



A GUIDE TO AN

Amazing

RAMADAN



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AN-NASEEHA
FOUNDATION

How To Build
A Connection With Allah
Through The Qur'an



AREAS TO FOCUS ON

1. RECITATION

Set yourself a daily goal of pages to recite with targets to meet by the end of the month.

2. MEMORISATION

Choose a chapter of the Qur'an you want to memorise (any chapter). This will help you to beautify your Salah through its recitation.

3. REFLECTION

Choose a set of verses to reflect on daily and ask yourself, "What is Allah teaching me here?"

4. LISTENING

Pick a reciter you love and play the Qur'an for a target amount of time daily on the phone or on the TV etc.

5. REMEDY

Recite the Qur'an on yourself or others daily with the intention of Ruqyah (Qur'anic healing).

6. CHALLENGE

To read the complete Qur'an cover to cover in English by the end of Ramadhan.

**GOALS: BUILDING A CONNECTION WITH ALLAH
THROUGH THE QUR'AN**

**1. My daily recitation goal is: (___) pages/
Ajzaa'. My Ramadan goal is to complete the
Qur'an (___) times.**

2. My memorisation goal is: Surah (___)

**3. My daily reflection goal is:
Read and reflect on (___) verses.**

4. My daily listening goal is: (___) hours.

**5. My daily remedy goal is: Read
Surah (___) with the intention of Ruqyah.**

**6. Challenge accepted! My daily goal is to
read one Juzz of the Qur'an a day in English.**

May Allah accept your efforts for His Sake.

Ameen.

TIPS FOR AN AMAZING RAMADAN

1. SMART AJAR

A. Keep a noble and pure intention. Filter out all other intentions that corrupt this (such as fasting to lose weight, or because everyone else is doing it).

B. Stack intentions: Add multiple intentions that are all for the sake of Allah. e.g. "I am fasting for Allah's sake and to inspire my children; to be called from the Gate of Ar-Rayyan; to purify myself of sins; to attain Taqwa (ability to refrain from desires/impulses for the sake of Allah); to be more charitable; to follow the Sunnah; to refine my character; to be saved from Hell..."

C) Make a list of your multiple intentions and place them somewhere so you can remind yourself and refresh your intentions daily.

2. ORGANISE YOUR TIME

A. Have a routine scheduled for yourself and/or your family.

B. Have 3 goals to achieve before Dhuhr prayer: this could include a Qur'an goal (e.g. read 4 pages of the Qur'an for my daily target after Fajr) or any other goal you have for Ramadan.

TIPS FOR AN AMAZING RAMADAN

3. RAMADAN IS A MARATHON, NOT A SPRINT

Be consistent and also realistic – many people make unrealistic goals that are harder to maintain over the 30 days. As a result, they will fall behind and miss out usually during the middle of the month.

The Prophet (peace and blessings be upon him) said,

“The most beloved deeds to Allah are those done constantly though they may be small.” (Bukhari)

4. ELIMINATE DISTRACTIONS

A) Gaming and social media takes up a very large portion of our time – consider going offline for the month of Ramadan.

B) Put the console away and make it difficult to see and to set up – that way it becomes a chore to set up and pack away. As they say, “out of sight, out of mind.”



TIPS FOR AN AMAZING RAMADAN

5. ALIGN YOUR DAILY QUR'AN GOALS WITH EACH PRAYER

Have a target of pages with each Salah as this allows your daily target to be more achievable. For example, read 4 pages after Fajr, Dhuhr, Asr, Maghrib and Isha'. The total time needed to do this would be a few minutes after each prayer and by the end of the day, you will have read 20 pages (1 Juz), and by the end of Ramadan, this will lead to a completion of one Qur'an.

6. MAKE SPECIAL DUA BEFORE IFTAAR

A) This is a special time as it is the peak of your hunger and thirst from spending the day fasting. It is a time where Du'as are more likely to be accepted.

B) Go to a place where you can't see the food or the clock; away from any distractions to focus on your Du'as to Allah.

C) Make a list of people by name to make Du'a for.

Do you make Du'a for your non-Muslim neighbours? One of your responsibilities is to give Da'wah to your neighbours, therefore making Du'a for them is a means of helping to fulfil that aim.

TIPS FOR AN AMAZING RAMADAN

7. HAVE A PLAN FOR LAYLATUL-QADR

A) Split your worship at night into three segments: praying Qiyam, reading Qur'an and making Dhikr/Du'as. Alternate between these three segments as a means of keeping yourself motivated and refreshed in your worship seeking this blessed night.

B) The best Du'a for this night (be sure to make this Du'a a lot) is:

اللَّهُمَّ إِنَّكَ عَفُوفٌ ، تُحِبُّ الْعَفْوَ فَاعْفُ عَنِّي

“Allahumma innaka ‘Afuwwun, tuhibbul-‘afwa, fa’fuw ‘annee”

Oh Allah, you are the Most Forgiving, and you Love to forgive.

So forgive me. (Tirmidhi)

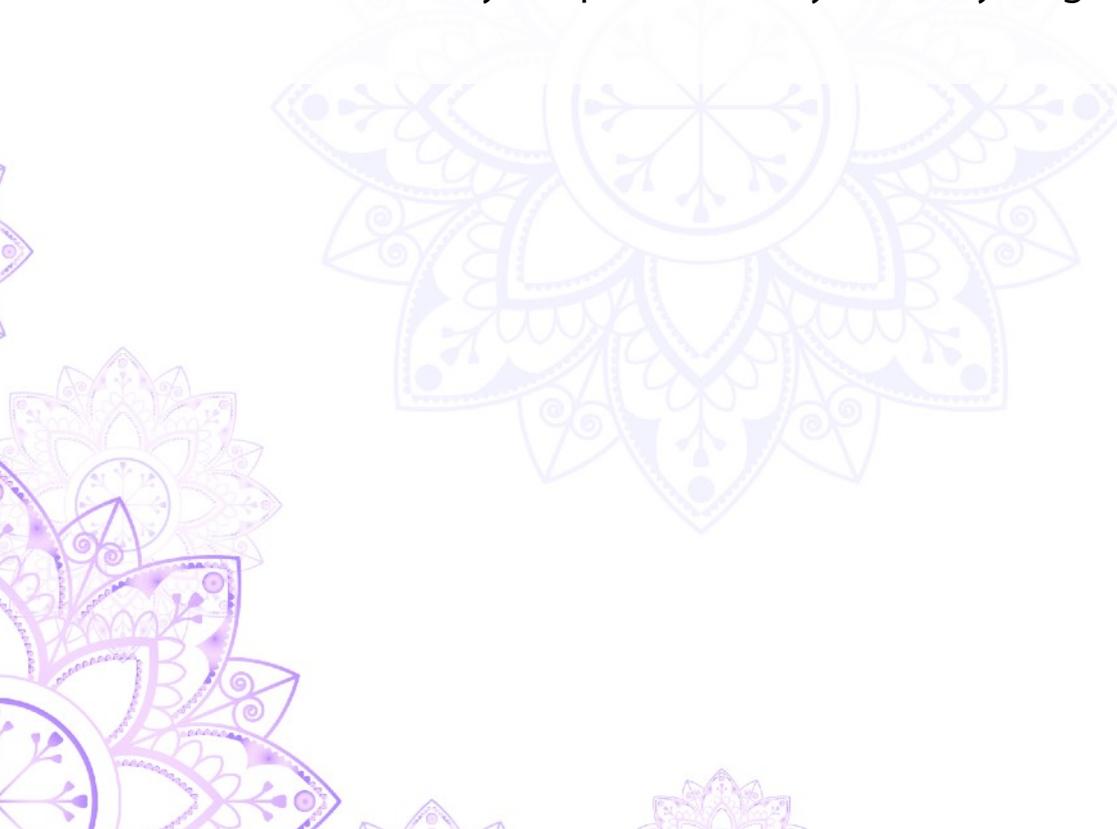
C) In your Du'as focus on the Hereafter first and then consider your worldly needs. Even then, your worldly needs should be connected to goodness for you in terms of your standing with Allah and your Hereafter.



TIPS FOR AN AMAZING RAMADAN

8. ADDITIONAL TIPS

- A) Keeping a Ramadan journal: noting down what you do on a daily, weekly and monthly basis and keeping it for the next Ramadan, aiming to better yourself next time, if Allah wills.
- B) Try to fill up your free time with Islamic reminders, especially during commutes, time preparing Iftaar, or other chores. Even if you are unable to listen to a whole lecture, catching moments or glimpses of the reminder will have benefit.
- C) Consider planning your meals: this will help you to save time and can also be used to formulate healthier eating options.
- D) Create alarm reminders: Add reminders using the alarm function on your phone with your daily targets and goals.





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