

Ramadan

A SPIRITUAL RETREAT



NOT FOR SALE
VERSION 1446H/2025

INTRODUCTION

Welcome to this sacred journey through the days of Ramadan, a time for reflection, growth, and revitalization. This month serves as a spiritual retreat, inviting us to:

- **Increase Our Iman:** Deepen our faith and connection with the Divine.
- **Cultivate Taqwa:** Strengthen our consciousness of Allah, guiding our thoughts and actions.
- **Prepare for the Year Ahead:** Equip ourselves spiritually, laying a foundation for continued growth until the next Ramadan.

To achieve these goals, this Ramadan planner focuses on three key themes, guiding our reflections and practices over each ten-day segment:

1. **Intention:** Setting clear, heartfelt intentions to enhance our spiritual journey.
2. **Healing:** Nurturing our souls and mending our hearts through compassion and self-reflection.
3. **Purification:** Cleansing our thoughts and actions, striving for inner peace and outward righteousness.

Each theme is accompanied by a consistent checklist designed to be completed over the ten days, helping you establish meaningful habits. By engaging with these practices, you'll create a rhythm that supports your spiritual growth throughout Ramadan and beyond.

Let this planner be your companion in this transformative experience, helping you embrace each day with intention and purpose.

Purpose of Fasting

يَا أَيُّهَا الَّذِينَ آمَنُوا كُتِبَ عَلَيْكُمُ الصَّيَامُ كَمَا كُتِبَ عَلَى الَّذِينَ مِنْ قَبْلِكُمْ لَعَلَّكُمْ تَتَّقُونَ

“...Fasting is prescribed for you, as it was prescribed for those before you, so that you may **attain taqwā** (piety and mindfulness of Allah).”

Al-Baqarah [2:183]

Virtues of Fasting

The Messenger of Allah ﷺ said:

“(Allah said), 'Every good deed of Adam's son is for him except fasting; it is for Me. and I shall reward (the fasting person) for it.' Verily, the smell of the mouth of a fasting person is better to Allah than the smell of musk.”

[Al-Bukhari]

The Messenger of Allah ﷺ said:

“Fasting is a shield from the Hell-fire.” [At-Tirmidhī]

The Messenger of Allah ﷺ said:

“Whoever provides iftār for a fasting person, he will have the same reward as him, without anything being diminished from the reward of the fasting person.”

[At-Tirmidhī]

The Messenger of Allah ﷺ said:

“There are three whose du‘ā’ is not rejected: the fasting person until he breaks his fast, the just leader, and the supplication of the oppressed person...” [At-Tirmidhī]

The Messenger of Allah ﷺ said:

“Verily, the supplication of a fasting person is not turned away at the time of breaking fast.” [Ibn Mājah]



Our beloved Prophet ﷺ said,

“The month of Ramadān has come to you, a blessed month in which Allah – Exalted and Majestic is He – has obligated fasting upon you.

In it the gates of Paradise are opened, the gates of Hell-fire are closed, and the rebellious devils are chained. In it, Allah has a night which is better than a thousand months. Whoever is deprived of its good is truly deprived!”

[An-Nasā’i]

Abu Hurairah r.a reported:

The Messenger of Allah ﷺ said,

“When any one of you gets up in the morning in the state of fasting, he should neither use obscene language nor do any act of ignorance. And if anyone slanders him or quarrels with him, he should say: "I am fasting, I am fasting."

[An-Nasā’i]

Du‘ā’ After Breaking the Fast:

ذَهَبَ الظَّمَاءُ وَابْتَلَتِ الْعُرُوقُ وَثَبَتَ الْأَجْرُ إِنْ شَاءَ اللَّهُ

Thirst is gone, the veins are moistened, and the reward is certain if Allah wills

[Abu Dawud]



Abu Hurairah r.a reported:

The Messenger of Allah ﷺ said,

“Our Lord, the Blessed and the Exalted, descends every night to the lowest heaven when one-third of the latter part of the night is left, and says: ‘Who supplicates Me so that I may answer him? Who asks Me so that I may give to him? Who asks Me forgiveness so that I may forgive him?’”

[Muslim]



LEVELS OF FASTING

1ST LEVEL

Abstaining from food, drink and intimacy.

2ND LEVEL

In addition to 1st Level:

Protecting the **eyes** from looking at haram & anything that takes you away from the remembrance of Allah.

Protecting the **tongue** from lying, backbiting, arguing, etc.

Protecting the **ears** from listening to haram.

Protecting the **body/limbs** from haram.

Hoping that Allah will accept your fast, and at the same time **fearing** that your fast may not be accepted.

3RD LEVEL

In addition to Level 1 & Level 2:

Abstaining from worldly thoughts & concerns, and everything other than Allah.

LET'S AIM FOR THE HIGHEST LEVEL IN SHAA ALLAH!



GOALS FOR RAMADAN



Attain Taqwa



Develop control over our nafs



Increase our iman in Allah



Increase our servitude to Allah



Reflect on our weaknesses



Remove toxins from our body



Develop sincerity



Increase our sabr



Attain ihsan



Fill our hearts with the conscious remembrance of Allah



Increase empathy for the poor



Increase zuhd



Beautify our character



Purify our heart



REF: Journey to Allah in Ramadan by Life with Allah

RAMADAN TIPS

Suhoor Tips

- 1 As soon as you wake up, recite the following supplication:

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْحَمْدُ، وَهُوَ عَلَىٰ كُلِّ
شَيْءٍ قَدِيرٌ، الْحَمْدُ لِلَّهِ، وَسُبْحَانَ اللَّهِ، وَلَا إِلَهَ إِلَّا اللَّهُ، وَاللَّهُ أَكْبَرُ، وَلَا
حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ، أَللَّهُمَّ اغْفِرْ لِي

The Messenger of Allah ﷺ said:

"Whoever gets up at night and says [the above] and then says: 'O Allah, forgive me' or makes du'a, it will be accepted. If he performs wudu and prays, his prayer will be accepted." [Al-Bukhari]

- 2 Pray tahajjud, even if it is 2 rakaah.
- 3 Make du'a, especially in sujud.
- 4 Seek forgiveness from Allah.
- 5 Have suhoor, even if it is just a sip of water. Have at least 1 date.

Salah Tips

- 1 Understand what you are saying.
- 2 Remove distractions.

- 3 Feel privileged to be in direct conversation with the Lord of the worlds.
- 4 Be calm, lengthen your salah, enjoy your conversation with Allah.
- 5 Pray as if it is your last salah.
- 6 Increase your salah by praying the taraweeh and tahajjud.

- 1 Be consistent, make a schedule to read daily.
- 2 To complete the khatam (finishing the Quran), read 2 pages before and 2 pages after the fardh salah so that you finish 1 juz per day.

Qu'ran Tips

- 3 Choose an ayah to reflect daily, read translation or tafsir and reflect on what does it mean to you and what can you do to apply the ayah.

REF: My Ramadan Companion by Life with Allah

RAMADAN TIPS

Du'a Tips

- 1 Make your heart present and completely focus on Allah.
- 2 Key times to make du'a: throughout the fast, at time of iftar, in the last 3rd of the night, in sujud.
- 3 Perform wudu, face the qiblah & raise your hands.
- 4 Humble yourself and submit to Allah.
- 5 Start by praising Allah.
- 6 Send salawaat upon the Prophet ﷺ.
- 7 Repent for your sins and ask for forgiveness.
- 8 Ask with persistence, love and fear.
- 9 Ask Allah through His Oneness and His beautiful Names.
- 10 Give sadaqah before making du'a.

Sadaqah Tips

- 1 Make a list of charity organizations you can donate to. Find ways to automate your charity especially for the last 10 nights.
- 2 Give sincerely, for the sake of Allah alone.
- 3 Give from the wealth that is most dear to your heart.
- 4 Give consistently even if it is small.
- 5 Give secretly.
- 6 Give to relatives for it is considered one of the best forms of sadaqah.
- 7 Ask Allah to accept your giving, and fear that it may not be accepted.

- 1 Switch off social media and internet.
- 2 Don't waste time on Eid preparations.
- 3 Give sadaqah every day.
- 4 Push yourself to worship Allah
- 5 Perform i'tikaf.
- 6 Perform 'Isya' and Fajr in congregation (at the minimum)
- 7 Perform qiyam in the night.
- 8 Constantly ask Allah for forgiveness and freedom from Hellfire.
- 9 Strive in every potential night of Qadr and recite the sunnah du'a.
- 10 Bathe, apply perfume and adorn yourself for this great night (in private for women)

Last 10 Nights Tips

Laylatul Qadr Tips

WHEN IS IT?

The Messenger of Allah ﷺ said:
"Seek out Laylatul Qadr in the odd nights of the last ten (days) of Ramadan." [Al-Bukhari]

THE BEST DEED: QIYAM

The Messenger of Allah ﷺ said:
"Whoever stands in prayer at night (qiayam) in Laylatul Qadr with iman and hoping for reward (ihtisab), all his previous sins will be forgiven." [Al-Bukhari]

- 1 Bathe, apply perfume and wear nice clothes for this great night.
- 2 Pray Maghrib, 'Isya' and Fajr in congregation, and be there before the first takbir.
- 3 Pray qiyam (night prayer) for as long as you can.
- 4 Recite Qu'ran and do dhikr.
- 5 Make abundant du'a, in sajdah especially.
- 6 Make sincere repentance and conclude the night with istighfar (seeking forgiveness).

THE BEST DU'A:

اللَّهُمَّ إِنَّكَ عَفُوٌ تُحِبُّ الْعَفْوَ فَاعْفُ عَنِّي

"O Allah, You are the Most forgiving, and You love to forgive, so forgive me."
[At-Tirmidhi]



1ST 10 DAYS

INTENTION



INTENTION

The Messenger of Allah ﷺ, said:

"Actions are according to intentions, and everyone will get what was intended. Whoever migrates with an intention for Allah and His messenger, the migration will be for the sake of Allah and His Messenger. And whoever migrates for worldly gain or to marry a woman, then his migration will be for the sake of whatever he migrated for."

Related by Bukhari & Muslim



INTENTION

In Islam, renewing our intentions is vital because they shape our actions. The Prophet Muhammad ﷺ taught that actions are judged by intentions, emphasizing the need for sincerity.

Life's distractions can shift our focus from our spiritual goals, so regularly renewing our intentions helps us realign with our purpose: seeking Allah's pleasure. This practice transforms even everyday tasks into acts of worship and deepens our spiritual connection.

Here are practical steps to help renew your intentions for Allah:

- **Set Aside Quiet Time:** Find a peaceful moment each day to sit in reflection and focus on your intentions without distractions.
- **Make a List:** Write down your intentions for various aspects of your life, such as prayer, fasting, charity, and personal growth. Be specific about what you want to achieve for Allah's sake.
- **Pray for Sincerity:** Ask Allah in your prayers to help you renew your intentions and to keep your heart sincere in all your actions.
- **Remind Yourself of Your Purpose:** Regularly reflect on the purpose of your actions and how they align with pleasing Allah. This can help reignite your motivation.
- **Surround Yourself with Positive Influences:** Spend time with people who inspire you to renew your intentions and grow spiritually. Their positivity can help motivate you.
- **Practice Mindfulness:** Be mindful of your actions throughout the day. Ask yourself if your intentions are aligned with seeking Allah's pleasure.

1ST RAMADAN

DATE: / /

AL-QUR'AN/HADITH

It was narrated from Abu Ad-Darda' r.a who attributed to the Prophet (ﷺ):

“Whoever goes to his bed intending to get up and pray qiyam at night, then sleep overwhelms him until morning, his intention is recorded for him, and his sleep is charity from his Lord Almighty to him.”

[Sunan An-Nasa'i]

INTENTION CHECKLIST

 Renew your intentions

 Make du'a for sincerity

 Start everything with Bismillah

 Be mindful of your actions

IBADAH CHECKLIST

TARAWIH

ADZKAR

TAHAJJUD

SADAQAH

AL-QUR'AN

.....

ALHAMDULILLAH FOR:

DU'A

رَبَّنَا إِاتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ
حَسَنَةً وَقِنَا عَذَابَ النَّارِ

“Our Lord, give us in this world [that which is] good and in the Hereafter [that which is] good and protect us from the punishment of the Fire.” Al-Baqarah [2:201]

2ND RAMADAN

DATE: / /

AL-QUR'AN/HADITH

Narrated Abu Huraira r.a:

Allah's Messenger (ﷺ) said, "Allah says, 'If My slave intends to do a bad deed then (O Angels) do not write it unless he does it; if he does it, then write it as it is, but if he refrains from doing it for My Sake, then write it as a good deed (in his account). (On the other hand) if he intends to do a good deed, but does not do it, then write a good deed (in his account), and if he does it, then write it for him (in his account) as ten good deeds up to seven-hundred times.' "

[Sahih Al Bukhari]

INTENTION CHECKLIST

Renew your intentions

Make du'a for sincerity

Start everything with Bismillah

Be mindful of your actions

IBADAH CHECKLIST

TARAWIH

ADZKAR

TAHAJJUD

SADAQAH

AL-QUR'AN

.....

ALHAMDULILLAH FOR:

DU'A

رَبَّنَا أَفْرَغْ عَلَيْنَا صَبْرًا وَثَبَّتْ أَقْدَامَنَا
وَأَنْصُرْنَا عَلَى الْقَوْمِ الْكُفَّارِينَ

"Our Lord, pour upon us patience and plant firmly our feet and give us victory over the disbelieving people."

Al-Baqarah [2:250]

3RD RAMADAN

DATE: / /

AL-QUR'AN/HADITH

Narrated Abu Huraira r.a:
Allah's Messenger (ﷺ) said,

“Whoever observes fasts during the month of Ramadan out of sincere faith, and hoping to attain Allah's rewards, then all his past sins will be forgiven.”

[Sahih Al Bukhari]

INTENTION CHECKLIST

Renew your intentions

Make du'a for sincerity

Start everything with
Bismillah

Be mindful of your actions

IBADAH CHECKLIST

<input type="checkbox"/>	TARAWIH	<input type="checkbox"/>	ADZKAR
<input type="checkbox"/>	TAHAJJUD	<input type="checkbox"/>	SADAQAH
<input type="checkbox"/>	AL-QUR'AN	<input type="checkbox"/>

ALHAMDULILLAH FOR:

DU'A

رَبَّنَا لَا تُزْغِ قُلُوبَنَا بَعْدَ إِذْ هَدَيْنَا وَهَبْ لَنَا
مِنْ لَدُنْكَ رَحْمَةً إِنَّكَ أَنْتَ الْوَهَابُ

“Our Lord, let not our hearts deviate after You have guided us and grant us from Yourself mercy. Indeed, You are the Bestower.”

Ali-'Imran [3:8]

4TH RAMADAN

DATE: / /

AL-QUR'AN/HADITH

Narrated Abu Huraira r.a:

Allah's Messenger (ﷺ) said,

“There are many who fast, who gain nothing of their fast except hunger; and there are many who stand for the night prayer, who gain nothing of their prayer except sleeplessness.”

[Sunan Ibn Mājah]

INTENTION CHECKLIST

Renew your intentions

Make du'a for sincerity

Start everything with
Bismillah

Be mindful of your actions

IBADAH CHECKLIST

TARAWIH

ADZKAR

TAHAJJUD

SADAQAH

AL-QUR'AN

.....

ALHAMDULILLAH FOR:

DU'A

رَبِّ إِنِّي لِمَا أَنْزَلْتَ إِلَيَّ مِنْ خَيْرٍ فَقِيرٌ

“My Lord, indeed I am, for whatever good You would send down to me, in need.”

Al Qasas [28:24]

5TH RAMADAN

DATE: / /

AL-QUR'AN/HADITH

“They were not commanded except to worship Allah, being sincere to Him in religion, inclining to truth, and to establish prayer and to give zakat. And that is the correct religion.”

Al-Bayyinah [98:5]

INTENTION CHECKLIST

 Renew your intentions

 Make du'a for sincerity

 Start everything with Bismillah

 Be mindful of your actions

IBADAH CHECKLIST

TARAWIH

ADZKAR

TAHAJJUD

SADAQAH

AL-QUR'AN

.....

ALHAMDULILLAH FOR:

DU'A

رَبِّ أُبْنِي لِي عِنْدَكَ بَيْتًا فِي الْجَنَّةِ

“My Lord, build for me near You a house in Paradise.”

At Tahrim [66:11]

6TH RAMADAN

DATE: / /

AL-QUR'AN/HADITH

It was narrated that Abu 'Umamah Al-Bahili r.a said: "A man came to the Prophet (ﷺ) and said: 'What do you think of a man who fights seeking reward and fame - what will he have?' The Messenger of Allah (ﷺ) said: 'He will not have anything.' He repeated it three times, and the Prophet (ﷺ) said to him: 'He will not have anything.' Then he said: 'Allah does not accept any deed, except that which is purely for Him, and seeking His Countenance (His Pleasure).'”

[Sunan An-Nasa'i]

INTENTION CHECKLIST

Renew your intentions

Make du'a for sincerity

Start everything with Bismillah

Be mindful of your actions

IBADAH CHECKLIST

<input type="checkbox"/> TARAWIH	<input type="checkbox"/> ADZKAR
<input type="checkbox"/> TAHAJJUD	<input type="checkbox"/> SADAQAH
<input type="checkbox"/> AL-QUR'AN	<input type="checkbox"/>

ALHAMDULILLAH FOR:

DU'A

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ أَنْ أُشْرِكَ بِكَ وَأَنَا
أَعْلَمُ، وَأَسْتَغْفِرُكَ لِمَا لَا أَعْلَمُ

"Oh Allah! Indeed I seek refuge with You that I associate in worship with You while I know, and I seek Your Forgiveness for what I don't know."

[Musnad Ahmad]

7TH RAMADAN

DATE: / /

AL-QUR'AN/HADITH

It was narrated from Abu Hurairah r.a that
The Messenger ﷺ said:
“People will be resurrected (and judged) only
according to their intentions.”
[Sunan Ibn Majah]

INTENTION CHECKLIST

Renew your intentions

Make du'a for sincerity

Start everything with
Bismillah

Be mindful of your actions

IBADAH CHECKLIST

TARAWIH

ADZKAR

TAHAJJUD

SADAQAH

AL-QUR'AN

.....

ALHAMDULILLAH FOR:

DU'A

اللّٰهُمَّ مُصْرِفَ الْقُلُوبِ صُرِفْ قُلُوبَنَا عَلَى
طَاعَتِكَ

“O Allah! The controller of the hearts, direct our hearts to Your
obedience”
(Sahih Muslim)

8TH RAMADAN

DATE: / /

AL-QUR'AN/HADITH

“Indeed, We have sent down to you the Book, [O Muḥammad], in truth. So worship Allāh, [being] sincere to Him in religion.”
Az Zumar [39:2]

INTENTION CHECKLIST

Renew your intentions

Make du'a for sincerity

Start everything with Bismillah

Be mindful of your actions

IBADAH CHECKLIST

TARAWIH

ADZKAR

TAHAJJUD

SADAQAH

AL-QUR'AN

.....

ALHAMDULILLAH FOR:

DU'A

اللَّهُمَّ رَحْمَتَكَ أَرْجُو فَلَا تَكْلِنِي إِلَى نَفْسِي طَرْفَةً عَيْنٍ، وَأَصْلِحْ لِي شَأْنِي كُلُّهُ لَا إِلَهَ إِلَّا أَنْتَ

“O Allah, I hope for Your mercy. Do not leave me to myself even for the blinking of an eye (i.e. a moment). Correct all of my affairs for me. There is none worthy of worship but You.

[Sunan Abi Dawood]

9TH RAMADAN

DATE: / /

AL-QUR'AN/HADITH

It was narrated from Abu Hurairah r.a that

The Messenger ﷺ said:

“Whoever seeks knowledge that should be sought for the sake of Allah Almighty, but only to gain some worldly benefit, then he will never smell the fragrance of Paradise on the Day of Resurrection.”

[Sunan Abi Dawud]

INTENTION CHECKLIST

Renew your intentions

Make du'a for sincerity

Start everything with Bismillah

Be mindful of your actions

IBADAH CHECKLIST

TARAWIH

ADZKAR

TAHAJJUD

SADAQAH

AL-QUR'AN

.....

ALHAMDULILLAH FOR:

DU'A

اللَّهُمَّ إِنِّي أَسْأَلُكَ الْجَنَّةَ، وَمَا قَرَبَ إِلَيْهَا مِنْ قَوْلٍ أَوْ عَمَلٍ،
وَأَعُوذُ بِكَ مِنَ النَّارِ وَمَا قَرَبَ إِلَيْهَا مِنْ قَوْلٍ أَوْ عَمَلٍ

“O Allah, I ask of You for Paradise and that which brings me closer to it of statements or actions. And I seek refuge with You from the Hellfire and that which takes me closer to it of statements or actions.”

[Ibn Majah]

10TH RAMADAN

DATE: / /

AL-QUR'AN/HADITH

“Say, [O Muḥammad], ”My Lord has ordered justice and that you direct yourselves [to the Qiblah] at every place [or time] of prostration, and invoke Him, sincere to Him in religion.” Just as He originated you, you will return [to life] –”

Surah Al-A'raf [7:29]

INTENTION CHECKLIST

Renew your intentions

Make du'a for sincerity

Start everything with
Bismillah

Be mindful of your actions

IBADAH CHECKLIST



TARAWIH



ADZKAR



TAHAJJUD



SADAQAH



AL-QUR'AN



.....

ALHAMDULILLAH FOR:

DU'A

اللَّهُمَّ إِنِّي أَسْأَلُكَ حُبَّكَ وَحُبَّ مَنْ يُحِبُّكَ وَالْعَمَلَ الَّذِي
يُبَلِّغُنِي حُبَّكَ اللَّهُمَّ اجْعَلْ حُبَّكَ أَحَبَّ إِلَيَّ مِنْ نَفْسِي وَأَهْلِي
وَمِنَ الْمَاءِ الْبَارِدِ

“O Allah, indeed, I ask You for Your love and the love of those who love You, and for the action that will cause me to attain Your love, O Allah, make Your love more beloved to me than myself, my family and cold water.”

[Jami' at-Tirmidhi]



NEXT 10 DAYS

HEALING



HEALING

Fasting during Ramadan is a powerful healing practice that goes beyond abstaining from food and drink. This sacred month allows us to detoxify our bodies, promoting increased energy, improved digestion, and overall well-being. On a spiritual level, fasting encourages self-reflection and awareness. It fosters discipline, helps us confront our habits and deepens our understanding of our faith.

Together, the physical and spiritual healing of Ramadan helps us emerge renewed, resilient, and with a clearer sense of purpose. Ultimately, fasting becomes a holistic journey that revitalizes both body and soul.

To achieve healing during Ramadan, consider incorporating the following practices into your daily routine:

- **Mindful Fasting:** Approach fasting with intention. Focus on the spiritual significance rather than just the physical aspect. Reflect on your motivations and seek to strengthen your connection with Allah.
- **Balanced Iftar:** Break your fast with nutritious foods that nourish the body. Include fruits, vegetables, whole grains, and lean proteins to restore energy and promote physical healing and stay hydrated by drinking plenty of water between iftar and suhoor.
- **Qur'an Recitation:** Spend time each day reading and reflecting on the Qur'an. Its verses provide comfort, guidance, and spiritual healing, helping you to connect with your faith on a deeper level.
- **Gratitude Practice:** Keep a gratitude journal to write down the blessings in your life. Focusing on gratitude can shift your perspective and foster emotional healing.
- **Acts of Kindness:** Engage in charitable acts and help those in need. Giving back fosters a sense of community and enhances your spiritual well-being.

11TH RAMADAN

DATE: / /

AL-QUR'AN/HADITH

Aisha r.a reported:

When the Messenger of Allah ﷺ would visit a sick person, he would say, “Take away the pain, O Lord of all people, and give healing for You are the Healer. There is no healing but Your healing, a healing that leaves no trace of illness.”

[Bukhari & Muslim]

HEALING CHECKLIST

Balanced iftar & stay hydrated

Help someone

Qur'an Reflection

Increase in sadaqah

IBADAH CHECKLIST

TARAWIH

ADZKAR

TAHAJJUD

SADAQAH

AL-QUR'AN

.....

ALHAMDULILLAH FOR:

اللّٰهُمَّ اجْعَلْ فِي قَلْبِي نُورًا وَفِي لِسَانِي نُورًا وَاجْعَلْ فِي سَمْعِي
نُورًا وَاجْعَلْ فِي بَصَرِي نُورًا وَاجْعَلْ مِنْ خَلْفِي نُورًا وَمِنْ أَمَامِي
نُورًا وَاجْعَلْ مِنْ فَوْقِي نُورًا وَمِنْ تَحْتِي نُورًا اللّٰهُمَّ أَعْطِنِي نُورًا

“O Allah, place light in my heart and light on my tongue. Place light in my hearing and light in my seeing. Place light behind me and light in front of me. Place light above me and light below me. O Allah, grant me light!”

[Sahih Al-Bukhari]

DU'A

12TH RAMADAN

DATE: / /

AL-QUR'AN/HADITH

Abu Huraira r.a reported:
The Prophet ﷺ said,
“Allah did not send down any disease but that
He also sent down the cure.”
[Sahih Al-Bukhari]

HEALING CHECKLIST

Balanced iftar & stay hydrated

Help someone

Qur'an Reflection

Increase in sadaqah

IBADAH CHECKLIST

TARAWIH

ADZKAR

TAHAJJUD

SADAQAH

AL-QUR'AN

.....

ALHAMDULILLAH FOR:

DU'A

رَبَّنَا ظَلَمْنَا أَنفُسَنَا وَإِن لَمْ تَغْفِرْ لَنَا وَتَرْحَمْنَا
لَنَكُونَنَّ مِنَ الْخَسِيرِينَ

“Our Lord, we have wronged ourselves, and if You do not forgive us and have mercy upon us, we will surely be among the losers.”

Surah Al-A'raf [7:23]

13TH RAMADAN

DATE: / /

AL-QUR'AN/HADITH

"And We send down of the Qur'an that which is healing and mercy for the believers, but it does not increase the wrongdoers except in loss."

Surah Al-Isra' [17:82]

HEALING CHECKLIST

Balanced iftar & stay hydrated

Help someone

Qur'an Reflection

Increase in sadaqah

IBADAH CHECKLIST

TARAWIH

ADZKAR

TAHAJJUD

SADAQAH

AL-QUR'AN

.....
.....

ALHAMDULILLAH FOR:

DU'A

رَبَّنَا إِنَّا مِنْ لَدُنْكَ رَحْمَةً وَهَيْئٌ لَنَا مِنْ أَمْرِنَا
رَشِّدًا

"Our Lord, grant us from Yourself mercy and prepare for us from our affair right guidance."

Surah Al-Kahf [18:10]

14TH RAMADAN

DATE: / /

AL-QUR'AN/HADITH

"O mankind, there has come to you instruction from your Lord and healing for what is in the breasts and guidance and mercy for the believers."

Surah Yunus [10:57]

HEALING CHECKLIST

Balanced iftar & stay hydrated

Help someone

Qur'an Reflection

Increase in sadaqah

IBADAH CHECKLIST

TARAWIH

ADZKAR

TAHAJJUD

SADAQAH

AL-QUR'AN

.....

ALHAMDULILLAH FOR:

DU'A

رَبِّ أَعُوذُ بِكَ مِنْ هَمَزَتِ الْشَّيْطِينَ
وَأَعُوذُ بِكَ رَبِّ أَنْ يَحْضُرُونِ

"My Lord, I seek refuge in You from the incitements of the devils, And I seek refuge in You, my Lord, lest they be present with me."

Al-Mu'minoon [23:97-98]

15TH RAMADAN

DATE: / /

AL-QUR'AN/HADITH

Anas ibn Malik r.a reported:
The Messenger of Allah ﷺ said, “Ask your Lord for forgiveness and wellness in the world and the Hereafter. If you are given forgiveness and wellness in the world and the Hereafter, you have succeeded.”

[Sunan Ibn Majah]

HEALING CHECKLIST

Balanced iftar & stay hydrated

Help someone

Qur'an Reflection

Increase in sadaqah

IBADAH CHECKLIST

TARAWIH

ADZKAR

TAHAJJUD

SADAQAH

AL-QUR'AN

.....

ALHAMDULILLAH FOR:

DU'A

رَبَّنَا عَلَيْكَ تَوَكَّلْنَا وَإِلَيْكَ أَنْبَنَا وَإِلَيْكَ الْمَصِيرُ

“Our Lord, upon You we have relied, and to You we have returned, and to You is the destination.”

Al Mumtanahah [60:4]

16TH RAMADAN

DATE: / /

AL-QUR'AN/HADITH

"Those who have believed and whose hearts are assured by the remembrance of Allāh. Unquestionably, by the remembrance of Allāh hearts are assured."

Surah Ar-Ra'd [13:28]

HEALING CHECKLIST

Balanced iftar & stay hydrated

Help someone

Qur'an Reflection

Increase in sadaqah

IBADAH CHECKLIST

TARAWIH

ADZKAR

TAHAJJUD

SADAQAH

AL-QUR'AN

.....

ALHAMDULILLAH FOR:

DU'A

رَبِّ أَجْعَلْنِي مُقِيمَ الصَّلَاةِ وَمِنْ ذُرِّيَّتِي
رَبَّنَا وَتَقَبَّلْ دُعَاءَ

"My Lord, make me an establisher of prayer, and [many] from my descendants. Our Lord, and accept my supplication."

Surah Ibrahim [14:40]

17TH RAMADAN

DATE: / /

AL-QUR'AN/HADITH

"And if Allāh should touch you with adversity, there is no remover of it except Him. And if He touches you with good - then He is over all things competent."

Surah Al-'An'am [6:17]

HEALING CHECKLIST

Balanced iftar & stay hydrated

Help someone

Qur'an Reflection

Increase in sadaqah

IBADAH CHECKLIST

TARAWIH

ADZKAR

TAHAJJUD

SADAQAH

AL-QUR'AN

.....
.....

ALHAMDULILLAH FOR:

اللَّهُمَّ أَخْسِنْ عَاقِبَتَنَا فِي الْأُمُورِ كُلَّهَا، وَأَجْرِنَا مِنْ
خَزْيِ الدُّنْيَا وَعَذَابِ الْآخِرَةِ

"O Allah, improve our end in all matters and protect us from the humiliation of this world and the punishment of the hereafter."

[Musnad Ahmad]

DU'A

18TH RAMADAN

DATE: / /

AL-QUR'AN/HADITH

Narrated by Anas r.a:

The Prophet (ﷺ) said, "My Lord says, 'If My slave comes nearer to me for a span, I go nearer to him for a cubit; and if he comes nearer to Me for a cubit, I go nearer to him for the span of outstretched arms; and if he comes to Me walking, I go to him running.' "

[Sahih Al-Bukhari]

HEALING CHECKLIST

Balanced iftar & stay hydrated

Help someone

Qur'an Reflection

Increase in sadaqah

IBADAH CHECKLIST

TARAWIH

ADZKAR

TAHAJJUD

SADAQAH

AL-QUR'AN

.....

ALHAMDULILLAH FOR:

DU'A

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحَزَنِ وَالْعَجْزِ وَالْكَسْلِ
وَالْبُخْلِ وَالْجُبْنِ وَضَلَّعِ الدَّيْنِ وَغَلَبةِ الرِّجَالِ

"O Allah, I seek refuge in You from anxiety and grief; from inability and laziness; from stinginess and cowardice; and from the burden of debt and oppression of men."

[Sahih Al-Bukhari]

19TH RAMADAN

DATE: / /

AL-QUR'AN/HADITH

“So remember Me; I will remember you. And be grateful to Me and do not deny Me.”

Surah Al-Baqarah [2:152]

HEALING CHECKLIST

Balanced iftar & stay hydrated

Help someone

Qur'an Reflection

Increase in sadaqah

IBADAH CHECKLIST

TARAWIH

ADZKAR

TAHAJJUD

SADAQAH

AL-QUR'AN

.....

ALHAMDULILLAH FOR:

DU'A

اللَّهُمَّ أَعِنِّي عَلَى ذِكْرِكَ، وَشُكْرِكَ، وَحُسْنِ عِبَادَتِكَ

“O Allah, help me to remember You, to give You thanks, and to perform Your worship in the best manner.”

[Abu Dawud]

20TH RAMADAN

DATE: / /

AL-QUR'AN/HADITH

“And when I am ill,
it is He who cures me.”
Surah Ash-Shu'ara [26:80]

HEALING CHECKLIST

Balanced iftar & stay hydrated

Qur'an Reflection

Help someone

Increase in sadaqah

IBADAH CHECKLIST

TARAWIH

TAHAJJUD

AL-QUR'AN

ADZKAR

SADAQAH

.....

ALHAMDULILLAH FOR:

DU'A

اللَّهُمَّ رَبَّ النَّاسِ ، اذْهِبْ الْبَأْسَ ، وَاشْفِ اَنْتَ
الشَّافِي لَا شِفَاءَ إِلَّا شِفَاؤُكَ ، شِفَاءٌ لَا يُغَارِرُ سَقَمًا

“O Allah, Lord of mankind, do away with my suffering. Heal (me) as You are the only Healer and there is no cure except that of Yours, it is that which leaves no ailment behind.”

[Sahih Al-Bukhari]

LAST 10 DAYS

PURIFICATION

PURIFICATION

Ramadan is a special time for purifying the heart and renewing our spiritual connection. Fasting and prayer create space for reflection, helping us release negative emotions like anger and resentment while nurturing qualities like compassion, forgiveness, and gratitude.

Through worship and reading the Quran, we deepen our faith and allow divine wisdom to guide us. Fasting teaches us humility and reminds us of our dependence on Allah's mercy.

By focusing on purifying our hearts during Ramadan, we gain clarity and purpose, making us better able to face life's challenges and spread kindness in our communities.

Some practical examples of how to purify your heart during Ramadan:

- **Increase Prayer and Worship:** Engage in additional prayers, such as Tarawih, and spend time in supplication (du'a) to strengthen your connection with Allah.
- **Practice Forgiveness:** Seek forgiveness from Allah for your past sins. And forgive others by letting go of grudges and past grievances. Reach out to those you may have conflicts with and seek reconciliation.
- **Limit Negative Influences:** Reduce exposure to negative media or harmful conversations that may clutter your heart and mind. Instead, surround yourself with positive influences.
- **Self-Reflection:** Set aside quiet time for self-reflection. Consider your thoughts, intentions, and behaviors, and identify areas for improvement.
- **Engage in Dhikr (Remembrance of Allah):** Regularly recite phrases of remembrance, such as "SubhanAllah" (Glory be to Allah) and "Alhamdulillah" (All praise is due to Allah). This practice helps center your thoughts and brings tranquility.

LAYLATUL QADR

Indeed, We revealed [the Qur'an] during the Night of Decree. And what can make you know what is the Night of Decree? The Night of Decree is better than a thousand months. The angels and the Spirit descend therein by permission of their Lord for every matter. Peace it is until the emergence of dawn. [97:1-5]

Prophet Muhammad ﷺ said, "Search for Laylatul-Qadr in the odd nights of the last ten nights of Ramadan." [Sahih Al-Bukhari]

Prophet Muhammad ﷺ said, "Whoever spends the nights of Ramadan in prayer out of faith and in the hope of reward, he will be forgiven his previous sins." [Sunan An-Nasa'i]

‘A’isha r.a narrates, "When the last ten nights began, Allah’s Messenger (peace be upon him) kept awake at night (for prayer and devotion), wakened his family, and prepared himself to observe salah (with more vigor)." [Sahih Muslim]

The Prophet Muhammad ﷺ used to practice i’tikaf for the entirety of the last ten days of Ramadan. [Sahih Muslim]

Anas ibn Malik r.a reported: "Ramadan approached, so the Messenger of Allah ﷺ said: 'This month has come to you, and in it there is a night that is better than a thousand months. Whoever is deprived of it is deprived of all goodness, and no one is deprived of its goodness except one who is truly deprived.'" [Ibn Majah]



SUPPLICATION FOR LÀYLATUL QÀDR

Aisha r.a reported: I said,
“O Messenger of Allah, if I know which night is the
Night of Decree, what should I say during it?”

The Messenger of Allah ﷺ said,
“Say: O Allah, you are pardoning and generous. You love
to forgive, so forgive me.”

اللَّهُمَّ إِنَّكَ عَفُوٌ كَرِيمٌ تُحِبُّ الْعَفْوَ
فَاعْفُ عَنِّي

[Sunan At-Tirmidhi]



21ST RAMADAN

DATE: / /

AL-QUR'AN/HADITH

Nu'man b. Bashir r.a reported:
The Messenger of Allah ﷺ said:
“Verily, in the body is a piece of flesh which, if sound, the entire body is sound, and if corrupt, the entire body is corrupt. Truly, it is the heart.”
[Sahih Al-Bukhari]

PURIFICATION CHECKLIST

Seek forgiveness and
forgive others

Increase in dhikr

Self Reflection

Limit negative influences
including social media

IBADAH CHECKLIST

TARAWIH

ADZKAR

TAHAJJUD

SADAQAH

AL-QUR'AN

.....
.....

ALHAMDULILLAH FOR:

DU'A

يَا مُقْلِبَ الْقُلُوبِ ثَبِّتْ قَلْبِي عَلَى دِينِكَ

“O Overturner of hearts, make my heart firm in Your deen.”

[Sunan At-Tirmidhi]

22ND RAMADAN

DATE: / /

AL-QUR'AN/HADITH

Abu Huraira r.a reported: A man came to the Messenger of Allah ﷺ and he complained about the hardness of his heart. The Prophet ﷺ said: "If you want to soften your heart, feed the poor and pat the head of the orphan."

[Musnad Ahmad]

PURIFICATION CHECKLIST

Seek forgiveness and forgive others

Increase in dhikr

Self Reflection

Limit negative influences including social media

IBADAH CHECKLIST

TARAWIH

ADZKAR

TAHAJJUD

SADAQAH

AL-QUR'AN

.....

ALHAMDULILLAH FOR:

DU'A

اللّٰهُمَّ إِنِّي أَسْأَلُكَ الْهُدَى وَالْتَّقْوَى وَالْعَفَافَ وَالْغِنَى

"O Allah! I beseech You for guidance, piety, chastity and contentment."

[Sahih Muslim]

23RD RAMADAN

DATE: / /

AL-QUR'AN/HADITH

Abdullah ibn Amr r.a reported:
The Messenger of Allah ﷺ said:
“No human being will enter Paradise if there is as much as the weight of a seed of arrogance in his heart.”
[Musnad Ahmad]

PURIFICATION CHECKLIST

Seek forgiveness and forgive others

Increase in dhikr

Self Reflection

Limit negative influences including social media

IBADAH CHECKLIST

TARAWIH

ADZKAR

TAHAJJUD

SADAQAH

AL-QUR'AN

.....

ALHAMDULILLAH FOR:

اللّٰهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ شَرِّ سَمْعٍ، وَمِنْ شَرِّ بَصَرٍ،
وَمِنْ شَرِّ لِسَانٍ، وَمِنْ شَرِّ قَلْبٍ، وَمِنْ شَرِّ مَنِيّ

“O Allah! I seek refuge in You from the evils of my hearing, the evils of my seeing, the evils of my tongue; the evils of my heart and the evils of passions.”

[Sunan Abi Dawud]

DU'A

24TH RAMADAN DATE: / /

AL-QUR'AN/HADITH

Abu Huraira r.a reported:
The Messenger of Allah, ﷺ said:
“Faith and envy are not combined within a
believing servant.”
[Sunan An-Nasa'i]

PURIFICATION CHECKLIST

Seek forgiveness and
forgive others

Increase in dhikr

Self Reflection

Limit negative influences
including social media

IBADAH CHECKLIST

TARAWIH

ADZKAR

TAHAJJUD

SADAQAH

AL-QUR'AN

.....
.....

ALHAMDULILLAH FOR:

DU'A

رَبَّنَا أَغْفِرْ لَنَا وَلَا خُوِّنَا أَلَّذِينَ سَبَقُونَا بِالْإِيمَانِ وَلَا تَجْعَلْ
فِي قُلُوبِنَا غَلَّا لَّلَّذِينَ ءَامَنُوا رَبَّنَا إِنَّكَ رَءُوفٌ رَّحِيمٌ

“Our Lord, forgive us and our brothers who preceded us in faith
and put not in our hearts [any] resentment toward those who
have believed. Our Lord, indeed You are Kind and Merciful.”

Surah Al-Hasyr [59:10]

25TH RAMADAN

DATE: / /

AL-QUR'AN/HADITH

Abu Huraira r.a reported:
The Messenger of Allah, ﷺ said:
“Beware of envy, for it devours good deeds just
as fire devours wood or grass.”
[Sunan Abi Dawud]

PURIFICATION CHECKLIST

Seek forgiveness and
forgive others

Increase in dhikr

Self Reflection

Limit negative influences
including social media

IBADAH CHECKLIST

TARAWIH

ADZKAR

TAHAJJUD

SADAQAH

AL-QUR'AN

.....

ALHAMDULILLAH FOR:

DU'A

لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ

“There is no deity except You; exalted are You.
Indeed, I have been of the wrongdoers.”

Surah Al-Anbiya' [21:87]

26TH RAMADAN DATE: / /

AL-QUR'AN/HADITH

Abu Huraira r.a reported:
The Messenger of Allah, ﷺ said:
“Verily Allah does not look to your faces and your wealth but He looks to your heart and to your deeds.”
[Sahih Muslim]

PURIFICATION CHECKLIST

Seek forgiveness and forgive others

Increase in dhikr

Self Reflection

Limit negative influences including social media

IBADAH CHECKLIST

TARAWIH

ADZKAR

TAHAJJUD

SADAQAH

AL-QUR'AN

.....

ALHAMDULILLAH FOR:

DU'A

رَبِّ هَبْ لِي حُكْمًا وَالْحِقْنِي بِالصَّلِحِينَ وَاجْعَلْ لِي
لِسَانَ صِدْقٍ فِي الْأَخْرِينَ وَاجْعَلْنِي مِنْ وَرَثَةِ جَنَّةِ النَّعِيمِ

“My Lord, grant me authority and join me with the righteous. And grant me a reputation of honor among later generations. And place me among the inheritors of the Garden of Pleasure.”

Ash-Shu'ara [26:83-85]

27TH RAMADAN

DATE: / /

AL-QUR'AN/HADITH

“He has certainly succeeded
who purifies himself.
And mentions the name of
his Lord and prays.”
Surah Al-A’la [87:14-15]

PURIFICATION CHECKLIST

Seek forgiveness and
forgive others

Increase in dhikr

Self Reflection

Limit negative influences
including social media

IBADAH CHECKLIST

TARAWIH

ADZKAR

TAHAJJUD

SADAQAH

AL-QUR'AN

.....
.....

ALHAMDULILLAH FOR:

DU'A

رَبَّنَا إِنَّا ءَامَنَّا فَاغْفِرْ لَنَا ذُنُوبَنَا وَقِنَا عَذَابَ
النَّارِ

“Our Lord, indeed we have believed, so forgive us our
sins and protect us from the punishment of the Fire,”
Ali-’Imran [3:16]

28TH RAMADAN

DATE: / /

AL-QUR'AN/HADITH

Al-Aghar al-Muzani r.a reported:
The Messenger of Allah ﷺ said:
“Verily, at times there is fog over my heart, so I seek the forgiveness of Allah one hundred times in a day.”
[Sahih Muslim]

PURIFICATION CHECKLIST

Seek forgiveness and forgive others

Increase in dhikr

Self Reflection

Limit negative influences including social media

IBADAH CHECKLIST

TARAWIH

ADZKAR

TAHAJJUD

SADAQAH

AL-QUR'AN

.....

ALHAMDULILLAH FOR:

DU'A

رَبَّنَا اغْفِرْ لَنَا ذُنُوبَنَا وَإِسْرَافَنَا فِي أَمْرِنَا وَثَبِّتْ
أَقْدَامَنَا وَانْصُرْنَا عَلَى الْقَوْمِ الْكُفَّارِينَ

“Our Lord, forgive us our sins and the excess [committed] in our affairs and plant firmly our feet and give us victory over the disbelieving people.”

Ali-'Imran [3:147]

29TH RAMADAN DATE: / /

AL-QUR'AN/HADITH

Fadalah ibn 'Ubayd r.a reported:
The Messenger of Allah ﷺ said:
“The one who wages jihad is he who strives
against his lower-self (his own desires).”
[Sunan At-Tirmidhi]

PURIFICATION CHECKLIST

Seek forgiveness and
forgive others

Increase in dhikr

Self Reflection

Limit negative influences
including social media

IBADAH CHECKLIST

TARAWIH

ADZKAR

TAHAJJUD

SADAQAH

AL-QUR'AN

.....

ALHAMDULILLAH FOR:

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ عِلْمٍ لَا يَنْفَعُ ، وَمِنْ قَلْبٍ لَا يَخْشُعُ
وَمِنْ نَفْسٍ لَا تَشْبَعُ ، وَمِنْ دَعْوَةٍ لَا يُسْتَجَابُ لَهَا

“O Allah, I seek Your protection from knowledge which does
not benefit, a heart which does not submit, a soul which is not
satisfied and a supplication which is not accepted.”

[Sahih Muslim]

DU'A

30TH RAMADAN

DATE: / /

AL-QUR'AN/HADITH

“But those who return to their Lord as believers with righteous deeds will be rewarded with the highest of ranks, Gardens of perpetual residence beneath which rivers flow, wherein they abide eternally. And that is the reward of one who purifies himself.”

Surah Taha [20:75-76]

PURIFICATION CHECKLIST

Seek forgiveness and forgive others

Increase in dhikr

Self Reflection

Limit negative influences including social media

IBADAH CHECKLIST

TARAWIH

ADZKAR

TAHAJJUD

SADAQAH

AL-QUR'AN

.....
.....

ALHAMDULILLAH FOR:

DU'A

اللَّهُمَّ آتِنِي تَقْوَاهَا، وَزَكِّهَا أَنْتَ خَيْرُ مَنْ زَكَاهَا، أَنْتَ وَلِيَهَا وَمَوْلَاهَا

“O Allah, grant my soul taqwā (piety) and purify it, for You are the Best of those who can purify it. You are its Protector and Master.”

[Sahih Muslim]



SUNNAH OF EID AL-FITR

SUNNAH OF EID

Eating before going out to pray:

One should not come out to the prayer-place on Eid al-Fitr before eating some dates, because of the hadith narrated by Al-Bukhari from Anas ibn Malik r.a who said: "The Messenger of Allah ﷺ would not go out in the morning of Eid al-Fitr until he had eaten some dates... and he would eat an odd number." [Al-Bukhari]

Takbir on the day of Eid:

Saying takbir when coming out of one's house to the prayer place and until the imam came out was something that was well known among the salaf (early generations). This has been narrated by a number of scholars such as Ibn Abi Shaybah. [Ibn Abi Shaybah]

Wearing one's best clothes for Eid:

Jabir r.a. said: "The Prophet ﷺ had a jubbah (cloak) that he would wear on Eid and on Fridays." [Ibn Khuzaymah]. Al-Bayhaqi reported that Ibn `Umar r.a. used to wear his best clothes on Eid, so men should wear the best clothes they have when they go out for Eid. [Al-Bayhaqi]

Congratulating one another:

Jubayr ibn Nufayr r.a said: "At the time of the Prophet ﷺ, when people met one another on the day of Eid, they would say, 'Taqabbal Allahu minnaa wa minka.' " [Ibn Hajar]

Going to Eid prayer:

Abdullah ibn Umar r.a narrated that the Prophet ﷺ used to offer the prayer of Eid-ul-Adha and Eid-ul-Fitr and then deliver the Khutba after the prayer. [Al-Bukhari]

Changing route on returning from prayer place:

Jabir ibn `Abdullah r.a reported that the Prophet ﷺ used to change his routes on the day of Eid. [Al-Bukhari]

Zakat Al-Fitr:

Ibn Umar r.a reported: The Messenger of Allah ﷺ made it an obligation upon people to pay charity at the end of Ramadan (zakat al-fitr), a portion of dates or barley upon every free person and servant, every male and female among the Muslims. [Al-Bukhari & Muslim]

REFLECTIONS



How was my Ramadan?

What to improve for next Ramadan?



رَبَّنَا تَقَبَّلْ مِنَّا
إِنَّكَ أَنْتَ أَلْسَمِيعُ الْعَلِيمُ

“OUR LORD, ACCEPT [THIS]
FROM US. YOU ARE THE ALL
HEARING, THE ALL KNOWING.”

AL-BAQARAH [2:127]