



In the Name of Allah, Most Gracious, Most Merciful
All praise is for Allah and may His choicest salutations be upon the Messenger of Allah ﷺ

Beneficial Guidance for the Blessed Month of Ramadhan

Due to the Covid 19 pandemic lockdown, our community are understandably saddened with the lockdown and the closure of the masjids and are concerned that they will not fully benefit from the blessed month of Ramadhan. No doubt, the closure of the masjids at any time, and more so during the blessed month is a great loss for all of us. Never before have we witnessed a period of lockdown across the globe with masjids also closed.

During this testing and difficult period we must turn to Allah Kareem, seek forgiveness, repent and build a strong and deep connection with our Merciful Rab. Despite the closure of the masjids, inshaAllah, we can still develop closeness with Allah and make the most out of the blessed month. We beg and ask Allah Kareem to open the gates of His mercy for us and the entire human race around the world.

Let us remind ourselves of the Hadith reported by Suhaib May Allah be pleased with him, he said: Prophet ﷺ said: "Amazing is the affair of the believer, verily his entire affair is good and this is not for no one except the believer. If something of good/happiness befalls him he is grateful and that is good for him. If something of harm befalls him he is patient and that is good for him"

Some recommendations/guidance for the blessed month;

- 1. Keeping Sawm (fast).** This is obligatory during this month upon people of puberty age and those who are healthy. Allah SWT says; "O you who believe! Fasting is prescribed for you as it was prescribed for those before you, that you may have Taqwa". 2/183

Abu Hurairah May Allah be pleased with him reported: The Messenger of Allah ﷺ said, "Allah the Exalted and Majestic said: 'Every act of the son of Adam is for him, except As-Siyam (the fasting) which is (exclusively) for Me, and I will reward him for it.' Fasting is a shield. When anyone of you is observing fast, he should neither indulge in obscene language nor should he raise his voice; and if anyone reviles him or tries to quarrel with him, he should say: 'I am fasting.' By Him in Whose Hand the soul of Muhammad is, the breath of one observing Saum is sweeter to Allah than the fragrance of musk. The one who fasts, experiences two joys: he feels pleasure when he breaks the fast. He is joyful by virtue of his fast when he meets his Rab.

Abu Hurairah May Allah be pleased with him reported: The Prophet ﷺ said, "He who observes fasting during the month of Ramadan with Faith while seeking its reward from Allah, will have his past sins forgiven."

- 2. Perform 5 daily Salaah including Taraweeh (Night Prayer)**- This should be done on time with jama-ah (congregation) including the Taraweeh prayer. Ensure a timetable for the family is in place for the day and night salaahs and strictly abide by it. This means everyone (reasonable age) comes together for salaah at the fixed time. On Fridays, perform zuhr salaah. It is recommended that most other routines are also fixed with time.

Make the most out of the last 10 nights in worship and more so from the odd nights of the last 10 nights in hope of gaining the barakaat of laylatul Qadr (21,23,25,27 &29 night). This is the most precious night of the entire month. Allah says “ Laylatul Qadr is better than a 1000 months”

Mother Aishah May Allah be pleased with her reported: When the last ten nights (of Ramadan) would begin, the Messenger of Allah ﷺ would keep awake at night (for prayer and devotion), awaken his family and prepare himself to be more diligent in worship.

- 3. Recitation of Qur’aan**- Allah says; “The month of Ramadan in which was revealed the Qur'an” 2/185. Allah praised the month of Ramadan out of the other months by choosing it to send down the Glorious Qur'an, just as He did for all of the Divine Books He revealed to the Prophets.

Abu Umamah May Allah be pleased with him reported: I heard the Messenger of Allah ﷺ saying, "Read the Qur'an, for it will come as an intercessor for its reciters on the Day of Resurrection."

Ensure a target is set and strictly adhere to it. Many from our pious elders would read the whole Qur’aan during every day of the blessed month. The bare minimum should be to at least complete one full recitation during the whole month.

- 4. Making dua and seeking forgiveness (Istighfar/Taubah)**- Allah SWT says; “And when My servants ask you (O Muhammad concerning Me, then answer them), I am indeed near. I respond to the duas of the supplicant when he calls on Me (without any mediator or intercessor). So let them obey Me and believe in Me, so that they may be led aright”. 2/186

In the Musnad of Imam Ahmad and the Sunans of At-Tirmidhi, An-Nasa'i and Ibn Majah it is recorded that; Abu Hurayrah RA narrated that Messenger of Allah ﷺ said: Three persons will not have their supplication rejected: (1) the just ruler (2) the fasting person until breaking the fast, and (3) the supplication of the oppressed person.

Anas May Allah be pleased with him said; I heard the Messenger of Allah ﷺ saying, "Allah, the Exalted, has said: 'O son of Adam! I shall go on forgiving you so long as you pray to Me and aspire for My forgiveness whatever may be your sins. O son of Adam! I do not care even if your sins should pile up to the sky and should you beg pardon of Me, I would forgive you. O son of Adam! If you come to Me with an earthful of sins and meet Me, not associating anything with Me in worship, I will certainly grant you as much pardon as will fill the earth.'"

Ibn 'Abbas May Allah be pleased with them said: The Messenger of Allah ﷺ said, "If anyone constantly seeks forgiveness (from Allah), Allah will appoint for him a way out of every distress and a relief from every anxiety, and will provide sustenance for him from where he expects not."

It is strongly recommended to make duas and istighfaar just before breaking the fast, after the fardh prayers and after the Taraweeh/Qiyamul layl and Tahajjud salaah. On the night of Qadr increase with the dua- Allahumma in-naka afuwwun Kareem, tuhib-bul afwa, fa'fu an-naa.

Allah says: "Say, O My servants who have transgressed against themselves [by sinning], do not despair of the mercy of Allah. Indeed, Allah forgives all sins. Indeed, it is He who is the Forgiving, the Merciful." 39/53

- 5. Make lots of zikr (remembrance) of Allah-** During free time spend as much time as possible in the remembrance of Allah. Abu Hurairah and Abu Sa'id Al-Khudri May Allah be pleased with them reported: The Messenger of Allah ﷺ said, "When a group of people assemble for the remembrance of Allah, the angels surround them (with their wings), (Allah's) mercy envelops them, Sakinah, or tranquillity descends upon them and Allah makes a mention of them before those who are near Him."

Examples of some zikrs;

- The Messenger of Allah ﷺ said, "There are two statements that are light for the tongue to remember, heavy in the Scales and are dear to the Merciful: '**Subhan-Allahi wa bihamdihi, Subhan-Allahil-Azim** [Glory be to Allah and His is the praise, (and) Allah, the Greatest is free from imperfection]'. "
- Abu Hurairah May Allah be pleased with him reported: The Messenger of Allah ﷺ said, "The uttering of the words: "**Subhan-Allah** (Allah is free from imperfection), **Al-hamdu lillah** (all praise is due to Allah), **La ilaha illallah** (there is no true god except Allah) and **Allahu Akbar** (Allah is the Greatest)' is dearer to me than anything over which the sun rises."
- Abu Hurairah May Allah be pleased with him reported: The Messenger of Allah ﷺ said, "He who recites after every prayer: **Subhan-Allah** (Allah is free from imperfection) **thirty-three times; Al-hamdu lillah** (praise be to Allah) **thirty-three times; Allahu Akbar** (Allah is Greatest) **thirty-three times; and completes the hundred with: La ilaha illallahu, wahdahu la sharika lahu, la hul-mulku wa la hul-hamdu, wa Huwa 'ala kulli shai'in Qadir** (there is no true god except Allah. He is One and He has no partner with Him. His is the sovereignty and His is the praise, and He is Omnipotent), will have all his sins pardoned even if they may be as large as the foam on the surface of the sea."
- Jabir May Allah be pleased with him reported: I heard the Messenger of Allah ﷺ saying, "The best way to celebrate the remembrance of Allah is to say: **La ilaha illallah** (there is no god except Allah)."
- Saying "**Astaghfirullah**" in abundance (100 times)

- 6. Sending salutations to our beloved Nabi ﷺ-** Ibn Mas'ud May Allah be pleased with him reported: the Messenger of Allah ﷺ said: "The people who will be nearest to me on the Day of Resurrection will be those who send salutations/durood more often for me."

It is recommended that some time is spent daily in sending durood upon our beloved nabi ﷺ. And on Fridays, increase the number of salutations upon our nabi ﷺ

- 7. Follow and adopt the Sunnahs-** Practice as many sunnahs of nabi ﷺ during day and night. Below are some examples:

Recitation of Surah Kahf on Fridays, making athkar at certain times- duas for eating, duas when going to sleep and when waking up from sleep, performing sunnah salaahs , making salaam when greeting, helping others, being good to neighbours, being generous etc

- 8. Give zakat and sadaqah-** Calculate Zakat and pay during the blessed month. Also remember to give Sadaqatul Fitr before eid day, continue with lillah donations and optional sadaqah.
Narrated by Jarir bin Abdullah May Allah be pleased with him: I gave the pledge of allegiance to Allah's Messenger ﷺ for the following: 1. offer prayers perfectly 2. pay the Zakat (obligatory) 3. and be sincere and true to every Muslim.
- 9. Abstaining from sins and guarding the tongue** - Ensure we abstain from all bad habits and sins. My Sheikh Hadhrat MI Yusuf Motala Rahmatullaahi alayh would always advise to people sitting in eitakaf during the month of Ramadhāan to avoid unnecessary discussion with one another.
Also, avoid use of social media- minimize it, only use it for necessity and for sharing useful content. This will help focussing on worship a lot more and save from wasting unnecessary time.
- 10. Being on good terms with close ones-** Just as we focus on building a strong bond with Allah Kareem and our beloved Nabi ﷺ we should also maintain good relationship with our family members and friends. Please note that breaking family ties is a major sin. We must forgive one another, help one another and support one another. Nabi ﷺ said: "The one who severs the ties of kinship will not enter Paradise."

General: In addition to the above have a daily dars with family members (5-10 mins) where a portion of an Islamic book is read (Riyadul Saliheen, Fadhail Aa'maal etc). If there is a routine of listening to a talk or talks from your local masjid then continue with this practice.

Note for Students: to ensure you also continue with your studies, avoid social media, avoid computer games, be kind to all, help out at home and show respect and love to your elders.

May Allah give me and all the readers the strength and tawfeeq to perform good deeds and abstain from that which displeases our Rab- Aameen.

May Allah Kareem strengthen our imaan, enlighten our hearts and give us the tawfeeq to make the most out of the blessed month. May Allah Kareem shower upon us His mercy, forgive all our sins, grant us Jannah and save us from the fire of Jahannam. May Allah relieve us and protect us from this pandemic virus. May Allah grant shifa to all who are unwell, grant maghfirah to those who have departed and grant sabr to their families. May Allah fill our hearts with the love of Allah Kareem and the love of the Master of Both Worlds ﷺ and unite all of us with our beloved Prophet ﷺ in Jannah. Aameen. May Allah protect all NHS staff who are working on the frontline risking their lives. Aameen.

A polite and humble request to remember us and the ummah in your duas.

Was-salaamu alaykum warahmatullahi wabarakaatuh

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