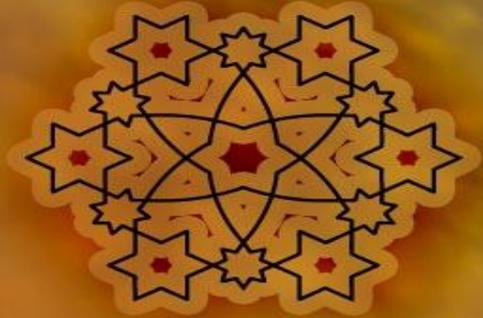


Islamic Academy of Coventry
The Virtues & Fiqh of Ramaḍān
Part 1

مِصْبَاةٌ
فِي
فِيهِمَا

Maulānā Ebrahim Noor



Introduction

- Importance of Time
- What is Ramaḍān
- Fasting in Ramaḍān
- Special Acts of Worship in Ramaḍān
- Advice while fasting
- NHS Food Advice
- How to make the most of our time
- Special advice for children taking exams
- Ramaḍān Worship Timetable
- Special advices this Ramaḍān due to Coronavirus



Importance of Time

وَالْعَصْرِ (1) إِنَّ الْإِنْسَانَ لَفِي خُسْرٍ (2) إِلَّا الَّذِينَ آمَنُوا وَعَمِلُوا
الصَّالِحَاتِ وَتَوَاصَوْا بِالْحَقِّ وَتَوَاصَوْا بِالصَّبْرِ (3)

“By time, indeed mankind is at a loss. Except those who have believed and done righteous actions and advised each other to truth and advised each other to patience”



Importance of Time cont'd

عَنْ عَبْدِ اللَّهِ بْنِ عُمَرَ رَضِيَ اللَّهُ عَنْهُمَا قَالَ أَخَذَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ بِمَنْكِبِي فَقَالَ
كُنْ فِي الدُّنْيَا كَأَنَّكَ غَرِيبٌ أَوْ عَابِرُ سَبِيلٍ
وَكَانَ ابْنُ عُمَرَ يَقُولُ إِذَا أَمْسَيْتَ فَلَا تَنْتَظِرُ الصَّبَاحَ وَإِذَا أَصْبَحْتَ فَلَا تَنْتَظِرُ الْمَسَاءَ وَخُذْ مِنْ
صِحَّتِكَ لِمَرَضِكَ وَمِنْ حَيَاتِكَ لِمَوْتِكَ



Ibn ‘Umar رَضِيَ اللَّهُ عَنْهُ mentions that Rasūlullāh صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ held me by my shoulders and said, “Live in this world as if you are a traveller or a wayfarer”. Ibn ‘Umar رَضِيَ اللَّهُ عَنْهُ said, when you reach the evening, do not wait for the morning, and when you reach the morning, do not wait for evening, and take from your good health before you become ill and from your life, before your death.

[Ṣaḥīḥ al-Bukhāri 5937]



What sort of Actions should we do ?

عَنْ شَدَّادِ بْنِ أَوْسٍ عَنِ النَّبِيِّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ قَالَ
الْكَيْسُ مَنْ دَانَ نَفْسَهُ وَعَمِلَ لِمَا بَعْدَ الْمَوْتِ وَالْعَاجِزُ مَنْ أَتْبَعَ
نَفْسَهُ هَوَاهَا وَتَمَنَّى عَلَى اللَّهِ



Shaddād ibn Aws رَضِيَ اللَّهُ عَنْهُ narrates that Rasūlullāh صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ said “The intelligent person is the one who suppresses his self-desires and does those actions which will aid him after death, and the foolish person is he who follows the whims of his self-desires then relies upon Allāh سُبْحَانَهُ وَتَعَالَى “

[Sunan Tirmidhī 2383]



Question 1

How many months are there in the Islamic Calendar?
& name the months

إِنَّ عِدَّةَ الشُّهُورِ عِنْدَ اللَّهِ اثْنَا عَشَرَ شَهْرًا فِي كِتَابِ اللَّهِ يَوْمَ خَلَقَ السَّمَوَاتِ
وَالْأَرْضِ مِنْهَا أَرْبَعَةٌ حُرُمٌ ذَلِكَ الدِّينُ الْقَيِّمُ فَلَا تَظْلِمُوا فِيهِنَّ أَنْفُسَكُمْ

“Surely, the number of months according to Allāh is twelve (as written) in the Book of Allāh on the day He created the heavens and the Earth, of which there are Four Sacred Months. That is the right faith. So, do not wrong yourselves therein.”

[Sūrah at-Tawbah verse 36]



12 Months in an Islamic Year

1. Muḥarram 
2. Ṣafar 
3. Rabīʿ al-Awwal 
4. Rabīʿ al-Thāni 
5. Jamād al-Ūlā 
6. Jamād al-Ākhirah 
7. Rajab 
8. Shaʿbān 
9. Ramaḍān 
10. Shawwāl 
11. Dhul Qāḍah 
12. Dhul Ḥijjah 



Islamic Academy Coventry

The Islamic Calendar

Mawlānā Ebrahim Noor



The Month of Ramaḍān

شَهْرُ رَمَضَانَ الَّذِي أُنزِلَ فِيهِ الْقُرْآنُ هُدًى لِّلنَّاسِ وَبَيِّنَاتٍ مِّنَ الْهُدَىٰ وَالْفُرْقَانِ فَمَن شَهِدَ
مِنكُمُ الشَّهْرَ فَلْيَصُمْهُ وَمَن كَانَ مَرِيضًا أَوْ عَلَىٰ سَفَرٍ فَعِدَّةٌ مِّنْ أَيَّامٍ أُخَرَ يُرِيدُ اللَّهُ بِكُمُ الْيُسْرَ
وَلَا يُرِيدُ بِكُمُ الْعُسْرَ وَلِتُكْمِلُوا الْعِدَّةَ وَلِتُكَبِّرُوا اللَّهَ عَلَىٰ مَا هَدَاكُم وَلَعَلَّكُمْ تَشْكُرُونَ

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

[Sūrah al-Baqarah 185]



Question 2

Name the 4 Holy books and which Prophets they were sent to



The Holy Books

➤ All the Holy Books were revealed in this month

➤ Torah – Mūsā عَلَيْهِ السَّلَامُ

➤ Zabūr – Dāwūd عَلَيْهِ السَّلَامُ

➤ Injīl – ʿĪsā عَلَيْهِ السَّلَامُ

➤ Qurʾān – Muḥammad صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ



Question 3

On which night was the Qur'ān revealed ?



How was the Qur'ān Revealed ?

إِنَّا أَنْزَلْنَاهُ فِي لَيْلَةِ الْقَدْرِ (1) وَمَا أَدْرَاكَ مَا لَيْلَةُ الْقَدْرِ (2) لَيْلَةُ الْقَدْرِ خَيْرٌ مِّنْ أَلْفِ شَهْرٍ (3) تَنْزَلُ الْمَلَائِكَةُ وَالرُّوحُ فِيهَا بِإِذْنِ رَبِّهِمْ مِّنْ كُلِّ أَمْرٍ (4) سَلَامٌ هِيَ حَتَّىٰ مَطْلَعِ الْفَجْرِ (5)

“We have sent it (the Qur'ān) down in the Night of Qadr. (1) And what may let you know what the Night of Qadr is? (2) The Night of Qadr is much better than one thousand months. (3) The angels and the Spirit descend in it, with the leave of your Lord, along with every command. (4) Peace it is till the debut of dawn. (5)”

[Sūrah al-Qadr]



Point for Consideration?



Why is it easy for us to pray in Ramaḍān ?

عَنْ ابْنِ شِهَابٍ قَالَ أَخْبَرَنِي ابْنُ أَبِي أَنَسٍ مَوْلَى التَّيْمِيِّينَ أَنَّ أَبَاهُ حَدَّثَهُ أَنَّهُ سَمِعَ أَبَا هُرَيْرَةَ رَضِيَ اللَّهُ عَنْهُ يَقُولُ قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ إِذَا دَخَلَ شَهْرُ رَمَضَانَ فَتُفْتَحُ أَبْوَابُ السَّمَاءِ وَغُلِقَتْ أَبْوَابُ جَهَنَّمَ وَسُلْسِلَتِ الشَّيَاطِينُ

Abū Hurayrah رَضِيَ اللَّهُ عَنْهُ narrates that Rasūlullāh صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ said “When the month of Ramaḍān comes, the doors of the sky (Jannah) are opened and the doors of hell are locked and the Shayaṭīn, (the devils) are chained”



[Ṣaḥīḥ al-Bukhāri 1766]



Point to Consider

- We find it difficult to pray Salāh
- We find it difficult to recite the Qur'ān
- We rarely read extra Ṣalāh
- We rarely give in Charity
- We rarely keep optional Fasts

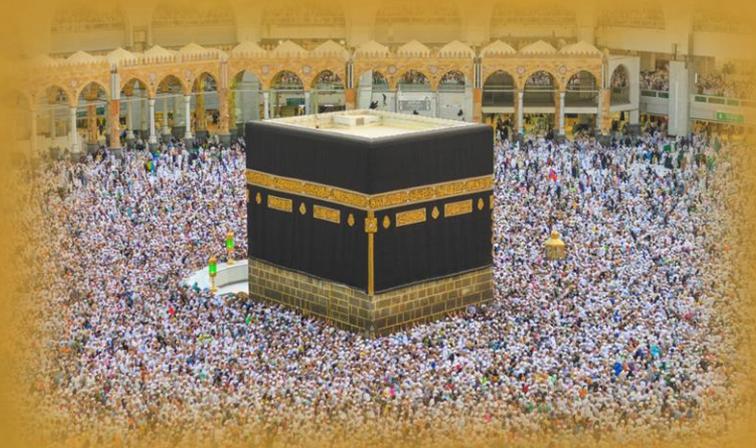


So how does this happen? Is this a coincidence?



Question 4

Name some acts of worship which are done in the month of Ramaḍān ?



Ṣaum – Fasting

➤ Main act of worship in Ramaḍān

يَا أَيُّهَا الَّذِينَ آمَنُوا كُتِبَ عَلَيْكُمُ الصِّيَامُ كَمَا كُتِبَ عَلَى
الَّذِينَ مِن قَبْلِكُمْ لَعَلَّكُمْ تَتَّقُونَ

“O you who believe, the fasts have been enjoined upon you as they were enjoined upon those before you, so that you may be God-fearing”

[Sūrah al-Baqarah 183]



The Pillars of Islām

حَدَّثَنَا عُبَيْدُ اللَّهِ بْنُ مُعَاذٍ حَدَّثَنَا أَبِي حَدَّثَنَا عَاصِمٌ وَهُوَ ابْنُ مُحَمَّدِ بْنِ زَيْدِ بْنِ عَبْدِ
اللَّهِ بْنِ عُمَرَ عَنْ أَبِيهِ قَالَ قَالَ عَبْدُ اللَّهِ قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ
بُنَى الْإِسْلَامُ عَلَى خَمْسٍ شَهَادَةِ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَأَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ وَإِقَامِ
الصَّلَاةِ وَإِيتَاءِ الزَّكَاةِ وَحَجِّ الْبَيْتِ وَصَوْمِ رَمَضَانَ

The foundation of al-Islām is raised on five (pillars), testifying (the fact) that there is no god but Allāh, that Muḥammad is His bondsman and Messenger, and the establishment of prayer, payment of Zakāt, Pilgrimage to the House (Ka'bah) and the fast of Ramaḍān

[Ṣaḥīḥ Muslim 21]



Saum - Fasting

- Question: When did fasting become obligatory ?
- Answer: 2nd Year of Hijri
- Question: Can you give an example of fasting in other Religions?
- Answer: Lent, Yom Kippur
- Question: What does Taqwa mean?
- Answer: God-Fearing, awareness of Allāh سُبْحَانَهُ وَتَعَالَى



What does Şaum Mean ?

To Abstain from

- Food
- Drink
- Intimate Relations

From Dawn till Dusk with the intention of Fasting



Who has to Fast ?

Question: Upon whom is fasting obligatory ?

1. Muslim
2. Bāligh
3. Of Sound Health
4. Muqīm – not a traveller



Who does not need to Fast ?

فَمَنْ كَانَ مِنْكُمْ مَّرِيضًا أَوْ عَلَى سَفَرٍ فَعِدَّةٌ مِنْ أَيَّامٍ أُخَرَ وَعَلَى الَّذِينَ يُطِيقُونَهُ فِدْيَةٌ طَعَامُ
مِسْكِينٍ فَمَنْ تَطَوَّعَ خَيْرًا فَهُوَ خَيْرٌ لَهُ وَأَنْ تَصُومُوا خَيْرٌ لَكُمْ إِنْ كُنْتُمْ تَعْلَمُونَ

1. An ill person who cannot fast without unbearable hardship or they have a strong feeling that by fasting their illness could get worse
2. A person who is a traveller
3. A women on her menstrual cycle or post-natal bleeding

[Sūrah al-Baqarah 184]



Question 5

What hours do we need to Fast ?



The Timing of the Fast

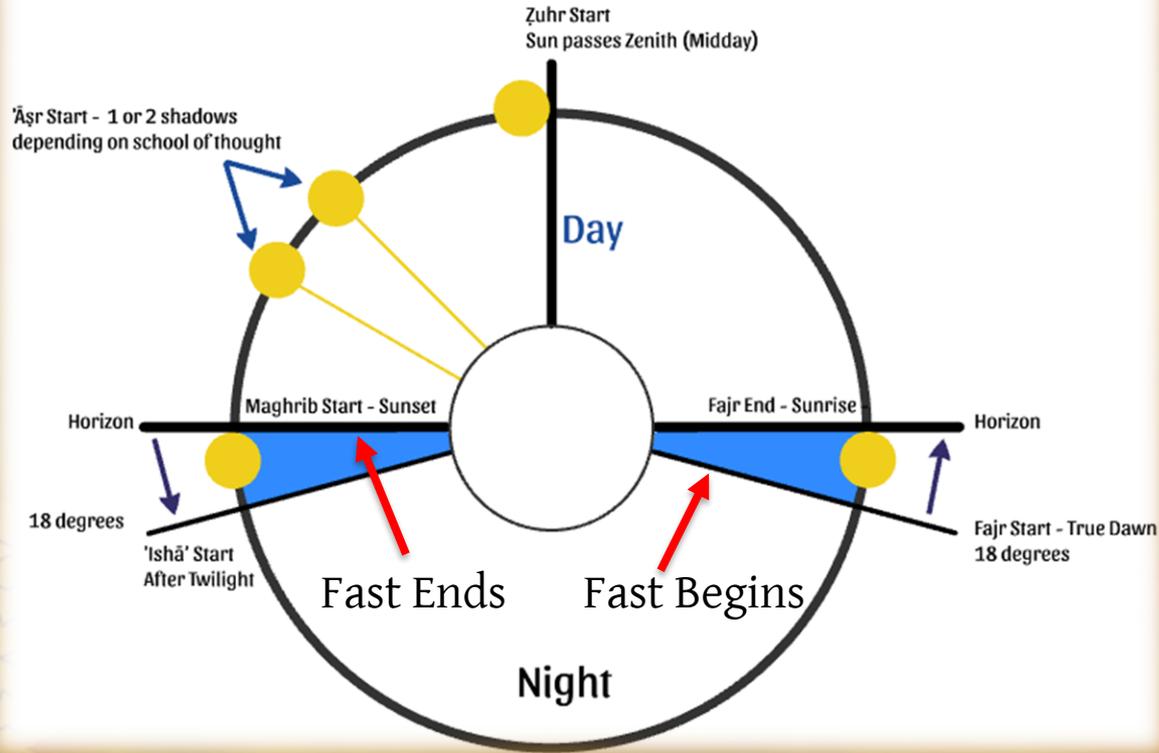
وَكُلُوا وَاشْرَبُوا حَتَّى يَتَبَيَّنَ لَكُمُ الْخَيْطُ الْأَبْيَضُ مِنَ الْخَيْطِ الْأَسْوَدِ مِنَ الْفَجْرِ ثُمَّ أَتُمُوا
الصِّيَامَ إِلَى اللَّيْلِ

“And eat and drink until the white thread of the dawn becomes distinct from
the black thread”

[Sūrah al-Baqarah 187]



The Timing of the Fast



Reward of Fasting

عَنْ أَبِي هُرَيْرَةَ رَضِيَ اللَّهُ عَنْهُ عَنِ النَّبِيِّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ قَالَ
مَنْ صَامَ رَمَضَانَ إِيمَانًا وَاحْتِسَابًا غُفِرَ لَهُ مَا تَقَدَّمَ مِنْ ذَنْبِهِ وَمَنْ قَامَ لَيْلَةَ الْقَدْرِ
إِيمَانًا وَاحْتِسَابًا غُفِرَ لَهُ مَا تَقَدَّمَ مِنْ ذَنْبِهِ

Abū Hurayrah رَضِيَ اللَّهُ عَنْهُ narrated that Rasūlullāh صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ said
“Whoever fasts in Ramaḍān with faith while seeking its reward
from Allāh. He will have his past sins forgiven. And the one who
stands on the Night of Power with faith while seeking its reward
from Allāh. He will have his past sins forgiven.”



[Ṣaḥīḥ al-Bukhāri 1875]



Reward of Fasting cont'd

عَنْ أَبِي صَالِحٍ الرَّيَّانِيِّ أَنَّهُ سَمِعَ أَبَا هُرَيْرَةَ يَقُولُ

قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ كُلُّ عَمَلٍ ابْنِ آدَمَ لَهُ إِلَّا الصِّيَامَ هُوَ لِي وَأَنَا أُجْزِي بِهِ وَالصِّيَامُ جُنَّةٌ إِذَا كَانَ يَوْمُ صِيَامٍ أَحَدِكُمْ فَلَا يَزُفْتُ وَلَا يَصْحَبُ فَإِنْ شَاتَمَهُ أَحَدٌ أَوْ قَاتَلَهُ فَلْيَقُلْ إِنِّي صَائِمٌ وَالَّذِي نَفْسُ مُحَمَّدٍ بِيَدِهِ لَخُلُوفُ فَمِ الصَّائِمِ أَطْيَبُ عِنْدَ اللَّهِ يَوْمَ الْقِيَامَةِ مِنْ رِيحِ الْمِسْكِ لِلصَّائِمِ فَرَحَتَانِ يَفْرَحُهُمَا إِذَا أَفْطَرَ فَرِحَ بِفِطْرِهِ وَإِذَا لَقِيَ رَبَّهُ عَزَّ وَجَلَّ فَرِحَ بِصَوْمِهِ

Rasūlullāh صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ said that Allāh سُبْحَانَهُ وَتَعَالَى says, “All of the actions of Ibn Ādam are for him, except fasting, for indeed it is for me and I will give the reward for it”, and fasting is a shield, so when any one of you fasts on a day then he should not speak bad and should not quarrel, if anyone swears at you or wants to fight you then say I am fasting, and by the one in whose hand is the life of Muḥammad, the smell from the mouth of a fasting person is more liked by Allāh than the smell of Musk. And for the person there are two happiness's which will make him happy. When he does Iftār he gets happy and when he meets his Lord he will be happy with his fasts.

[Sunan Nasa'i 2186]



Reward of Fasting cont'd

عَنْ سَهْلِ رَضِيَ اللَّهُ عَنْهُ عَنِ النَّبِيِّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ قَالَ

إِنَّ فِي الْجَنَّةِ بَابًا يُقَالُ لَهُ الرَّيَّانُ يَدْخُلُ مِنْهُ الصَّائِمُونَ يَوْمَ الْقِيَامَةِ لَا يَدْخُلُ مِنْهُ أَحَدٌ غَيْرُهُمْ
يُقَالُ أَيَّنَ الصَّائِمُونَ فَيَقُومُونَ لَا يَدْخُلُ مِنْهُ أَحَدٌ غَيْرُهُمْ فَإِذَا دَخَلُوا أُغْلِقَ فَلَمْ يَدْخُلْ مِنْهُ أَحَدٌ

Rasūlullāh صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ said that “Indeed in Jannah there is a door which is called Rayyān, the people who fast will enter through it on the Day of Judgment. No one will enter it apart from them. It will be said, where are the people who fasted, they will stand and no one shall enter in it, apart from them. So when they have entered the door will be locked and no one will ever enter through that door ever again.”

[Ṣaḥīḥ al-Bukhāri 1763]



Tarāwīḥ

عَنْ أَبِي هُرَيْرَةَ أَنَّ رَسُولَ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ قَالَ
مَنْ قَامَ رَمَضَانَ إِيمَانًا وَاحْتِسَابًا غُفِرَ لَهُ مَا تَقَدَّمَ مِنْ ذَنْبِهِ

- “The person who stands in Ramaḍān, with faith while seeking its reward from Allāh. He will have his past sins forgiven.”



- Wisdom behind Tarāwīḥ
- Advice on Tarāwīḥ

Question: How many Rukū^c are there in the Qur’ān
20 Rakāt x 27 nights = 540 Rukū^c



Special Advice on Tarāwīḥ Ṣalāḥ

- Tarāwīḥ Ṣalāḥ is an emphasised Sunnah. Therefore, every effort must be made to perform 20 Rak‘āt (units) Tarāwīḥ Ṣalāḥ.
- If a person is unable to perform the 20 Rak‘āt standing due to ill health or another valid reason, they should attempt to perform it sitting down. If this is also not possible, it is strongly recommended to perform as many Rak‘āt possible. Not being able to perform the full 20 rak‘at does not mean that Tarāwīḥ Ṣalāḥ is not performed at all. It is also a common misconception that if a person is unable to perform 20, they must perform 8 Rak‘āt. Rather, a person unable to perform 20 Rak‘āt should perform as many as they can, and if standing is difficult, one can also perform Tarāwīḥ Ṣalāḥ sitting down.
- Tarāwīḥ Ṣalāḥ can be performed in congregation and individually. It is recommended that families perform Tarāwīḥ Ṣalāḥ in congregation in their own homes.
- If the household as a Ḥāfīz of the Qur’ān, it is recommended they lead and complete the recitation of the Qur’ān on the 29th of Ramaḍān. If it is possible to complete more than one recitation of the Qur’ān, this is commendable.
- If there is no Ḥāfīz of the Qur’ān, the Imām can recite from the chapters he has memorised. It is advised to avoid sufficing on the final ten chapters if a person has memorised other chapters.
- Every effort must be made to perfect the pronunciation of the recitation of the Qur’ān.
- The Qur’ān must be recited in Ṣalāḥ from memory. A Muṣḥaf or an external device cannot be used. Allāh سُبْحَانَهُ وَتَعَالَى will reward those households without a Ḥāfīz according to their intention, desire and action of previous years Inshā’ Allāh
- Note: To join a congregational Ṣalāḥ of Makkah or Madīnah or the local Masjid via the internet, TV or receiver system for any Ṣalāḥ including Tarāwīḥ is invalid



End of Part 1 – Summary

- Importance of Time
- The Months in Islām
- The Holy Books
- The Revelation of the Qur'ān
- The Commandment of Fasting in the Qur'ān and Ḥadīth
- The Meaning of Ṣaum
- The wisdom behind fasting
- Those upon whom fasting is obligatory and those who are excused
- The Timing of the Fast
- The Reward of Fasting
- Tarāwīḥ Ṣalāh

جزاك الله خيرا



Islamic Academy of Coventry

The Virtues & Fiqh of Ramaḍān

Part 2

شَهْرُ رَمَضَانَ

Maulānā Ebrahim Noor



Recap Questions

- In which Sūrah does Allāh *سُبْحَانَهُ وَتَعَالَى* talk about the Importance of Time?
- How many months in the Islamic Calendar? Can you name them?
- In which month was the Qur' ān revealed and on which night?
- In which Sūrah does Allāh *سُبْحَانَهُ وَتَعَالَى* mention that fasting is obligatory
- What does Allāh *سُبْحَانَهُ وَتَعَالَى* want us to achieve behind fasting?
- Upon whom is fasting obligatory?
- Name two types of people upon whom it is not obligatory?
- When does the fast begin and when does it end?
- What is the Reward of fasting?



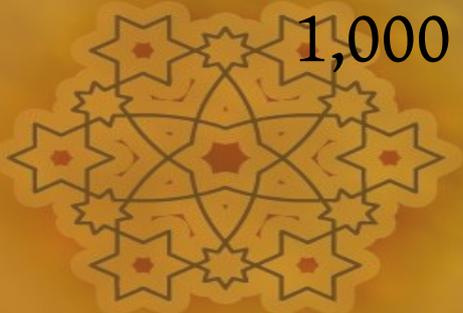
Laylatul Qadr

إِنَّا أَنْزَلْنَاهُ فِي لَيْلَةِ الْقَدْرِ (1) وَمَا أَدْرَاكَ مَا لَيْلَةُ الْقَدْرِ (2) لَيْلَةُ الْقَدْرِ
خَيْرٌ مِّنْ أَلْفِ شَهْرٍ (3) تَنْزِيلُ الْمَلَائِكَةِ وَالرُّوحِ فِيهَا بِإِذْنِ رَبِّهِمْ مِّن
كُلِّ أَمْرٍ (4) سَلَامٌ هِيَ حَتَّىٰ مَطْلَعِ الْفَجْرِ (5)



Question: Approximately, how many years is 1,000 months?

1,000 months is 83 years and 4 months



Laylatul Qadr

- Shāne Nuzūl – Reason of Revelation
- The meaning of Qadr – Greatness, Honour & Dignity
- When is Laylatul Qadr ?
- How did the knowledge of the date get lifted ?



Faḍail of Laylatul Qadr

عَنْ أَبِي هُرَيْرَةَ رَضِيَ اللَّهُ عَنْهُ

عَنْ النَّبِيِّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ قَالَ مَنْ قَامَ لَيْلَةَ الْقَدْرِ إِيمَانًا وَاحْتِسَابًا غُفِرَ لَهُ مَا تَقَدَّمَ مِنْ ذَنْبِهِ وَمَنْ صَامَ رَمَضَانَ إِيمَانًا وَاحْتِسَابًا غُفِرَ لَهُ مَا تَقَدَّمَ مِنْ ذَنْبِهِ

Abū Hurayrah رَضِيَ اللَّهُ عَنْهُ narrates that Rasūlullāh صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ said "Whoever establishes the Prayers on the night of Qadr out of sincere faith and hoping to attain Allāh's rewards then all his past sins will be forgiven."

[Ṣaḥīḥ al-Bukhāri 35]



Fadail of Laylatul Qadr cont'd

عَنْ عَائِشَةَ قَالَتْ

قُلْتُ يَا رَسُولَ اللَّهِ أَرَأَيْتَ إِنْ عَلِمْتُ أَيْ لَيْلَةٍ لَيْلَةُ الْقَدْرِ مَا أَقُولُ فِيهَا قَالَ قُولِي
اللَّهُمَّ إِنَّكَ عَفُوفٌ تُحِبُّ الْعَفْوَ فَاعْفُ عَنِّي

‘Ā’ishah رَضِيَ اللَّهُ عَنْهَا asked Rasūlullāh صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ, what supplication should she make on this night if she found out it was the Night of Power, Rasūlullāh صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ, mentioned the following supplication:

اللَّهُمَّ إِنَّكَ عَفُوفٌ تُحِبُّ الْعَفْوَ فَاعْفُ عَنِّي

Oh Allāh, indeed you are oft forgiving, you love to forgive, so forgive me

[Sunan Tirmidhī 3435]



I'tikāf

عَنْ أَبِي هُرَيْرَةَ وَعُرْوَةَ عَنْ عَائِشَةَ
أَنَّ النَّبِيَّ كَانَ يَعْتَكِفُ الْعَشْرَ الْأَخِيرَ مِنْ رَمَضَانَ حَتَّى قَبِضَهُ اللَّهُ

‘Ā’ishah رَضِيَ اللَّهُ عَنْهَا narrates that Rasūlullāh صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ used to perform I'tikāf in the last ‘ashara in Ramaḍān, (which is the last 10 days) until he passed away

- I'tikāf for Men
- I'tikāf for Women

[Sunan Tirmidhī 720]



Advice while Fasting

Question: In the month of Ramaḍān, how much reward will one Farḍ (obligatory) action receive and how much reward will one Nafl (optional) act receive?

Answer: One Farḍ is equivalent to 70 and one optional (Nafl) is equivalent to a Farḍ.

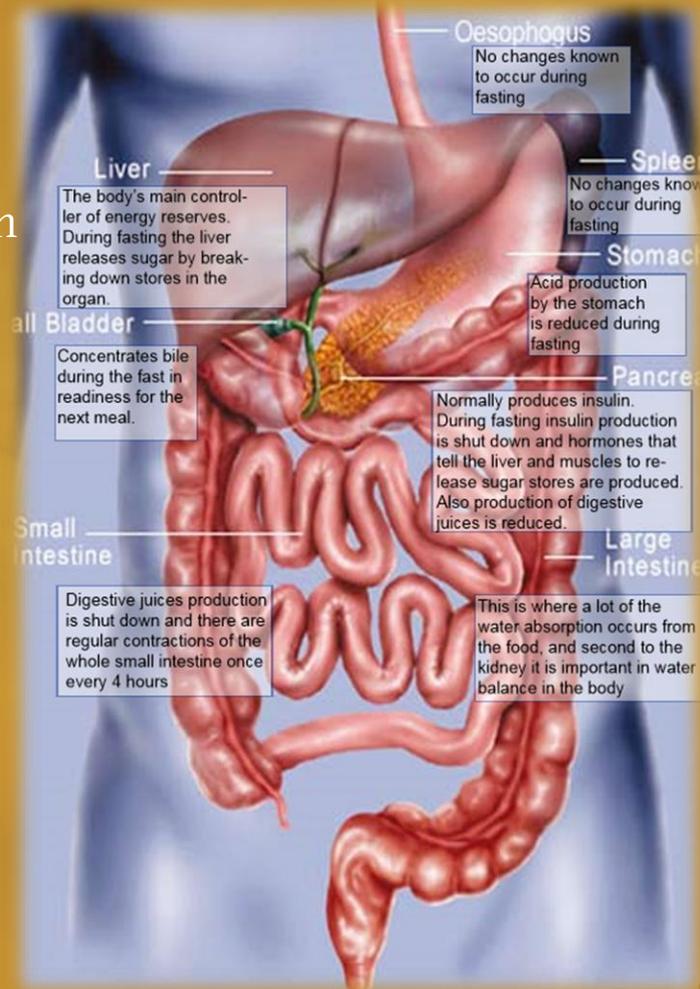
- Maximize reward
- Read all of your Ṣalāt
- Refrain from sin – eyes, mouth, ears
- Television
- Social Media



NHS Guide 2016

Question: Name some organs which are part of our digestive system.

- Mouth
- Oesophagus
- Stomach
- Small intestine
- Large intestine (includes the colon and rectum)



Foods that Harm and Foods that Benefit

The fasts of Ramadan can improve a person's health but - if the correct diet is not followed - can possibly worsen it! The deciding factor is not the fast itself, but rather what is consumed in the non-fasting hours. To fully benefit from fasting a person should spare a great deal of thought to the type and quantity of food they will indulge in through the blessed month. As mentioned in the section on spirituality overeating can not only harm the body but it is thought to also interfere with a person's spiritual growth during the month. A diet that has less than a normal amount of food but is sufficiently balanced will keep a person healthy and active during the month of Ramadan. The diet should be simple and not differ too much from one's normal everyday diet. It should contain foods from all the major food groups as shown in the model.





Complex Carbohydrates are foods that will help release energy slowly during the long hours of fasting. Complex carbohydrates are found in grains and seeds, like barley, wheat, oats, millets, semolina, beans, lentils, wholemeal flour, basmati rice, etc.

Fibre-rich foods are also digested slowly and include bran, cereals, whole wheat, grains and seeds, potatoes with the skin, vegetables such as green beans and almost all fruit including apricots, prunes, figs, etc.



Foods to avoid	Healthy/ Alternative foods
Deep fried foods eg pakoras, samosas, fried dumplings	Whole grains e.g. chick peas plain, or with potato in yogurt with different Indian spices, samosas baked instead of fried and boiled dumplings
High sugar / high fat foods e.g. Indian sweets such as Ghulab Jamun, Rasgullay, Balushahi, Baklawa etc	Milk-based sweets and puddings such as Rasmalai, Barfee etc
High fat cooked foods such as parhatas, oily curries, greasy pastries	Alternate with chapattis made without oil, baked or grilled meat and chicken. Try to make pastry at home and use a single layer
Cooking methods to avoid	Alternative cooking methods
Deep frying	Shallow frying, usually there is very little difference in taste
Frying	Grilling or baking is healthier and helps retain the taste and original flavour of the food, especially chicken and fish
Curries with excessive oil	Start with measuring the oil used in curry and try to bring the oil content down gradually ie reducing 5 table-spoons to 4. This is a good way of reducing oil without noticing much difference in the taste. A useful tip is to use more onions and tomatoes in the bulk of the curry.

X

Foods to avoid are the heavily-processed, fast-burning foods that contain refined carbohydrates in the form of sugar, white flour, etc. as well as of course, too much fatty foods (e.g. cakes, biscuits, chocolates and sweets, such as Indian Mithai). It may also be worth avoiding the caffeine content in drinks such as tea, coffee and cola. (Caffeine is a diuretic and stimulates faster water loss through urination).



Suhoor, the pre-dawn meal should be a wholesome, moderate meal that is filling and provides enough energy for many hours. It is therefore particularly important to include slowly-digesting foods in the suhoor.

Iftar is the meal which breaks the day's fast. This meal could include dates, following the Prophetic traditions. Dates will provide a refreshing burst of much needed energy. Fruit juices will also have a similar, revitalising effect. The meal should remain a meal and not become a feast! Try to minimise the rich, special dishes that traditionally celebrate the fast and keep to the advice included in the table above.

Many of the foods which are mentioned and encouraged are in the Holy Qur'an and the Sunnah (the Prophetic traditions) also correspond to modern guidelines on a healthy diet and will help to maintain balanced, healthy meals in Ramadan. The most commonly consumed foods by Prophet Mohammed (peace be upon him) were milk, dates, lamb/mutton and oats. Healthy foods mentioned in the Holy Qur'an are fruit and vegetables such as olives, onions, cucumber, figs, dates, grapes as well as pulses such as lentils. The encouragement of fish can be seen in the fact that Islamic Law spares fish from any specific slaughter requirements, making it easy to incorporate fish in a meal.



NHS Advice

- Stay Hydrated
- Drink lots of water between Iftār & Şuḥūr
- If you have concerns, go see a doctor



What to Eat ?

- Food for Ṣuḥūr
- Food for Iftār
- Conserve your Energy



Social Etiquette

الْمُسْلِمُ مَنِ سَلِمَ الْمُسْلِمُونَ مِنْ لِسَانِهِ وَيَدِهِ

“The (Complete) Muslim, is that person who other Muslims are safe from his tongue and his hand”



- Do not cause anyone any harm, verbal or physical
- Be conscious of our social behaviour
- Do not cause disturbance to local residents when coming or going from the Masjid.
- Do not congregate outside the Masjid or street corners during unsociable hours as people may be sleeping with the windows open.
- Brothers are requested to return straight home after prayers not causing any anti-social behaviour on the journey
- Be conscious where you park, do not block driveways, lowered curbs or road junctions. Avoid Double yellow lines. Don't cause noise when shutting car doors.
- Parents are responsible for their children during prayer times, ensure you know where they are at all times, stay with them if need be



Social Etiquette

- Do not throw litter, especially after Maghrib time like water bottles and food boxes\wrappers
- Be Vigilant of any suspicious behaviour inside\outside the Masjid. If need be, report it to any committee members immediately or the police if it is an emergency
- When walking home during unsociable hours, stick to the main roads which are well lit. Avoid dark and poorly lit streets even if it means taking a longer route
- Make sure you do not walk alone during unsociable hours; ensure you are accompanied.
- During Tarāwīḥ time, do not loiter outside in the alley way or the front, this goes for both adults and children
- Do not host Iftār parties this year, and even if you do normally then please do not let the food and drink distract you from your prayer. For the men, ensure Maghrib, ‘Ishā and Tarāwīḥ are recited in the Masjid in Congregation.



WHAT NULLIFIES THE FAST AND WHAT DOES NOT?

SUMMARY OF FREQUENTLY ASKED QUESTIONS APPROVED BY SHAYKH AL-ḤADĪTH
MUFTI SHABBIR AHMAD



The following do not invalidate and nullify the fast:

- Eating or drinking forgetfully (whilst not conscious of fast)
- Swallowing one's own saliva and the wetness that remains after washing the mouth
- Ear drops & Eye drops or contact lenses
- Sniffing up mucus even if it descends in the throat
- Inhaling smoke or dust unintentionally
- Using nicotine patches, creams, deodorant, makeup or oil
- Kissing or touching one's spouse
- Starting the fast in the state of major ritual impurity
- Injection or blood transfusion or kidney dialysis or glucose or saline drip
- Blood test or cupping or any form of blood extraction
- Tooth extraction subject to not swallowing the blood or medicine
- Laparoscopy or Keyhole Surgery
- Inhaling air through continuous positive airway pressure (CPAP) or inhaling oxygen as long as not combined with another substance
- Miswāk or toothbrush (toothpaste should be avoided for risk of being swallowed)
- Vomiting unintentionally or vomiting intentionally less than a mouthful
- Swallowing vomit that emerges unintentionally even if it is a mouthful
- Swimming or submerging body in water without swallowing water
- Backbiting or lying

The following will invalidate and nullify the fast:

- ❑ Eating or drinking deliberately* or accidentally (whilst conscious of fast). This includes:
 - ❑ Swallowing toothpaste or mouthwash
 - ❑ Swallowing blood from the gums or toothpaste or mouthwash if they preponderate (dominate) over the saliva
 - ❑ Swallowing what is between the teeth if it is the size of a small chickpea or larger
 - ❑ Swallowing the saliva of one's spouse
 - ❑ Nasal spray if the medication passes the throat
 - ❑ Medicine inhalers such as Asthma Inhaler (There are two views in relation to this. The preferred opinion is that it nullifies the fast. One should therefore continue with the fast in Ramaḍān but make Qaḍā)
- ❑ Inhaling smoke deliberately; this includes smoking cigarettes
- ❑ Vomiting a mouthful deliberately
- ❑ Returning a mouthful vomit down the throat deliberately
- ❑ Menstruation or post-natal bleeding
- ❑ Endoscopy (due to the lubricant)
- ❑ * Eating and drinking deliberately in Ramaḍān will also necessitate Kaffārah.

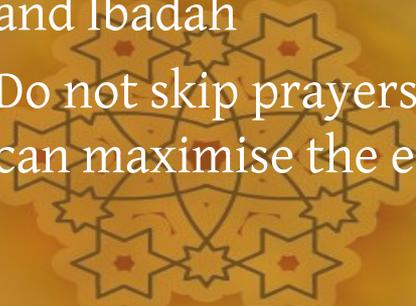
Special Advice for Fasting

- If a fasting person struggles to continue their fast due to contracting Covid-19 symptoms, it is permissible to break the fast and make up for it later.
- Individuals with confirmed/suspected Covid-19 with moderate-severe symptoms or severe underlying health conditions can postpone their fasts to a later date. A strong likelihood of falling extremely ill also permits postponing the fasts.
- Pregnant women and those breastfeeding are permitted to postpone their fasts if they fear harm to themselves or their child.
- In the above cases, if a person thinks they may be able to fast or they are unsure, the fast must be attempted. During the day, if they struggle, they can break the fast and make up for it later.
- A person who does not fast or discontinues their fast due to a valid excuse is required to make up for the fast(s) at a later date. There is no additional penalty. If their condition is such that they are unable to fast perpetually, they will give Fidyah (the amount of Şadaqat al-Fiṭr per fast). Fidyah does not discharge the obligation if a person is able to fast at a later date, for example, in the winter months.
- Doctors, nurses and allied healthcare workers treating Covid-19 patients are strongly recommended to carefully consider all the alternative options and attempt the fast if they are able to. If they struggle to continue, the fast can be broken and repeated at a later date. However, for those who will be unable to fast due to the strong likelihood of dehydration and severe thirst due to wearing PPE, along with the risk of making clinical errors which could potentially affect lives, the fasts can be postponed to a later date, for more information see islamicportal.co.uk



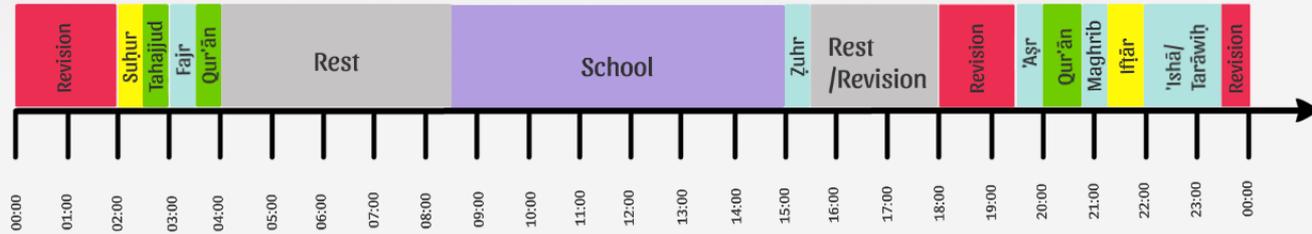
Special Advice for Children at Schools

- Stay Hydrated when you can (between Ift̄ār & Ṣuḥūr)
- Stay out of the Sun (so you don't get thirsty)
- Do not over exert yourself during Physical Education or Playing
- Get enough Rest after School
- Organize your day so you know when you are resting, studying, praying etc.
- If you have exams, make sure you plan your revision sessions and Ībādah
- Do not skip prayers in order to revise, rather plan the day so you can maximise the efficiency of your time.



Revision Planner for Students

Ramaḍān Revision Timetable

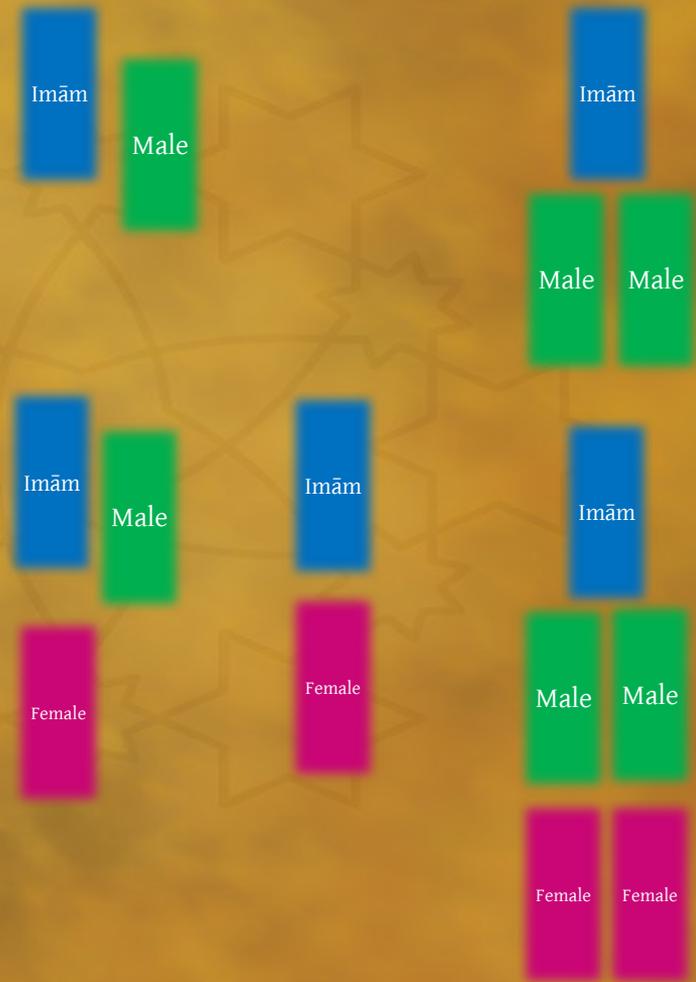


Activity	Total Time in Hours
Rest	7
Revision	4
Qur'an	1.25
Tahajjud	0.5
Ṣalāh	3.5
School	6.5
Food\Relax	1.25



The Five Daily Ṣalāh

- Every attempt should be made to perform the five daily Ṣalāhs in congregation at home. All family members including females can join the congregation. If a person is self-isolating within a room, they will perform Ṣalāh alone.
- The Imām must be a male mature (bāligh) person.
- Females will always stand behind male(s) in a separate row whether one female or more. Males will always stand behind the male Imām, unless there is only one male in which case he will stand to the right of the Imam with his heels slightly behind the Imām's heels. The following diagrams illustrate this with some examples:



Make most of your time

- ‘Ibādah – Organize your day
- Set yourself achievable prayer targets
- Read all of your Ṣalāt – Nafl worship = reward of Farḍ
- At least recitation of one whole Qur’ān in the month
- 1 Juz every day – finish in 30 (try finish in 29)
- 20 Rukū‘ per day – 540 in total - finish in 27 days
- Read 4 Rukū‘ each Salaat time = 20 Rukū‘ a day



Make most of your time

- Masnūn Du‘ā’s
- Do as much Dhikr as much as you can
- Teaching & Learning
- Attending & Listening to religious talks
- Make this month a month of change



End of Part 2 – Summary

- Virtues of Layalatul Qadr – The Night of Power
- Advices on ‘T’ikāf
- Advices on Fasting – NHS Food Guide
- Social Etiquette in Ramaḍān
- What Nullifies the Fast and What does not
- Special advices for children at school during Ramaḍān
- Making Most of your time
- Special Advices for this Ramaḍān due to the lockdown



Conclusion

- May Allāh give us the ability to spend our time correctly
- Use this Month to ponder over our lives and correct ourselves
- Don't miss any Fasts, Ṣalāt, Zakāt
- Refrain from sin, from bad company, from wasting time
- Stay in pious company
- Stay steadfast after the Month of Ramaḍān
- Do Duʿā for all the people around the world, especially those who are oppressed and in all the conflicted areas



Jazakallāh for Attending

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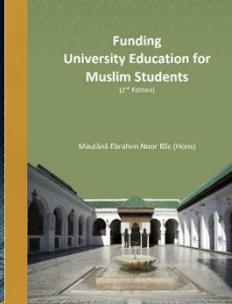
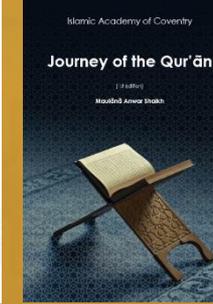
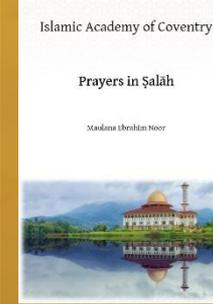
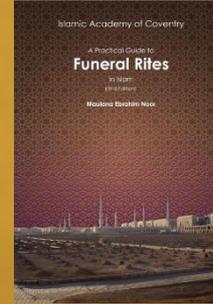
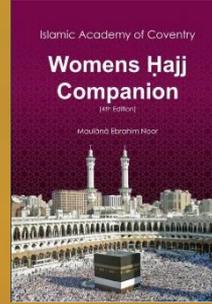
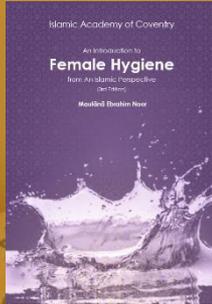
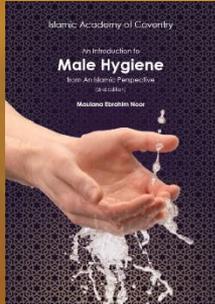


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