

# Gems of Knowledge

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## RAMADHAN

Ramadhan is the ninth month of the Islamic calendar and the month of fasting for Muslims. Fasting is one of the five pillars of Islam. Fasting in Ramadhan helps Muslim gain closeness to Allah. Allah mentions in the Qur'an "Oh people who believe! Fasting has been prescribed for you as it was prescribed to those before you, so that you may learn self-restraint"

It is in this month that Allah opens the doors of his mercy and forgiveness. Allah beckons us to turn to him so that he may forgive us all.

This month is extremely special and virtuous, every act of good is multiplied and rewarded ten fold. During this month Allah chains and imprisons the Shayateen, so they may not prevent us from being submissive to Allah, and we are able to remain engaged in the worship of Allah.

In Ramadhan, we offer a special evening prayers called taraweeh, The entire Quran is recited and completed in this prayer over the course of the month by many young Huffaz.

Abu Hurayrah said: Allah's Messenger (peace be upon him) said "He who prays during the night in Ramadan with faith and seeking his reward from Allah will have his past sins forgiven (Agreed Upon)"

Abu Dharr (may Allah be pleased with him) said: The Messenger of Allah (peace and blessings of Allah be upon him) said: "Whoever stands with the Imam until he finishes, it is equivalent to spending the whole night in prayer."



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# Purpose of Ramadhan

(1)

To develop and strengthen our self-control.

This is so that we can resist the urge to do bad deeds in and also, out of Ramadhan. Through fasting, we are stopping ourselves from eating. This is a natural desire. Everybody wants to eat. However, if we can stop ourselves from doing what we wish, then we can build self-restraint, which we can then apply to our every day lives to help improve ourselves by doing what is right and staying away from evil.

(2)

To become closer to Allah.

In Ramadhan, we should worship Allah more and therefore, gain his closeness. Praying and doing more ibadat will make it a reality in our hearts that Allah is all seeing and knows our every action. This consciousness, by the decree of Allah (SWT), will help us to become spiritually revitalised.

(3)

Charity is also a massive aspect of Ramadhan

We should learn to give, and not to take. We should make sure that we are more generous and charitable in the month Ramadhan, as to help our brothers and sisters across the world who are not as fortunate as us in terms of wealth. We should also learn to be appreciative of what Allah has given us.

Ibn Al-Jawzi writes:

The twelve months are like the children of Ya'qub (AS), and the month of Ramadan compared to the other months is like Yusuf (AS) compared to his brothers. Just as Yusuf (AS) was the most beloved child to Ya'qub (AS), so is Ramadan the most beloved month to Allah, the most high.

A good lesson for the ummah of Muhammad (SAW), is that Yusuf (AS) was forgiving and merciful to his brothers despite the way they treated him. Likewise, Ramadan is the month of compassion, blessings, bounties, good deeds, deliverance from the Hellfire, and forgiveness from Allah (SWT)

We also learn from the story of Yusuf (AS) that his brothers depended upon him to correct their mistakes and remove their errors after they had become companions of sins and faults. So he treated them well in their lodging, he fixed their situation, he fulfilled their hopes, and he fed them while they were hungry. Thus, we are able to fix the wrongs we may have done or the sins we may have committed, during the rest of the eleven months through the blessings and bounties of this noble month.

# Fasting in Ramadhan

*There are many benefits to fasting. The first and most important being, that it helps you to control your nafs (desire).*

*There is one particular story that stands out regarding the nafs and its unwillingness to submit. However, through the will and might of Allah, the nafs was forced to bow down and take Allah as his lord and deity.*

*Allah created 2 entities. The intellect and the nafs (ego).*

*"When Allah created the intellect, He said, "O intellect, come forward," and it came forward. (Then He said,) "O intellect, go back!" and it went back. (He then said,) "Who are you and who am I?," and it said, "You are Allah, the Lord of the universes."*

*He then called upon the nafs and asked it "Who are you and who am I?," the ego answered, "You are You, and I am myself." So Allah Almighty ordered for the ego to be put in fire for one thousand years. He then took the ego out and asked it the same question. The ego replied, "You are You and I am myself."*

*So he was ordered to be put into the cold hell for one thousand years, after which he was asked, "Who are you?" and it answered in the same way as before, "You are You and I am myself."*

*Then it was ordered to be put into the valley of hunger for one thousand years, after which he was again called and asked again this same question, and this time it replied, "You are my Lord, and I am your servant."*

*Therefore, from this we can learn that to make the nafs (desire) submit to us, we must starve it and only then can we suppress it and bend it to our will. In Ramadan the Shayateen are already chained, so if we can find a way to suppress our desires, then by the will of Allah, we will be able to do a lot of good deeds and rectify our ways.*

*This hadith is declared to be narrated by "Osman bin Hasen el-Havbevi" in his book called "Durrat al- Waizin"*

# Health benefits of Fasting

Fasting helps reduce waste from the body and can help your skin to clear up. This is because fasting allows the body to focus its power on regenerating

Fasting can help you lose weight and gain muscle because after a certain period of time, the body uses up all the energy from foods that have been eaten and start to take energy from the body.

Fasting may help to prevent diseases in the body as it improves the immune system as it allows the body to focus only on resting.

Fasting may be beneficial for the heart

Fasting is good for the brain as it boosts the production of a protein that is beneficial for the brain. So fasting makes you SMARTER!

Fasting can help you fight diseases that may harm the body

Fasting may extend your lifespan, helping you live longer. People who eat healthy and less, live longer!



# Charity in Ramadhan

Giving has always brought out the best in people. Recently, there has been a dramatic increase in the amount of charities in the UK and around the world, placing an emphasis on the need for generosity from the Muslim communities.

The holy month of Ramadan, when Muslims worldwide fast during daylight hours and abstain from other pleasures, is also the month where Muslims contribute to charity work and donations for the less fortunate.

There is a noticeable increase in charitable work during the month of Ramadhan. The aim is that the charitable work in Ramadhan, is also the same out of Ramadhan. That is also one of the main purposes of the blessed month. To encourage people to do good and continue to do good throughout the rest of the 11 months.

Once a companion of the Prophet Muhammad (S) called Saad had gone to the battle field outside Medina. On the way, Saad heard that his mother who had been sick had died. Saad who loved his mother very much came to the Prophet Muhammad (S) and said that he had wanted to give charity on his mother's behalf but it had not been possible for him.

Saad then enquired if he could give charity on her behalf now that she had passed. Prophet Muhammad (S) replied that indeed Saad could. Saad then asked, what was the best charity he could offer. Prophet Muhammad (S) said that on the route to the battle field he had seen that the soldiers were thirsty and they desperately needed water.

Prophet Muhammad (S) suggested that the best charity was to dig a well on the road so that caravans would benefit from the supply of water and it would also be a continuous form of charity for years to come. That was what Saad did.

# The Last 10 days of Ramadhan

So why are the last 10 days of Ramadhan important? The reason why the last 10 days of Ramadhan are extremely special is because during these 10 days is a night known as the night of Lalyatul Qadr (The Night of Power). This night is better than a 1000 months. In preparation for the grand finale, we should TRY our utmost to increase our acts of worship during the last 10 days, especially during the nights.



For those us who are old enough, we should try to perform I'tikaf in the Masjid . This practice causes you to leave everything else behind and focus only on pleasing Allah and rectifying oneself.. For those who are performing I'tikaf, it is preferred that they engage themselves in such acts of worship that please Allah, such as; praising Allah and his greatness; asking for his forgiveness; sending durood upon the holy Prophet (SAW); studying hadith and fiqh and generally, actions that will bring a believer closer to his lord.

# Eid-ul-Fitr

Eid al-Fitr, also known as just Eid, is a Muslim holiday which marks the end of Ramadan, the Islamic month of fasting. Celebrations continue for one, two or three days, and people wish each other Eid Mubarak (Blessed Eid) or Eid Said (Happy Eid). Celebrations vary by country but include gatherings to view the new moon, decorating homes inside and out, family visits, eating special sweet foods, neighbourhood fairs, visits to amusement parks, wearing new clothes and giving and receiving gifts.

## Sunnah of Eid:

- ♦ Awaken earlier than usual
- ♦ To brush the teeth with miswak
- ♦ To have a bath (Ghusl)
- ♦ To be well dressed in an Islamic manner
- ♦ To be dressed in ones best clothes
- ♦ To use Attar (perfume)
- ♦ To go to the place of salah early
- ♦ To frequently read the takbeers
- ♦ To walk to the place of eid salah



We should try to bring into practice the sunnah of the Prophet Muhammed (SAW), as he is the greatest of men to step on the face of this earth. Therefore, if we want to be successful in this life and in the hereafter, then we should follow in his footsteps.

This will also allow us to reap the most benefit from the blessed day of Eid.

# KIDZ KORNER

Write down 3 things you wish to do this Ramadhan...



## MY RAMADAN GOALS

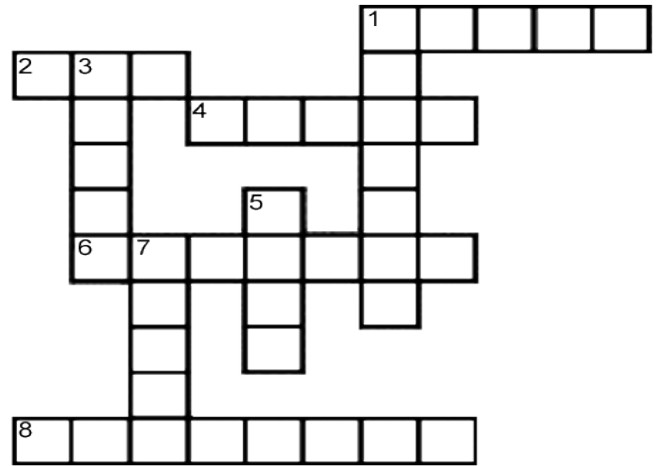


1.

2.

3.

## Ramadhan Crossword



### Across:

1. The five daily prayers
2. The festival that ends Ramadan
4. The most sacred book for Muslims
6. The month of fasting
8. The founder of Islam

### Down:

1. The month following Ramadan
3. The evening meal to break the fast
5. The first prayer of the day
7. The almighty

