



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

1. We must wake up for suhoor as it is a sunnah of our Rasool ﷺ. He has informed us that the food of suhoor is full of barakah: "Eat suhoor, because in it lie great blessings." (Bukhari, Muslim)

We should arrange our time for suhoor in such a way that we are also able to perform at least 4 to 8 rak'āt of tahajjud together with du'ā for about 15 minutes or more. Rasoolullah ﷺ has said that the du'ā in the darkness of the night (after tahajjud) is readily accepted by Allah. (Tirmidhi)

2. The ideal way to perform tahajjud with suhoor is to wake up early and perform tahajjud and make du'ā before suhoor. Everyone in the house should wake up and engage in 'ibādah in the darkness and isolation of their own rooms. Shed tears and ask Allah ﷻ for your needs just as a small child cries and gets his needs fulfilled. Rasoolullah ﷺ has encouraged his followers to cry when making du'ā.

Crying and weeping attracts mercy. Just as a mother who, upon seeing her child crying for a sweet, will succumb at the sight of the child's crying and treat it with mercy, similarly when one sheds tears whilst beseeching his Lord, the Mercy of the Lord will enshroud him.

3. After tahajjud and suhoor, we must pray our Fajr Salāh with congregation. Ladies should also perform their obligatory Salāh.
4. After Fajr remain engaged in 'ibādah till 15-20 minutes after sunrise and perform 4 rak'āt ishrāq.
5. Before zawāl, perform Salātud-Duhā (chāsht). Rasoolullah ﷺ said, "There is charity

due upon you in lieu of every joint that exists in your body.

To say **sub'hānallah** is a form of charity, to say **alhamdulillah** is also a charity, to say **lā ilāha illallah** is also a charity, to command goodness and forbid evil is also a charity, and two rak'āt at the time of dhuhā (chāsht) is sufficient for all this charity (i.e. to compensate the favour of every joint that Allah ﷻ has given you)." (Muslim)

6. Perform Zuhr with congregation. If possible, engage in 'ibādah for a while and have a short rest with the intention of qayloolah — a Sunnah of our beloved Prophet ﷺ.
7. Perform 'Asr. The time between 'Asr and Maghrib is very valuable especially for du'ā. We must make the effort to perform our 'Asr with congregation and then remain in the masjid until Maghrib. Unfortunately Shaytān and nafs have deceived us so much that many of us cannot do without food in the masjid at the time of iftār. My friends, we should try to change our habits and keep the Ākhirah in our minds. Shaytān and nafs will take us home for some food, which should only take a few minutes, and will not let us come to the masjid until just before Maghrib. This is the best part of the day, which we do not value, only because of our desire for food.

Rasoolullah ﷺ said, "There are three groups of people whose du'ā is not rejected; the fasting person until he breaks the fast....." (Ahmad)

When Allah ﷻ has made a promise through His Prophet ﷺ, there is no doubt in the acceptance of these supplications. In spite of this, we find some people whose prayers are not answered. This does not mean that their prayers have been rejected. It is Allah's ﷻ favour upon us that should He find that



granting us what we ask from Him is in our interest, He grants, otherwise not.

Another point to remember is that there are certain conditions in the absence of which they may be rejected. Among these is halāl food and making du'ā with attention and concentration. If our hearts and minds are not in our du'ās, then they may not be answered.

My friends, we must make the habit of bringing a few dates with us at the time of 'Asr, and after 'Asr we must engage in dhikr, tilāwah, tasbeeh, etc. until just 15-20 minutes before Maghrib, when we should raise our hands in du'ā until Azān. In this way, everyone will be engrossed in their own 'ibādah and we will find that if some of the individuals are crying, others will also get the inclination to do the same. Therefore value this time between 'Asr and Maghrib and do not waste it in worrying about food. The saintly people are such that not even gold and silver will distract them from the Worship of Allah ﷻ let alone food. Their concentration in their du'ā is not affected even if heaps of treasure were to be placed before them, whereas, we would not be able to concentrate if only a small morsel was to be put in front of us. I would request my sisters not to spend the time between 'Asr and Maghrib in the kitchen.

8. After performing Maghrib, we should perform 6 rak'āt of awwābeen after the two rak'āt sunnah and two rak'āt nafl of Maghrib. However; those who do not feel inclined to do this, some 'ulamā have said that two rak'āt sunnah and two rak'āt nafl of Maghrib can also become part of the 6 rak'āt awwābeen. Hence, performing only two rak'āt after the sunnah and nafl of Maghrib will suffice.
9. After food prepare for 'Ishā Salāh and go to the masjid. Perform 'Ishā Salah and tarāweeh. The

sisters should note that 20 rak'āt tarāweeh is sunnah mu'akkadah for them too. They must perform tarāweeh after 'Ishā.

10. After taraweeh, go straight home. Do not loiter around outside the masjid wasting time. At home, remain in ibādah until you go to sleep. Sleep with the intention of waking up for tahajjud and suhoor.
11. Apart from the above, we know that in Ramadhān there are always various programmes taking place in the masājid led by our 'ulamā. These are for our own benefit. There are many of us who are very sinful and during this month our hearts are softened and more receptive; by listening to the wise words of our 'ulamā the chances of bringing good deeds into practice are greater. Although the month of Ramadhān is solely for ibādah, we should try and attend these programmes in the masājid because by listening to these discourses, inshā'allah, changes will come into our lives for the better. Our hearts are blackened by and full of sins and by listening to these discourses and sitting in the company of the 'ulamā and the pious, change will definitely occur in our hearts, inshā'allah.

NOTES:

- The household should sit together daily at a specified time and read from *Virtues of Ramadhān* compiled by Shaykhul Hadeeth Muhammad Zakariyyā ﷺ for at least 15 minutes. This will create a good atmosphere and environment in our homes and at the same time Ramadhān will pass joyfully with an abundance of barakah in the home, inshā'allah.
- Whilst in the masjid engage yourself in ibādah. Take great care not to get involved in any worldly talk. It is very upsetting and disheartening to see people wasting their time in futile talk in the masjid, even during

the month of Ramadhān. Try and restrain yourself and remain engaged in 'ibādah.

- Perform l'tikāf of the last ten days in the masjid. Sisters may perform l'tikāf in their homes. Rasoolullah ﷺ used to perform l'tikāf in the final ten days of Ramadhān. (*Bukhāri, Muslim*)
- Recite as much Qur'ān as possible during the month of Ramadhān
- Du'ā, istighfār and tawbah should be made in abundance throughout the blessed month.
- Intermingling with people should be decreased to a minimum.
- Everyone should try to take rest in order to conserve energy for the compulsory ibādah. There is no point in remaining in nafl 'ibādah and not getting rest, which will result in tiredness and laziness at the time of compulsory salāh, etc.

Allah's ﷻ Mercy is in abundance throughout the year, but especially during this month. We should yearn in our hearts for this Mercy because we need mercy, blessing and forgiveness from Allah ﷻ. We are sinful and in this month we want to win Allah's ﷻ Attention so that we can become His Beloved Slaves. If we are eager to perform good deeds then, inshā'allah this month will become a month of great blessing for us.

May Allah ﷻ accept our efforts and make every moment of this month a means of receiving His Mercy, Blessing and Forgiveness. May we all be granted a place in Jannah. Āmeen.

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