ فِطْرِهِ وَفَرْحَةٌ عِنْدَ لِقَاءِ
وَلِخُلُوفٍ فِيهِ أَطْيَبُ عِنْدَ اللَّهِ مِنْ رِيحِ الْمِسْكِ. رَبِّهِ

[Hadith, Sahih Muslim, 1151e]





The Prophetic Ramadan Meal





The Prophet Muhammad (peace be upon him) said:

“The offspring of Adam fills no vessel worse than his stomach. Sufficient for the child of Adam are a few morsels to keep his back straight. If he must eat more, then a third should be for his food, a third for his drink, and a third left for air.”

[Hadith, Sunan Ibn Majah 3349]

At first, he used to open his fast with dates, if they were absent, he would try with water. Both sources were commonly available. It was reported that occasionally he enjoyed having other delicacies but in a balanced manner. For example, *Tharid* (meat mixed with bread), *Talbinah* (a sweet), soups, roasted meat, vegetables, cheese based dishes (Khan, 2014).

It was narrated by Anas Bin Malik (may Allah be pleased with him) who said:

“The Prophet (peace be upon him) used to break his fast with fresh dates before he prayed. If he did not find fresh dates then he would use dried dates. If he did not find that also he drank a few sips of water.”

[Hadith, Ahmad, and Abu Dawood]

Moreover, the Prophet (peace be upon him) also liked to consume Sawiq; a meal that combined wheat and barley.



It was narrated by Abdullah Bin Awfa (May Allah have mercy upon him):

“We were in the company of the Prophet Muhammad (peace be upon him) on a journey and he was fasting, and when the sun set, he addressed somebody, “O so-and-so, get up and mix Sawiq (a coarse mixture of ground wheat and barley) with water for us.” He replied, “O Allah’s Apostle! (Will you wait) till it is evening?” The Prophet said, “Get down and mix Sawiq with water for us.” He replied, “O Allah’s Apostle! (If you wait) till it is evening.” The Prophet said again, “Get down and mix Sawiq with water for us.”

He replied, “It is still daytime.” The Prophet said again, “Get down and mix Sawiq with water for us.” He got down and mixed Sawiq for them.

The Prophet drank it and then said, “When you see night falling from this side, the fasting person should break his fast.”

[Hadith, Sahih Al-Bukhari]

What is Sawiq?

Sawiq is the Arabic term for is a fried and ground barley or wheat and sometimes a combination of both. (Please see Figure 1.)

In other languages like Urdu, it is referred as Sattu where they also tend to add Chick peas (Tibb-E-Nabawi, 2025). However, the authentic dish is made with Barley.

At first, Barley grains are dry roasted at low heat to allow the grain to cook appropriately and are rubbed with a cloth when cooled down and are sieved several times. They are then grounded either fine or coarsely (Tibb-E-Nabawi, 2025)



It can be kneaded with milk, honey or fat as evidenced from the following narrations:

السويق هُوَ الْقَمَحُ أَوْ الشَّعِيرُ الْمَقْلُو ثُمَّ يَطْحَنُ

“Saweeq is fried wheat or barley which is ground.”

(Imam Ibn Hajr al-Asqalani, Fath al-Bari; Rashid, 2024)

والسويق هو أن تحمص الحنطة أو الشعير أو نحو ذلك ثم تطحن ثم يسافر بها وقد تمزج باللبن والعسل والسمن
تلت به، فإن لم يكن شيء من ذلك مزج بالماء. (الإملاء المختصر في شرح غريب السير)

“Saweeq is when wheat or barley is roasted or the like, then it is milled. It is taken on one’s journey and it is sometimes mixed with milk, honey, and fat. If none of these are available, then it is mixed with water.”

(Ibn Abi al-Rakib, al-Imlaa al-Mukhtasar, Rashid, 2024)

For centuries, wheat and barley were domesticated in the Middle East 10,000 years ago and is formulated as part of our diet as well as livestock (Mandl, 2020; Mikstas, 2025). They belong to a crop family called Poaceae like rice, sugarcane, and corn.



Figure 1: Sawiq



The Health Benefits of Barley

Barley is a common ingredient to produce bread, stews, and other dishes. The barley grain illustrated in Figures 2 and 3 consists of three layers: the inner germ layer, the endosperm, and the bran. The inner germ layer is nutrient dense. The endosperm is rich in carbohydrates and proteins. Carbohydrates maintain the energy levels present in the germ layer. Proteins are required for growth and repair. The bran is the outer layer enriched with fibre, Vitamin B (niacin and thiamine), and trace minerals (Mandl, 2020). Fibre helps improve bowel movement and digestion and assists with weight loss.

Vitamin B1, thiamine, also known as aneurine, facilitates the metabolism of carbohydrates. Vitamin B3, niacin, helps improve levels of good cholesterol (high-density lipoproteins). This may explain why barley is useful in controlling the levels of cholesterol (Mandl, 2020).

Moreover, beta-glucans are found in barley and assist in the regulation of blood sugar (glucose) and cholesterol. This is supported by the evidence found in a review of 34 studies: a daily consumption of a minimum of 4 grams of beta-glucan, besides 30 to 80 grams of carbohydrates, decreases blood sugar levels (Mandl, 2020).

The trace minerals mainly present in the bran of the barley are calcium, magnesium, copper, iron, potassium, phosphorus, folate, and selenium. Together, they help strengthen the bones. The additional presence of selenium helps prevent inflammation and lowers the risk of cancer and Crohn's disease. Crohn's disease is an inflammatory condition that mainly affects the end part of the small bowel called the ileum. Patients with Crohn's disease are characterised by inflammation, thickening, and swelling in the



area, causing partial obstruction. This is why a sharp pain is experienced in the tummy and may also cause constipation. Consuming barley helps to clear out the digestive system, cleanse the stomach, and increase the ease of the output of stools (poo) and urine (wee/pee) (Tibb-e-Nabawi, 2025).

Additional therapeutic benefits of barley are that barley water helps to relieve coughing, sore throat, and quenches thirst (Tibb-e-Nabawi, 2025). Collectively, barley is a rich source of vitamins, minerals, and fibre (Mikstas, 2025).

Ibn Majah (may Allah be pleased with him) narrated that Aisha (may Allah have mercy upon her) said:

"When a member of the family of Messenger of Allah (peace be upon him) would fall sick, he would order that Hasa (soup prepared with barley flour) ~ Barley soup is made, and then the ill person would be commanded to have some of it."

(Tibb-e-Nabawi, 2025)

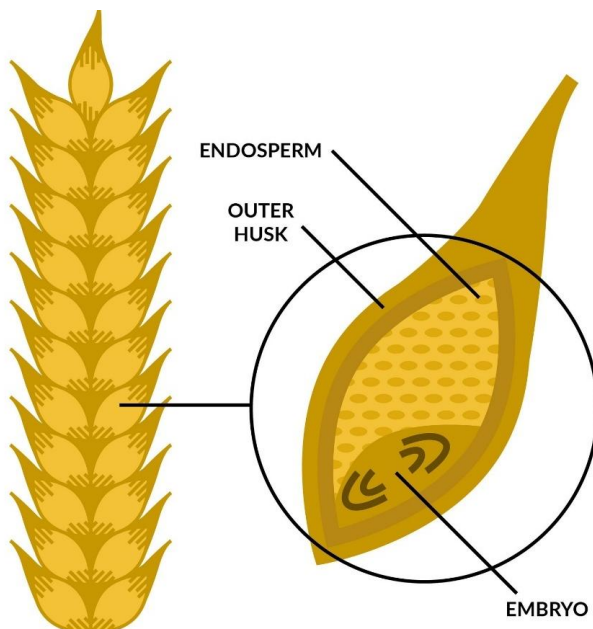


Figure 2:
An inner illustration of the Barley grain (Kendeall, 2023)

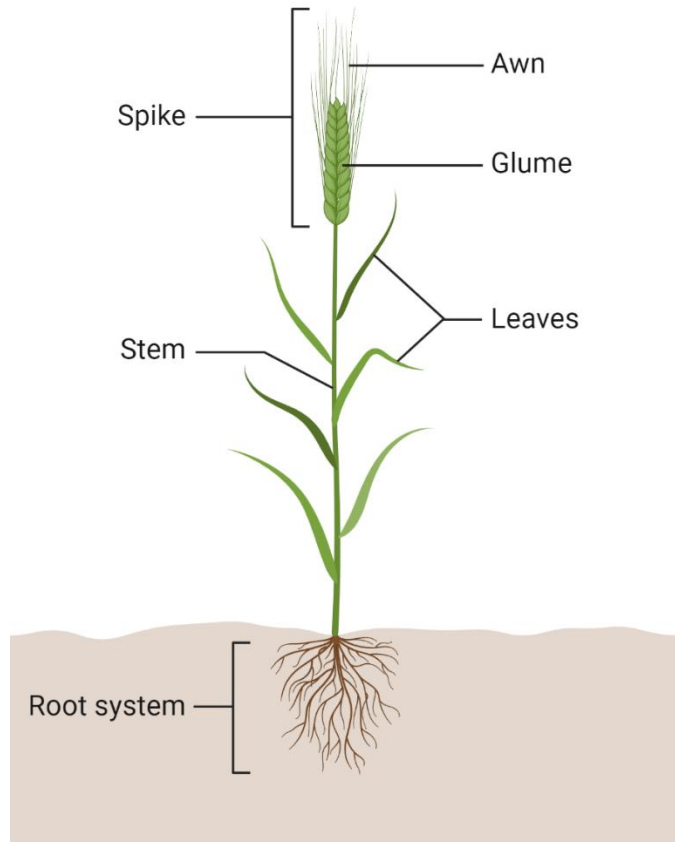


Figure 3: An outer view of the wheat plant (Ona, 2025)

The Health Benefits of Wheat

The structure of wheat, pictured in Figures 4 and 5, undergoes cleaning and processing before it can be used to make food containing carbohydrates. Carbohydrates are required for energy, and there are two forms: starch and sugar. Food enriched with starch is pasta, bread, and crackers. Wheat can also be used to make sugary desserts like cakes and sweet pastries. Additional food products include paste, malt, and ethanol (Mikstas, 2025).



Besides carbohydrates and sugar, wheat encompasses fibre, fat, protein, water, vitamins and minerals. The minerals present in wheat are selenium, manganese, copper, phosphorus, and folate. This helps to improve the bowel movements.

Our intestines/gut have good and bad bacteria. The wheat bran helps to increase the strength and immunity of the gut by feeding healthy bacteria. This helps prevent cancers of the colon (Mikstas, 2025).

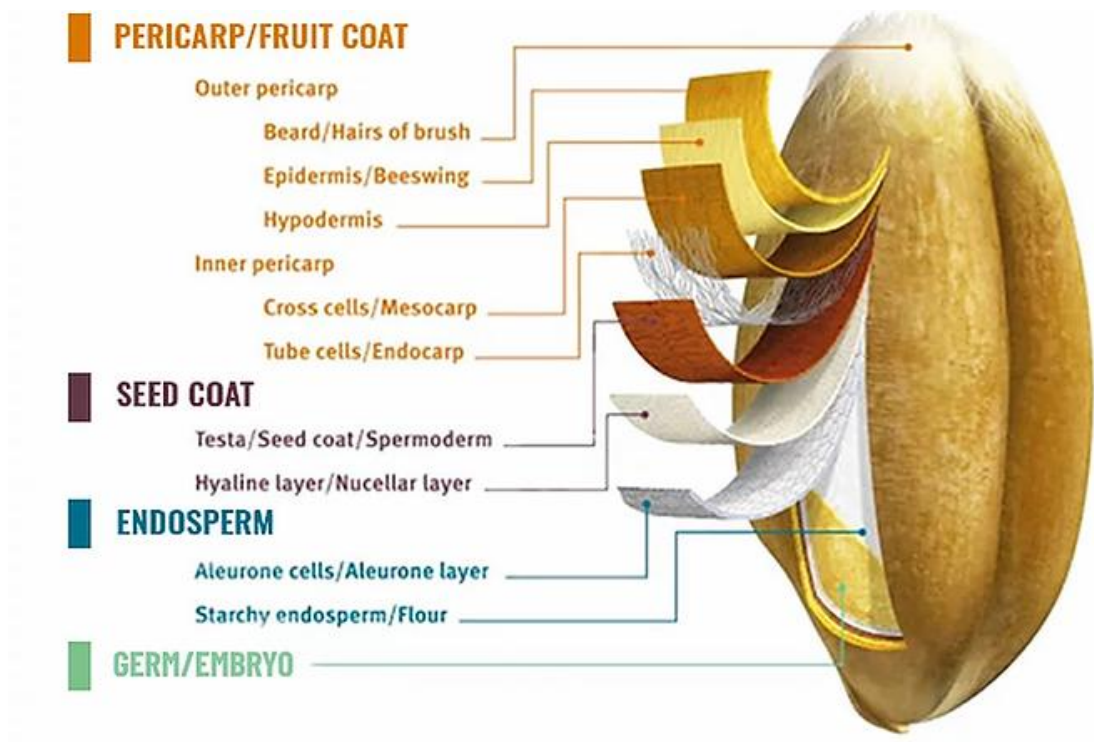


Figure 4: Structure of the wheat grain

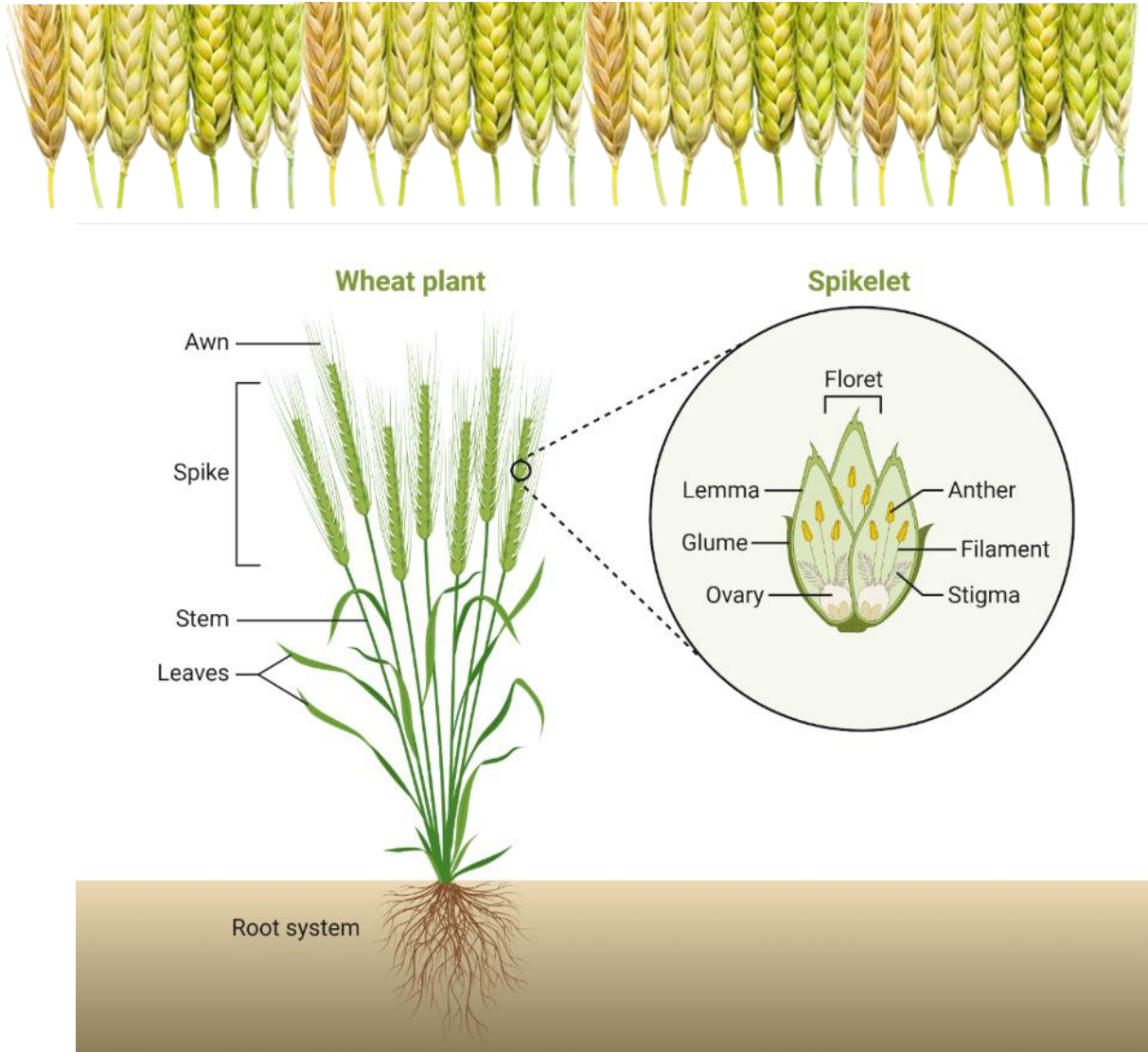


Figure 5 The inner and outer structure of the wheat plant (Nashed, 2025)

Which one is healthier: Wheat or Barley?

To determine which grain, wheat or barley, is more beneficial depends on several factors. Amongst them is the method in which the grain is processed and what the outcome is after the process. For example, wheat undergoes cleaning and processing before it can be used to make food. Wheat flour is produced when the grain is cleaned and added to water. The addition of water helped to separate the kernel from the bran. The kernel is then used to make flour. This process is referred to as milling. This may explain why researchers consider whole-grain wheat to be more nutritious in minerals and vitamins than white or



refined wheat. White wheat removes both the bran and germ, which significantly loses a lot of fibre (Mikstas, 2025). In whole wheat flour, the bran is re-added, which increases the fibre content.

Moreover, there are two main types of barley found in the store: hulled and pearled. Hulled maintains the germ and bran, but the outer shell is removed. Alternatively, pearled barley neither has the bran nor hull and is therefore less nutritious (Mikstas, 2025). This may explain why there are several nutritional variations between pearled and hulled barley.

Table 1 presents a nutritional assessment of four products (100 grams): whole wheat flour, wheat flour, hulled barley, and pearled barley. Macronutrients are nutrients we require daily, namely, carbohydrates, fibre, proteins, and, to a lesser degree, fats. Micronutrients are composed of two types: vitamins and minerals. This is needed in small amounts. Both macronutrients and micronutrients are measured percentage of the daily value (DV).

Calorie is the unit of energy value present in food. In descending order from highest to lowest: wheat flour (361 kcal), hulled barley (354 kcal), pearled barley (352 kcal), and whole wheat flour (340 kcal). This illustrates that wheat flour produces higher calories than the other forms of grain.

The predominant macronutrient found in all four products is carbohydrates, followed by protein, fibre, and then fats. Pearled barley has the highest carbohydrate content with 77.7 % of the daily value (DV). The product with the lowest level of carbohydrates is whole wheat flour with 72.0% of the DV.



There is a 5.45-to-7.84-fold difference between carbohydrates and proteins in all four grain products. This suggests how carbohydrates help to maintain the energy level when consumed.

Minerals

Furthermore, in the results section on micronutrients, manganese is the highest trace element. Manganese may assist with improving bone health and lowering blood sugar levels. Whole wheat flour has 177% of the DV, and Wheat flour has 34% of the DV. Hulled barley has 85% of the DV value, whereas pearled barley has 58% of the DV value. Therefore, there is a variation in the amount of minerals in the type of grain and the method by which it is processed.

The second most common mineral is copper. It has a similar role to manganese in supporting bone health. It also helps prevent anaemia as it helps the red protein, haemoglobin, in the red blood cells to carry oxygen around the body. The % value per DV from highest to lowest is: Hulled barley (55), pearled barley (47), whole wheat flour (46), and wheat flour (20).

The third most common mineral present in wheat and barley is magnesium. Magnesium helps to improve heart health by regulating blood pressure and lowering anxiety and moodiness. It also helps with digestion and bone health. There is a small 1% difference in the quantity of magnesium between whole wheat (33% of DV) and hulled barley (32% of DV). Pearled barley (19% of DV) has more magnesium than Wheat flour (6% of DV).



The mineral with the least presence in wheat and barley is potassium. The normal function of potassium is to assist with fluid balance and the movement of the nerves. Hulled barley has the highest amount of potassium, with 10% of DV. Subsequently, Whole wheat flour has 8% of the DV. Pearled barley has 6% of the DV. Wheat flour has 2% of the DV.

Vitamins

There are several types of vitamins B: B1, B2, B3, B5, B6, and B9. The presence of vitamin B6 (pyridoxine) and vitamin B9 (folic acid) helps lower the intermediate chemical homocysteine. This is needed in the production of cysteine, and malfunctions in increasing the risk of heart disease. The functions of all vitamins B are presented in Figure 6. The predominant vitamin in wheat and barley is Vitamin B1 (thiamine). Vitamin B1 helps to convert carbohydrates into energy. There is a high presence of Vitamin B1 in hulled barley (54% of DV), whole wheat flour (42% of DV), Pearled barley (16% of DV), and Wheat flour (7% of DV). This illustrates that hulled barley has higher vitamin B1 than wheat.

The second most common vitamin is Vitamin B3 (Niacin), with the highest content in Whole wheat flour (31% of DV). Simultaneous results are found for hulled and pearled barley (29% of DV). The least grain product with Vitamin B3 is wheat flour with 6% of DV. Niacin is needed to improve cholesterol levels. This implies that whole wheat has higher levels of Vitamin B3 than all forms of barley. The lowest being wheat flour could be due to the removal of structures that are enriched with vitamin B3.



Pyridoxine (Vitamin B6) is the third prominent vitamin found in barley and wheat. It is more commonly found in wholewheat flour (24% of DV) than hulled barley (19% of DV), pearled barley (15% of DV), and wheat flour (2% of DV). Vitamin B6 is needed to improve vision, brain health, and Premenstrual syndrome (PMS). PMS significantly improves emotional and physical symptoms before the start of the menstrual period.

Vitamin E is needed to help improve skin health, eyes, and immunity. Conversely, it is the lowest vitamin found in wheat and barley. Wholewheat flour (5% of DV), hulled barley (4% of DV), and wheat flour (3% of DV). On the contrary, pearled barley has no vitamin E.

Overall, the data presented in Table 1 shows there is some similarity in all four types of grain products for carbohydrates, proteins and fats, and minerals, despite they vary in processes where they either go through milling or de-hulling. Hulled barley is enriched with thiamine and riboflavin than wheat.

Alternatively, other vitamin Bs and Vitamin E detect higher levels in wheat than barley. This may be due to that pearling barley causes a loss of thiamine, riboflavin, and Vitamin E, whereas they are re-added to refined wheat flour post-milling (Mandl, 2020).












Table 1: The nutritional value of four types of grain products: whole wheat flour, wheat flour, hulled barley, and pearled barley. (Mandl, 2020)

Type of nutrient	Subtype	Examples	Whole wheat flour	Wheat flour	Hulled barley	Pearled barley
	Calories (kcal)		340	361	354	352
Macronutrients	Carbohydrates (g)		72.0	72.5	73.4	77.7
	Fats (g)		2.5	1.7	2.3	1.2
	Fibre (g)		10.7	2.4	17.3	15.6
	Protein (g)		13.2	12.0	12.5	9.9
Micronutrients	Minerals	Copper (% of Daily Value (DV))	46	20	55	47
		Iron (% of DV)	20	5	20	14
		Magnesium (% of DV)	33	6	32	19
		Manganese (% of DV)	177	34	85	58
		Phosphorus (% of DV)	29	8	21	18
		Potassium (% of DV)	8	2	10	6
		Zinc (% of DV)	24	8	25	19
	Vitamins	Vitamin B1(Thiamine) (% of DV)	42	7	54	16
		Riboflavin (Vitamin B2) (% of DV)	13	5	22	9
		Vitamin B3 (Niacin) (% of DV)	31	6	29	29
		Vitamin B5 (Pantothenate) (% of DV)	12	9	6	6
		Vitamin B6 (Pyroxidine) (% of DV)	24	2	19	15
		Vitamin B9 (Folic acid) (% of DV)	11	8	5	6
		Vitamin E (% of DV)	5	3	4	0



Vitamin B Complex

Vitamins	Functions
 <p>Vitamin B1 (Thiamin)</p>	Helps turn carbohydrates into the energy our bodies need.
 <p>Vitamin B2 (Riboflavin)</p>	It helps boost immune system and also help treat headaches.
 <p>Vitamin B3 (Niacin)</p>	Lowers harmful cholesterol while increasing good ones.
 <p>Vitamin B5 (Pantothenic Acid)</p>	Anti-stress vitamin and plays a vital role in cellular metabolism.
 <p>Vitamin B6 (Pyridoxine)</p>	Helps improve vision, PMS and also supports brain health.
 <p>Vitamin B7 (Biotin)</p>	Promotes healthy skin, hair & nails. Improves blood sugar .
 <p>Vitamin B9 (Folic Acid)</p>	Promotes healthy pregnancy & protects baby against defects.
 <p>Vitamin B12 (Cobalamin)</p>	Helps make red blood cells, DNA and normal nerve function.
	




Figure 6: The functions vitamin Bs



Disadvantages Of Wheat And Barley

The enriched sources of wheat and barley may not be suitable for all patients. For example, the presence of gluten protein would be more of a risk than a benefit in patients with bowel conditions. Coeliac disease, gluten intolerance, and/or irritable bowel syndrome are amongst some of the bowel conditions.

Wheat has several proteins: glutenin and gliadin. Gliadin is also present in the germ of rye grain. Barley has hordeins (Mandl, 2020). The carbohydrates present in the cereal cannot be digested or absorbed in the small intestine. This can damage the lining of the intestine, causing pain, swelling of the stomach (bloating), liquid stools (diarrhoea), hard stools (constipation), and weight loss. Please see Figure 7. This may also appear in patients who do not have such conditions. This must be avoided if not good for health.

Irritable bowel syndrome (IBS), pictured in Figure 8, is characterised by the abnormal muscular contraction of the intestines and sensitivity to stress, anxiety, and other stimuli. Barley and wheat contain fructans and galactooligosaccharides (GOS). Fructans are fructose sugars found in fruits and vegetables. GOS is made of galactose sugars. Neither can be broken down during digestion in the small intestine, so they go to the large intestine, where natural bacteria ferment them, producing gas. Some patients with IBS have bloating, stomach discomfort, diarrhoea, or constipation. Lowering the amount of barley and wheat may help overcome the IBS symptoms (Mandl, 2020).

Some patients experience an allergy to such proteins, causing redness, itching, diarrhoea, asthma, and anaphylaxis (a severe form of allergic shock), but they are independently related. For instance, some are allergic to wheat but not barley. Allergy to barley is rare and still undergoing research to determine the cause.



The presence of sugar and cholesterol in wheat may increase levels.

If you are unsure of the symptoms you may experience. It is best to speak to your healthcare professional.

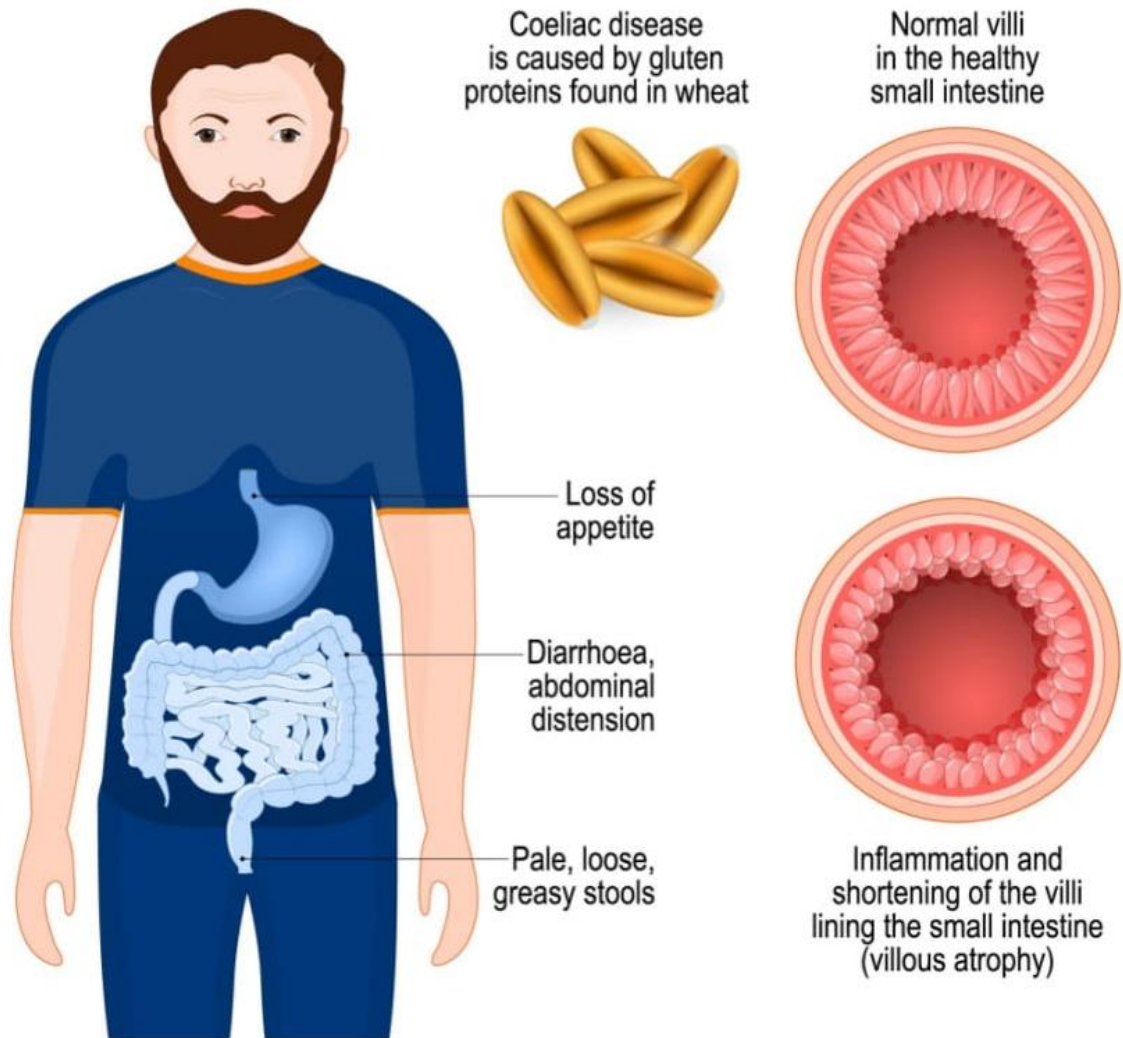


Figure 7: Coeliac Disease



How Irritable Bowel Syndrome Affects the Digestive Tract



Figure 8: Irritable Bowel Syndrome



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Narrated Abu Hurairah (May Allah have mercy upon him):

The Prophet (peace be upon him) said,

"Whoever established prayers on the night of Qadr out of sincere faith and hoping for a reward from Allah, then all his previous sins will be forgiven; and whoever fasts in the month of Ramadan out of sincere faith, and hoping for a reward from Allah, then all his previous sins will be forgiven."

حَدَّثَنَا أَبِي هُرَيْرَةَ - رَضِيَ اللَّهُ عَنْهُ - عَنِ النَّبِيِّ صَلَّى اللَّهُ عَلَيْهِ
مَنْ قَامَ لَيْلَةَ الْقَدْرِ إِيمَانًا وَاحْتِسَابًا غُفِرَ لَهُ مَا تَقَدَّمَ " وَسَلَّم قَالَ
مِنْ ذَنْبِهِ، وَمَنْ صَامَ رَمَضَانَ إِيمَانًا وَاحْتِسَابًا غُفِرَ لَهُ مَا تَقَدَّمَ مِنْ
"ذَنْبِهِ".

[Hadith, Sahih Al-Bukhari, 1901]



Egyptian Food Made Easy: Second Edition

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There are also great sweet dishes for those who have a sweet tooth, such as basboosa, Kunafa, Ka3ak, Kataifi, Baklava, and rice pudding.

Has it awakened your taste buds?



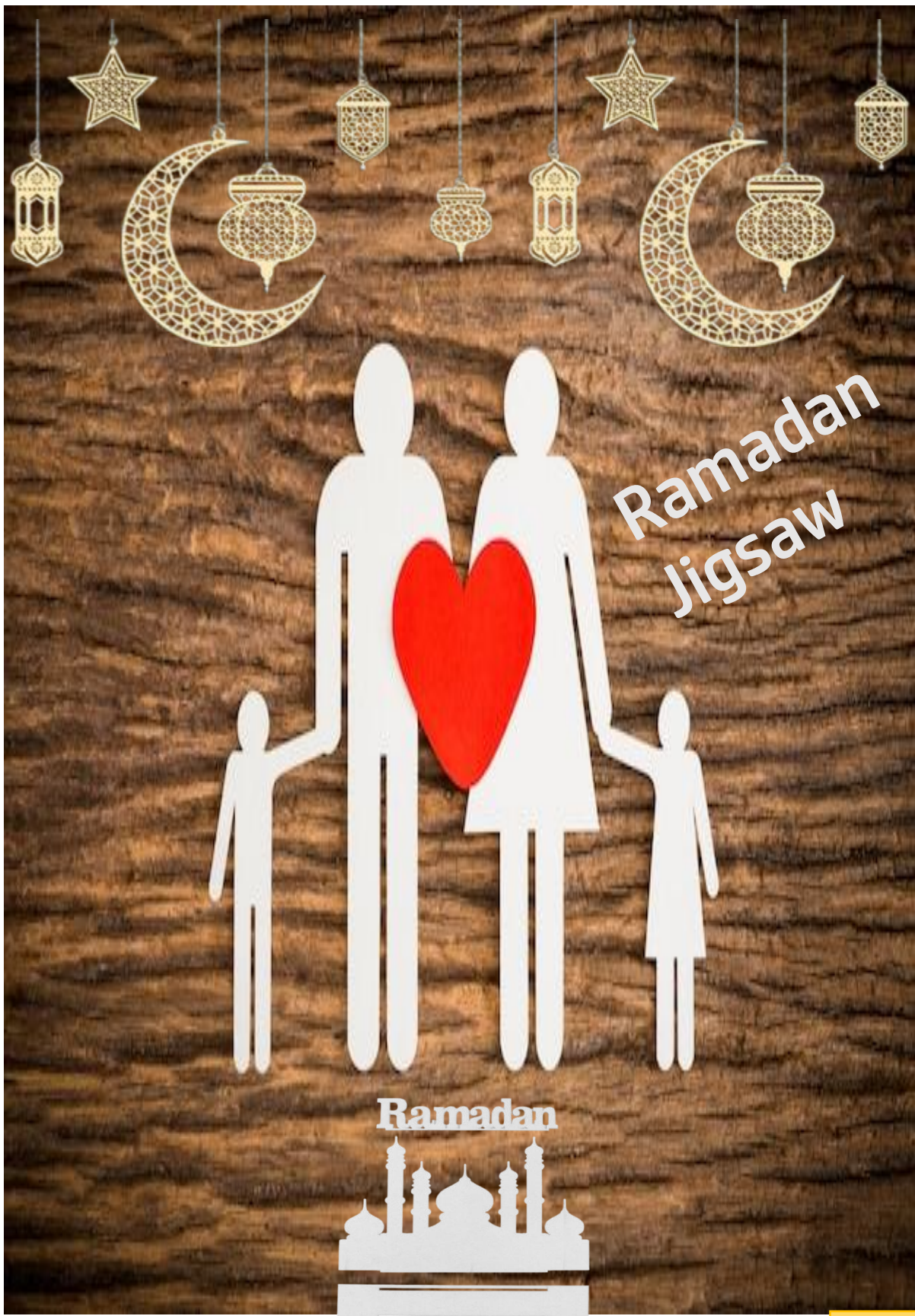
It was narrated from 'Aishah (may Allah have mercy upon her) that she said:

“O Messenger of Allah, what do you think I should say in my supplication, if I come upon Laylatul-Qadr?” He said: “Say: ‘Allahumma innaka ‘afuwun tuhibbul-‘afwa, fa’fu ‘anni (O Allah, You are Forgiving and love forgiveness, so forgive me).’”

حَدَّثَنَا عَلِيُّ بْنُ مُحَمَّدٍ، حَدَّثَنَا وَكِيعٌ، عَنْ كَثْمَسِ بْنِ الْحَسَنِ، عَنْ عَبْدِ اللَّهِ بْنِ بَرِيْدَةَ، عَنْ عَائِشَةَ، أَنَّهَا قَالَتْ يَا رَسُولَ اللَّهِ أَرَأَيْتَ إِنْ وَافَقْتُ لَيْلَةَ الْقَدْرِ مَا أَدْعُو قَالَ " تَقُولِينَ اللَّهُمَّ إِنَّكَ عَفُوٌّ تُحِبُّ الْعَفْوَ فَاعْفُ عَنِّي " .

[Hadith, Sunan Ibn Majah, 3850]





Ramadan
Jigsaw

Ramadan

Ramadan Dua Jigsaw

This is a family fun activity where you and your child can recite the dua and colour it in on a daily basis. There is space between each page, so you are able to print and cut out the jigsaw pieces out.

<p><i>“O Allah, on this day make my fasts the fasts of those who fast sincerely, and my standing up in prayer of those who stand up in prayer obediently, awaken me in it from the sleep of the heedless, and forgive me my sins. O God of the worlds, and forgive me, O The One who forgives the sinners.”</i></p> <p>1 Day One</p>	<p><i>“O Allah, on this day, take me closer towards Your pleasure, keep me away from Your anger and punishment, grant me the opportunity to recite Your verses of the Qur’an, by Your mercy, O the Most Merciful.”</i></p> <p>2 Day Two</p>
<p><i>“O Allah, on this day, grant me wisdom and awareness, keep me away from foolishness and pretention, grant me a share in every blessing You send down, by Your generosity, O the Most Generous.”</i></p> <p>Day Three 3</p>	<p>Day Four 4</p> <p><i>“O Allah, on this day, strengthen me in carrying out Your commands, let me taste the sweetness of Your remembrance. Grant me through Your Graciousness, that I give thanks to You. Protect me, with Your protection and cover, O the most discerning of those who see.”</i></p>
<p>Day Five 5</p> <p><i>“O Allah, on this day, place me among those who seek forgiveness. Place me among Your righteous and obedient servants, and place me among Your close friends, by Your kindness, O the Most Merciful.”</i></p>	<p>Day Six 6</p> <p><i>“O Allah, on this day, help me with its fasts and prayers, and keep me away from mistakes and sins of the day. Grant me that I remember you continuously through the day, by Your assistance. O. the Guide of those who stray.”</i></p>



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Ramadan Dua Jigsaw

“O Allah, on this day, do not let me abase myself by incurring Your disobedience, and do not strike me with the whip of Your punishment. Keep me away from the causes of Your anger, by Your kindness and Your power. O, the ultimate wish of those who desire.”

7

Day Seven

“O Allah, on this day, let me have mercy on the orphans, and feed the hungry, and spread peace, and keep company with the noble-minded.

O, the shelter of the hopeful.”

8

Day Eight

“O Allah, on this day, grant me a share from Your mercy which is wide, guide me towards Your shining proofs, lead me to Your all-encompassing pleasure, by Your love, O, the hope of the desirous.”

9

Day
Nine

“O Allah, on this day, make me, among those who rely on You, from those who You consider successful, a place me among those who are near to you, by Your favour, O goal of the seekers.”

10

Day Ten

“O Allah, on this day, make me love goodness, and dislike corruption and disobedience. Bar me from anger and the fire of Hell. By Your help, O, the helper of those who seek help.”

Day Eleven

11

12

Day Twelve

“O Allah, on this day, beautify me with covering and chastity. Cover me with the clothes of contentment and chastity. Let me adhere to justice and fairness, and keep me safe from all that I fear, by Your protection. O, the Protector of the frightened.”



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A blank page is left behind to allow readers to cut jigsaw pieces.

Ramadan Dua Jigsaw

“O Allah, on this day, purify me from uncleanness and dirt, make me patient over events that are decreed, grant me the ability to be pious, and keep company with the good, by Your help.

O, the beloved of the destitute.”

13

Day Thirteen

“O Allah, on this day, do not condemn me for slips, make me decrease mistakes and errors. Do not make me a target for afflictions and troubles, by Your honour. O, the honour of the Muslims.”

14

Day Fourteen

“O Allah, on this day, grant me the obedience of the humble expand my chest through the repentance of the humble, by Your security. O, the shelter of the fearful.”

“O Allah, on this day, grant me compatibility with the good. Keep me away from patching up with the evil, lead me in it, by Your mercy, to the permanent abode, by Your Godship. O, the God of the world.”

Day Fifteen

15

Day Sixteen

16

“O Allah, on this day, guide me towards righteous actions, fulfil my needs and hopes. O, The One who does not need explanations nor questions. O, The One who knows what is in the chests of the people of the world. Bless Muhammad And his family, the Pure.”

18

Day Eighteen

“O Allah, on this day, awaken me with the blessings of its early mornings, illuminate my heart with the brightness of its rays, let every part of my body follow its effects, by Your light. O, the illuminator of the hearts of those who know.”



EMPTY SPACE

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Ramadan Dua Jigsaw

“O Allah, on this day, multiply for me its blessings, and ease my path towards its bounties, do not deprive me of the acceptance of its good deeds. O, the Guide towards the clear truth.”

19

Day Nineteen

“O Allah, on this day, open for me the doors of the heavens, and lock the doors of Hell from me, help me to recite the Qur’an. O, The One who sends down tranquillity into the hearts of believers.”

20

Day Twenty

Day Twenty-One

21

“O Allah, on this day, show me the way to win Your pleasure. Do not let Shaytan have a means over me, make Paradise an abode and a resting place for me. O, the One who fulfils the requests of the needy.”

“O Allah, on this day, open for me the doors of Your Grace. Send down on me its blessings. Help me towards the causes of Your mercy. Give me a place in the comforts of Paradise. O, The One who answers the call of the distressed.”

Day Twenty-Two

22

23

“O Allah, on this day, wash away my sins, purify me from all flaws, examine my heart with for the piety of the hearts. O, The One who overlooks the shortcomings of the sinners.”

Day Twenty-Three

24

Day Twenty-Four

“O Allah, on this day, I ask You for what pleases You, and I seek refuge in You from what displeases You. I ask You to grant me the opportunity to obey You and not disobey You. O, The One who is generous with those who ask.”



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Ramadan Dua Jigsaw

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Ramadan Dua Jigsaw

“O Allah, on this day, make me among those who love Your friends, and hate Your enemies, following the way of Your last Prophet. O, the Guardian of the hearts of the Prophets.”

25

Day Twenty-Five

“O Allah, on this day, make my efforts worthy of appreciation, and my sins forgiven, my deeds accepted, my flaws concealed. O, the best of those who hear.”

26

Day Twenty-Six

Day Twenty-Seven

27

“O Allah, on this day, bestow on me the blessings of Laylatul Qadr. Change my affairs from being difficult to being easy. Accept my apologies, and decrease for me my sins and burdens. O, the Compassionate with His righteous servants.”

Day Twenty-Eight

28

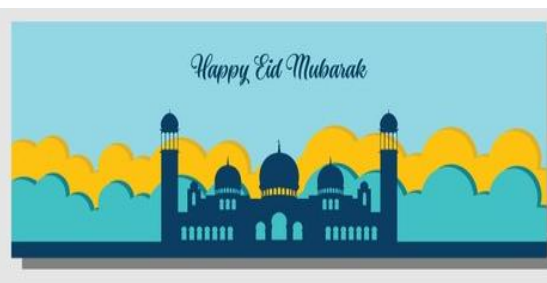
“O Allah, on this day, grant me a share in its nawafil (recommended prayers), honour me by attending to my problems, make closer the means to approach You, from all the means. O, The One who is not preoccupied by the requests of the beseechers.”

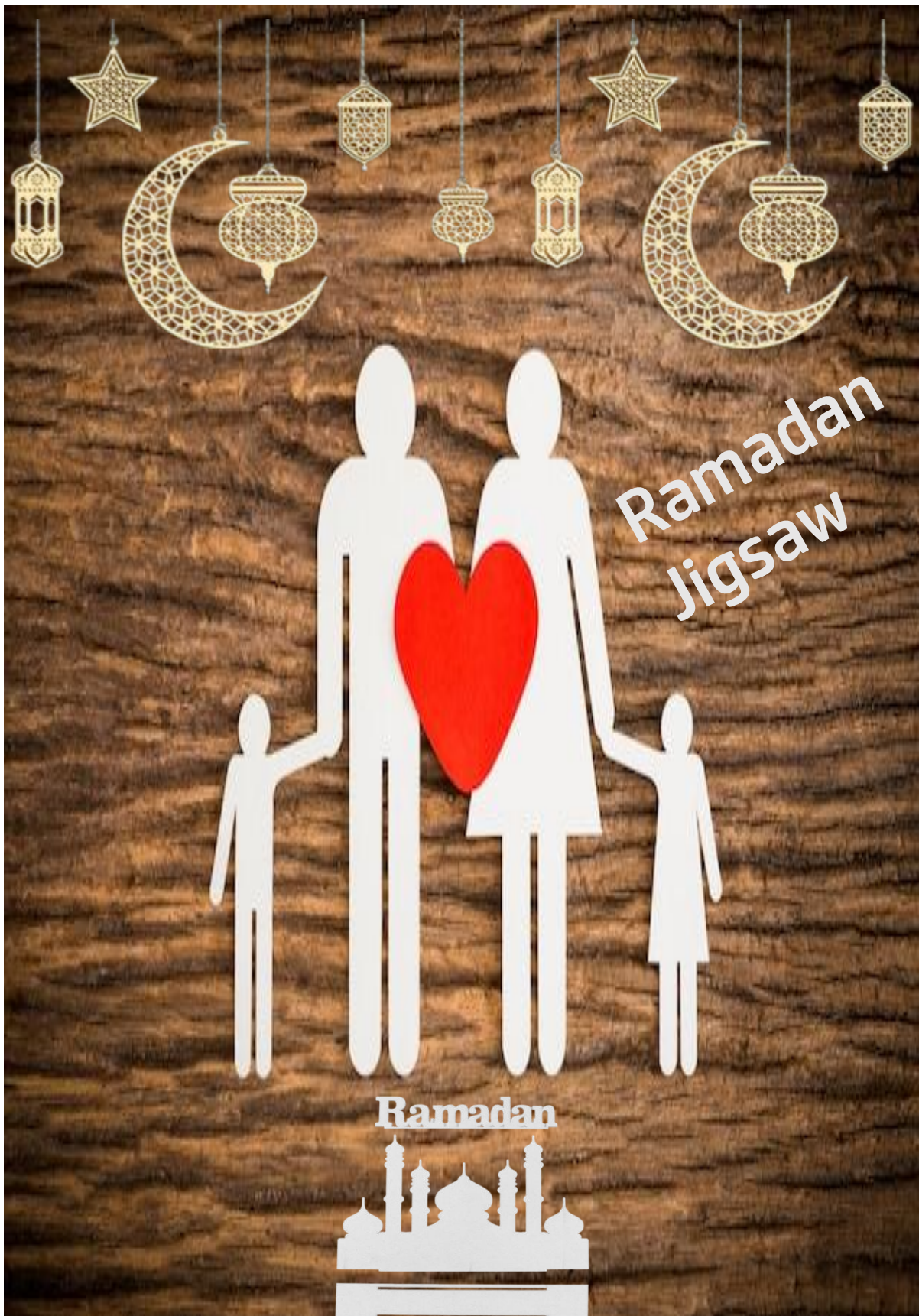
29

Day Twenty-Nine

“O Allah, on this day, make my fasts worthy of appreciation and acceptance, according to what pleases You, and pleases the Messenger, the branches being strengthened by the roots, for the sake of our leader, Muhammad, and his purified family. Praise be to Allah, the Lord of the worlds.”

Day Thirty





Ramadan
Jigsaw

Ramadan

Ramadan Family Wordsearch

This is a family wordsearch activity. Please find the phrases on Page 175 on the wordsearch display below:

M K X Q I T N Q B E A Y H E U R Z E N A R U Q T O R S P L S
M M P E Q U S B L T R O X T D P C H S U H O O R Q L S I U O
U B E V Z J Z G V A E Z M D I N F Z Z C H X F A O W E P H I
I W V I Z Q O X X G Y T I B A A Z A K A T Y G Y X R N Z J N
T U B A P B W T B V A I C T L Z F S V A Y Q R E O V E I C S
Q T L T F L P W F D R V N H H O J Z F Q S J G D W K V O X Z
D I V I N E U T U B P E N F C Q V V T Z K P E V M K I H X W
I S F N P J V D T U P O T X O R Y E H A R I H K A V G T R V
E F A K I T I C X E M O N Y V D R Q S G Q A U S A J R L B O
M I U U Q M V F R R S O D X P V Q O A T A K I I K P O R M K
B V A T F D V M X E M V N A V D W A U V D J V V K E F C H D
H X Z Q Q Q A B Z S F O R P Y H H E G A O C M J T D D Y G D
T T X B W C V T C T Z A L D K T A I F N X H L Y K O T N U B
Q T I R C C Q Y Q E D J Q Q S D B F K K T A N G O L A A V U
N M W D F V W Y L I P T T B F U X S W R E R X G Q G R A L X
U J T A A O V Q S X E E I M Y I G Y P J C I A S J M A S I P
Z E C E H H T E V F X L L L P B V L P Y T T K M U N W V F X
Q Z Q K W U O D U D T F Y W N C H J Q L G Y E H Q M E J C B
D G V Z F U B A Y K G N A A S F S C M N C M A C V H E W Q T
T R F H D Q G K G P M E H R D R O N I T B M M P A B H I O C
J Q A U J Y A S Y O K I Y I L N K T R Z M X N G O E Y D N A
C F W M V R A F W F A B I S R L S Y R A N I R F E A P W V B
G Y S V O G X Q J L C G A B C A Q C D G M A J X M V P P W R
O N B W R O V G J I U R L O F H W R X V J O U Y A V P O Z R
F F P J P Z A C K F O J L O Y L J E X W V I Y Y N O O J H G
X R Y L R E M D J M E C A L M K Y M E I C F X A G O O H T F
M T F S L H L S E R S V H X E C V X L V F A I I Z H S U O P
R W W Z C J T P O A M K J M H O K I I H H J U Q X D J G A V
E A M H Z D X X Z P E F Q X H V P Z G Q O W Q C F L E U T Z
D F G E L S U Z U R H K N D A K X F R C F L V V S D L A G Q



Ramadan Family

Wordsearch puzzle.

Akhirah

Dhikr

Fasting

Hadith

Mercy

Peace

Quran

Taraweeh

Allah

Divine

Forgiveness

Itikaf

Muhammad

Prayer

Repentance

Zakat

Charity

Faith

Good

Love

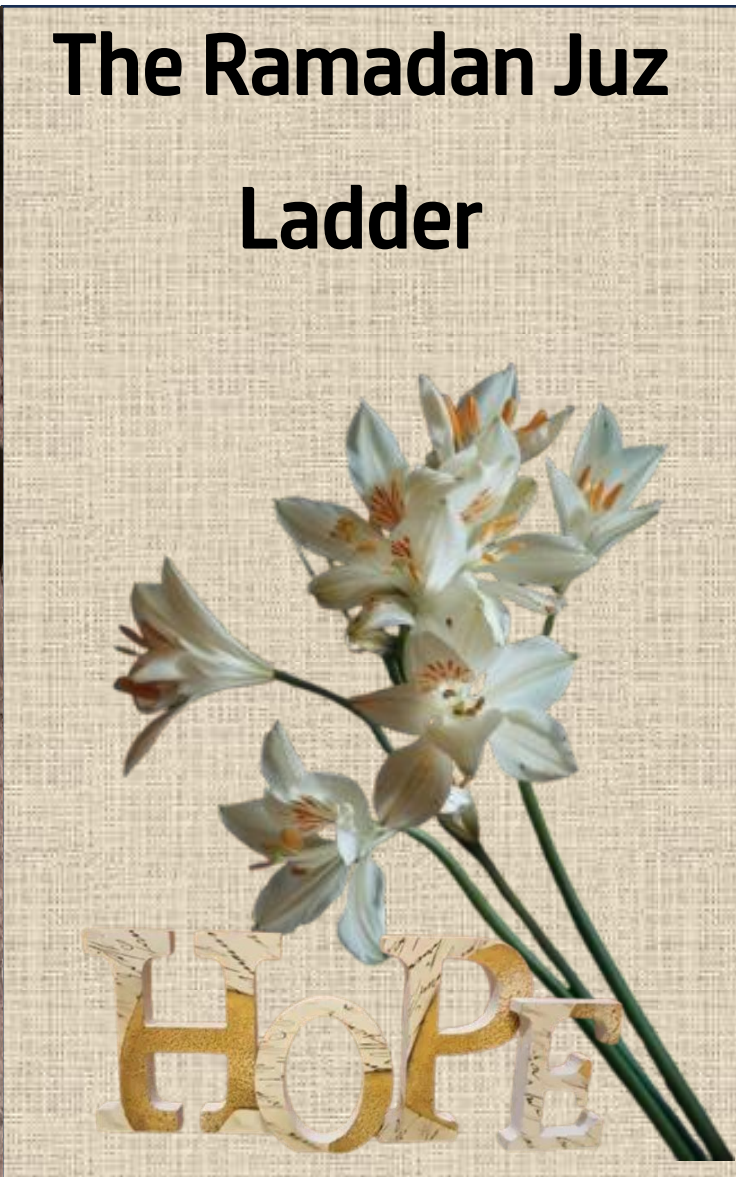
Paradise

Qiyam

Suhoor



The Ramadan Juz Ladder




















The Ramadan Juz

Ladder

This is a fun printable activity to do with your family.

Each time you read a Juz, you can colour in the Ramadan lamp (Fanoos) as a symbolic celebration of light and collective success.

 Juz 1	 Juz 2	 Juz 3	 Juz 4	 Juz 5
 Juz 6	 Juz 7	 Juz 8	 Juz 9	 Juz 10
 Juz 11	 Juz 12	 Juz 13	 Juz 14	 Juz 15
















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cut the Juz Ladder**



The Ramadan Juz

Ladder

 Juz 16	 Juz 17	 Juz 18	 Juz 19	 Juz 20
 Juz 21	 Juz 22	 Juz 23	 Juz 24	 Juz 25
 Juz 26	 Juz 27	 Juz 28	 Juz 29	 Juz 30


















EMPTY SPACE

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cut the Juz Ladder**



The Ramadan Juz

Ladder

 Juz 16	 Juz 17	 Juz 18	 Juz 19	 Juz 20
 Juz 21	 Juz 22	 Juz 23	 Juz 24	 Juz 25
 Juz 26	 Juz 27	 Juz 28	 Juz 29	 Juz 30



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Puzzle Solutions

Ramadan Family Wordsearch

puzzle Solutions

M K X Q I T N Q B E A Y H E U R Z E N A R U Q T O R S P L S
M M P E Q U S B L T R O X T D P C H S U H O O R Q L S I U O
U B E V Z J Z G V A E Z M D I N F Z Z C H X F A O W E P H I
I W V I Z Q O X X G Y T I B A A Z A K A T Y G Y X R N Z J N
T U B A P B W T B V A I C T L Z F S V A Y Q R E O V E I C S
Q T L T F L P W F D R V N H H O J Z F Q S J G D W K V O X Z
D I V I N E U T U B P E N F C Q V V T Z K P E V M K I H X W
I S F N P J V D T U P O T X O R Y E H A R I H K A V G T R V
E F A K I T I C X E M O N Y V D R Q S G Q A U S A J R L B O
M I U U Q M V F R R S O D X P V Q O A T A K I I K P O R M K
B V A T F D V M X E M V N A V D W A U V D J V V K E F C H D
H X Z Q Q Q A B Z S F O R P Y H H E G A O C M J T D D Y G D
T T X B W C V T C T Z A L D K T A I F N X H L Y K O T N U B
Q T I R C C Q Y Q E D J Q Q S D B F K K T A N G O L A A V U
N M W D F V W Y L I P T T B F U X S W R E R X G Q G R A L X
U J T A A O V Q S X E E I M Y I G Y P J C I A S J M A S I P
Z E C E H H T E V F X L L L P B V L P Y T T K M U N W V F X
Q Z Q K W U O D U D T F Y W N C H J Q L G Y E H Q M E J C B
D G V Z F U B A Y K G N A A S F S C M N C M A C V H E W Q T
T R F H D Q G K G P M E H R D R O N I T B M M P A B H I O C
J Q A U J Y A S Y O K I Y I L N K T R Z M X N G O E Y D N A
C F W M V R A F W F A B I S R L S Y R A N I R F E A P W V B
G Y S V O G X Q J L C G A B C A Q C D G M A J X M V P P W R
O N B W R O V G J I U R L O F H W R X V J O U Y A V P O Z R
F F P J P Z A C K F O J L O Y L J E X W V I Y Y N O O J H G
X R Y L R E M D J M E C A L M K Y M E I C F X A G O O H T F
M T F S L H L S E R S V H X E C V X L V F A I I Z H S U O P
R W W Z C J T P O A M K J M H O K I I H H J U Q X D J G A V
E A M H Z D X X Z P E F Q X H V P Z G Q O W Q C F L E U T Z
D F G E L S U Z U R H K N D A K X F R C F L V V S D L A G Q

