

## *Sisters Learning Program*

**Lecture #11:** Ramadaan

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In the name of Allah, Most Gracious, Most Merciful

### ❖ **Virtues of Ramadaan**

- **Hadith**
  - Prophet Muhammad (S.A.W) used to say, “O Allah, place barakaat in the month of Rajab and Sha’baan, and oh Allah extend our life so we can enjoy the numerous bounties that you have placed in the month of Ramadaan”.
- It is permissible for a human being to make dua in front of Allah to extend his/her life if that person is ready to fulfil the commands of Allah and to beautify his/her days and nights with acts of virtue.
- **Hadith**
  - Prophet Muhammad (S.A.W) said, “Oh Allah, as long as this life is good for me, in relation to my needs, Ya Allah, keep me alive, and when this dunya is no good for me in relation to my needs, oh Allah give me death.”
- Ramadaan is a month in which we will turn toward our Lord and our Master, a month in which we will:
  - Resort to Allah
  - Reconnect with Allah
  - Purify ourselves
  - Disconnect ourselves from dunya and connect with aakhirah
  - Draw ourselves closer to Allah
- Ramadaan is the month of closeness to Allah!

### ❖ **Taraweeh**

- There is an incorrect misconception that Taraweeh is only to be performed by men, but Taraweeh must be performed by *males and females*. Allah said we must perform sajdah to draw closer to Allah. The power of sajdah draws a person closer to their Lord.
- In the month of Ramadaan we are ordered to perform 20 extra sajdah everyday. Every time you place your forehead on the ground you are drawing yourself closer to Allah.
- It is important for the sisters to perform 20 rakaat Taraweeh at home or in the mosque to become closer to Allah as this is the objective of Ramadaan.

### ❖ Recitation of the Holy Quraan

- We must increase the recitation of the glorious Quraan in this blessed month.
- Ulamaa have said, that in reality this month is the month of the Quraan. The first primary duty of a human being in the month of Ramadan is to connect himself with The Holy Quraan.
- Recitation has power to remove internal impurity. After this a person will be entitled to the numerous bounties that Allah has placed in this beautiful month.

### ❖ Other recommendations/suggestions

- Increase nawaafil
- Increase activities of virtue
- Increase generosity
- Keep tongue moist with the thikr of Allah (S.W.T)
- Abstain from sin
- Sight, hearing, and voice should be used correctly
- Increase connection with Allah through duaa, particularly at the time of sehri (tahajjud) and iftaar.
- Try and prepare food 10 mins before sehri and iftaar, so that you can make duaa at these times.
- Ulamaa have said to divide the night into 6 portions, and that it is advisable in the last portion, to pray tahajjud make duaa and then make sehri.
- On the last day of Sha'baan, Prophet Muhammad (S.A.W) addressed the Sahaaba,

*“People, it comes over you now a great month, a most blessed month in which lies a night of great virtue of a thousand months (the night of power), it is a month in which Allah has made fasting compulsory during the day, and sunnah the taraweeh at night for males and females 20 rakaat. Whoever intends to draw closer to Allah by performing any virtuous deed, for such a person shall be the reward of one who performed a fard at any other time. And whoever performs a fard shall be blessed with a reward of 70 fara'id at any other time.*

- Therefore, the reward of your act will be multiplied by 70. From this we can also understand that if a person missed 1 compulsory salaah without making qadhaa, Allah will take 70 nawaafil from your account.
- This is the month of patience, and the Prophet (S.A.W) said that the reward of true patience is Jannah.
- It is the month of sympathy  $\implies$  keep attached with good akhlaaq.

- It is the month in which a true believer's rizk is increased. Try and feed other people. Provide a feast of iftaar or sehri to those in need. The Prophet (S.A.W) said four things to contribute to perform in great numbers:
  - o 2 to please Allah (S.W.T)
    - Recite the kalimah *laa illaaha*
    - Ask forgiveness from Allah in abundance
  - o And 2 that you cannot live without
    - Beg Allah to accept our duaa
    - Ask Allah for refuge from Jahannam

### ❖ Rewards for fasting

- Mentioned below are only a few of the many benefits & rewards....
- The smell of the mouth from a fasting person is greater to Allah than the smell of musk.
- The fish in the sea seek forgiveness for the fasting person until they break fast.
- Allah (S.W.T) prepares and decorates a special garden in Jannah everyday.
- Allah (S.W.T) chains up the evil-minded shayateen and throws them into the ocean. Therefore, we as humans have only our internal enemies to control.

### ❖ Suhoor/Sehri

- At times, people may miss sehri out of laziness. However, this is a very important time for reasons given below. The most ideal is to divide the night into 6 portions, and eat in the last portion, i.e. the portion closest to dawn.
- **Hadith**
  - o Prophet Muhammad (S.A.W) said, "Allah and the angels send mercy upon that person who eats sehri."
- There is a lot of blessing in eating sehri.
- Our Prophet (S.A.W) said eat sehri because:
  - o It is the Sunnah of our Prophet (S.A.W)
  - o It opposes the *ah lal kitaab* (people of the book, i.e. Jews & Christians)
  - o Provides strength for ibaadah
  - o Will give you the power to control anger (anger is ignited because of intense hunger)
  - o Duaas are accepted in this time, time of Tahajjud
  - o Engage in the remembrance (thikr) of Allah (S.W.T)

### ❖ Missing fasts

- Excuses must be valid and Islamic for a person to get a ruling to miss a fast.
- Hadith states that if a person breaks one fast in the month of Ramadaan, without any valid Islamic excuse, even if he/she fasts for his/her entire life they will not make up for the one fast missed during the month of the Ramadan.

### ❖ Laylatul Qadr – The Night of Power!

- There is a whole chapter dedicated to this night in the Holy Quraan.
- The Quraan was revealed to the Prophet (S.A.W) on this night.
- Whoever stands in prayer and ibaadah in the night of power with sincere faith and hope, all your previous sins will be forgiven insha-Allah.
- Our Prophet (S.A.W) said that if a person misses out on this opportunity, by not engaging themselves in the thikr or remembrance of Allah (S.W.T) during this night, then they has been deprived of a great blessing.

### ❖ Itikaaf

- Seclusion in the masjid during the last 10 days of Ramadaan.
- Itikaaf is highly recommended. If a person engages in itikaaf, it is like knocking on the door of a king.
- A person performing itikaaf is free from sins. And he is indeed given the same reward as those who do righteous deeds.
- The rewards....
  - o Prophet Muhammad (S.A.W) mentioned that whoever sets forward in the way and makes an effort on settling a necessary affair on behalf of a brother or sister, that service would be better then performing itikaaf for 10 years. If a person performs itikaaf for 1 day, Allah will open 3 trenches between him and the fire of hell and the width of each trench being the distance between heaven and earth.

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NB: Hadeeth mentioned are not quoted specifically word for word, but only mentioned briefly.