

The holy month of Ramadan

Ramadan

Is the ninth month of the Islamic Calendar.

The word Ramadan is derived from the arabic word '*al-Ramz*' which signifies "to burn." Ramadan burns the sins of the one who fasts in it, and who engages in pious deeds in abundance. This helps to burn the sins, hence the name given to this month is Ramadan.

This important holy month begins with the sighting of the new moon after which all physically mature and healthy Muslim's are obliged to abstain from all food, drink and tobacco between dawn and sunset. However, that is merely the physical component of the fast; the spiritual aspects of the fast include refraining from gossiping, lying, slandering and all traits of bad character. All obscene and irreligious sights and sounds are to be avoided. Purity of thought and action is paramount. Ordained in the Noble Quran, the fast is an exacting act of deeply personal worship in which Muslims seek a raised level of God-consciousness. The act of fasting redirects the hearts away from worldly activities, towards The Divine.

The month of Ramadan is a time for spiritual reflection, prayer, doing good deeds and spending time with family and friends. The fasting is intended to help teach Muslims self-discipline, self-restraint and generosity. It also reminds them of the suffering of the poor, who may rarely get to eat well. It is common to have one meal (known as the Suhoor), *Sehri* just before sunrise and another (known as the *Iftar*), directly after sunset. This meal will commonly consist of dates, following the example of the Beloved Prophet Muhammad, *Salla Allahu Alayhi wa Sallam*. Because Ramadan is a time to spend with friends and family, the fast will often be broken by different Muslim families coming together to share in an evening meal. The month of Ramadan is a time for spiritual reflection, prayer, doing good deeds and spending time with family and friends. The fasting is intended to help teach Muslims self-discipline, self-restraint and generosity. It also reminds them of the suffering of the poor, who may rarely get to eat well. It is common to have one meal (known as the Suhoor), *Sehri* just before sunrise and another (known as the *Iftar*), directly after sunset. This meal will commonly consist of dates, following the example of the Beloved Prophet Muhammad, *Salla Allahu Alayhi wa Sallam*. Because Ramadan is a time to spend with friends and family, the fast will often be broken by different Muslim families coming together to share in an evening meal.

Virtues of Ramadan

The Beloved Prophet *Salla Allahu Alayhi wa Sallam* delivered a thought provoking sermon on the last day of Sha'baan in which he said : " Oh Believers ! Be alert ! An auspicious month is about to dawn upon you , whose greatness and sanctity is not easy to comprehend. There comes to you a magnificent month, a blessed month, a month wherein is a night (Laylat al-Qadr) which is better than thousand months. Almighty Allah has made it's Fast's compulsory upon you, and the standing in its nights (Tarraweeh) a means of obtaining countless blessing's. Whoever sincerely makes an effort to seek the nearness of Allah in it, is like a person who has offered seventy obligatory deeds in other months. It is a month of patience, and the reward of patience is Paradise. It is a month to show compassion to others. In it sustenance is increased. In this month the doors of Paradise are opened and the doors of Hell are barred (shut). Fasting is a shield against the fire of Hell. Hence it is important for the one who is fasting to abstain from uttering anything shameful or doing anything based on ignorance. If anyone tries to enter into a quarrel with him or swears him he should twice say " I am fasting. "

The Beloved Prophet *Salla Allahu Alayhi wa Sallam* further said : "I swear on Him in whose Hands is my life ! The breath emanating from the mouth of the observer of fasts is more beloved to Allah than the fragrance of musk. The observer of fasts abstains from eating and drinking, and from all sensual pleasures for My (Allah's) sake. Fasting is for Me and I alone shall give its rewards. "

Facts about Fasting

After Namaaz and Zakaat became obligatory, Fasting in the month of Ramadan became obligatory on the 10th of Sha'baan in the second year of Hijra. In accordance with Shariah (Islamic Law), fasting is abstention from eating, drinking and all forms of sensual pleasures from before true dawn until sunset with the sincere intention of doing it as an act of worship. For a woman it is a pre-requisite to be out of menstruation (Haiz) and bleeding after child birth (Nifaas). A woman will have to fast for the days she missed while in Haiz or Nifaas.

When fasting in the blessed month of Ramadan it is incumbent upon its observer that he should not merely abstain from eating, drinking and sexual relations, but he must not indulge in any sinful activity through speech, action, trade and other daily routine. This is made clear by the Quranic injunction: " So that you may become pious " (2: v183). While in the state of fasting a person must not move his hands or feet towards any evil activity. He should not utter anything vulgar, back-bite, swear etc. nor should he allow his ears to hear such obscenities. His eyes too should not fall on anything which is religiously made unlawful. Instead, we must make every effort to become a practical example of piety. If one fasts strictly by observing the above restrictions and conditions, then only will he be able to inculcate in himself piety at the end of Ramadan.

Moon Sighting

Islam has given great credence for sighting of the new moon which should be proven without any shadow of a doubt, or related by witnesses satisfying religious conditions for it. The testimony of sighting the new moon should be presented to the Muslim Judge (Qadi) or if it is not a Muslim ruled country then to the authoritative Alim (learned person) of the town. If the moon is not sighted on the 29th of Sha'baan then 30 days of Sha'baan should be completed. Likewise, if the new moon is not visible on the 29th of Ramadan, and no religiously reliable news about it is obtained, 30 days of Ramadan should be completed and then Eid al-Fitr should be celebrated. However, it is sinful to fast when in doubt.

Great events that took place in Ramadaan:-

- Sayyidina Hazrat Hasan (R.A.), the grandson of the Holy prophet Hazrat Mohammed (saw) was born in this month on the 15th of Ramadhaan, three years after Hijrah.
- On the 27th night of Ramadaan the Qur'an was revealed from the "Lauhe Mahfooz" (on the seventh sky) to the first of the skies.
- The first Battle in the Islamic History, "BATTLE OF BADR" took place on the 12th of Ramadhaan 2 A.H.
- Victory of Makkah took place in the year 8 A.H, entering Makkah on the 18th of Ramadhaan.
- Sayyidina Ghaus-e-Azam Pirane Pir Dastagir Hazrat Shaikh Abdul Qadir Jillani (r.d) was born on 1st of Ramdhan 471 A.H

Deaths in Ramadhaan:-

- Amongst the daughters of the Holy prophet Hazrat Mohammed (saw) Sayyida Hazrat Ruqayyah (R.A) passed away at the young age of 23, 2 A.H when the prophet Hazrat Mohammed (saw) was engaged in the "Battle of Badr".
- Amongst the wives of the Holy prophet Hazrat Mohammed (saw) Sayyida Hazrat Khadijah (R.A) departed from this world on the 11th of Ramadhan 10 (A.H.) after the prophet Hazrat Mohammed (saw) acquired prophecy.
- Sayyidina Hadrat Abbas (R.A.) the Holy prophet Hazrat Mohammed (saw) uncle passed away on a Friday 12th Ramadhaan 32 (A.H) at the age of 88
- Sher-e-Khuda Sayyidina Hadrat Maula Ali (R.A.) the prophet Hazrat Mohammed (saw) son-in-law departed from this world on Friday 21st Ramadhaan, age 57, 40 A.H.
- Hadrath Saffiyah (R.A.) took leave from this world in 50 (A.H.), aged 60 years.
- Sayyida Hadrath Aa'ishah (R.A.) was 65 years old when she departed in the year 58 A.H.

The night of Shab-e-Qadr

Shab-e-Qadr is amongst the special nights of Ramadan the last 10 nights. Most ullemas have said it is on the 27th of Ramadan on this night for few reasons it has been given more importance:

1. On this night Allah (swt) gives his blessing to mankind with special attention
2. On this night the angles come on to earth to meet those in prayer and by doing such the prayer have more meaning and enjoyment which is not done on other nights
3. The holy Quran was given to us on this night
4. The angles were made on this night
5. On this night gardens were made in paradise

Prayer on this night is much better then prayer for every night for 1000 months. Allah (swt) has said "*Laylatul Qadr min alfi shaher*" on this night to read nafil namaz, Quran, Tasbeeh and Istekfar. On the night of Shab-e-Qadr read as much namaz as possible and pray for all mankind.

Nafil Namaz for Shab-e-Qadr

- 4 rakat nafil namaz with 1 salaam in every rakats after **Surah Fateha** read **Surah Ikhlas 3 times**
(Reading the above namaz will make death easy and the person will be free from the punishment of the grave)
- 2 rakats nafil namaz in every rakat after **Surah Fateha** read **Surah Ikhlas 7 times** after salaam read Istekfar 7 times without moving, by doing so Allah (swt) shower of blessings will start on them and their parents.
- 4 rakats nafil namaz with 1 salaam in every rakats after **Surah Fateha** read **Surah Ikhlas 27 times**
(Reading the above namaz will make the person free from all sin as he were to be born that very day and Allah (swt) will give 1000 palaces in heaven)
- 2 rakats nafil namaz with 1 salaam in every rakat after **Surah Fateha** read **Surah Qadr 3 times** and **Surah Ikhlas 50 times**
(Who ever reads the above namaz Allah (swt) will accept his prayer)
- 4 rakats nafil namaz with 1 salaam in every rakat after **Surah Fateha** read **Surah Qadr 3 times** and **Surah Ikhlas 50 times**

After above namaz go to sajda position and read 3rd kalima till walla-hu-akbar 1time, make dua and Allah (swt) will grant all wishes and bless the person Insha Allah. Ameen.

Duas to be read in the month of Ramadhan:

Du'a to recite upon sighting the New Moon:

**Allahumma ahillahu alaina bil yumni wal eimane was salaamati wal islame
wattaufeeqa lema tuhhibu wa tardha rabbi wa rabbukal lahu**

*"O'Allah let this new moon appear unto us with good luck and prosperity, with
faith, with safety and with Islam and with hope of success to do deeds which my
lord and your (moon's) lord like's and approves"*

Du'a to recite on beholding The Moon:

Aoozobillahe min sharre haazal ghaasiqe
"I seek refuge in Allah from the evil of this darkness"

Niyyat : Intention for fasting

The time for the intention (Niyyat) for fasting begins anytime after sunset until midday. Intention is obligatory and it is Sunnat to recite it verbally each day. Even if the intention is made before midday the fast will be valid. Recite Durood Shareef before and after making the intention

Wa-be Sawme Ghadin Nu-Wei Tu Min Shah re-Ramadan.
" I have intended the fast of the month of Ramadan for tomorrow."

*" I have made the intention of obligatory fast for this day of Ramadan for the sole
pleasure of Allah Almighty."*

Niyyat : Intention for breaking fasting (Iftaar):

To make haste in breaking the fast is Sunnat and a means of obtaining blessing from Allah Almighty. One should break ones fast when one thinks the sun has set. However, one must not be too hasty on an overcast day. Iftaar should be made before performing Maghrib Salah.

Iftaar should be made with dates and if this is not available, with water. After Iftaar one should not waste unnecessary time eating and delay the Maghrib Salah. Men should not miss the Jama'at (congregation) because of eating.

Allah Humma inni Laka Soom-Tu wah Bikka aa-Mantu wa-Ilayka Tawak'
Kalto,
Wah Ala Rizke-Ka Af-Tar-tu Fahtaqab al-Minnee

"Oh Allah I have fasted for You, believed & relied on You and with your sustenance i break it. Therefore forgive me my past and future sins."

Du'a to recite after breaking (iftaar) fast:

Zahabazzamao wabtallatil urooqu wa sabatal ajro insha allahu taa'la

"No more was the thirst, moistened were the veins, and the reward became due, the lord so willed"

Tarawee (Ramdhan) night (Sunnat) prayers:

After every four rakats during tarawee it is mustahab (desirable) to sit for a duration to recite this tasbeeh (Du'a):

" Subhaana Dhil-Mulke w'al-Ma'lakoot, Subhaana Dhil-izate w'al-Azamate w'al-Haybate w'al-Qudrate w'al-Kibriyaa-ai w'al-Jaba'root, Subhaa'nal ma-li-kil Hayyil'Ladhi La'Yanaa-mu Wa'la yamootu Subbu Hun Quddu-sun Rab'onaa wa-Rabbul ma-'Laa'-i-kati War'ruh, Alla-Humma A'Jirnaa Mi'Nan'naar, Yaa Mujeero Ya Mujeero Ya Mujeer.

" All Glory and Perfection belong to Allah and free is He (from all defects), the Sovereign of the Seen and the Unseen Kingdom. All Glory and Perfection is due to Allah and free is the Lord's Might, Greatness, Reverence, Power, Majesty and Omnipotence from all defects. All Glory and Perfection belong to Him and Free is He the Sovereign who does not sleep neither die from all defects. He is verily the all Gracious and the most Holy, the all perfect, the Lord of the Spirit and Angels. "

If one is unable to recite the above then he should glorify Allah Almighty, recite Durood Shareef and offer a du'a.