

# Practical Tips for Ramadan



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## Contents

Al Fajr prayer	6
Invocations and Glorifications after Fajr Prayer	6
Going to Work	7
Dohr Prayer (Noon Prayer)	7
Asr Prayer (Afternoon)	8
Before Maghrib Prayer	8
Maghrib Prayer	9
Isha' Prayer (Night Prayer)	9
After Tarawih	10
Sleeping	10
Tahajjud (Late Night Prayer)	11
Sahour (Last Night Meal)	11
some things to bear in mind (Niyyah) and the proof of each Niyyah	12





## Al Fajr Prayer

-Repeating after Athan (Call for prayer), asking peace and blessings from Allah the Almighty to the Prophet, peace be upon him, then mentioning the supplication of "Al Waseelah" as the following: «Allahumma Rabba hathihi-d-da» watit-tammati was-salatil qa'imati, ati Muhammadan al-wasilata wal-fadilata, wab» athhu maqaman mahmudan-il-lathi wa» adtahu (O Allah! Lord of this perfect call (of not ascribing partners to You) and of the regular prayer which is going to be established! Kindly give Muhammad the right of intercession and superiority and send him (on the Day of Judgment) to the best and the highest place in Paradise which You promised him) . Narrated by Bukhari and Muslim.

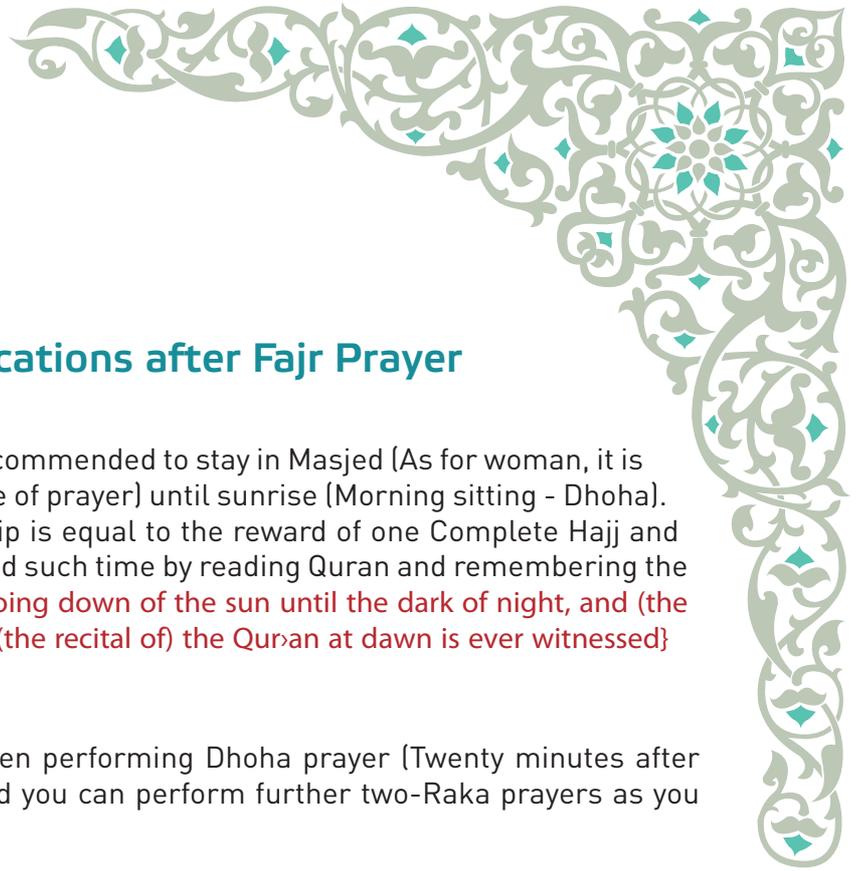
-The invocations between Athan and Iqama (Start of prayer) are highly recommended as Allah the Almighty will surely fulfill any invocations at this time. Similarly, the invocations of the faster will surely be fulfilled because the Prophet, peace be upon him, said: «Three types of invocations will surely be fulfilled by Allah the Almighty; the invocations of the faster until he breaks his fasting, the invocations of the just ruler, and the invocations of the wronged. The invocations of the later will be particularly raised by Allah the Almighty above clouds, the doors of the heavens will be opened to it and Allah the Almighty says «by my Power and Might, I will surely support you even if a period of time lapsed» . At-Termithi (3598), Ibn Majah (1752), Ahmad (2/445), Ibn Hibban (874), narrated by Abu Huraira, may Allah be pleased with him.

-Before performing the obligatory prayer of Fajr, it is highly recommended to perform the regular Sunnah prayer (Two Rak'as). The regular Sunnah prayers means the voluntary prayers recommended by the Prophet, peace be upon him, on daily basis, and the total of which is 12 Rak'as per day, apart from the obligatory prayers. Muslim narrated that Um Habiba, wife of the Prophet peace be upon him, said: «I heard the Prophet, peace be upon him, saying: «If the Muslim performs twelve regular Rak'as every day, other than the obligatory prayers, Allah the Almighty will build a home for him in Paradise» .

-It is highly recommended to perform Sunnah regular prayers at home.

-Performing the Fajr prayer in congregation (i.e. in Masjed). Muslim narrated (657) that Jundob Bin Abdullah, may Allah be pleased with him, stated that the Prophet, peace be upon him, said: «The Muslim who performs Fajr prayer will be under the divine protection of Allah; so, no one may hurt him wrongfully because Allah will take revenge from those who violate such protection and will throw them into hell» .





## Invocations and Glorifications after Fajr Prayer

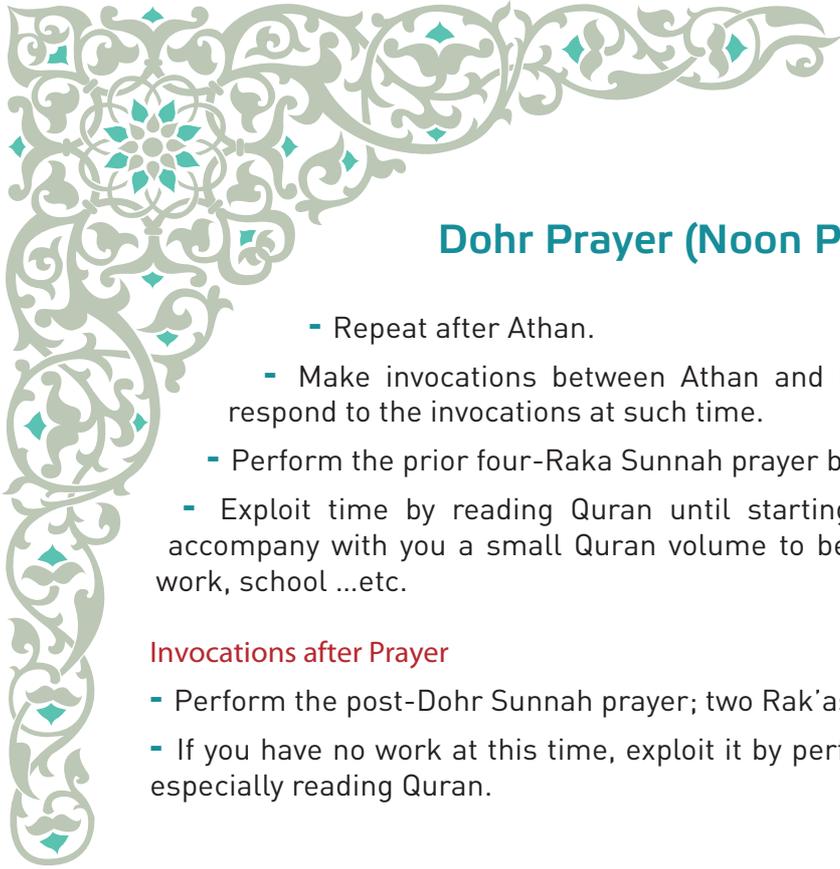
- After performing prayer, it is recommended to stay in Masjed (As for woman, it is recommended to stay in her place of prayer) until sunrise (Morning sitting - Dhoha). The reward of this kind of worship is equal to the reward of one Complete Hajj and Umra. It is recommended to spend such time by reading Quran and remembering the verse: {Establish worship at the going down of the sun until the dark of night, and (the recital of) the Quran at dawn. Lo! (the recital of) the Quran at dawn is ever witnessed} Al-Israa (78).
- Saying morning invocations then performing Dhoha prayer (Twenty minutes after sunrise), at least two Rak'as, and you can perform further two-Raka prayers as you like.



## Going to Work

- When you go to your work, you are deemed in worship status; therefore, ask reward from Allah the Almighty so that you will gain the high reward along the period of your work (You can exploit the time to reach work by asking Allah's forgiveness, making invocations or hearing Quran). Fear Allah, keep your tongue and limbs from doing forbidden things. If you have any spare time in your work, try to exploit it by reading Quran.





## Dohr Prayer (Noon Prayer)

- Repeat after Athan.
- Make invocations between Athan and Iqama because Allah will surely respond to the invocations at such time.
- Perform the prior four-Raka Sunnah prayer before Dohr obligatory prayer.
- Exploit time by reading Quran until starting prayer (It is recommended to accompany with you a small Quran volume to be with you in the place of prayer, work, school ...etc).

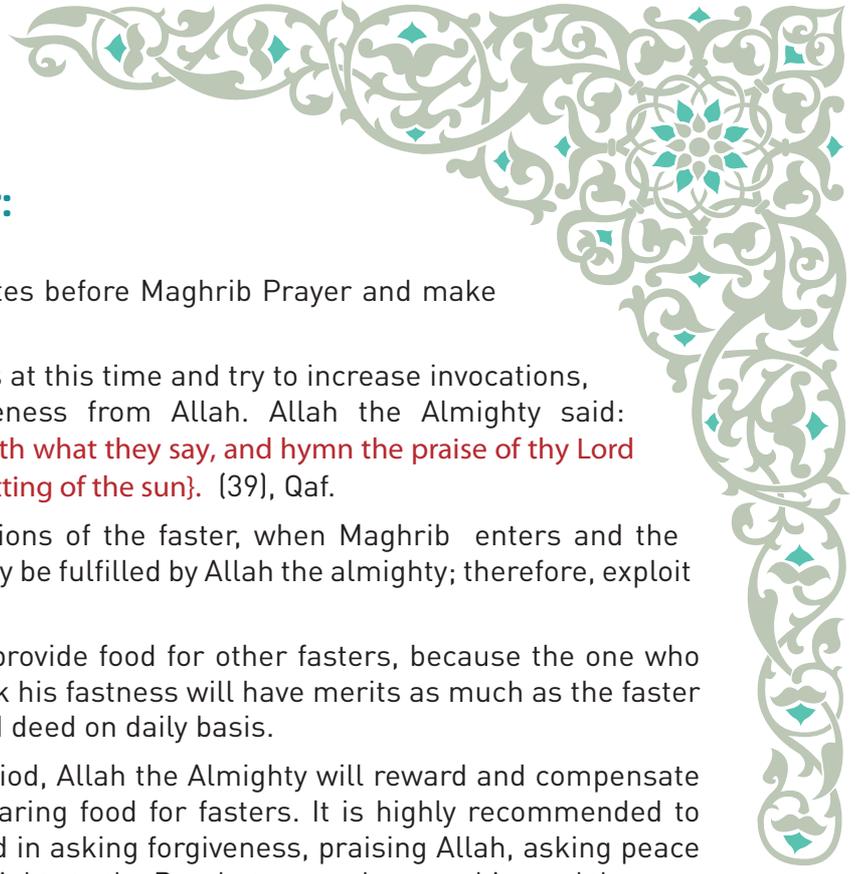
### Invocations after Prayer

- Perform the post-Dohr Sunnah prayer; two Rak'as.
- If you have no work at this time, exploit it by performing various kinds of worship, especially reading Quran.



## Asr Prayer (Afternoon)

- Repeating after Athan.
- Making invocations between Athan and Iqama.
- There is no Regular Sunnah prayer before or after Asr Prayer; however, the Prophet, peace be upon him, said: «**May Allah grant His mercy to whoever prays four Rak'as before Asr Obligatory Prayer**». We all wish to have the mercy of Allah the Almighty. Thereafter, read Quran until the start of Asr Prayer.
- After performing Asr Prayer, make the invocations, and if there is any preaching lesson after prayer in the Masjed, it is recommended to attend such lesson. The ever best worship in Ramadan is reading Quran, but if you can combine it with other types of worships, it will be good.
- After finishing hearing the lesson in the Masjed, try to read Quran. Abu Huraira, may Allah be pleased with him, narrated that the Prophet, peace be upon him, said: {The servant is constantly in prayer so long as he is in a place of worship waiting for the prayer (to be observed in congregation), and the angels invoke (blessings upon him in these words): O Allah ! pardon him. O Allah ! show mercy to him, (and they continue to do so) till he returns (from the mosque having completed the prayer) or his ablution breaks}. Narrated by Muslim.



## Before Maghrib Prayer:

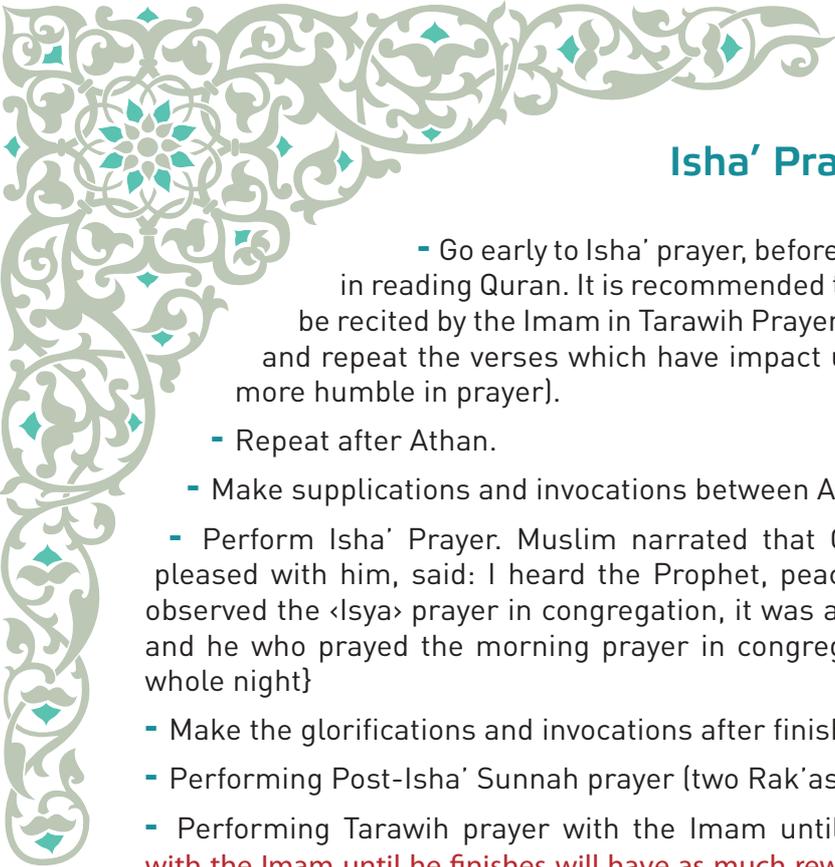
- Return back to home 15 minutes before Maghrib Prayer and make ablution (Wudou’).
- Make the afternoon invocations at this time and try to increase invocations, glorification and asking forgiveness from Allah. Allah the Almighty said: **{Therefore (O Muhammad) bear with what they say, and hymn the praise of thy Lord before the rising and before the setting of the sun}. [39], Qaf.**
- The invocations and supplications of the faster, when Maghrib enters and the faster break his fasting, will surely be fulfilled by Allah the almighty; therefore, exploit this precious time.
- Try before Maghrib Prayer to provide food for other fasters, because the one who provides food for a faster to break his fastness will have merits as much as the faster has; therefore, try to do this good deed on daily basis.
- As for women at afternoon period, Allah the Almighty will reward and compensate them for the time spent in preparing food for fasters. It is highly recommended to exploit the time of preparing food in asking forgiveness, praising Allah, asking peace and blessings from Allah the Almighty to the Prophet, peace be upon him and they can hear breaching cassettes or Quran.



## Maghrib Prayer

- Upon hearing Athan of Maghrib Prayer, it is highly recommended to break fasting immediately because the Prophet, peace be upon him, said: {The people will continue to prosper as long as they hasten the breaking of the fast (Fatour) and deferred the last-night meal (Sahour) – up to short period before dawn} and say {Thirst gone a way, the veins absorbed water and the reward is attained under the will of Allah} upon breaking his fasting.
- Following up Sunnah deeds upon breaking fasting by eating ripe dates, if any; otherwise, dried dates, if any; otherwise, water. Try to make the meal very light so that you can pray early as much as possible (And ask reward of Allah in eating and resting by remembering that you are taking food to be active in worshipping Allah).
- Repeat after Athan.
- Make invocations and supplications between Athan and Iqama.
- Perform the regular Sunnah prayer after Maghrib ; two Rak’as.





## Isha' Prayer (Night Prayer)

- Go early to Isha' prayer, before 20 minutes, and exploit such time in reading Quran. It is recommended to read the same verses which will be recited by the Imam in Tarawih Prayer (Night Prayers after Isha' Prayer) and repeat the verses which have impact upon you (This will help you to be more humble in prayer).
- Repeat after Athan.
- Make supplications and invocations between Athan and Iqama.
- Perform Isha' Prayer. Muslim narrated that Othman Bin Affan, may Allah be pleased with him, said: I heard the Prophet, peace be upon him, saying: {He who observed the <Isha> prayer in congregation, it was as if he prayed up to the midnight, and he who prayed the morning prayer in congregation, it was as if he prayed the whole night}
- Make the glorifications and invocations after finishing Isha' Prayer.
- Performing Post-Isha' Sunnah prayer (two Rak'as).
- Performing Tarawih prayer with the Imam until he finishes «**The one who prays with the Imam until he finishes will have as much reward as much the one who prayed the whole night**»; therefore, take care not to waste the reward of full-night-prayer by applying this Hadith.



## After Tarawih

- Go to home directly to continue eating your food and try to follow the prophetic deeds by eating small quantities of food, because the Prophet, peace be upon him, said: «**There is no harm as serious as filling stomach with food; it is enough to eat as little bites as enough to keep body active, and if it hard for you, then at least make one third for food, one third for drink and the last third for breathing well**» Narrated by Ahmad (4132), and corrected by Al-Albani in Sahih Aj-Jame' (5674).
- Spend the balance time in doing other types of good deeds, like visiting your relatives, reading interpretation of Quran, reading the prophetic biography, propagating the way of Islam, visiting sick people, helping the needy, attending preaching lessons ....
- Remember Allah and make invocations in all spare times, while going and coming from Masjid, going outside the home, returning back to it, and while wearing clothes, before sleeping ... etc. (Refer to Muslim Fortification "Hisn Al-Muslim").

## Sleeping

- Sleep at eleven o'clock, approximately, and bear in mind that you are sleeping to get energy for worship and, thereby, sleeping will be deemed a worship and Allah will reward you even while sleeping.



## Tahajjud (Late Night Prayer)

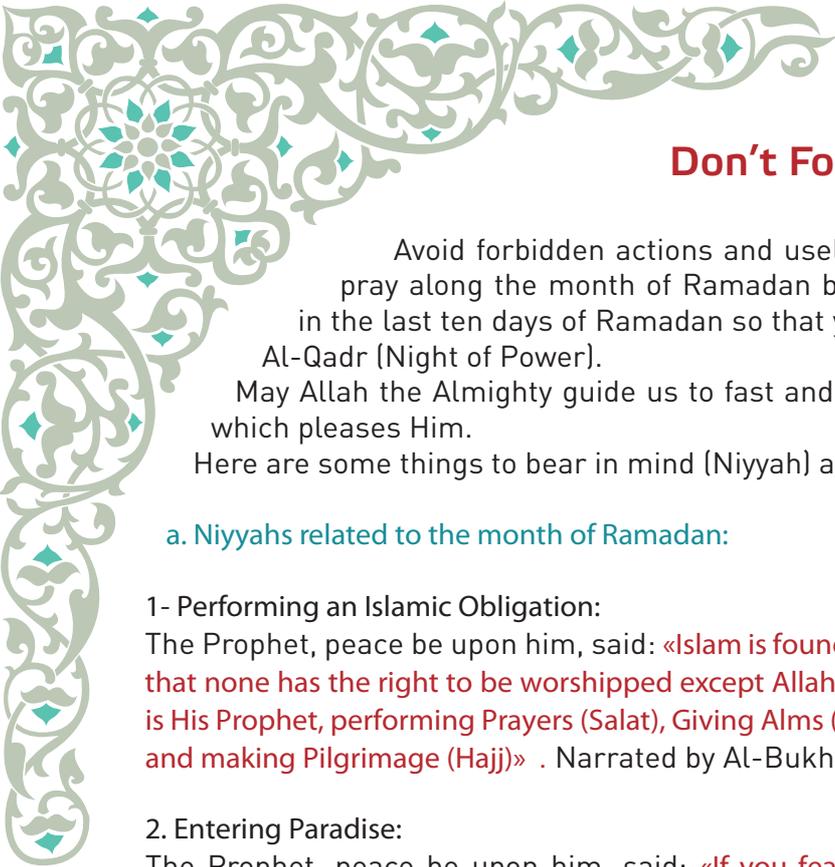
- Wake up in the last third of night and perform prayers. The invocations and supplications will definitely be responded by Allah and the good deeds will be accepted.



## Sahour (Last Night Meal)

- Ibn Abbas, may Allah be pleased with him, narrated that the Prophet, peace be upon him sent Abu Mousa and brigade to sea, when the brigade raised the sail in a dark night, a person cried saying: Shall I advise you about a promise made by Allah the Almighty? Abu Mousa said: Tell us. He said then: **Allah the Almighty promised the one who fasts and suffers thirst in a sunny day to quench his thirst at the Day of Thirst** i.e. the Day of Judgment. Other narration stated: **«Allah will reward the one who fasts in a hot day and suffers thirst by quenching his thirst at the Day of Judgment»** . Al-Munthiri said that this Hadith was narrated by Al-Bazzar by good series of narrators and Al-Albani said it is good in Sahih At-Targhib (10/412).





## Don't Forget

Avoid forbidden actions and useless things. Take care to fast and pray along the month of Ramadan by increasing worships, especially in the last ten days of Ramadan so that you can take the rewards of Lailat AL-Qadr (Night of Power).

May Allah the Almighty guide us to fast and pray in Ramadan on the manner which pleases Him.

Here are some things to bear in mind (Niyah) and the proof of each Niyah:

### a. Niyahs related to the month of Ramadan:

#### 1- Performing an Islamic Obligation:

The Prophet, peace be upon him, said: «Islam is founded on five pillars; bearing witness that none has the right to be worshipped except Allah the Almighty and that Muhammad is His Prophet, performing Prayers (Salat), Giving Alms (Zakat), Fasting Ramadan (Siam), and making Pilgrimage (Hajj)». Narrated by AL-Bukhari and Muslim.

#### 2. Entering Paradise:

The Prophet, peace be upon him, said: «If you fear Allah the Almighty, perform the five obligatory prayers, fast Ramadan, pay Zakat, and obey your rulers you will enter paradise». As-Silsila As-Sahihah.

#### 3. Remission of Sins:

The Prophet, peace be upon him, said: «If you fast Ramadan for the sake of Allah only and out of belief in Him, your previous sins will be remitted». Sahih Aj-Jame'.

#### 4. Release from Hell

The Prophet, peace be upon him, said: «At the end of each fasting day in Ramadan at each night, Allah the Almighty releases people from Hell». Corrected by AL-Albani, Sahih Ibn Majah.

### b. General Niyahs about Fasting (Including Ramadan):

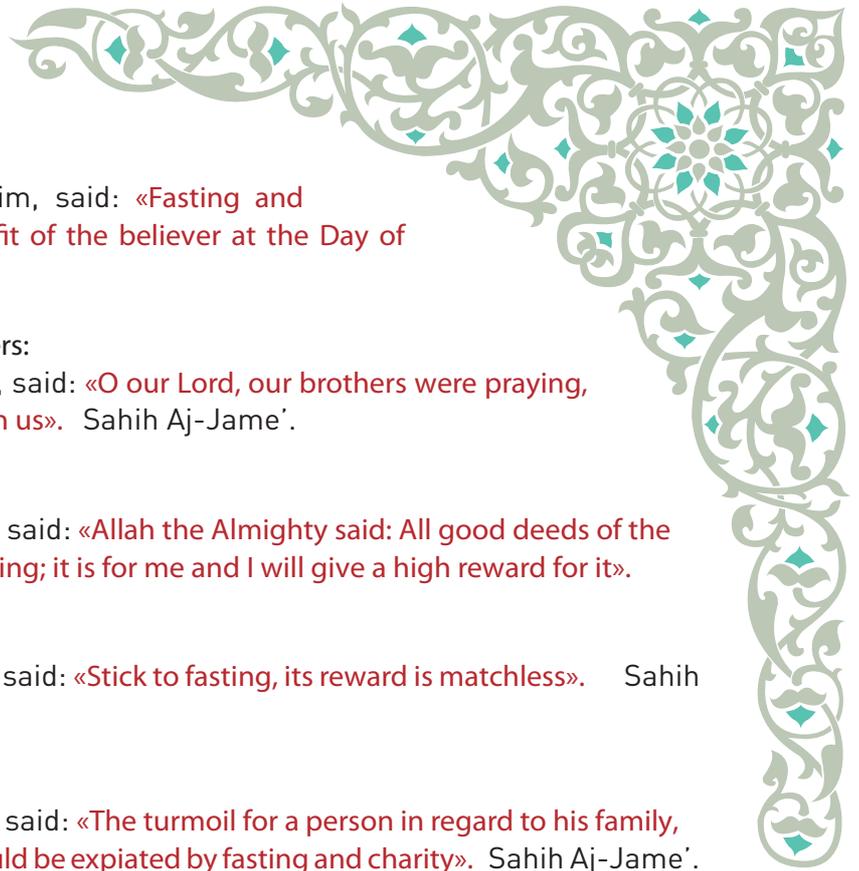
#### Niyah's Related to Hereafter

#### 1. Happiness at the Hereafter:

The Prophet, peace be upon him, said: «There are two pleasures for the fasting person, one at the time of breaking his fast, and the other at the time when he will meet his Lord». Sahih AL-Bukhari.

#### 2. Entering Paradise from Rayyan Gate:

The Prophet, peace be upon him, said: «There is a gate in Paradise called Ar-Rayyan, and those who observe fasts will enter through it on the Day of Resurrection and none except them will enter through it. It will be said, «Where are those who used to observe fasts?» They will get up, and none except them will enter through it. After their entry the gate will be closed and nobody will enter through it». Sahih AL-Bukhari.



### 3. Intercession of Fasting:

The Prophet, peace be upon him, said: «Fasting and Quran will intercede for the benefit of the believer at the Day of Judgment». Sahih Aj-Jame'.

### 4. Intercession of Righteous Believers:

The Prophet, peace be upon him, said: «O our Lord, our brothers were praying, fasting and making pilgrimage with us». Sahih Aj-Jame'.

### 5. Having Reward from Allah:

The Prophet, peace be upon him, said: «Allah the Almighty said: All good deeds of the believer are just for him except fasting; it is for me and I will give a high reward for it».

### 6. Matchless Deed:

The Prophet, peace be upon him, said: «Stick to fasting, its reward is matchless». Sahih At-Targhib Wa At-Tarhib.

### 7. Remission of Sins and Evil Deeds

The Prophet, peace be upon him, said: «The turmoil for a person in regard to his family, his property, and his neighbors would be expiated by fasting and charity». Sahih Aj-Jame'.

### 8. Distancing Face from Fire:

The Prophet, peace be upon him, said: «Every servant of Allah who observes fast for a day in the way of Allah, Allah would remove, because of this day, his face farther from the Fire (of Hell) to the extent of seventy years' distance». Sahih Muslim.

## Niyyahs Related to the Life

### 1. Fortification against Sins:

The Prophet, peace be upon him, said: «Fasting is a shield or protection from the fire and from committing sins. If one of you is fasting, he should avoid sexual relation with his wife and quarreling, and if somebody should fight or quarrel with him, he should say, I am fasting». Sahih Al-Bukhari.

### 2. Eternal Fasting Reward:

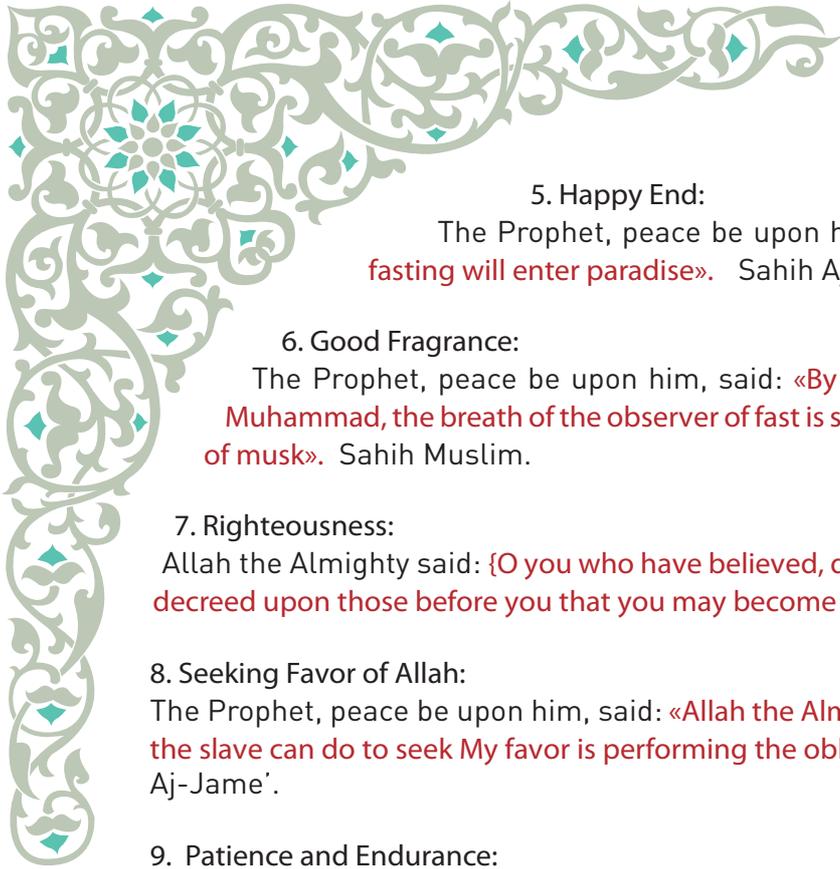
The Prophet, peace be upon him, said: «Fasting the month of patience (Ramadan) and three days of each month are like fasting forever – in reward». Sahih Aj-Jame'.

### 3. Fulfilling Supplications:

The Prophet, peace be upon him, said: «Allah the Almighty will surely fulfill three types of invocations; the invocations of the faster, the invocations of the wronged and the invocations of the traveller». Sahih Aj-Jame'.

### 4. Happiness in Life:

The Prophet, peace be upon him, said: «There are two pleasures for the fasting person, one at the time of breaking his fast, and the other at the time when he will meet his Lord». Sahih Al-Bukhari.



5. Happy End:

The Prophet, peace be upon him, said: «The one who dies while fasting will enter paradise». Sahih Aj-Jame'.

6. Good Fragrance:

The Prophet, peace be upon him, said: «By Allah in Whose Hand is the life of Muhammad, the breath of the observer of fast is sweeter to Allah than the fragrance of musk». Sahih Muslim.

7. Righteousness:

Allah the Almighty said: {O you who have believed, decreed upon you is fasting as it was decreed upon those before you that you may become righteous}

8. Seeking Favor of Allah:

The Prophet, peace be upon him, said: «Allah the Almighty said: The most winning deed the slave can do to seek My favor is performing the obligations I imposed on him». Sahih Aj-Jame'.

9. Patience and Endurance:

The Prophet, peace be upon him, said: «Fasting the month of patience (Ramadan) and three days of each month are like fasting forever – in reward». Sahih Aj-Jame'.

Ibn Al-Qayyem said: «Endurance has two types: Enduring worship and enduring desires».



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