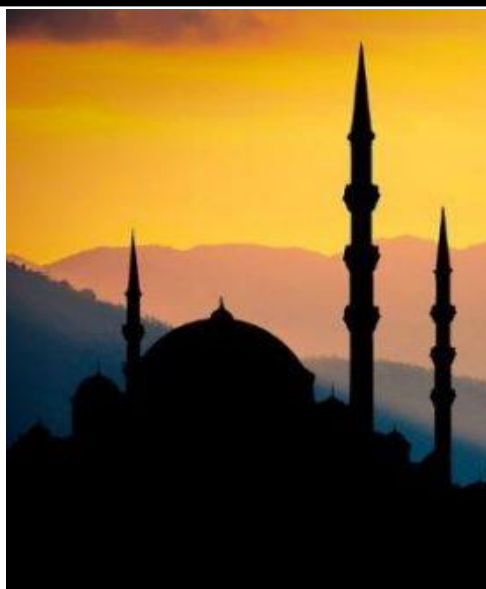


RAMADAN BOOKLET



Sawm (Fasting)

- Fasting in the month of Ramadan is one of the five pillars of Islam
- Fasting in the month of Ramadan is fardh upon every Muslim who is mature and sane
- Fasting in Ramadan means to stay away from eating and drinking from sunrise to sunset
- Good deeds are multiplied during Ramadan
- Fasting has physical, moral and social benefits. It helps us become more pious, God fearing and God conscious

Niyat (Intention):

The niyyat should be made before Subha Saadiq (Sunrise) and if not made the fast is **NOT** valid. The niyyat doesn't need to be read out loud but it is better to read out loud.

وَبِصَوْمِ غَدٍ نَّوَيْتُ مِنْ شَهْرِ رَمَضَانَ

I intend to keep the fast for tomorrow in the month of Ramadan

Breaking fast:

The fast should be broken at sunset and a Duaa should be made:

اللَّهُمَّ إِنِّي لَكَ صُمْتُ وَبِكَ آمَنْتُ وَعَلَيْكَ تَوَكَّلْتُ وَعَلَى

رِزْقِكَ أَفْطَرْتُ

O Allah! I fasted for You and I believe in You and I put my trust in You and I break my fast with Your sustenance

Things we should do when fasting (Mustahab):

- Partake in sehri (the meal before sunrise)
- Delay sehri right before sunrise
- Break your fast immediately after sunset
- Break your fast with dates then water
- To make your niyyat at night

Things we shouldn't do when fasting (Makrooh):

- To taste food/drink and spit it out
- To chew gum, rubber, plastic items or other things
- To collect saliva in your mouth then swallow it to quench your thirst

- To delay a fardh ghusl knowingly after sunrise
- To use toothpaste to clean teeth
- To complain of hunger and thirst
- To take water too much up the nose when cleaning the nose
- To gargle more than necessary
- To argue and use filthy words
- To backbite and tell lies

Qadhaa and Kaffarah fasts:

Qadhaa: to keep a fast that was broken or was broken intentionally for a valid reason.

Kaffarah: to keep one fast after another for 60 days continuously if broken for an unnecessary reason. If a person is unable to keep 60 fasts for a valid reason they can:

- Feed 60 poor people two meals each
- Feed one poor person two meals a day for 60 days
- Give 60 poor people 3½ lbs of wheat or its value in cash or food grains
- Give to one poor person not less than 3½ lbs of wheat, rice or food grains or its value in cash for 60 days

Things that break the fast but only make it qadha:

- Anything put by force into the mouth
- Water going down the throat whilst gargling knowingly
- To vomit intentionally or swallow vomit
- Intentionally swallowing an object
- Swallowing something edible that is bigger than a grain which was stuck in your teeth
- Putting oil in the ear
- Inhaling snuff into nostrils
- Swallowing blood from gums if there is more blood than saliva
- To eat or drink after forgetting one is fasting then to eat or drink thinking your fast is broken

Things that make break the fast and make it qadha and kaffarah:

- Eating and drinking or breaking the fast without a valid reason
- To eat or drink any kind of medicine intentionally

Things that DON'T break the fast:

- To eat or drink something intentionally
- Any object unintentionally going down the throat

- Water entering the ears
- Dust or dirt going down the throat
- Swallowing your own saliva
- Taking an injection
- Applying kohl in the eyes
- Taking a bath to keep cool
- Rubbing oil in your hair and body
- To vomit unintentionally
- Applying perfume
- Brushing teeth without toothpaste

People exempt from fasting in Ramadan:

- People who are sick with health problems that are affected by fasting
- Children who haven't reached puberty
- People who are physically and mentally incapable of fasting
- Pregnant women or mothers who are breastfeeding
- A Musafir (one who is undertaking a journey of more than 77kms and doesn't stay 14 days in one destination)

Sunnah's in Ramadan:

- Partake in sehri
- Break the fast immediately after sunset
- To pray taraweeh at night
- To feed the poor and hungry
- To increase the reading of the Qur'an
- To observe itikaf during the last 10 days

Questions:

- What does fasting mean to a Muslim?
- What will happen if a person did not make an intention to fast?
- Mention the time for the Niyat.
- Mention 3 Mustahab in Fasting.
- Mention 6 acts of Makrooh whilst fasting.
- Things that break one's fast are:
- Explain the terms Qadha and Kaffarah.
- Mention all the things that break one's fast but only make Qadha.
- Mention 7 things that do not break one's Fast.
- Name the people who are exempted from fasting.
- Is Taraweeh Fardh, Sunnat or Wajib?

- Mention 3 virtues of Fasting.
- Mention 4 Sunnah's of Fasting.
- What does fasting teach a Muslim?

Three stages of Ramadan

Ramadan is split in three stages:

- The first 10 days are the days of mercy (Rahma)
- The second 10 days are the days of forgiveness (Maghfirah)
- The last 10 days are the days of safety from the hellfire (Nijat)

The Prophet (peace be upon him) has said:

“It (Ramadhan) is the month, whose beginning is mercy, its middle, forgiveness and its end, emancipation from the fire.”

First Ashra of Ramadan:

First ten days of Ramadan are the days of Mercy and blessing and every Muslim must seek the Mercy and Blessings of Almighty Allah. It's a special verse that usually recites the Muslims in first ten days.

يَا حَيُّ يَا قَيُّوْمُ بِرَحْمَتِكَ أَسْتَغِيْثُ

Oh, ever living, The Everlasting, I seek Your help through Your mercy.

Second Ashra of Ramadan:

Second ten days of Ramadan day 11th to, day 20th consists of the second Ashra and its called Ashra or forgiveness. Muslims must seek for the forgiveness of Allah Almighty and regret for all their sins.

أَسْتَغْفِرُ اللّٰهَ رَبِّيْ مِنْ كُلِّ زَنْبٍ وَّ أَتُوْبُ اِلَيْهِ

I seek forgiveness from Allah for all my sins and turn to Him.

Last Ashra of Ramadan:

Third Ashra starts from 21st Ramadan and ends 29th or 30th Ramadan according to the moon. Third Ashra is known as Safety from the Hell it means Nijat. In the end of Ramadan is about seeking in Allah Almighty from Hellfire. Every Muslim must pray that from the safety of Hell fire. The Last Ashra is very important and superior. In this Ashra Lailatul Qadar also falls and many

Muslims also practice Itikaf (seclusion for prayers) in this Ashra and try to maximize their prayers.

اَللّٰهُمَّ اَجِرْنِي مِنَ النَّارِ

O Allah, save me from the fire (Jahannam).

THE QUR'AN:

Qur'an means reading or recitation. However, the word has specifically come to mean the Qur'an revealed to Prophet Muhammad. The Qur'an is the foundational book of Muslims and, in fact, of the Arabic language. Muslims believe that the Qur'an is the complete and authentic record of the original revelations, claimed by the Prophet to be the literal Word of God, and was organized in its current form by the direct instructions of the Prophet himself. They believe that no one has the authority to alter the Qur'an since every word in the Qur'an is the literal word of God.

The angel Jibreel (as) appeared in an angelic presence to the prophet (saw) during one of the last ten days of Ramadan, this is where the first verses of the Qur'an was revealed. Jibreel (as) asked the prophet "iqra" which literally means to read. And when Mohammad (saw) replied that he could not recite or did not know what to recite. After the instructions to read or recite were repeated two more times, the angelic presence held him and squeezed him so tightly that he felt that his breath was leaving his body. The angelic presence then instructed him to recite with him the words that are now recorded as the first 5 Ayahs of the 96th Surah Al-Qalam, (The Pen) of the Qur'an. Read (or recite) in the name of your Lord who created (and continues to create); Created the humankind from a clot of congealed blood. Read and your Lord is The Most Generous; Who taught by the pen; taught humankind what it did not know.

Watch the following video for more information:

<https://www.youtube.com/watch?v=u-4GJ5KyXbg>

Answer the following questions:

- 1) What cave was the Qur'an revealed in?
- 2) Which angel came to the prophet (Saw)?
- 3) What form did the angel appear in?
- 4) What was the first word that was revealed?
- 5) What is the name of the surah in which the first words are in?



LAYLATUL QADR:

at-Tirmidhiyy narrated that Lady 'Aa'ishah رضي الله عنها once asked the prophet ﷺ what she should say if she comes to know that a particular night is Lay-latul Qadr, so he ﷺ taught her to say:

اللَّهُمَّ إِنَّكَ عَفُوٌّ
تُحِبُّ الْعَفْوَ فَاعْفُ عَنِّي

O Allaah, you are indeed the one
who forgives and your forgiveness
is great, so forgive me

What is Laylat-al-Qadr?

The Night of Power – also referred to as Laylat-al-Qadr – is considered to be the Holiest night in the Islamic calendar. This was the night when the first verses of the Holy Qur'an were revealed to the Prophet Muhammad (PBUH), by Angel Jibrail. This night falls within the last 10 days of Ramadan, and although the exact date is unknown, it is widely believed to be the 27th day of the Holy month.

This is a night of great remembrance and worship to Allah (SWT) and ranks higher than that of 1,000 months.

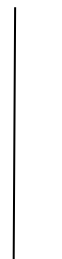
On this night, a single good deed brings the blessings of 1,000 months. Just some of the good deeds that we can carry out on the Holiest of nights include dedicating the day to worship to increase your taqwa, reciting the Holy Qur'an to familiarise yourself with its teachings and giving to those most in need, thus fulfilling one of the Five Pillars of Islam. In fact, giving charity on Laylat-al-Qadr means that rewards for such a deed will come back manifold.

When is The Night of Power?

Laylat-al-Qadr falls in the final 10 days of Ramadan. The Prophet Muhammad (PBUH) advised Muslims to "Look for it in the odd nights of the last ten nights of the month of Ramadan." (Bukhari). However, it is typically believed to fall on the 27th night.

Which statements are true or false:

- Laylatul Qadr means the night of power Ramadan.
- Laylatul Qadr is the holiest night in the month of Ramadan.
- Laylatul Qadr falls in the first ten days of Ramadan.
- Laylatul Qadr falls on the odd nights.
- Laylatul Qadr multiplies good deeds by 1,000 months.



EID UL FITR:

Watch this video: https://www.youtube.com/watch?v=-mfpU_kdBYg

Laylatul Qadr Surah 

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
إِنَّا أَنْزَلْنَاهُ فِي لَيْلَةِ الْقَدْرِ ۚ وَمَا أَدْرَاكَ مَا لَيْلَةُ الْقَدْرِ ۚ
لَيْلَةُ الْقَدْرِ كَبِيرَةٌ ۚ مِنْ أَلْفِ شَهْرٍ ۚ تَنْزِيلُ الْمَلَكَةِ وَالرُّوحِ فِيهَا
بِإِذْنِ رَبِّهِمْ مِنْ كُلِّ أَمْرٍ ۚ سَلَامٌ هِيَ حَتَّىٰ مَطْلَعِ الْفَجْرِ ۚ

Indeed, We sent the Qur'an down during the Night of Decree. [1] And what can
make you know what is the Night of Decree? [2]
The Night of Decree is better than a thousand months. [3]
The angels and the Spirit descend therein by permission of their Lord for every
matter. [4] Peace it is until the emergence of dawn. [5]

Eid ul-Fitr

Eid ul-Fitr is a very important festival in the Islamic calendar and was started by the **Prophet Muhammad** himself. It is also known as 'The Feast of Breaking the Fast' and is celebrated by Muslims worldwide to mark the end of **Ramadan**. Eid ul-Fitr takes place on the first day of the tenth month of the Islamic lunar calendar, and Muslims are not permitted to **fast** on that day.

Muslims are not only celebrating the end of fasting, but also thanking **Allah** for the **Qur'an**, which was first revealed towards the end of Ramadan, and for the strength Allah has given them to exercise self-control throughout the previous month of fasting. If necessary, they will ask Allah for forgiveness if they failed to keep the fast at any point.

In Muslim countries, Eid ul-Fitr is a national holiday. In the UK, Muslims may take the day off work or school to join in the celebrations. The festival is marked in the following ways:

- The festival day begins with the first sighting of the **new moon** at the beginning of the tenth month of the Islamic calendar.
- Muslims wear their best clothes, decorate their homes and spend time celebrating with their friends and family.
- Some Muslims may give money to the poor so that they can also enjoy the day.



- Communal celebration services are held both outdoors and in **mosques**, there are processions through the streets and a special celebratory meal is eaten - the first daytime meal Muslims will have had in a month.

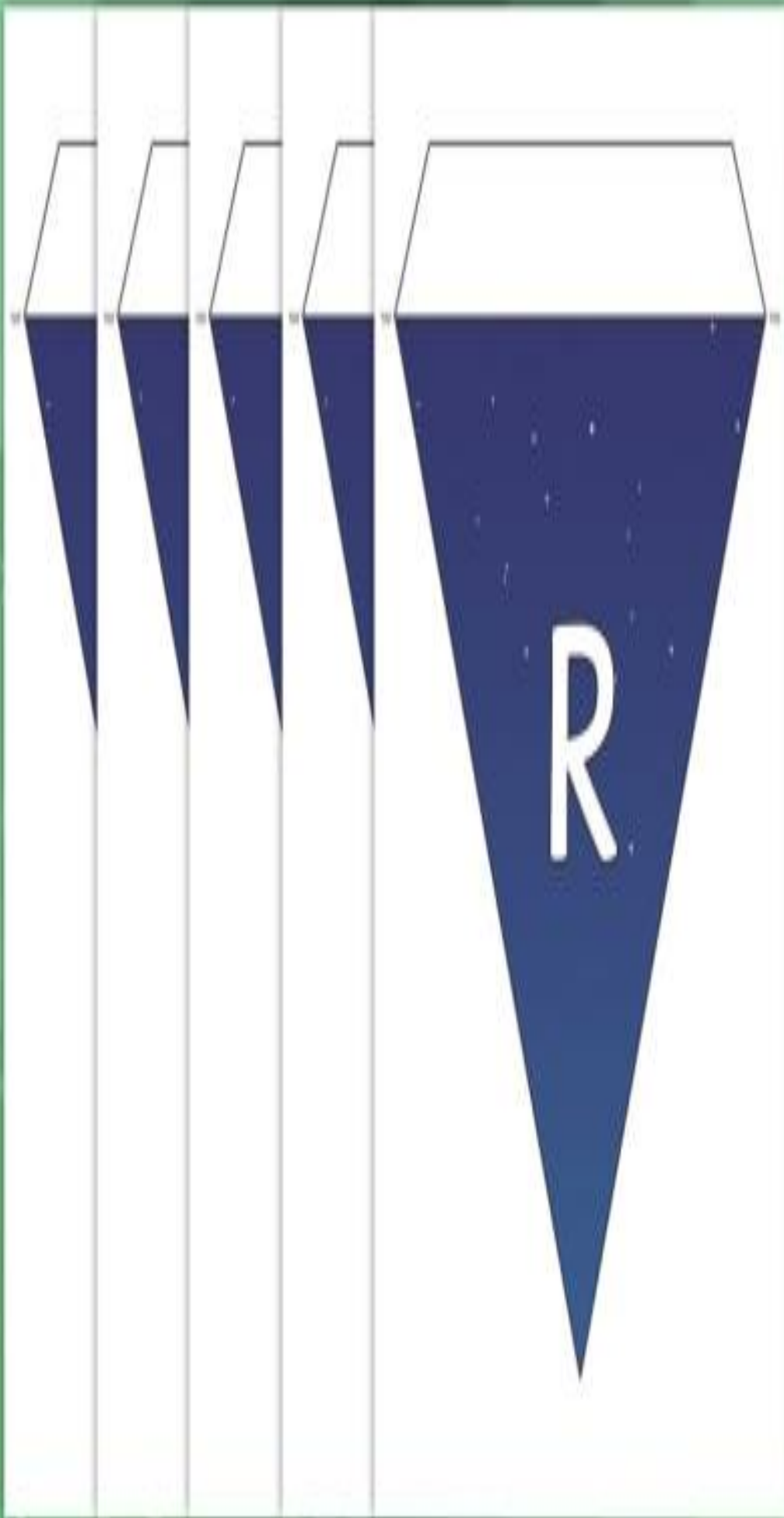
Eid ul-Fitr is a time for families, friends and neighbours to spend time together and share food.

TASK: Make a poster of Eid ul fitr:



COMPLETE THE FOLLOWING TASKS:

1. Create a bunting by printing out the sheet.
2. Complete the word sheet.
3. Complete the crossword.



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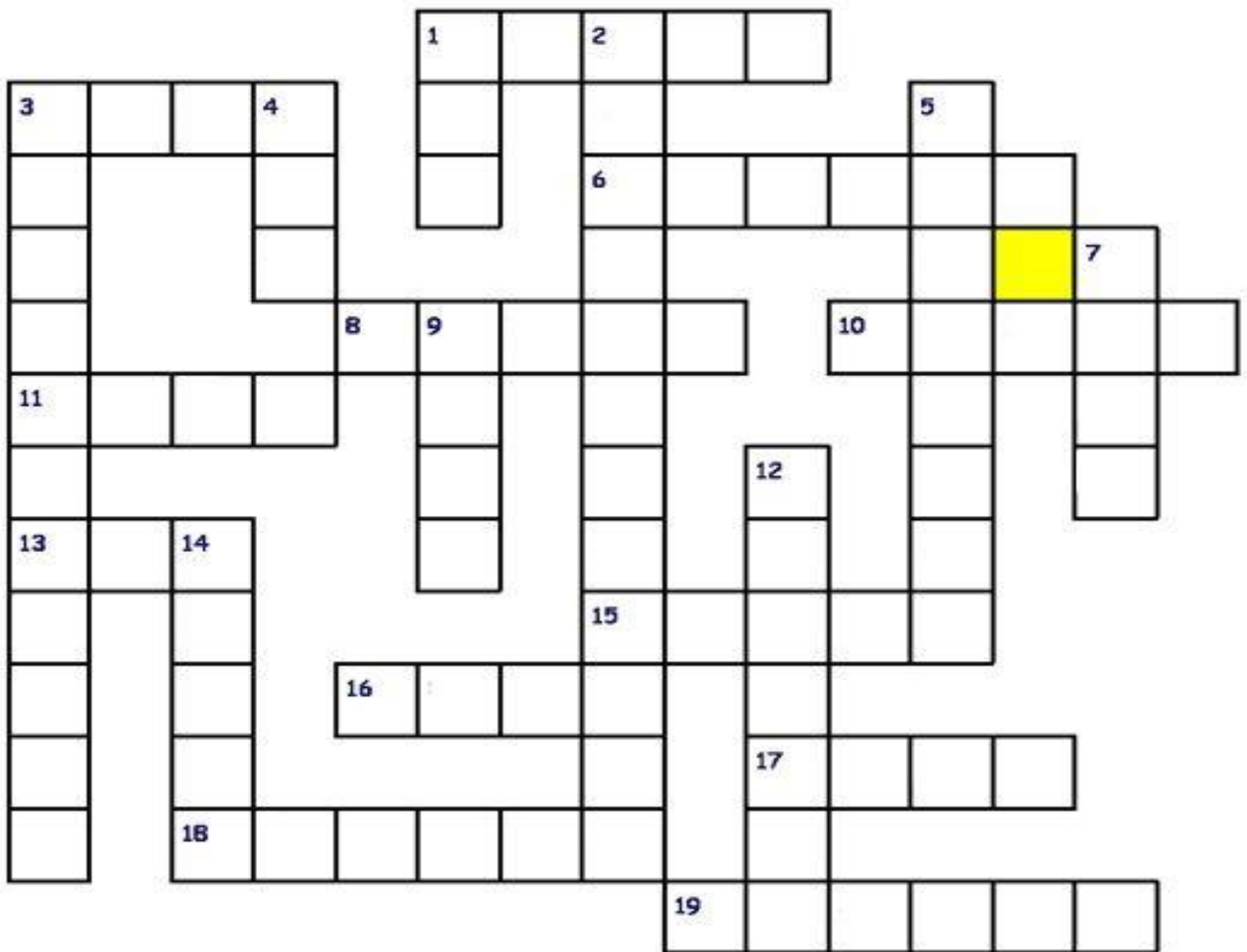
Ramadan

Word Search

DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

ALLAH
 CHARITY
 DAWN
 EID AL-FITR
 FAITH
 FAMILY
 FASTING
 FRIENDS
 GENEROSITY
 GRATITUDE
 IFTAR
 ISLAM
 LANTERN
 MONTH
 MOON
 MOSQUE
 MUHAMMAD
 MUSLIM
 NINTH
 PATIENCE
 PRAYER
 QURAN
 RAMADAN
 RELIGION
 SELF-DISCIPLINE
 SUNSET
 TRADITION





↓ CROSSWORD CLUES →

1. We must keep away from _____ and do good instead.
2. This is found in the last ten days of Ramadan on an odd night
3. Ramadhan is a month of _____ so we should repent.
4. In Ramadhan, _____s are accepted.
5. The ninth month in the Islamic Calendar.
7. To abstain from eating and drinking during the hours of daylight.
9. _____ asked the people to perform tarawih together.
12. This salah is only performed in Ramadhan.
14. We must do as many good _____ as we can.

1. The _____ calendar has 365 days.
3. We leave _____ and drink during daylight.
6. It is sunnah to do _____ in the last ten days.
8. The Islamic calendar is based on _____ months.
10. We must perform this five times daily.
11. The night prayer
13. We have two of these a year.
15. The last and final book of Allah.
16. The first word revealed to Muhammad.
17. This is performed after the tarawih Salah.
18. This meal has special blessing.
19. In Ramadhan, the shayateen are put in _____.