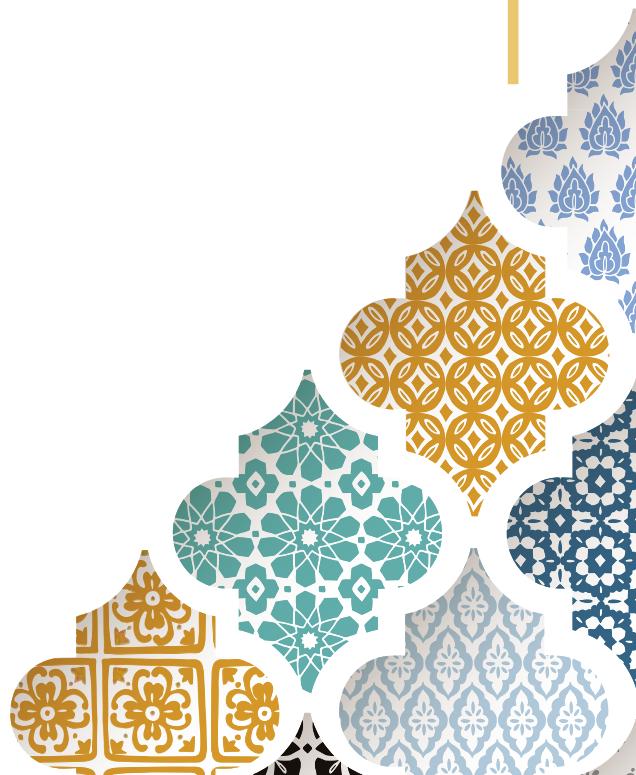


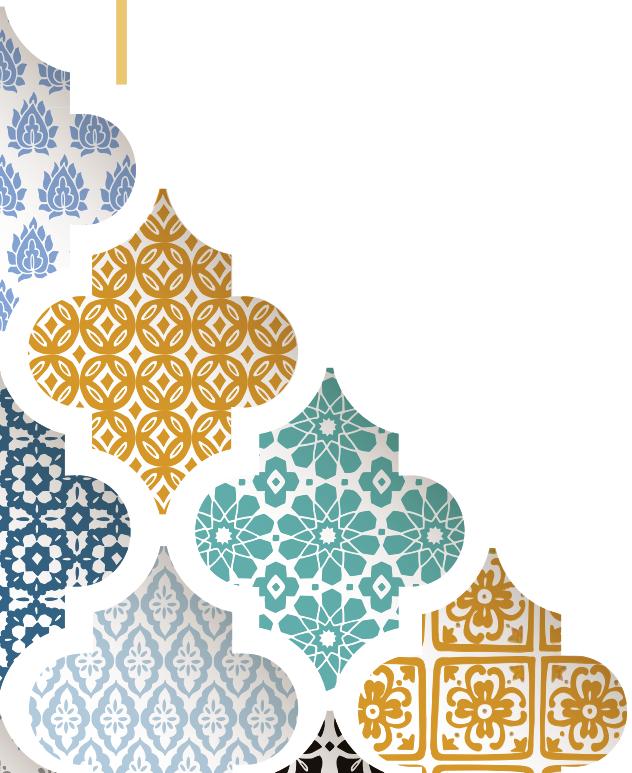


# THE BEST OF GUIDANCE

---

MAXIMISE YOUR RAMADAN





# THE BEST OF GUIDANCE

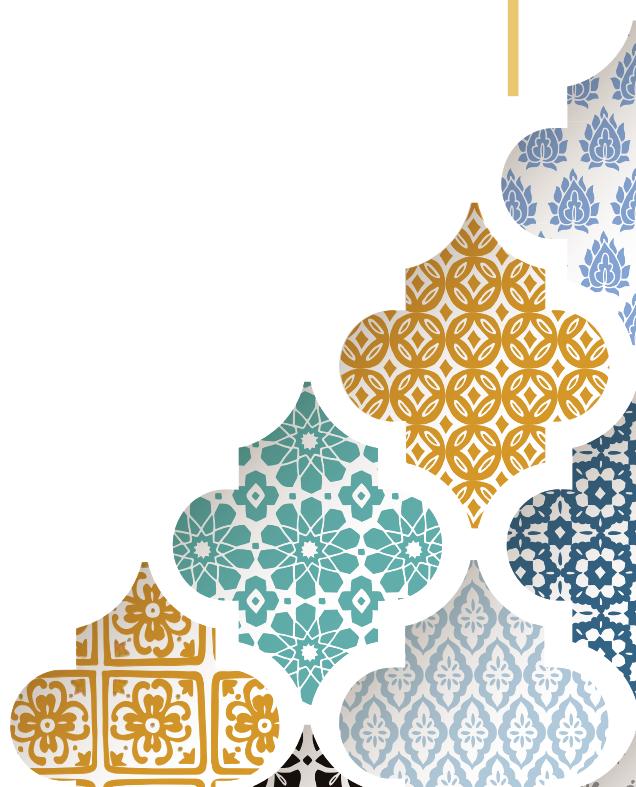
---

MAXIMISE YOUR RAMADAN



**SABEEL**

© SABEEL 1442H/2021



# THE MIRACLE OF RAMADAN

**Change in the heavens leading to a change on earth:**

عن أبي هريرة رضي الله عنه أن رسول الله قال إذا جاء رمضان فُتْحَتْ أبواب الجنة  
وغلقَتْ أبواب النار وصُفِّدَتْ الشياطين

The Prophet ﷺ said: 'The doors of Paradise are flung open and the doors of Hell are locked shut' [Muslim]

عن أبي هريرة قال قال رسول الله إذا كان أول ليلة من شهر رمضان صفت  
الشياطين ومردة الجن وغلقت أبواب النار فلم يفتح منها باب وفتحت أبواب الجنة  
فلم يغلق منها باب وينادي مناد يا بااغي الخير أقبل ويا بااغي الشر أقصر والله عتقاء  
من النار وذلك كل ليلة

The Prophet ﷺ said: 'On the first night of Ramadan the devils and the demons of the Jinn are shackled, the doors of Hell are locked and not a single door is left open, the doors of Paradise are opened and not a single door of Paradise is left shut. A caller calls out: 'O you who wants good, come forth! O you who wants evil, desist! Allah has people He frees from the fire and that is on every night'

[al-Tirmidhi]

**We hear the caller with our hearts in Ramadan and not with our ears!**

## RAMADAN ADDS A LIFETIME:

عن أبي هريرة قال قال رسول الله أتاكُم رمضان شهر مبارك فرض الله عليكم فيه صيامه تفتح فيه أبواب السماء وتغلق فيه أبواب الجحيم وتغلق فيه مردة الشياطين لله فيه ليلة خير من ألف شهر من حرم خيرها

فقد حرم

Abu Hurayrah: The Messenger of Allaah ﷺ said: "There has come to you Ramadaan, a blessed month which Allaah has enjoined on you to fast, during which the gates of heaven are opened and the gates of Hell are closed, and the rebellious devils are chained up. In it there is a night which is better than a thousand months, and whoever is deprived of its goodness is indeed deprived." [Narrated by al-Nasaa'i, 2106; Ahmad, 8769. classed as saheeh by al-Albaani in Saheeh al-Targheeb, 999]



## THE GREATEST AIM IN RAMADAN:

It is so easy to gain Allah's forgiveness in Ramadan such that the one who doesn't achieve this is described as the complete failure and being the ultimately humiliated.

عَنْ أَبِي هُرَيْرَةَ أَنَّ رَسُولَ اللَّهِ رَقَّ الْمَنْبَرَ فَقَالَ آمِينَ آمِينَ فَقَيْلَ لَهُ يَا رَسُولَ اللَّهِ مَا كُنْتَ تَصْنَعُ هَذَا فَقَالَ لَى جَبَرِيلَ أَرْغَمَ اللَّهُ أَنَفَّ عَبْدِ أَوْ بَعْدَ دَخْلِ رَمَضَانَ فَلَمْ يَغْفِرْ لَهُ فَقَلْتُ آمِينَ ثُمَّ قَالَ رَغْمَ أَنْفُّ عَبْدِ أَوْ بَعْدَ أَدْرَكَ وَالْدِيَهُ أَوْ أَحْدَهُمَا لَمْ يَدْخُلْهُ الْجَنَّةَ فَقَلْتُ آمِينَ ثُمَّ قَالَ رَغْمَ أَنْفُّ عَبْدِ أَوْ بَعْدَ ذِكْرِهِ فَلَمْ يَصُلْ عَلَيْكَ فَقَلْتُ آمِينَ

*The Prophet ﷺ went up the minbar. When he reached the first step, he said, "Amen". When he ascended to the second step, he said, "Amen," and when he stepped onto the third step, he said, "Amen." They said, "Messenger of Allah ﷺ, we heard you say 'Amen' three times." He said, "When I went up the first step, Jibril, may Allah bless him and grant him peace, came to me and said, 'Wretched is the slave to whom Ramadan comes and when it passes from him is not forgiven.' I said, 'Amen.' Then he said, 'Wretched is the slave who has one or both of his parents alive and they do not let him enter the Garden.' I said, 'Amen.' Then he said, 'Wretched is a slave who does not bless you when you are mentioned in his presence,' and I said, 'Amen.'" [From Abu Hurairah in Ahmad, Ibn Khuzaimah and al-Bayhaqi, and from Jabir in Adab al-Mufrad and authenticated by Albani]*

# PHILOSOPHY FOR RAMADAN

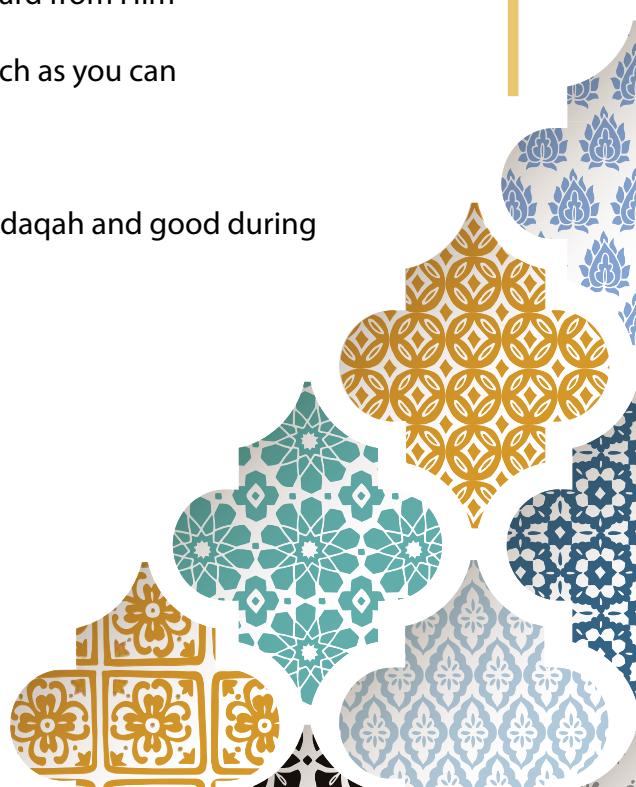
- Ramadan is the time where we all want to maximise our good deeds because of the extra reward
- There are so many righteous deeds we can engage in yet we also have many responsibilities so prioritising the best and most rewardful things can require guidance
- This guide attempts to aid you in setting your priorities such that you can balance your responsibilities along with maximising your reward by focussing you on the best deeds for your situation

## Gaining Allah's forgiveness is the key aim:

- 🌙 Abu Hurayrah: the Prophet ﷺ said: "*Whoever fasts Ramadaan out of faith and in the hope of reward, his previous sins will be forgiven.*" **[al-Bukhaari, 2014; Muslim, 760]**
- 🌙 Abu Hurayrah: the Prophet ﷺ said: "*Whoever spends the nights of Ramadaan in prayer out of faith and in the hope of reward, his previous sins will be forgiven.*" **[al-Bukhaari (2008) and Muslim (174)]**
- 🌙 Abu Hurayrah: '*... Whoever stands the night of Qadr with faith and hope in the reward of Allah, his previous sins will be forgiven*' **[al-Bukhari]**

## Golden Opportunities

- 🌙 Do every deed for Allah and only wanting the reward from Him
- 🌙 Pray Taraweeh every night of Ramadan and as much as you can
- 🌙 Fast every day of Ramadan
- 🌙 Do more prayer, dua, dhikr, recitation of Quran, Sadaqah and good during the last 10 nights



# WHY DO WE NEED RIGHTEOUS ACTIONS?

## Glorification and veneration

١٥ يُسَبِّحُ لِلَّهِ مَا فِي السَّمَاوَاتِ وَمَا فِي الْأَرْضِ الْمَلِكُ الْقُدُّوسُ الْعَزِيزُ الْحَكِيمُ

*Everything in the heavens and on the earth glorifies Allâh, the King (of everything), the Impeccable, the All-Mighty, the All-Wise. [Al-Jumuah: 1]*

## Purpose of life: A slave serves his master

يَأَيُّهَا النَّاسُ أَنْتُمُ الْفُقَرَاءُ إِلَى اللَّهِ وَاللَّهُ هُوَ الْغَنِيُّ الْحَمِيدُ ١٥ إِنْ يَشَاءُ يُذْهِبُكُمْ  
وَيَأْتِ بِخَلْقٍ جَدِيدٍ ١٦ وَمَا ذَلِكَ عَلَى اللَّهِ بِعَزِيزٍ ١٧

15. O mankind! it is You who stand in need of Allâh, but Allâh is rich (Free of All wants and needs), Worthy of All praise.

16. if He will, He could destroy You and bring about a new creation.

17. and that is not hard for Allâh.

**[Fatir: 15-17]**

وَمَا أُمِرُوا إِلَّا لِيَعْبُدُوا اللَّهَ مُخْلِصِينَ لَهُ الْدِينَ حُنَفَاءَ وَيُقِيمُوا الصَّلَاةَ وَيُؤْتُوا الْزَّكَوَةَ  
وَذَلِكَ دِينُ الْقِيَمَةِ ١٨

*and they were commanded not, but that they should Worship Allâh, and Worship none but Him alone (abstaining from ascribing partners to him), and perform As-Salât (Iqâmat-as-Salât) and give Zakât: and that is the Right religion. [al-Bayyinah: 5]*

# WHY DO WE NEED RIGHTEOUS ACTIONS?

Show you love Allah more than all else

قُلْ إِنَّ كَانَ عَابِرُكُمْ وَأَبْنَاؤُكُمْ وَإِخْوَانُكُمْ وَأَزْوَاجُكُمْ وَعَشِيرَاتُكُمْ وَأَمْوَالُ  
أَقْتَرَفْتُمُوهَا وَتَجَرَّهُ تَخْشُونَ كَسَادَهَا وَمَسَكِينُ تَرْضُونَهَا أَحَبَّ إِلَيْكُم مِّنْ أَنْهُ  
وَرَسُولِهِ وَجِهَادٍ فِي سَبِيلِهِ فَتَرَبَّصُوا حَتَّىٰ يَأْتِيَ اللَّهُ بِأَمْرِهِ وَاللَّهُ لَا يَهْدِي<sup>٢٤</sup> الْقَوْمَ  
الْفَسِيقِينَ

Say: if Your fathers, Your sons, Your brothers, Your wives, Your kindred, the wealth that You have gained, the commerce In which You fear a decline, and the dwellings In which You delight ... are dearer to You than Allâh and his Messenger, and striving hard and fighting In his Cause, Then wait until Allâh brings about his decision (torment) and Allâh guides not the people who are the rebellious and disobedient. [al-Tawbah: 24]

Sacrifice for Allah

لَنْ تَنَالُوا الْبِرَّ حَتَّىٰ تُنْفِقُوا مِمَّا تُحِبُّونَ<sup>٩٦</sup> وَمَا تُنْفِقُوا مِنْ شَيْءٍ فَإِنَّ اللَّهَ يِهِ عَلِيمٌ

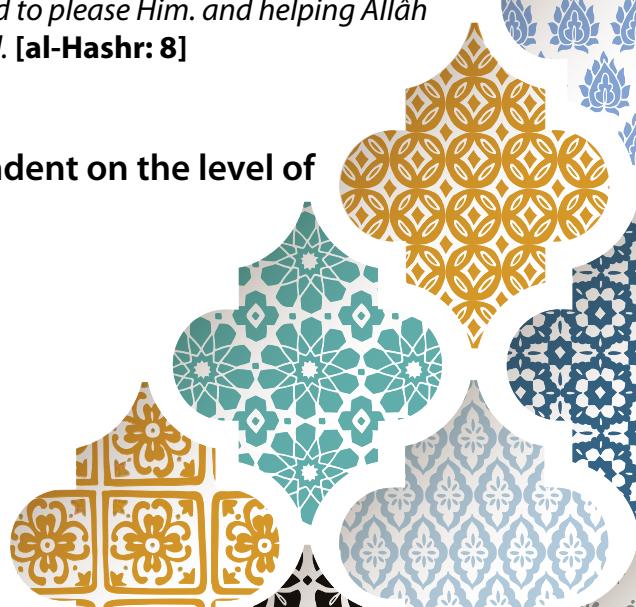
By no means shall You attain piety and Paradise, unless You spend (in Allâh's Cause) of that which You love; and whatever of good You spend, Allâh knows it well. [Aal-Imran: 92]

Show your need for Allah and His pleasure

لِلْفُقَرَاءِ الْمُهَاجِرِينَ الَّذِينَ أُخْرَجُوا مِنْ دِيْرِهِمْ وَأَمْوَالِهِمْ يَبْتَغُونَ فَضْلًا مِّنْ أَنْهُ  
وَرِضْوَانًا وَيَنْصُرُونَ اللَّهُ وَرَسُولُهُ وَأُولَئِكَ هُمُ الصَّادِقُونَ<sup>٨</sup>

(and there is also a share In This booty) for the poor emigrants, who were expelled from their homes and their property, seeking Bounties from Allâh and to please Him. and helping Allâh and his Messenger. Such are indeed the truthful. [al-Hashr: 8]

Key Principle: Quantity and quality are dependent on the level of Iman and its strength



# WHAT ARE THE FRUITS OF RIGHTEOUS ACTIONS?

- 🌙 Supplications answered
- 🌙 Forgiveness of sins
- 🌙 Covering of faults
- 🌙 Raising of rank and level
- 🌙 Multiplying of deeds
- 🌙 Bliss in this world
- 🌙 Entry in to paradise
- 🌙 Allah's pleasure
- 🌙 Security
- 🌙 Increase in provision
- 🌙 Good Character
- 🌙 Victory
- 🌙 Removal of distress and calamities

If this is in the normal case then what about in Ramadan!

# WHAT IS THE BEST WORSHIP?

## Four views:

### View 1:

The best worship is that which is hardest on the soul/individual

#### Proof:



Furthest away from ones desires which is the reality of worship:



★ The soul inclines to ease and laziness



★ The only way it can be corrected then is with hardship

★ Reward is proportional to the hardship

★ 'The best actions are the hardest (hottest)' - Hadeeth has no basis

★ The principle is however: 'The reward is proportional to the action'

Taking this view means striving hard but making life very difficult

### View 2:

Best worship is to abandon the world completely or to the utmost possible

★ Trying to destroy ones innate desires is impossible and doing so is harmful



# WHAT IS THE BEST WORSHIP?

## View 3:

Best of worship is that which has a communal benefit and a benefit that reaches the most people

crescent moon icon Helping the needy and fulfilling the needs of people

## Proof:

crescent moon icon The worshipper when he dies his actions stop

star icon Not the case for the one whose actions continue benefitting others

crescent moon icon The messengers were sent to guide people and to benefit them in this world and the hereafter

star icon They were not sent to be alone in worship

crescent moon icon This is why the scholar is better than the worshipper

The Prophet ﷺ said: 'If Allah guides a single person through you then that is better than red camels' [al-Bukhari]

The Prophet ﷺ said: 'Whoever calls to guidance then he has a similar reward to all those who follow him in it without any of their rewards decreasing in anything' [Muslim]

Verily Allah and the Angels send prayers on the one who teaches mankind good' [al-Tirmidhi]

Verily, everything in the Heavens and the Earth seeks forgiveness for the scholar, even the fish in the seas and the ants in their holes' [al-Tirmidhi]

The Prophet ﷺ said: 'The best of people are the most beneficial to people' [al-Daraqutni authenticated by Albani #426 in al-Saheehah]

# WHAT IS THE BEST WORSHIP?

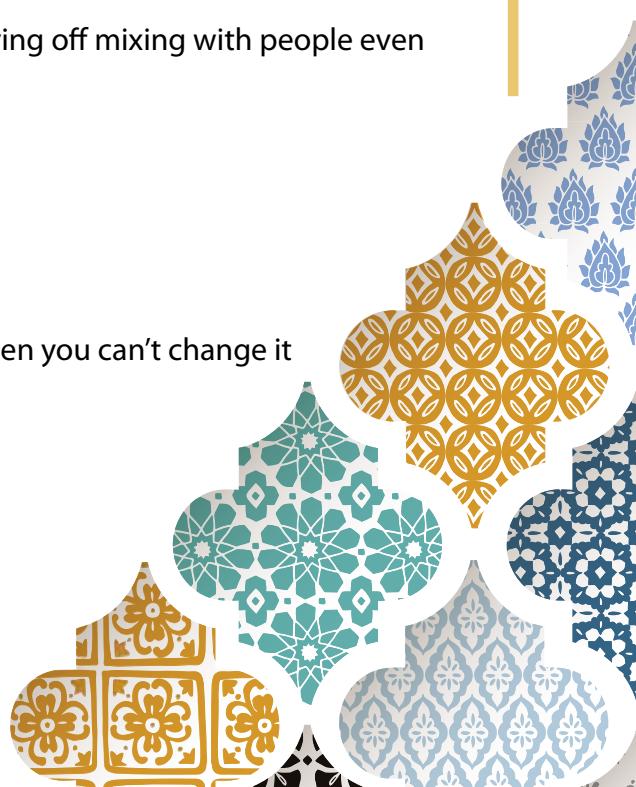
## View 4:

The best worship is to worship Allah with what He wants and loves most in each particular time and place with what it necessitates

### **Fulfilling the obligation of the time and place**

Not looking at what I find easy from the acts of worship but what Allah wants more in the situation and time

- 🌙 When the guest comes serving the guest
  - ⭐ even if it means leaving a particular portion of Qur'an or dhikr one used to do
- 🌙 Before Fajr: Prayer, Quran, Dua, Dhikr and seeking forgiveness
- 🌙 When the Adhan goes, repeating it and leaving off other things
- 🌙 Time of the obligatory prayers
- 🌙 When someone is in need from you
- 🌙 When reading Quran: focus your heart on its contemplation and understanding as if Allah is addressing you directly
- 🌙 In the last ten nights of Ramadan: I'tikaaf and leaving off mixing with people even teaching them [according to many scholars]
- 🌙 When your brother is sick: visiting him
- 🌙 Being with people if it will bring about good
- 🌙 Leaving people when they are committing sin when you can't change it



# WHAT IS THE BEST WORSHIP?

## View 4 VS The Rest:

🌙 The people of **absolute** and **complete** worship

- ★ They intend worship and not any particular type
- ★ They want the Pleasure of Allah wherever that may be
- ★ They are not bound by rituals nor shackled by restrictions
- ★ Their aim is what Allah desires

🌙 Whereas the other views are those of **restricted** worship

- ★ Groups 1-3 whenever they leave their particular worship they feel as if they are not worshipping anymore
- ★ It is as if they think the pleasure of Allah is only in that one thing
- ★ Their actions are based on their own desire and what they delight in of worship and what they are comfortable with

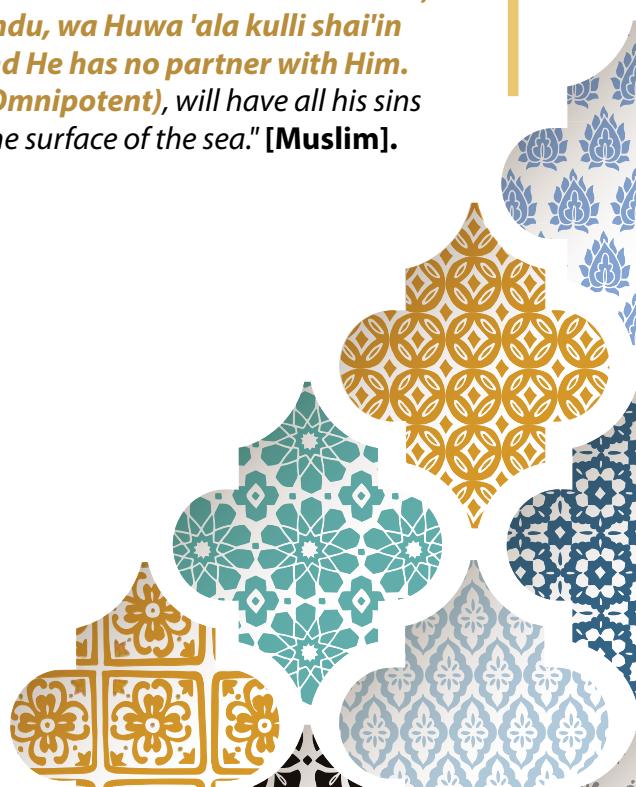
## MASSIVE REWARDS MADE EASY: ADHKAR

عن أبي هريرة رضي الله عنه عن النبي صلى الله عليه وسلم قال (مَنْ قَالَ: سَبَّحَنَ اللَّهَ وَبِحَمْدِهِ، فِي يَوْمٍ مَائِةٍ مَرَّةً، حُكِّطَتْ خَطَايَاهُ وَإِنْ كَانَتْ مِثْلَ زَبْدِ الْبَحْرِ)؛ رواه البخاري

Abu Hurairah (RA) narrated that the Messenger of Allah (ﷺ) said:  
"Whoever says a hundred times, '**How perfect Allah is and I praise Him**', his sins will be forgiven though they may be as much as the foam of the sea." (Bukhari)

عن أبي هريرة رضي الله عنه قال: قال رسول الله صلى الله عليه وسلم: (مَنْ سَبَّحَ اللَّهَ فِي دُبْرِ كُلِّ صَلَاةٍ ثَلَاثَةً وَثَلَاثِينَ، وَحَمَدَ اللَّهَ ثَلَاثَةً وَثَلَاثِينَ، وَكَبَّرَ اللَّهَ ثَلَاثَةً وَثَلَاثِينَ، فَتَلَكَ تَسْعَةً وَتَسْعَونَ، وَقَالَ تَمَامُ الْمَائَةِ: لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لِهُ الْمُلْكُ، وَلِهِ الْحَمْدُ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ) - غُفرتْ خَطَايَاهُ وَإِنْ كَانَتْ مِثْلَ زَبْدِ الْبَحْرِ؛ رواه مسلم

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, lahul-mulku wa lahul-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." [Muslim].



## MASSIVE REWARDS MADE EASY: ADHKAR

عن أم المؤمنين جويرية بنت الحارث رضي الله عنها أنَّ النبي صلَّى الله عليه وسلم خَرَجَ مِنْ عَنْدِهَا بَكَرَةً حِينَ صَلَّى الصَّبَحَ، وَهِيَ فِي مَسْجِدِهَا، ثُمَّ رَجَعَ بَعْدَ أَنْ أَضْحَى، وَهِيَ جَالِسَةٌ، فَقَالَ: (مَا زَلْتَ عَلَى الْحَالِ الَّتِي فَارَقْتَكَ عَلَيْهَا؟) قَالَتْ: نَعَمْ، قَالَ النَّبِيُّ صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ: (لَقَدْ قَلْتُ بَعْدِكَ أَرْبَعَ كَلْمَاتٍ، ثَلَاثَ مَرَاتٍ، لَوْ وُزِّنَتْ بِمَا قَلْتَ مِنْذِ الْيَوْمِ لَوْزَنَتْهُنَّ: سُبْحَانَ اللهِ وَبِحَمْدِهِ، عَدْ خَلْقِهِ، وَرَضَا نَفْسِهِ، وَزَنَةُ عَرْشِهِ، وَمَدَادُ كَلْمَاتِهِ)؛ رَوَاهُ مُسْلِمٌ

The Mother of the believers; Juwairiya, reported that Allah's Messenger (ﷺ) came out from (her apartment) in the morning as she was busy in observing her dawn prayer in her place of worship. He came back in the forenoon and she was still sitting there. He (the Holy Prophet) said to her: You have been in the same seat since I left you? She said: Yes. Thereupon Allah's Apostle (ﷺ) said: I recited four words three times after I left you and if these are to be weighed against what you have recited since morning these would outweigh them and (these words) are: "Hallowed be Allah and praise is due to Him according to the number of His creation and according to the pleasure of His Self and according to the weight of His Throne and according to the ink (used in recording) words (for His Praise)." [Muslim]

عن أبي هريرة رضي الله عنه قال: قال رسول الله صلَّى اللهُ عَلَيْهِ وَسَلَّمَ: (كلمتان خفيفتان على اللسان، ثقيلتان في الميزان، حبيبتان إلى الرحمن: سُبْحَانَ اللهِ وَبِحَمْدِهِ، سُبْحَانَ اللهِ الْعَظِيمِ)؛ متفق عليه

Abu Hurairah (May Allah be pleased with him) reported: 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-Allah-i wa bihamdihi, Subhan-Allahil-Azim [Glory be to Allah and His is the praise, (and) Allah, the Greatest is free from imperfection]'" [Al-Bukhari and Muslim]

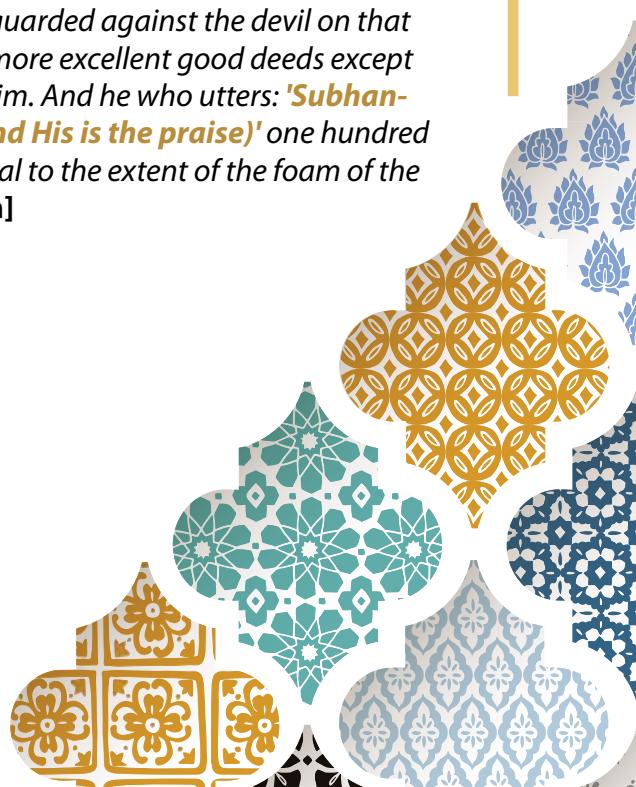
## MASSIVE REWARDS MADE EASY: ADHKAR

وعن أبي موسى رضى الله عنه قال: قال لى رسول الله صلى الله عليه وسلم: "ألا أدلك على كنز من كنوز الجنة؟" فقلت: بلى يا رسول الله قال: "لا حول ولا قوة إلا بالله" ((متفق عليه))

Abu Musa (May Allah be pleased with him) reported: *The Messenger of Allah (ﷺ) said to me, "Shall I not guide you to a treasure from the treasures of Jannah?" I said: "Yes, O Messenger of Allah!" Thereupon he (ﷺ) said, "(Recite) 'La hawla wa la quwwata illa billah' (There is no change of a condition nor power except by Allah)." [Al-Bukhari and Muslim]*

عنه أن رسول الله صلى الله عليه وسلم قال: "من قال لا إله إلا الله وحده لا شريك له، له الملك، وله الحمد، وهو على كل شيء قادر، في يوم مائة مرة كانت له عدل عشر رقاب وكتبت له مائة حسنة، ومحيت عنه مائة سيئة، وكانت له حرزاً من الشيطان يومه ذلك حتى يمسى، ولم يأت أحد بأفضل مما جاء به إلا رجل عمل أكثر منه" وقال: "من قال سبحان الله وبحمده، في يوم مائة مرة حطت عنه خطایاه وإن كانت مثل زبد البحر" (متفق عليه)

Abu Hurairah (May Allah be pleased with him) reported: *The Messenger of Allah (ﷺ) said, "He who utters a hundred times in a day these words: 'La ilaha illallah, wahdahu la sharika lahu, lahul-mulku wa lahul-hamdu, wa Huwa 'ala kulli sha'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)', he will have a reward equivalent to that for emancipating ten slaves, a hundred good deeds will be recorded to his credit, hundred of his sins will be blotted out from his scroll, and he will be safeguarded against the devil on that day till the evening; and no one will exceed him in doing more excellent good deeds except someone who has recited these words more often than him. And he who utters: 'Subhan-Allahi wa bihamdihi (Allah is free from imperfection and His is the praise)' one hundred times a day, his sins will be obliterated even if they are equal to the extent of the foam of the ocean."* [Al-Bukhari and Muslim]



# MASSIVE REWARDS MADE EASY: ADHKAR

وَعَنْ أَبِي أَيْوَبَ - رضى الله عنه - قَالَ: قَالَ رَسُولُ اللَّهِ - صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ - { مَنْ قَالَ: لَا إِلَهَ إِلَّا اللَّهُ، وَحْدَهُ لَا شَرِيكَ لَهُ عَشْرَ مَرَّاتٍ، كَانَ كَمْنَ أَعْتَقَ أَرْبَعَةً أَنْفُسٍ مِنْ وَلَدٍ إِسْمَاعِيلَ { مُتَّفَقٌ عَلَيْهِ

Abu Aiyub al-Ansari (RA) narrated, 'The Messenger of Allah (ﷺ) said:  
"Whoever says ten times: **'None has the right to be worshipped except Allah alone, without partner, to Him belongs all sovereignty and praise. He gives life and causes death. He is over all things, Omnipotent will have a reward equivalent to that of emancipating four of the descendants of Isma'il from slavery.'** (Agreed upon).

وعن شداد بن أوس رضى الله عنه عن النبي صلى الله عليه وسلم قال: "سيد الإستغفار أن يقول العبد : اللهم أنت ربى، لا إله إلا أنت ، خلقتني وأنا عبدك، وأنا على عهديك ووعديك ما استطعت أعوذ بك من شر ما صنعت أبوء لك بنعمتك على، وأبوء بذنبي، فاغفر لي فإنه لا يغفر الذنوب إلا أنت، من قالها من النهار موقنا بها فمات من يومه قبل أن يمسى، فهو من أهل الجنة، ومن قالها من الليل وهو موقن بها فمات قبل أن يصبح، فهو من أهل الجنة" ((رواه البخاري))

Shaddad bin Aus (May Allah be pleased with him) said: The Prophet (ﷺ) said, "The best supplication for seeking forgiveness (Syed-ul-Istighfar) is to say: **'Allahumma Anta Rabbi, la ilaha illa Anta, khalaqtani wa ana 'abduka, wa ana 'ala 'ahdika wa wa'dika mastata'tu, a'udhu bika min sharri ma sana'tu, abu'u laka bini'matika 'alayya, wa abu'u bidhanbi faghfir li, fa innahu la yaghfirudh-dhunuba illa Anta.** (O Allah! You are my Rubb. There is no true god except You. You have created me, and I am Your slave, and I hold to Your Covenant as far as I can. I seek refuge in You from the evil of what I have done. I acknowledge the favours that You have bestowed upon me, and I confess my sins. Pardon me, for none but You has the power to pardon)'. He who supplicates in these terms during the day with firm belief in it and dies on the same day (before the evening), he will be one of the dwellers of Jannah; and if anyone supplicates in these terms during the night with firm belief in it and dies before the morning, he will be one of the dwellers of Jannah." [Al-Bukhari]

## MASSIVE REWARDS MADE EASY: ADHKAR

عُبَادَةُ بْنُ الصَّامِتِ، عَنِ النَّبِيِّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ قَالَ " مَنْ تَعَارَ مِنَ اللَّيْلِ فَقَالَ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ، وَلَهُ الْحَمْدُ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ . الْحَمْدُ لِلَّهِ، وَسُبْحَانَ اللَّهِ، وَلَا إِلَهَ إِلَّا اللَّهُ، وَاللَّهُ أَكْبَرُ، وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ . ثُمَّ قَالَ اللَّهُمَّ اغْفِرْ لِي . أَوْ دَعَا اسْتُحِيَّبَ، فَإِنْ تَوَضَّأَ وَصَلَّى قِيلَتْ صَلَاتُهُ . " .

Narrated 'Ubada bin As-Samit: The Prophet ﷺ "Whoever gets up at night and says: -- *'La ilaha il-lallah Wahdahu la Sharika lahu Lahu-Imulk, waLahu-l-hamdu wahuwa 'ala kullishai'in Qadir. Al hamdu lil-lahi wa subhanal-lahi wa la-ilaha il-lal-lah wa-l-lahu akbar wa la hawla Wala Quwata il-la-bil-lah'*! (None has the right to be worshipped but Allah. He is the Only One and has no partners . For Him is the Kingdom and all the praises are due for Him. He is Omnipotent. All the praises are for Allah. All the glories are for Allah. And none has the right to be worshipped but Allah, And Allah is Great And there is neither Might nor Power Except with Allah). And then says: -- *Allahumma, Ighfir li* (O Allah! Forgive me). Or invokes (Allah), he will be responded to and if he performs ablution (and prays), his prayer will be accepted."

**[Al-Bukhari]**

وعن عبد الله بن بشر رضي الله عنه أن رجلا قال: يا رسول الله، إن شرائع الإسلام قد كثرت على، فأخبرني بشيء أتشبث به قال: "لا يزال لسانك رطبا من ذكر الله".  
رواه الترمذى وقال حديث حسن.

'Abdullah bin Busr (May Allah be pleased with him) reported: *One of the Companions said, "O Messenger of Allah. There are many injunctions of Islam for me. So tell me something to which I may hold fast."* He said, **"Keep your tongue wet with the remembrance of Allah."**

**[At-Tirmidhi]**

## MASSIVE REWARDS MADE EASY: ADHKAR

The Prophet ﷺ said: 'The most beloved people to Allah are the most beneficial of them. The most beloved actions to Allah, the Mighty and Majestic, are joy that you bring to a Muslim, distress that you remove from him/her, a debt you pay off for him and hunger that you relieve him from. For me to walk with my Muslim brother to fulfill a need of his is more beloved to me than making I'tikaaf in the Masjid (the Prophet's masjid) for a month. Whoever curbs his anger Allah will cover his faults and deficiencies. Whoever restrains his anger in a moment when he could take vengeance, Allah will fill his heart with contentment on the Day of Judgement. Whoever walks with his Muslim brother to fulfill his need until he fulfills it for him, Allah will make his feet firm on the day the feet shall slip. Verily bad manners spoil actions just like vinegar spoils honey.'

**[Abu Dawud, Ibn Majah and Others, authenticated by Albani]**

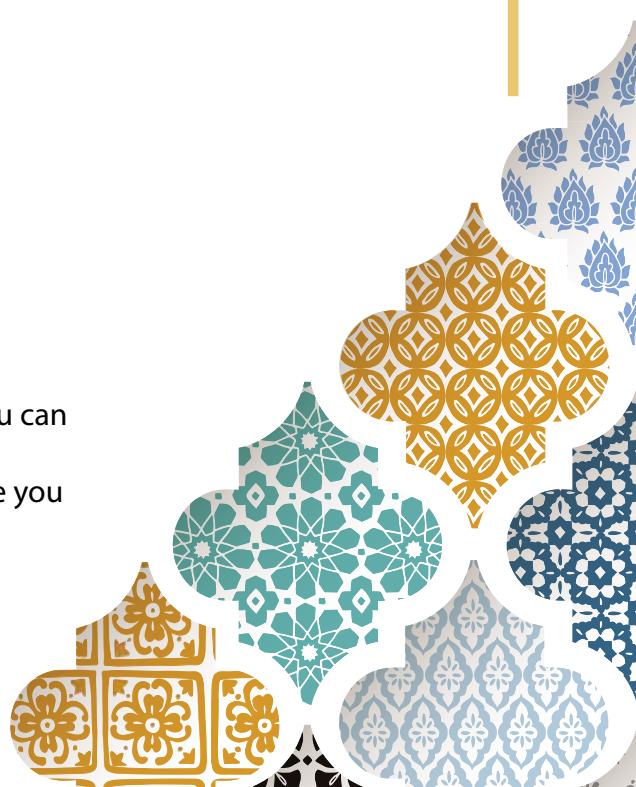
## ACTIONS FOR JUMU'AH

أَوْسُ بْنُ أَوْسِ الثَّقَفِيُّ، سَمِعْتُ رَسُولَ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ يَقُولُ " مَنْ غَسَّلَ يَوْمَ الْجُمُعَةِ وَاغْتَسَلَ ثُمَّ بَكَرَ وَابْتَكَرَ وَمَشَى وَلَمْ يَرْكَبْ وَلَمْ دَنَّا مِنَ الْإِمَامِ فَاسْتَمَعَ وَلَمْ يَلْغُ كَانَ لَهُ بِكُلِّ خُطْوَةٍ عَمَلٌ سَنَةٌ أَجْرٌ صِيَامُهَا وَقِيَامُهَا " .

صحيح (الألباني)

Narrated Aws ibn Aws ath-Thaqafi: *I heard the apostle of Allah (ﷺ) say: If anyone makes (his wife) wash and he washes himself on Friday, goes out early (for Friday prayer), attends the sermon from the beginning, walking, not riding, takes his seat near the imam, listens attentively, and does not indulge in idle talk, he will get the reward of a year's fasting and praying at night for every step he takes. [Al Albani]*

- ★ Pray Fajr in congregation in the Masjid (Men)
- ★ Do your Adhkar after Salah without moving from your place of Salah
- ★ During your morning Adhkar increase your salutations on the Prophet ﷺ
- ★ Ghusl (Bath) and perfume
- ★ Attend the Masjid early for Jumuah Salah
- ★ Walk to the Masjid
- ★ Sit as close to the Imam as possible
- ★ Listen to the Khutbah attentively
- ★ Do not indulge in idle talk
- ★ Pray Jumu'ah Salah in the Masjid
- ★ Read Surah al-Kahf
- ★ Send Salutations on the Prophet ﷺ as much as you can
- ★ Spend from Asr to Maghrib in the Masjid or where you prayed Asr doing Dua, Adhkar and Quran



## PRE-SUHUR ACTIONS

إِنَّ الْمُتَّقِينَ فِي جَنَّتٍ وَعُيُونٍ ﴿١٥﴾ إِنَّهُمْ كَانُوا قَبْلَ ذَلِكَ  
مُحْسِنِينَ ﴿١٦﴾ كَانُوا قَلِيلًا مِنَ الَّيْلِ مَا يَهْجَعُونَ ﴿١٧﴾ وَبِالْأَسْحَارِ هُمْ يَسْتَغْفِرُونَ ﴿١٨﴾ وَفِي  
أَمْوَالِهِمْ حَقٌّ لِلصَّالِحِينَ وَالْمَحْرُومُونَ ﴿١٩﴾

15. Verily, the Muttaqûn (pious - see V.2:2) will be In the midst of Gardens and springs (in the Paradise),
16. taking joy In the things which their Lord has given them. Verily, they were before This Muhsinûn (good-doers - see V.2:112).
17. they used to sleep but little by night [invoking their Lord (Allâh) and praying, with fear and hope].
18. and In the hours before dawn, they were (found) asking (Allâh) for Forgiveness,
19. and In their properties there was the Right of the beggar, and the Mahrûm (the poor who does not ask the others)

[Al-Dhariyat: 15-19]

- ★ Seek forgiveness of Allah
- ★ Give Sadaqah
- ★ Pray Tahajjud
- ★ Get your Suhur meal ready

## PRE-IFTAR ACTIONS

وَقَالَ رَبُّكُمْ أَدْعُونِي أَسْتَجِبْ لَكُمْ إِنَّ الَّذِينَ يَسْتَكْبِرُونَ عَنْ عِبَادَتِي سَيَدْخُلُونَ  
جَهَنَّمَ دَاخِرِينَ

*And Your Lord said: "Invoke Me, I will respond to Your (invocation). Verily! those who scorn My Worship they will surely enter Hell In humiliation!" [Ghafir: 60]*

Abu Hurairah narrated that: *The Messenger of Allah said: "There are two joys for the fasting person: the joy when he breaks his fast, and the joy of when he meets his Lord." [Al-Tirmidhi]*

- ★ Read Qur'an
- ★ Make Dua
- ★ Don't waste time with idle talk
- ★ Have dates ready to eat
- ★ Be in the Masjid before the Adhan
- ★ Pray Maghrib in the Masjid in congregation



# ACTIONS FOR THE LAST 10 NIGHTS

عَنْ أَبِي هُرَيْرَةَ رَضِيَ اللَّهُ عَنْهُ أَنَّ رَسُولَ قَالَ: «لَا يَزَالُ الْعَبْدُ فِي صَلَاةٍ مَا كَانَ فِي مُصَلَّاهُ يَنْتَظِرُ الصَّلَاةَ، وَتَقُولُ الْمَلَائِكَةُ، اللَّهُمَّ اغْفِرْ لَهُ، اللَّهُمَّ ارْحَمْهُ حَتَّىٰ يَنْصَرِفَ أَوْ يُحْدِثَ». قُلْتُ: مَا يُحْدِثُ؟ قَالَ: يَفْسُو أَوْ يَضْرِطُ. مُتَفَقُ عَلَيْهِ

Abu Huraira reported Allah's Messenger (ﷺ) as saying: *The servant is constantly in prayer so long as he is in a place of worship waiting for the prayer (to be observed in congregation), and the angels invoke (blessings upon him in these words): O Allah! pardon him. O Allah! show mercy to him, (and they continue to do so) till he returns (from the mosque having completed the prayer) or his ablution breaks. I said: How is the ablution broken? He said: By breaking wind: with or without noise. [al-Bukhari and Muslim]*

- ★ I'tikaf
- ★ Spend as much time in the Masjid especially from one Salah to the next e.g. Asr – Maghrib
- ★ Book time off so you are free to worship Allah more
- ★ Spend all night in worship or most of it
- ★ Focus on Prayer, Dua and Quran during the night
- ★ Increase your recitation of the Quran in the day and night
- ★ Increase in your Sadaqah in the day and night
- ★ Display your best character during the day and night

# DAILY DEEDS CHECKLIST

Action	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Read Qur'an after Fajr							
Completed my daily Qur'an target							
Completed my daily Qur'an memorisation target							
Obligatory Prayers							
Prayed all possible prayers in Masjid							
Prayed Salatul Duha							
12 Sunnah prayers							
Morning Adkhar							
Salah & Salaam on the Prophet ﷺ frequently							
Fasting							
Praying Witr							
Tahajjud; Night prayer							
Love for Allah, the Messenger and the deen							
Sidq - Truthful and a person of their word							
Patience							
Shukr; Gratitude							
Modesty							
Good character							
Gave Sadaqah during the day							



# DAILY DEEDS CHECKLIST

Action	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Du'a for parents							
Being good to parents							
Du'a for all Muslims							
Knowledge that breeds humility and action							
Enjoining good and forbidding evil							
Brotherhood and unity							
Read/Listen to Tafsir							
Participated in a reminder							
Did not argue							
Stayed away from the doubtful							
Made a Muslim happy							
Istighfar (forgiveness) - 100 times							
Did a good deed secretly							
Evening Adkhar							
Tarawih in congregation until the Imam finished							
Gave Sadaqah at night							
Wudu before sleeping							
Adkhar before sleeping							
Asked for Jannah and protection from Hell - 3 times							
Cleansed heart from ill feelings towards Muslims before sleeping							

# WHY THESE ACTIONS?

## Qur'an

"Whoever recites a harf of the Book of Allah will have one hasanah for it, and each hasanah brings a tenfold reward. I do not say that Alif-Laam-Meem is a harf; rather alif is a harf, laam is a harf and meem is a harf." **[At-Tirmidhi (2910)]**

"Verily Allah has His own people among mankind." They said: O Messenger of Allah, who are they? He said: "They are the people of the Qur'an, Allah's own people and those who are closest to Him." **[Ahmad (11870)]**

"It will be said to the companion of the Qur'an: Recite and rise in status, recite as you used to recite in the world, for your status will be at the last verse that you recite." **[Al-Tirmidhi (2914)]**

## Show Love for Allah, the Messenger and the deen:

Sa'd bin Abu Waqqas (May Allah be pleased with him) reported: *The Prophet (ﷺ) said, "He who says after the Adhan: 'Ash-hadu an la ilaha illallah Wah-dahu la sharika Lahu; wa ash-hadu anna Muhammadan 'abduhu wa Rasuluhu, radhitu Billahi Rabban, wa bi Muhammadin Rasulan, wa bil Islami Dinan [I testify that there is no true god except Allah Alone; He has no partners and that Muhammad (ﷺ) is His slave and Messenger; I am content with Allah as my Rubb, with Muhammad as my Messenger and with Islam as my Deen], his sins will be forgiven."* **[Muslim]**

## Sidq - Truthful and sincere in word and deed

يَأَيُّهَا الَّذِينَ ءَامَنُوا اتَّقُوا اللَّهَ وَكُونُوا مَعَ الصَّادِقِينَ 119

O You who believe! be afraid of Allâh, and be with those who are true (in Words and deeds)  
**[al-Tawbah: 119]**

Abdullah bin Mas'ud (May Allah be pleased with him) reported: *The Prophet (ﷺ) said, "Truth leads to piety and piety leads to Jannah. A man persists in speaking the truth till he is enrolled with Allah as a truthful. Falsehood leads to vice and vice leads to the Fire (Hell), and a person persists on telling lies until he is enrolled as a liar".* **[Al-Bukhari and Muslim].**

- 🌙 Making everything about Allah
- 🌙 Have firm conviction
- 🌙 Be sincere and truthful to all

# WHY THESE ACTIONS?

## Patience:

يَأَيُّهَا الَّذِينَ ءَامَنُوا أَصْبِرُوا وَصَابِرُوا وَرَابِطُوا وَاتَّقُوا اللَّهَ لَعَلَّكُمْ تُفْلِحُونَ ﴿٢٠٠﴾

*O You who believe! endure and be more patient (than Your enemy), and Guard Your territory by stationing army units permanently at the places from where the enemy can attack you, and fear Allâh, so that You may be successful. [Ale-Imran: 200]*

## Shukr; Gratitude:

يَعْمَلُونَ لَهُ وَمَا يَشَاءُ مِنْ مَحَرِّيبٍ وَتَمْثِيلٍ وَجَفَانٍ كَأَلْجَوابِ وَقُدُورٍ رَّاسِيَاتٍ أَعْمَلُوا  
عَالَ دَاؤُودَ شُكْرًا وَقَلِيلٌ مِنْ عِبَادِي الشَّكُورُ ﴿١٣﴾

..."Work you, O family of Dâwud (David), with thanks!" but few of My slaves are grateful".  
[Saba: 13]

## Modesty:

It was narrated from Anas that the Messenger of Allah (ﷺ) said: "Every religion has its distinct characteristic, and the distinct characteristic of Islam is modesty."  
[Ibn Majah, authenticated by Albani]

## Good Character

Abu Umamah Al-Bahili (May Allah be pleased with him) reported: Messenger of Allah (ﷺ) said, "I guarantee a house in Jannah for one who gives up arguing, even if he is in the right; and I guarantee a home in the middle of Jannah for one who abandons lying even for the sake of fun; and I guarantee a house in the highest part of Jannah for one who has good manners."  
[Abu Dawud]

# WHY THESE ACTIONS?

Someone who gives from what they have:

Abu Hurairah (May Allah be pleased with him) reported: Messenger of Allah (ﷺ) said, "Allah, the Exalted, says, 'Spend, O son of Adam, you will also be spent upon.' [Al-Bukhari and Muslim].

Sacrifice and Striving:

وَالَّذِينَ جَاهُدُوا فِينَا لَنَهْدِيَنَّهُمْ سُبُّلَنَا وَإِنَّ اللَّهَ لَمَعَ الْمُحْسِنِينَ ٧٩

As for those who strive hard In us (Our Cause), we will surely Guide them to Our paths and Verily, Allâh is with the Muhsinûn (good doers)." [al-Ankabut: 69]

Tahajjud:

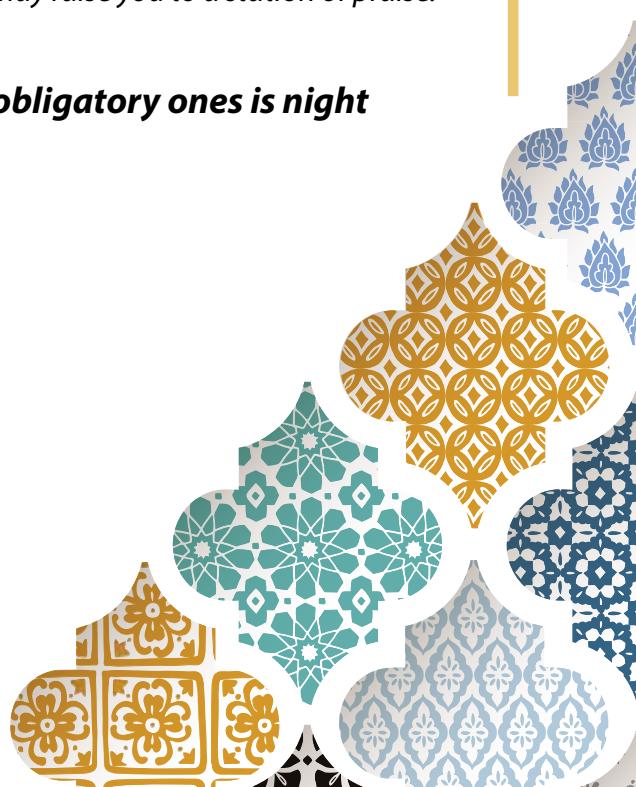
يَأَيُّهَا الْمُرَمِّلُ ١ قُمِ الْيَلِ إِلَّا قَلِيلًا ٢

O you wrapped in your clothes! (1) Stand all night in prayer except a little— (2)  
[Al-Muzzammil, Ayah 1 & 2]

وَمِنَ الْيَلِ فَتَهَجَّدْ بِهِ نَافِلَةً لَكَ عَسَى أَن يَبْعَثَكَ رَبُّكَ مَقَامًا مَحْمُودًا ٧٩

And rise at night, offering additional prayers, so your Lord may raise you to a station of praise.  
[Al-Isra', Ayah 79]

The Prophet ﷺ said: "**The best prayer after the obligatory ones is night prayer**" [Narrated by Muslim]



# WHY THESE ACTIONS?

## Being Good to Parents:

وَقَضَى رَبُّكَ أَلَا تَعْبُدُوا إِلَّا إِيَّاهُ وَبِالْوَالِدَيْنِ إِحْسَانًا إِمَّا يَبْلُغُنَّ عِنْدَكُمُ الْكِبَرَ أَحَدُهُمَا أَوْ كِلَّاهُمَا فَلَا تَقْرُبْهُمَا أَفِ وَلَا تَنْهَرْهُمَا وَقُلْ لَهُمَا قَوْلًا كَرِيمًا ﴿٢٣﴾

*And Your Lord has decreed that You Worship none but Him. and that You be dutiful to Your parents. if one of them or both of them attain old age In Your life, Say not to them a word of disrespect, nor shout at them but address them In terms of honour. [al-Isra: 23]*

## Knowledge that breeds humility and action:

وَمِنَ النَّاسِ وَالْدَّوَابِ وَالْأَنْعَمْ مُخْتَلِفُ الْوَانُهُ وَكَذَلِكَ إِنَّمَا يَخْشَى اللَّهَ مِنْ عِبَادِهِ  
الْعُلَمَاءُ إِنَّ اللَّهَ عَزِيزٌ غَفُورٌ ﴿٢٨﴾

*It is Only those who have knowledge among his slaves that fear Allâh. Verily, Allâh is All-Mighty, OftForgiving. [Fatir: 28]*

## Enjoining the good and forbidding the evil:

وَلْتَكُنْ مِنْكُمْ أُمَّةٌ يَدْعُونَ إِلَى الْخَيْرِ وَيَأْمُرُونَ بِالْمَعْرُوفِ وَيَنْهَا عَنِ الْمُنْكَرِ  
وَأَوْلَئِكَ هُمُ الْمُفْلِحُونَ ﴿١٥٤﴾

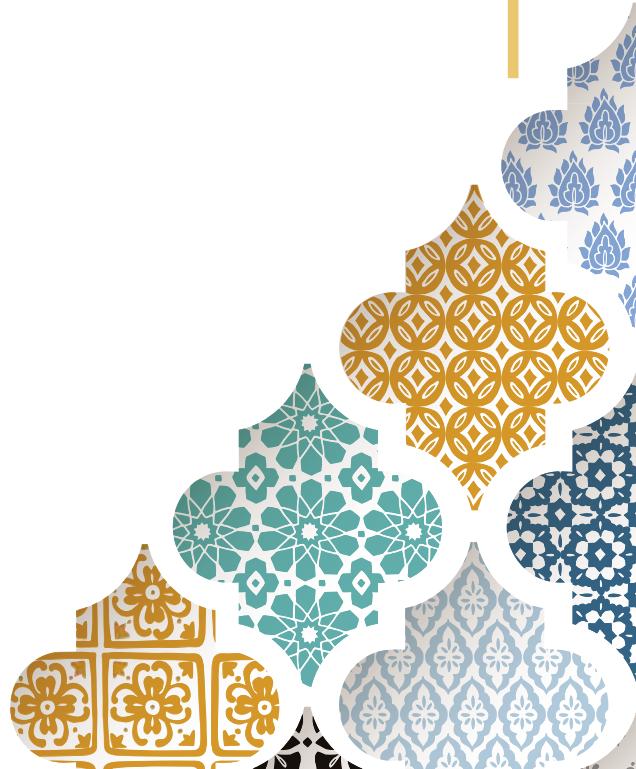
*Let there arise out of You a group of people inviting to All that is good and forbidding all that is evil, and it is they who are the successful. [Ale-Imran: 104]*

# WHY THESE ACTIONS?

## Brotherhood and Unity:

وَاعْصِمُوا بِحَبْلِ اللَّهِ جَمِيعًا وَلَا تَفَرَّقُوا وَإِذْ كُرُوا نِعْمَتَ اللَّهِ عَلَيْكُمْ إِذْ كُنْتُمْ أَعْدَاءً  
فَأَلَّفَ بَيْنَ قُلُوبِكُمْ فَاصْبَحْتُمْ بِنِعْمَتِهِ إِخْوَانًا وَكُنْتُمْ عَلَى شَفَا حُفْرَةٍ مِّنَ النَّارِ  
فَأَنْقَذَكُمْ مِّنْهَا كَذَلِكَ يُبَيِّنُ اللَّهُ لَكُمْ آيَاتِهِ لَعَلَّكُمْ تَهْتَدُونَ (١٥)

*And hold fast, All of You together, to the Rope of Allâh (This Qur'ân), and be not divided among yourselves, and Remember Allâh's Favour on you, for You were enemies one to another but He joined Your hearts together, so that, by his Grace, You became brethren (in Islâmic Faith), and You were on the brink of a pit of Fire, and He saved You from it. Thus Allâh makes his Ayât (proofs and verses) clear to you, that You may be guided. [Ale-Imran: 103]*



## PRIORITIES FOR A MEMBER OF A FAMILY

Along with individual worship:

- 🌙 Pleasing ones parents
- 🌙 Serving ones parents
- 🌙 Being good company for the Mother
- 🌙 Being respectful and obedient especially to the father
- 🌙 Being a good role model for siblings
- 🌙 Helping those in need

## PRIORITIES FOR A WIFE AND MOTHER

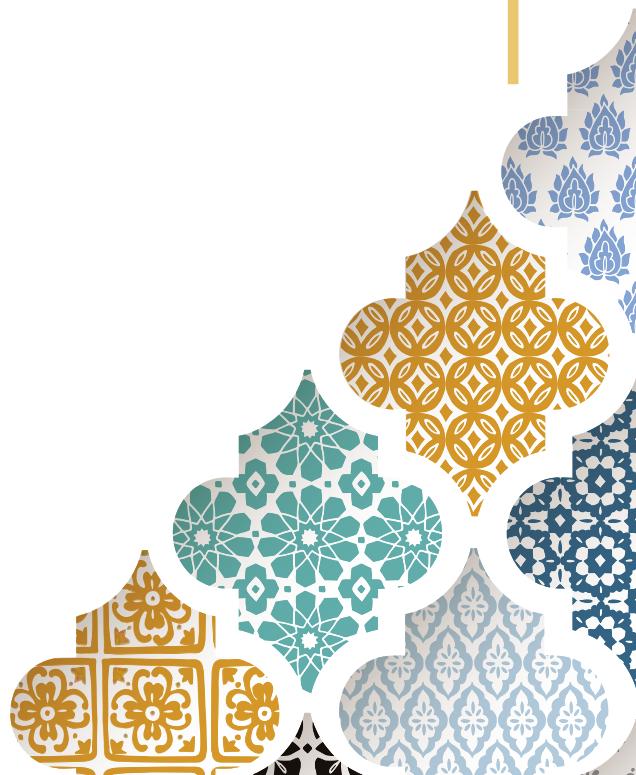
Along with individual worship:

- 🌙 Making her husband happy
- 🌙 Being positive and having positive thoughts of Allah
- 🌙 Nurturing the children on righteousness
- 🌙 Being good to her parents
- 🌙 Nurturing family ties
- 🌙 Good Manners and words
- 🌙 Helping those in need

# PRIORITIES FOR A HUSBAND AND A FATHER

Along with individual worship:

- 🌙 Providing for the family
- 🌙 Showing love and care to the wife and the children
- 🌙 Providing the needed direction for the family
- 🌙 Taking care of the members of the family
- 🌙 Attending to parents
- 🌙 Good manners and words
- 🌙 Helping those in need



# RAMADAN TARGETS

# Daily Planner - Father

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep
07:30	Sadaqah + Dhikr + Get Ready for Work	Sadaqah + Dhikr + Get Ready for Work	Sadaqah + Dhikr + Get Ready for Work	Sadaqah + Dhikr + Get Ready for Work	Sadaqah + Dhikr + Get Ready for Work	Sleep	Sleep
08:00	Morning Dhikr + Get Ready for Work	Morning Dhikr + Get Ready for Work	Morning Dhikr + Get Ready for Work	Morning Dhikr + Get Ready for Work	Morning Dhikr + Get Ready for Work	Sleep	Sleep
08:30	Commute + Read/Listen Quran	Commute + Read/Listen Quran	Commute + Read/Listen Quran	Commute + Read/Listen Quran	Commute + Read/Listen Quran	Quran	Quran
09:00	Working	Working	Working	Working	Working	Quran	Quran
09:45	Working	Working	Working	Working	Working	Sadaqa	Sadaqa
09:30	Working	Working	Working	Working	Working	Home chores	Home chores
09:45	Working	Working	Working	Working	Working	Salah al-Duha	Salah al-Duha
10:00	Working	Working	Working	Working	Working	Home chores / Shopping	Home chores / Shopping
10:30	Working	Break time - Online Sadaqa & pray Salah al-Duha	Break time - Online Sadaqa & pray Salah al-Duha	Break time - Online Sadaqa & pray Salah al-Duha	Break time - Online Sadaqa & pray Salah al-Duha	Home chores / Shopping	Home chores / Shopping
11:00	Working	Working	Working	Working	Working	Home chores / Shopping	Seek Knowledge
11:30	Working	Working	Working	Working	Working	Home chores / Shopping	Seek Knowledge
12:00	Working	Working	Working	Working	Working	Home chores / Shopping	Seek Knowledge
12:30	Working	Working	Working	Working	Working	Home chores / Shopping	Seek Knowledge
13:00	Zohar Salah + Dhikr	Zohar Salah + Dhikr	Zohar Salah + Dhikr	Zohar Salah + Dhikr	Jumu'ah + Dhikr + Sadaqah	Zohar Salah + Dhikr	Zohar Salah + Dhikr
13:30	Read Quran + Make Dua	Read Quran + Make Dua	Read Quran + Make Dua	Read Quran + Make Dua	Jmu'ah + Dhikr + Sadaqah	Family Tafsir	Family Tafsir
14:00	Working	Working	Working	Working	Working	Family Time	Family Time
14:30	Working	Working	Working	Working	Working	Family Time	Family Time
15:00	Working	Working	Working	Working	Working	Fresh air + exercise	Family Time
15:30	Working	Working	Working	Working	Working	Visit Relatives / Going Out	Family Time
16:00	Working	Working	Working	Working	Working	Visit Relatives / Going Out	Family Time
16:30	Working	Working	Working	Working	Working	Visit Relatives / Going Out	Fresh air + exercise
17:00	Working	Working	Working	Working	Working	Visit Relatives / Going Out	Reading Time
17:30	Commute + Read/Listen to Quran	Commute + Read/Listen to Quran	Commute + Read/Listen to Quran	Commute + Read/Listen to Quran	Commute + Read/Listen to Quran	Visit Relatives / Going Out	Reading Time
18:00	Asr Salah + Dhikr	Asr Salah + Dhikr	Asr Salah + Dhikr	Asr Salah + Dhikr	Asr Salah + Dhikr	Asr Salah + Dhikr	Asr Salah + Dhikr
18:30	Family Tafsir	Family Tafsir	Family Tafsir	Family Tafsir	Family Tafsir	Quran	Quran
19:00	Kids Time	Kids Time	Kids Time	Kids Time	Kids Time	Preparation for Iftar / Chores	Preparation for Iftar / Chores
19:30	Kids Time	Kids Time	Kids Time	Kids Time	Kids Time	Preparation for Iftar / Chores	Preparation for Iftar / Chores
20:00	Dua + Maghrib Salah + Evening Dhikr	Dua + Maghrib Salah + Evening Dhikr	Dua + Maghrib Salah + Evening Dhikr	Dua + Maghrib Salah + Evening Dhikr	Dua + Maghrib Salah + Evening Dhikr	Dua + Maghrib Salah + Evening Dhikr	Dua + Maghrib Salah + Evening Dhikr
20:30	Meal	Meal	Meal	Meal	Meal	Meal	Meal
21:00	Meal	Meal	Meal	Meal	Meal	Meal	Meal
21:30	Quran	Quran	Quran	Quran	Quran	Quran	Quran
22:00	Isha Salah and Taraweeh	Isha Salah and Taraweeh	Isha Salah and Taraweeh	Isha Salah and Taraweeh	Isha Salah and Taraweeh	Isha Salah and Taraweeh	Isha Salah and Taraweeh
22:30	Isha Salah and Taraweeh	Isha Salah and Taraweeh	Isha Salah and Taraweeh	Isha Salah and Taraweeh	Isha Salah and Taraweeh	Isha Salah and Taraweeh	Isha Salah and Taraweeh
23:00	Isha Salah and Taraweeh	Isha Salah and Taraweeh	Isha Salah and Taraweeh	Isha Salah and Taraweeh	Isha Salah and Taraweeh	Isha Salah and Taraweeh	Isha Salah and Taraweeh
23:30	Sleep	Relaxation	Relaxation	Relaxation	Relaxation	Isha Salah and Taraweeh	Sleep
00:00	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep
00:30	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep
01:00	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep
01:30	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep
02:00	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep
02:30	Sleep	Sleep	Sleep	Sleep	Tahajud / Witr	Tahajud / Dua / Witr	Tahajud / Dua / Witr
03:00	Tahajud / Witr	Tahajud / Witr	Tahajud / Witr	Tahajud / Witr	Tahajud / Witr	Tahajud / Dua / Witr	Tahajud / Dua / Witr
03:30	Suhur + Sadaqah	Suhur + Sadaqah	Suhur + Sadaqah	Suhur + Sadaqah	Suhur + Sadaqah	Suhur + Sadaqah	Suhur + Sadaqah
04:00	Suhur	Suhur	Suhur	Suhur	Suhur	Suhur	Suhur
04:30	Fajr in the Masjid + Morning Dhikr	Fajr in the Masjid + Morning Dhikr	Fajr in the Masjid + Morning Dhikr	Fajr in the Masjid + Morning Dhikr	Fajr in the Masjid + Morning Dhikr	Fajr in Masjid + morning Dhikr	Fajr in Masjid + morning Dhikr
05:00	Quran	Quran	Quran	Quran	Quran	Fajr in Masjid + morning Dhikr	Fajr in Masjid + morning Dhikr
05:30	Sleep	Sleep	Sleep	Sleep	Sleep	Dhikr & Quran in Masjid till Sunrise	Dhikr & Quran in Masjid till Sunrise
06:00	Sleep	Sleep	Sleep	Sleep	Sleep	Dhikr & Quran in Masjid till Sunrise	Dhikr & Quran in Masjid till Sunrise
06:30	Sleep	Sleep	Sleep	Sleep	Sleep	Dhikr & Quran in Masjid till Sunrise	Dhikr & Quran in Masjid till Sunrise



# Daily Planner - Mother

# Daily Planner - Single/Working Life

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep
07:30	Morning Dhikr + Get Ready for Work	Sleep	Sleep				
08:00	Morning Dhikr + Get Ready for Work	Sleep	Sleep				
08:30	Commute + Read/Listen Quran	Quran	Quran				
09:00	Working	Working	Working	Working	Working	Quran	Quran
09:45	Working	Working	Working	Working	Working	Give Sadaqa	Give Sadaqa
09:30	Working	Working	Working	Working	Working	Home chores	Home chores
09:45	Working	Working	Working	Working	Working	Salah al-Duha	Salah al-Duha
10:00	Working	Working	Working	Working	Working	Home chores / Shopping	Home chores / Shopping
10:30	Break time - Online Sadaqa & pray Salah al-Duha	Break time - Online Sadaqa & pray Salah al-Duha	Break time - Online Sadaqa & pray Salah al-Duha	Break time - Online Sadaqa & pray Salah al-Duha	Break time - Online Sadaqa & pray Salah al-Duha	Home chores / Shopping	Home chores / Shopping
11:00	Working	Working	Working	Working	Working	Home chores / Shopping	Seek Knowledge
11:30	Working	Working	Working	Working	Working	Home chores / Shopping	Seek Knowledge
12:00	Working	Working	Working	Working	Working	Home chores / Shopping	Seek Knowledge
12:30	Working	Working	Working	Working	Working	Home chores / Shopping	Seek Knowledge
13:00	Zohar Salah + Dhikr	Jumu'ah/Zohar Salah + Dhikr	Zohar Salah	Zohar Salah			
13:30	Read Quran + Make Dua	Jumu'ah/Read Quran + Make Dua	Family Time	Family Time			
14:00	Working	Working	Working	Working	Working	Family Time	Family Time
14:30	Working	Working	Working	Working	Working	Fresh air + exercise	Family Time
15:00	Working	Working	Working	Working	Working	Fresh air + exercise	Family Time
15:30	Working	Working	Working	Working	Working	Visit Relatives / Going Out	Family Time
16:00	Working	Working	Working	Working	Working	Visit Relatives / Going Out	Family Time
16:30	Working	Working	Working	Working	Working	Visit Relatives / Going Out	Fresh air + exercise
17:00	Working	Working	Working	Working	Working	Visit Relatives / Going Out	Reading Time
17:30	Commute + Read/Listen to Quran	Visit Relatives / Going Out	Reading Time				
18:00	Asr Salah + Dhikr	Asr Salah + Dhikr	Asr Salah + Dhikr				
18:30	Preparation for Iftar + Chores	Preparation for Iftar + Chores	Preparation for Iftar + Chores				
19:00	Preparation for Iftar + Chores	Quran	Quran				
19:30	Fresh air + exercise	Fresh air + exercise	Fresh air + exercise				
20:00	Dua + Maghrib Salah + Evening Dhikr	Dua + Maghrib Salah + Evening Dhikr	Dua + Maghrib Salah + Evening Dhikr				
20:30	Meal	Meal	Meal	Meal	Meal	Meal	Meal
21:00	Meal	Meal	Meal	Meal	Meal	Meal	Meal
21:30	Quran	Quran	Quran	Quran	Quran	Quran	Quran
22:00	Isha Salah and Taraweeh	Isha Salah and Taraweeh	Isha Salah and Taraweeh				
22:30	Isha Salah and Taraweeh	Isha Salah and Taraweeh	Isha Salah and Taraweeh				
23:00	Isha Salah and Taraweeh	Isha Salah and Taraweeh	Isha Salah and Taraweeh				
23:30	Sleep	Relaxation	Relaxation	Relaxation	Relaxation	Isha Salah and Taraweeh	Sleep
00:00	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep
00:30	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep
01:00	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep
01:30	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep
02:00	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep
02:30	Sleep	Sleep	Sleep	Sleep	Tahajud / Witr	Tahajud / Dua / Witr	Tahajud / Dua / Witr
03:00	Tahajud / Witr	Tahajud / Dua / Witr	Tahajud / Dua / Witr				
03:30	Suhur + Sadaqah	Suhur + Sadaqah	Suhur + Sadaqah				
04:00	Suhur	Suhur	Suhur	Suhur	Suhur	Suhur	Suhur
04:30	Fajr in the Masjid + Morning Dhikr	Fajr in Masjid + morning Dhikr	Fajr in Masjid + morning Dhikr				
05:00	Quran	Quran	Quran	Quran	Quran	Fajr in Masjid + morning Dhikr	Fajr in Masjid + morning Dhikr
05:30	Sleep	Sleep	Sleep	Sleep	Sleep	Dhikr & Quran in Masjid till Sunrise	Dhikr & Quran in Masjid till Sunrise
06:00	Sleep	Sleep	Sleep	Sleep	Sleep	Dhikr & Quran in Masjid till Sunrise	Dhikr & Quran in Masjid till Sunrise
06:30	Sleep	Sleep	Sleep	Sleep	Sleep	Dhikr & Quran in Masjid till Sunrise	Dhikr & Quran in Masjid till Sunrise

# Daily Planner - Student Life

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00	Sleep						
07:30	Morning Dhikr + Get Ready	Sleep	Sleep				
08:00	Morning Dhikr + Get Ready	Sleep	Sleep				
08:30	Commute - Read/Listen Quran	Quran	Quran				
09:00	Study	Study	Study	Study	Study	Quran	Quran
09:45	Study	Study	Study	Study	Study	Give Sadaqah	Give Sadaqah
09:30	Study	Study	Study	Study	Study	Home chores	Home chores
09:45	Study	Study	Study	Study	Study	Salah al-Duha	Salah al-Duha
10:00	Study	Study	Study	Study	Study	Home chores	Home chores
10:30	Break time + Sadaqan + Salah al-Duha	Home chores	Seek Knowledge				
11:00	Study	Study	Study	Study	Study	Home chores	Seek Knowledge
11:30	Study	Study	Study	Study	Study	Family Time	Seek Knowledge
12:00	Study	Study	Study	Study	Study	Family Time	Seek Knowledge
12:30	Study	Study	Study	Study	Study	Family Time	Relaxation
13:00	Zohar Salah + Dhikr	Jumu'ah/Zohar Salah + Dhikr	Zohar Salah	Zohar Salah			
13:30	Read Quran + Make Dua	Jumu'ah/Read Quran + Make Dua	Family Time	Family Time			
14:00	Study	Study	Study	Study	Study	Visit Relatives / Going Out	Family Time
14:30	Study	Study	Study	Study	Study	Visit Relatives / Going Out	Family Time
15:00	Study	Study	Study	Study	Study	Visit Relatives / Going Out	Family Time
15:30	Study	Study	Study	Study	Study	Visit Relatives / Going Out	Family Time
16:00	Study	Study	Study	Study	Study	Visit Relatives / Going Out	Fresh air + exercise
16:30	Study	Study	Study	Study	Study	Visit Relatives / Going Out	Fresh air + exercise
17:00	Study	Study	Study	Study	Study	Fresh air + exercise	Reading Time
17:30	Commute - Read/Listen to Quran	Fresh air + exercise	Reading Time				
18:00	Asr Salah + Dhikr						
18:30	Tafsir						
19:00	Preparation for Iftar + Chores	Quran memorisation	Quran memorisation				
19:30	Preparation for Iftar + Chores	Take a nap	Take a nap				
20:00	Dua + Maghrib Salah + Dhikr						
20:30	Meal						
21:00	Relaxation						
21:30	Quran						
22:00	Isha Salah and Taraweeh						
22:30	Isha Salah and Taraweeh						
23:00	Isha Salah and Taraweeh						
23:30	Sleep	Relaxation	Relaxation	Relaxation	Relaxation	Isha Salah and Taraweeh	Isha Salah and Taraweeh
00:00	Sleep						
00:30	Sleep						
01:00	Sleep						
01:30	Sleep						
02:00	Sleep						
02:30	Sleep	Sleep	Sleep	Sleep	Tahajud / Witr	Tahajud / Dua / Witr	Tahajud / Dua / Witr
03:00	Tahajud / Witr	Tahajud / Dua / Witr	Tahajud / Dua / Witr				
03:30	Suhur + Sadaqah						
04:00	Suhur						
04:30	Fajr in the Masjid + Dhikr	Fajr + morning Dhikr	Fajr + morning Dhikr				
05:00	Quran	Quran	Quran	Quran	Quran	Fajr + morning Dhikr	Fajr + morning Dhikr
05:30	Sleep	Sleep	Sleep	Sleep	Sleep	Dhikr & Quran in Masjid till Sunrise	Dhikr & Quran in Masjid till Sunrise
06:00	Sleep	Sleep	Sleep	Sleep	Sleep	Dhikr & Quran in Masjid till Sunrise	Dhikr & Quran in Masjid till Sunrise
06:30	Sleep	Sleep	Sleep	Sleep	Sleep	Dhikr & Quran in Masjid till Sunrise	Dhikr & Quran in Masjid till Sunrise

## FINAL WORDS

The Prophet ﷺ went up the minbar. When he reached the first step, he said, "Amen". When he ascended to the second step, he said, "Amen," and when he stepped onto the third step, he said, "Amen." They said, "Messenger of Allah, we heard you say 'Amen' three times." He said, "When I went up the first step, Jibril, may Allah bless him and grant him peace, came to me and said, 'Wretched is the slave to whom Ramadan comes and when it passes from him is not forgiven.' I said, 'Amen.' Then he said, 'Wretched is the slave who has one or both of his parents alive and they do not let him enter the Garden.' I said, 'Amen.' Then he said, 'Wretched is a slave who does not bless you when you are mentioned in his presence,' and I said, 'Amen.'"

**[From Abu Hurairah in Ahmad, Ibn Khuzaimah and al-Bayhaqi, and from Jabir in Adab al-Mufrad and authenticated by Albani]**

يَأَيُّهَا الَّذِينَ ءَامَنُوا كُتِبَ عَلَيْكُمُ الصَّيَامُ كَمَا كُتِبَ عَلَى الَّذِينَ مِنْ قَبْلِكُمْ لَعَلَّكُمْ تَتَّقُونَ

١٨٣

O You who believe! Observing fasting is prescribed for You as it was prescribed for those before you, that You may become pious. [al-Baqarah: 183]

تَبَرَّكَ الَّذِي بِيَدِهِ الْمُلْكُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ ① الَّذِي خَلَقَ الْمَوْتَ وَالْحَيَاةَ لِيَبْلُوَكُمْ أَيْكُمْ أَحْسَنُ عَمَلاً وَهُوَ الْعَزِيزُ الْغَفُورُ ②

1. Blessed is He In whose Hand is the Dominion, and He is Able over all things.
2. Who has created death and life, that He may test You which of You is best In deed. and He is the All-Mighty, the Oft-Forgiving; [al-Mulk: 1-2]

