

---

# RAMADAN PLANNER

WHY DO WE FAST?

THE PERFECT MEALS FOR IFTAAR

RAMADAN  
2019

HOW TO GET THE MOST OUT OF THIS RAMADAN

DAILY PLANNER



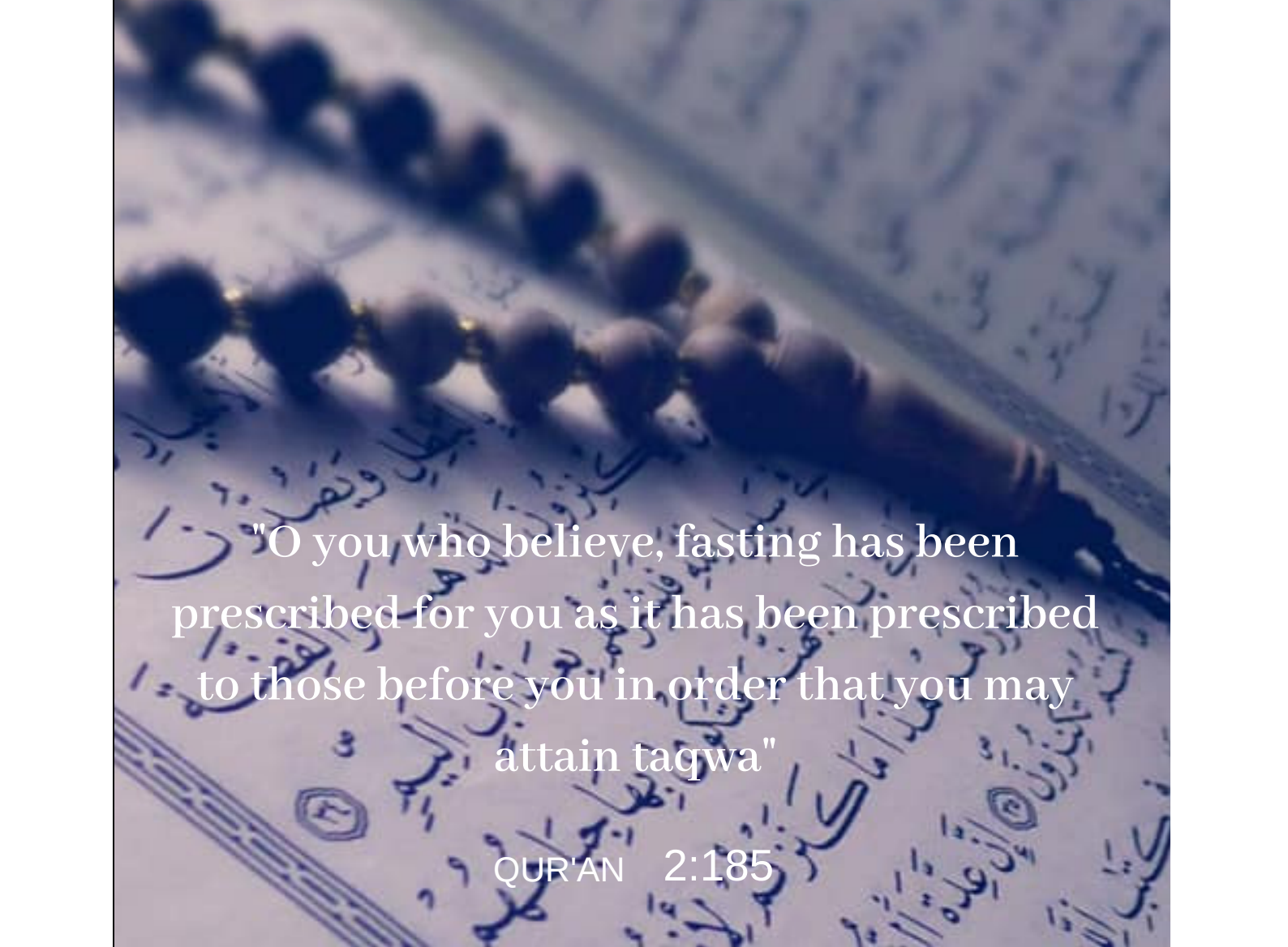
# IN THIS PLANNER

- 02** CALENDAR
- 03** WHY DO WE FAST?
- 04** TAQWA
- 05** DU'AS
- 06** ABOUT RAMADAN
- 07** THINGS THAT NULLIFY  
YOUR FAST
- 08** RAMADAN GOALS
- 09** DU'A LIST
- 10** DAILY ENTRY
- 17** EID-AL-FITR
- 19** SHAWWAL &  
REFLECTIONS

# CALENDAR

MAY 2019						
SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6 <small>estimated ramadan starts</small>	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

JUNE 2019						
SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4 <small>estimated ramadan ends</small>	5 <small>estimated Eid-al-fitr</small>	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						



"O you who believe, fasting has been prescribed for you as it has been prescribed to those before you in order that you may attain taqwa"

QUR'AN 2:185

## WHY DO WE FAST?

Muslims all over the world observe the annual fast during the daylight hours of Ramadan, the ninth month of the Islamic lunar calendar, in keeping with a divine commandment documented in Chapter 2, Verse 185 of the Holy Qur'an.

The main reason for fasting is to develop self-discipline and piety. That's why Muslims are to abstain from gossip, lies, obscenity, vulgarity and physical, mental and spiritual sins.

Almighty God mentioned in the Quran, chapter 2, verse 183: "O you who believe. Fasting is prescribed to you as it was prescribed to those before you that you may obtain self restraint."

Fasting during Ramadan purifies the actions and thoughts of Muslims. also has physical, spiritual and social benefits.

Fasting elevates a level of God consciousness. Muslims focus on strengthening their personal relationship with the creator. This is the period of spiritual reflection through extra prayer and recitation of the Holy Quran. Fasting makes one aware of many bounties of almighty God which we take for granted.

The hunger and thirst remind a fasting person about the poor and destitute who they may increase sympathy and generosity for the less fortunate.

# TAQWA

The term Taqwa is often translated as 'piety' or 'God-fearing', but a better equivalent would be 'God-consciousness'. It is considered to be the essential quality of a believer. Taqwa of a believer should illuminate through all facets of his/her life, just like a bright light would shine through all openings of an empty house in an empty field in a dark night. Taqwa, when coupled with Imaan (faith), makes a well-rounded believer. Taqwa goes hand in hand with Imaan; one cannot be complete without the other, and vice versa.



# DU'AS

## What to say the first time you see the new crescent of Ramadan

اللَّهُمَّ أَهْلُهُ عَلَيْنَا بِالْأَمْنِ وَالْإِيمَانِ وَالسَّلَامَةِ وَالْإِسْلَامِ رَبِّي وَرَبُّكَ اللَّهُ

Translation: Oh Allah, make it a start full of peace and faith, safety and Islam. My lord and your lord is Allah

## What to say after eating sahur everyday

وَبِصَوْمٍ غَدٍ نُّؤَيِّتَ مِنْ شَهْرِ رَمَضًا

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

## What to say when breaking fast at sunset every day

ذهب الظمأ وابتلت العروق وثبت الأجر إن شاء الله

Thirst is gone, the veins are wet, and the reward is confirmed by the will of God

## What to say after breaking fast with a group of people

أفطر عندكم الصائمون ، وأكل طعامكم الأبرار ، وصلت عليكم الملائكة

May the fasting people break fast at your place, and may the pious eat from your food, and may the angels pray for you

## What to say if you encounter the Night of al-Qadr

اللَّهُمَّ إِنَّكَ عَفُوفٌ تُحِبُّ الْعَفْوَ عَنِّي

Oh Allah you are forgiving, and you love forgiveness, so forgive me

# GENERAL INFORMATION ABOUT RAMADAN

## Sahoor

The Prophet صلى الله عليه وسلم said: "Take the Suhur, for there is in it blessing."  
(Sahih al-Bukhari)

## Iftaar

The Prophet صلى الله عليه وسلم said: "My Ummah will continue to be upon good for as long as they hasten to break the fast and delay the pre-dawn meal." (Sahih al-Bukhari)

## Sadaqah

Ibn 'Abbaas رضي الله عنه said: "The Prophet صلى الله عليه وسلم was the most generous of people, but he would be his most generous during Ramadan when he would meet with the Angel Jibreel. He would meet with him every night and recite the Qur'an. When Jibreel met him, he used to be more generous than a fast wind." (Sahih al-Bukhari)

## Reciting the Qur'an

The Holy Prophet (PBUH) said, about the recitation of the Quran, "Whoever draws near to Allah during it (Ramadan) with a single characteristic from the characteristics of (voluntary) goodness, he is like whoever performs an obligatory act in other times. And whoever performs an obligatory act during it, he is like whoever performed seventy obligatory acts in other times." (Sahih Ibn Khuzaymah)

The Holy Prophet (PBUH) said about the person who struggles: "Verily the one who recites the Qur'an beautifully, smoothly, and precisely, he will be in the company of the noble and obedient angels. And as for the one who recites with difficulty, stammering or stumbling through its verses, then he will have TWICE that reward." (Al-Bukhari and Muslim)

Recitation of the Quran is important and blessed in Ramadan also because as it was brought down upon the holy Prophet (PBUH) in this month, Jibreel would visit the Prophet (PBUH) every night in Ramadan and study the word of Allah with him. On the night of Al-Qadr, the Quran was recited with utmost pleasure and concentration as these were the virtuous nights, ones that would give the highest number of blessings. This automatically made the month of Ramadan a blessed one indeed.

The Prophet صلى الله عليه وسلم said: "Seek it (Lailatul Qadr) in the last (ten nights). If one among you shows slackness and weakness (in the earlier part of Ramadan), it should not be allowed to prevail upon him in the last week. (Sahih Muslim)

# THINGS THAT NULLIFY YOUR FAST

## 1. Sexual Intercourse:

If it is done during the day in Ramadan, by someone who is obligated to fast then he has to make a great expiation along with making up that day. The expiation is to free a slave. If he can't find one to free or is not capable, then he has to fast for two consecutive months. And if he not even capable of doing this, then he has to feed sixty poor people.

2. Ejaculation while one is awake through masturbation, hugging, kissing, fondling, etc.

3. Eating or drinking, whether the thing consumed is useful or harmful, like cigarettes. (even if it's a stone)

4. Injection of nourishment that may substitute for food, because it constitutes as consuming food and drink. But the injections that do not provide nourishment do not break the fast whether they are injected into the muscles or the veins; and whether the injected person finds its taste in his throat or not.

5. Injection of blood (blood transfusion); for instance someone who loses blood and is injected with blood to replace the blood that was lost.

6. Menstruation and postnatal bleeding.

7. The extraction of blood by means of cupping (Hijaamah), and similar means. However, if blood comes out, by itself, such as nasal bleeding or tooth extraction, and likewise, then this does not break the fast; for this is neither cupping nor implied in its meaning.

8. Deliberately vomiting. If it is unintentional, it does not break the fast.

- 
- It is permissible for the fasting person to intend to fast, while being in a state of Janaabah (sexual impurity) or menses or postnatal bleeding and then he/she may purify him/herself by making ghusl after the break of dawn.
  - The fasting person can spray into his mouth what which alleviates for him the shortness of breath caused by pressure or something else. (eg, inhaler)
  - It is also permissible for the fasting person to do that which lessens the severity of heat and thirst, like cooling off by washing his body with water or using an air conditioner.



# RAMADAN GOALS

Mentally and Spiritually prepare yourself

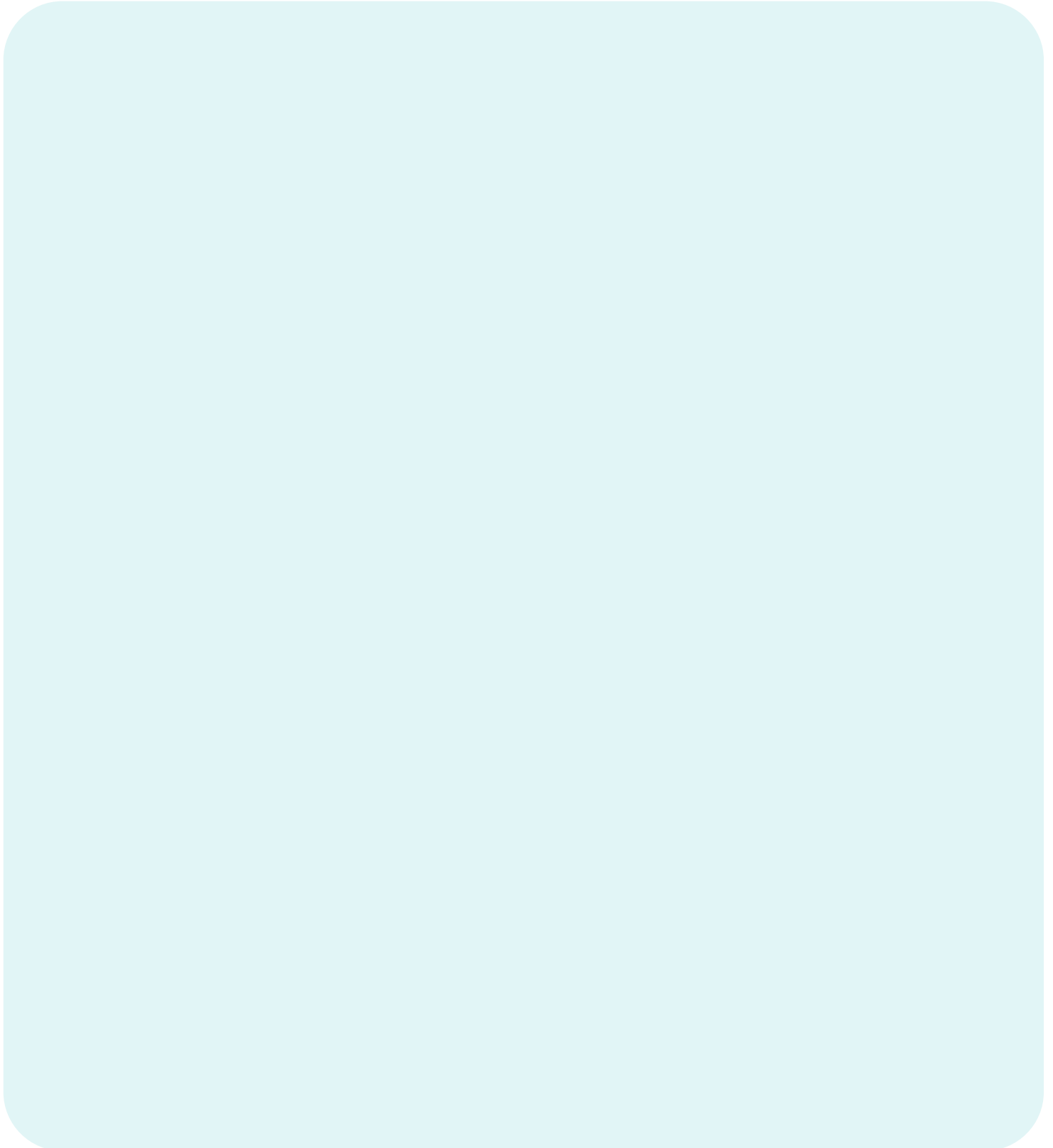
What do you need to develop to make your Ramadan 'most successful?

A large, empty, light blue rounded rectangle with rounded corners, occupying the majority of the page below the text. It is intended for the user to write their Ramadan goals.

# DU'A LIST

Ramadan prayer list. What would you like to pray for this ramadan?.

There are three whose supplication is not rejected: The fasting person when he breaks his fast, the just leader, and the supplication of the oppressed person; Allah raises it up above the clouds and opens the gates of heaven to it. And the Lord says: 'By My might, I shall surely aid you, even if it should be after a while.'"[Tirmidhi]



## RAMADAN DAY 1



FASTING



TARAWEEH



SALAT (all)



FAJR



DHUHR



ASR



MAGHRIB



ISHA



QUR'AN



### KNOWLEDGE CARD



Whoever stands in the voluntary night prayer of ramadan out of faith and in hope of reward, his previous sins will be forgiven. (Bukhari & Muslim)

### DAILY DEEDS



Donate your old unwanted clothes to charity.

## RAMADAN DAY 2



FASTING



TARAWEEH



SALAT (all)



FAJR



DHUHR



ASR



MAGHRIB



ISHA



QUR'AN



### KNOWLEDGE CARD



When Ramadan begins, the gates of Paradise are opened. (Sahih al-Bukhari)

### DAILY DEEDS



Make Du'a for others.

## RAMADAN DAY 3



FASTING



TARAWEEH



SALAT (all)



FAJR



DHUHR



ASR



MAGHRIB



ISHA



QUR'AN



### KNOWLEDGE CARD



Whoever does not give up lying, forged speech and evil actions, Allah is not in need of his leaving his food and drink. (Sahih al-Bukhari)

### DAILY DEEDS



Call your parents.

## RAMADAN DAY 4



FASTING



TARAWEEH



SALAT (all)



FAJR



DHUHR



ASR



MAGHRIB



ISHA



QUR'AN



### KNOWLEDGE CARD



Whoever is not merciful (to the creation) will not be shown mercy by Allah. (Muslim & Tirmidhi)

### DAILY DEEDS



Pick up any trash that you see on the road the entire day.

## RAMADAN DAY 5



FASTING



TARAWEEH



SALAT

(all)



FAJR



DHUHR



ASR



MAGHRIB



ISHA



QUR'AN



### KNOWLEDGE CARD



None of you will have true faith till he wishes for his (Muslim) brother what he likes for himself. (Bukhari & Muslim)

### DAILY DEEDS



Smile at a stranger today.

## RAMADAN DAY 6



FASTING



TARAWEEH



SALAT

(all)



FAJR



DHUHR



ASR



MAGHRIB



ISHA



QUR'AN



### KNOWLEDGE CARD



Do not quarrel with your (Muslim) brothers. Do not make them such jokes as they will not like. Do not make promises to them that you will not keep. (Tirmidhi)

### DAILY DEEDS



Do the house chores today.

## RAMADAN DAY 7



FASTING



TARAWEEH



SALAT

(all)



FAJR



DHUHR



ASR



MAGHRIB



ISHA



QUR'AN



### KNOWLEDGE CARD



Whoever does not recite Al-Fatiha in his prayer, his prayer is invalid. (Sahih Bukhari)

### DAILY DEEDS



Give your neighbour (muslim or not) food for iftaar

## RAMADAN DAY 8



FASTING



TARAWEEH



SALAT

(all)



FAJR



DHUHR



ASR



MAGHRIB



ISHA



QUR'AN



### KNOWLEDGE CARD



Whenever the Prophet got up for Tahajjud prayer he used to clean his mouth (and teeth) with Siwak. (Sahih Bukhari)

### DAILY DEEDS



Give a compliment today.

## RAMADAN DAY 9



FASTING



TARAWEEH



SALAT

(all)



FAJR



DHUHR



ASR



MAGHRIB



ISHA



QUR'AN



### KNOWLEDGE CARD



"The best amongst you is the one who learns the Qur'an and teaches it. (Sahih al-Bukhari)

### DAILY DEEDS



Do a chore for someone without them knowing.

## RAMADAN DAY 10



FASTING



TARAWEEH



SALAT

(all)



FAJR



DHUHR



ASR



MAGHRIB



ISHA



QUR'AN



### KNOWLEDGE CARD



He who takes back his present is like him who swallows his vomit. (Sahih Bukhari)

### DAILY DEEDS



Donate your old unwanted clothes to charity.

## RAMADAN DAY 11



FASTING



TARAWEEH



SALAT

(all)



FAJR



DHUHR



ASR



MAGHRIB



ISHA



QUR'AN



### KNOWLEDGE CARD



Allah does not look at your appearance or your possessions; but He looks at your heart and your deeds. (Muslim)

### DAILY DEEDS



Hold the door open for someone.

## RAMADAN DAY 12



FASTING



TARAWEEH



SALAT

(all)



FAJR



DHUHR



ASR



MAGHRIB



ISHA



QUR'AN



### KNOWLEDGE CARD



Whoever does not show affection to the young and respect to the old is not one of us. (Tirmidhi)

### DAILY DEEDS



Call a friend you haven't seen in a while to say hello

## RAMADAN DAY 13



FASTING



TARAWEEH



SALAT (all)



FAJR



DHUHR



ASR



MAGHRIB



ISHA



QUR'AN



### KNOWLEDGE CARD



You will be rewarded for whatever you spend for Allah's sake even if it were a morsel which you put in your wife's mouth. (Sahih Bukhari)

### DAILY DEEDS



Volunteer to make iftaar at home or at the mosque.

## RAMADAN DAY 14



FASTING



TARAWEEH



SALAT (all)



FAJR



DHUHR



ASR



MAGHRIB



ISHA



QUR'AN



### KNOWLEDGE CARD



The one who helps widows and poor people is like a warrior fighting for Allah's Cause or like a person who fasts during the day and prays all the night. (Bukhari, Muslim, Tirmidhi & Nasa'ee)

### DAILY DEEDS



Feed a stray animal today.

## RAMADAN DAY 15



FASTING



TARAWEEH



SALAT (all)



FAJR



DHUHR



ASR



MAGHRIB



ISHA



QUR'AN



### KNOWLEDGE CARD



Fasting is a shield with which a servant protects himself from the Fire. (Musnad Ahmad)

### DAILY DEEDS



Visit a friend or family today.

## RAMADAN DAY 16



FASTING



TARAWEEH



SALAT (all)



FAJR



DHUHR



ASR



MAGHRIB



ISHA



QUR'AN



### KNOWLEDGE CARD



If anyone of you feels drowsy while praying, he should sleep till he understands what he is saying (reciting). (Sahih Bukhari)

### DAILY DEEDS



Turn off the water while brushing your teeth.

## RAMADAN DAY 17



FASTING



TARAWEEH



SALAT (all)



FAJR



DHUHR



ASR



MAGHRIB



ISHA



QUR'AN



### KNOWLEDGE CARD



Everybody errs. The best of those who have erred are those that repent. (Tirmidhi)

### DAILY DEEDS



Visit a sick person, or check up if you are in different regions.

## RAMADAN DAY 18



FASTING



TARAWEEH



SALAT (all)



FAJR



DHUHR



ASR



MAGHRIB



ISHA



QUR'AN



### KNOWLEDGE CARD



Do not withhold your money, (for if you did so) Allah would withhold His blessings from you. (Sahih Bukhari)

### DAILY DEEDS



Make someone else's bed today. (along side yours)

## RAMADAN DAY 19



FASTING



TARAWEEH



SALAT (all)



FAJR



DHUHR



ASR



MAGHRIB



ISHA



QUR'AN



### KNOWLEDGE CARD



A time will come when one will not care how one gains one's money, legally or illegally. (Sahih Bukhari)

### DAILY DEEDS



Listen to a lecture about ramadan.

## RAMADAN DAY 20



FASTING



TARAWEEH



SALAT (all)



FAJR



DHUHR



ASR



MAGHRIB



ISHA



QUR'AN



### KNOWLEDGE CARD



Those who cheat are not of us. (Muslim)

### DAILY DEEDS



Learn about the things that nullify wudu.

## RAMADAN DAY 21



FASTING



TARAWEEH



SALAT (all)



FAJR



DHUHR



ASR



MAGHRIB



ISHA



QUR'AN



### KNOWLEDGE CARD



The best of the deeds or deed is the (observance of) prayer at its proper time and kindness to the parents. (Sahih Muslim)

### DAILY DEEDS



Say all 5 prayers on time.

## RAMADAN DAY 22



FASTING



TARAWEEH



SALAT (all)



FAJR



DHUHR



ASR



MAGHRIB



ISHA



QUR'AN



### KNOWLEDGE CARD



He who as in his heart the weight of a mustard seed of pride shall not enter Paradise. (Sahih Muslim)

### DAILY DEEDS



Donate some money (no matter how little) to someone ill in need of money for medication

## RAMADAN DAY 23



FASTING



TARAWEEH



SALAT (all)



FAJR



DHUHR



ASR



MAGHRIB



ISHA



QUR'AN



### KNOWLEDGE CARD



Seek it (Lailatul Qadr) in the last (ten nights). If one among you shows slackness and weakness (in the earlier part of Ramadan), it should not be allowed to prevail upon him in the last week. (Sahih Muslim)

### DAILY DEEDS



Invite a friend for iftaar today.

## RAMADAN DAY 24



FASTING



TARAWEEH



SALAT (all)



FAJR



DHUHR



ASR



MAGHRIB



ISHA



QUR'AN



### KNOWLEDGE CARD



In everybody there is a piece of flesh, if it is healthy, the whole body is healthy, and if it is sick, the whole body is sick. Beware! It is the heart! (Bukhari & Muslim)

### DAILY DEEDS



Reach out to a friend going through a difficult time.



## RAMADAN DAY 25



FASTING



TARAWEEH



SALAT

(all)



FAJR



DHUHR



ASR



MAGHRIB



ISHA



QUR'AN



### KNOWLEDGE CARD



Whoever forgets a prayer, let him pray it when he remembers it. (Sunan An-Nasai)

### DAILY DEEDS



Learn about the sunnah of the tongue.

## RAMADAN DAY 26



FASTING



TARAWEEH



SALAT

(all)



FAJR



DHUHR



ASR



MAGHRIB



ISHA



QUR'AN



### KNOWLEDGE CARD



Do Wudu properly. (Sunan An-Nasai)

### DAILY DEEDS



Memorize one more daily azkaar

## RAMADAN DAY 27



FASTING



TARAWEEH



SALAT

(all)



FAJR



DHUHR



ASR



MAGHRIB



ISHA



QUR'AN



### KNOWLEDGE CARD



Whoever is in the Masjid waiting for the prayer, he is in a state of prayer. (Sunan An-Nasai)

### DAILY DEEDS



Set your alarm and wake up for tahajjud.

## RAMADAN DAY 28



FASTING



TARAWEEH



SALAT

(all)



FAJR



DHUHR



ASR



MAGHRIB



ISHA



QUR'AN



### KNOWLEDGE CARD



Iman has over seventy branches, and modesty is a branch of Iman. (Sahih Muslim)

### DAILY DEEDS



Greet people with salam.

## RAMADAN DAY 29



FASTING



TARAWEEH



SALAT (all)



FAJR



DHUHR



ASR



MAGHRIB



ISHA



QUR'AN



KNOWLEDGE CARD



"Verily with hardship comes ease" (surah Al- Inshirah: 6)

DAILY DEEDS



Set your alarm and wake up for tahajjud.

## RAMADAN DAY 30



FASTING



TARAWEEH



SALAT (all)



FAJR



DHUHR



ASR



MAGHRIB



ISHA



QUR'AN



KNOWLEDGE CARD



Allah's messenger never proceeded (for prayer) on eid-ul-fitr unless he had eaten some dates. Anas also narrated: "The Prophet used to eat odd number of dates" (Bukhari)

DAILY DEEDS



Make eid cards (DIY) and give to your friends and family.

# Eid al-Fitr

## Sunnahs of Eid-al-fitr

Take a bath

It was narrated that Ibn 'Umar رضي الله عنه and other companions of the Prophet صلى الله عليه وسلم used to take a bath for Eid. [Fath al-Baari]

Wear your best clothes

Jabir ibn 'Abdullah رضي الله عنه said: "The Prophet صلى الله عليه وسلم had a jubbah [garment] that he would wear on Eid and on Fridays." [Ibn Khuzaymah]

Eat dates before the Eid prayer

Recite the Takbiraat abundantly when going for Eid prayers

Go out for eid prayer using one route and come back using another

Jabir ibn 'Abdullah رضي الله عنه narrated that the Prophet صلى الله عليه وسلم used to come back from Eid al Fitr on a path other than the one he used going to (the prayer). (Sahih al-Bukhari)

**SEND ALL YOUR FRIENDS AND FAMILY EID GIFTS/MESSAGES/ CARDS.**



# EID MUBARRAAK

JUBAIR IBN NUFAIR SAID:  
"AT THE TIME OF THE  
PROPHET ﷺ  
WHEN PEOPLE MET ONE  
ANOTHER ON THE DAY OF  
EID, THEY WOULD SAY:  
'TAQABBAL ALLĀHU MINNĀ  
WA MINKA  
(MAY ALLAH ACCEPT FROM  
US AND FROM YOU).'"  
[FATH AL-BAARI]

# SHAWWAL

Abu Ayyub Ansari رضي الله عنه narrates that Allah's Messenger صلى الله عليه وسلم said: "Whoever, after completing the fasts of Ramadan, fasts for six days in Shawwaal (every year), he will be rewarded as if he has been fasting for his entire life. (Sahih Muslim)

DAY 1



DAY 2



DAY 3



DAY 4



DAY 5



DAY 6



## NOTES

How many days of fasting did I miss?

What are some new habits I would like to continue after ramadan?

What are some old habits I would like to ditch after ramadan?

How can I improve for next year InshaAllah?

### MY GENERAL RAMADAN REFLECTIONS

QURAN 13:24

---

سَلَامٌ عَلَيْكُمْ بِمَا صَبَرْتُمْ فَنِعْمَ عُقْبَى الدَّارِ

**"Peace be upon you  
for what you  
patiently endured.  
And excellent is the  
final home"**

---

*This ramadan planner was created by hauwa as a sadaqa  
on behalf of my Dad who passed away 29th, April, 2017.*

*His name: Isa Ibn Ibrahim*

*Say a prayer for him.*

*Jazakh Allah khair*