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RAMADAN MUBARAK

A Guide to Ramadan



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What is Ramadan in Islam?

Ramadan holds a significant place in Islam as the blessed month of fasting, representing the fourth pillar of the Muslim faith.

Why do Muslims Fast?

Muslims fast as an act of obedience to Allah (SWT) and to attain righteousness, as stated in the Quran: (Al-Baqarah 2:183)

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

When do Muslims Fast?

Muslims fast from dawn to sunset: (Al-Baqarah 2:187)

وَكُلُوا وَاشْرَبُوا حَتَّىٰ يَتَبَيَّنَ لَكُمُ الْخَيْطُ الْأَبْيَضُ مِنَ الْخَيْطِ الْأَسْوَدِ مِنَ الْفَجْرِ



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What is the meaning of 'siyam' in the Quran?

Fasting is an abstention from eating, drinking, intimate, relations with the spouse and immoral behavior during the fasting hours.

Who is obligated to observe fasting

Fasting is obligatory for all Muslims. Individuals who are sick or traveling on long or arduous journeys receive an exemption from fasting, Pregnant women, children, and the elderly. Instead, they must make up for the missed days by fasting at a later time when they are no longer sick or traveling. (Al-Baqarah 2:184)

مَنْ كَانَ مِنْكُمْ مَّرِيضًا أَوْ عَلَى سَفَرٍ فَعِدَّةٌ مِنْ أَيَّامٍ أُخَرَ

Blessing of Laylat-al-Qadr

Allah (SWT) has bestowed special significance upon the month of Ramadan by designating Laylat-al-Qadr, the Night of Decree, within it. [Al-Qadr 97:1-5]

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



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Ramadan Practices



- 1 Fasting (Sawm)
- 2 Suhoor and Iftar
- 3 Increased Acts of Worship
- 4 Taraweeh Prayers
- 5 Charitable Acts (Sadaqah)
- 6 Spiritual Reflection and Repentance
- 7 Community Activities
- 8 Fasting Etiquette
- 9 Family and Social Gatherings
- 10 Eid Preparations





Dos and Don'ts of Ramadan:



Dos:

1. Abstain from eating or drinking while fasting.
2. Lower your gaze to avoid sinful behavior.
3. Control anger and avoid arguments and fights.
4. Make efforts to quit smoking permanently.
5. Utilize time effectively and avoid wasting it on futile activities.
6. Refrain from swearing, lying, and backbiting.
7. Perform all five daily prayers punctually.
8. Engage in studying and acquiring Islamic knowledge.
9. Recite and learn the Holy Quran regularly.
10. Engage in frequent remembrance of Allah (Dhikr).
11. Make numerous supplications (Dua) to Allah.
12. Give charity and assist the poor and needy, including paying Zakat.





Dos and Don'ts of Ramadan:



Don'ts:

1. Do not eat or drink anything while fasting.
2. Avoid sinful behavior and maintain modesty in conduct.
3. Refrain from engaging in arguments, fights, or disputes.
4. Do not smoke and strive to quit the habit entirely.
5. Avoid wasting time on unproductive activities.
6. Refrain from swearing, lying, or gossiping.
7. Do not neglect or delay performing the obligatory prayers.

