



**YOUR
GUIDE**



Ramadan
2022



شَهْرُ رَمَضَانَ الَّذِي أُنزِلَ فِيهِ الْقُرْآنُ هُدًى لِّلنَّاسِ
وَبَيِّنَاتٍ مِّنَ الْهُدَى وَالْفُرْقَانِ فَمَن شَهِدَ مِنْكُمُ
الشَّهْرَ فَلْيَصُمْهُ وَمَن كَانَ مَرِيضًا أَوْ عَلَى سَفَرٍ
فَعِدَّةٌ مِّنْ أَيَّامٍ أُخَرَ يُرِيدُ اللَّهُ بِكُمُ الْيُسْرَ وَلَا يُرِيدُ
بِكُمُ الْعُسْرَ وَلِتُكْمِلُوا الْعِدَّةَ وَلِتُكَبِّرُوا اللَّهَ عَلَى مَا
هَدَاكُمُ وَلَعَلَّكُمْ تَشْكُرُونَ

“During the month of Ramadan the Qur'an was sent down as a guidance to the people with clear signs of the true guidance and as the criterion between right and wrong. So those of you who live to see that month should fast it, and whoever is sick or on a journey should fast the same number of other days instead. Allah wants ease and not hardship for you so that you may complete the number of days required, magnify Allah for what He has guided you to, and give thanks to Him.”

[Quran, 2 :185]

This guide will help you maximize your good deeds and accomplish your goals during Ramadan. We have incorporated daily duas and ideas for good deeds for you to perform during the blessed month.

IT'S ALL ABOUT INTENTION

The Prophet (saw) said: "The actions are only valid by their intention and everyone will be rewarded according to his intention".

[Bukhari & Muslim]

Upon the appearance of the crescent moon (al-hilal) and the start of the month of Ramadan, let us recite this Dua:

الله أَكْبَرُ اللَّهُمَّ أَهْلَهُ عَلَيْنَا بِالْأَمْنِ وَالْإِيمَانِ وَالسَّلَامَةِ وَالْإِسْلَامِ،
وَالْتَّوْفِيقِ لِمَا تُحِبُّ رَبَّنَا وَتَرْضَى رَبَّنَا وَرَبُّكَ اللهُ

"Allaahu Akbar, Allaahumma ahillahu alayna bil amni wal eemaani, wassalaamati wal- Islaami, wattawfeeqi limaa tuhibbu Rabbanaa wa tardhaa, Rabbunaa wa Rabbukallaahu."

"Allah is the greatest! O Lord! Bring us with this new moon security and faith, salvation and Islam, as well as success in all that You love and accept. Our Lord and your Lord is Allah".

Thereafter, make a firm intention to fast during this blessed month:

اللهم إني نويت أن أصوم رمضان كاملاً لوجهك الكريم إيماناً
واحتراساً، اللهم تقبله مني واجعل ذنبي مغفوراً وصومي مقبولاً

"Allahumma ini nawaytoe an assouma Ramadan kamilan liwajhik alkarim imanan wahtissaban, allahumma taqabalhoe minnie waj'al dhanbi maghfiran wa sawmi maqboelan"

"O Allah I intend to fast the entire month of Ramadan for your holy face with faith and anticipation; O Allah accept it and let my sins be forgiven and my fast accepted."

DAY 1

Daily Quran Recitation:
S1, V1 - S2, V141

TADABUR

Tadabur: Reflection on the hadith of the Prophet (saw) on Ramadan: "Whoever would like his Rizq to be increased and his life to be extended, should uphold the ties of kinship." [Bukhari]



Want to know more about the subject? Click on the photo

GOOD DEED

Let's call our loved ones, especially those we haven't contacted for a while, to wish them a Ramadan Kareem.



DAY 2

Daily Quran Recitation:
S2, V142 - S2, V252

لَيْسَ الْبِرَّ أَنْ تُوَلُّوا وُجُوهَكُمْ قِبَلَ الْمَشْرِقِ وَالْمَغْرِبِ وَلَكِنَّ الْبِرَّ مَنْ آمَنَ بِاللَّهِ وَالْيَوْمِ
الْآخِرِ وَالْمَلَائِكَةِ وَالْكِتَابِ وَالنَّبِيِّينَ وَآتَى الْمَالَ عَلَى حُبِّهِ ذَوِي الْقُرْبَىٰ وَالْيَتَامَىٰ
وَالْمَسْكِينِ وَابْنَ السَّبِيلِ وَالسَّائِلِينَ وَفِي الرِّقَابِ وَأَقَامَ الصَّلَاةَ وَآتَى الزَّكَاةَ
وَالْمُوفُونَ بِعَهْدِهِمْ إِذَا عَاهَدُوا ۗ وَالصَّابِرِينَ فِي الْبَأْسَاءِ وَالضَّرَّاءِ وَحِينَ الْبَأْسِ أُولَئِكَ
الَّذِينَ صَدَقُوا ۗ وَأُولَئِكَ هُمُ الْمُتَّقُونَ

TADABUR

Reflection on the verse where Allah SWT describes to us what piety is. "Godliness does not consist in turning one's face towards the East or the West; piety is believing in God, in the Day of Judgment, in angels, in books and in prophets; piety is giving of one's goods – whatever attachment one has to them – to one's relatives, to orphans, to the poor, to travelers, to beggars; piety is also freeing captives, performing Salat (prayer), paying Zakat (alms); remain faithful to one's commitments, be patient in adversity, misfortune and difficulty. Such are the virtues that characterize pious and sincere believers! [Quran, 2:177]

GOOD DEED

Let's take advantage of the weekend to cook more and offer part of the meal to our neighbors. Abu Dharr (ra) reported: The Prophet (saw) said, "O Abu Dharr, when you cook a stew, put more water in the broth and take care your neighbors." [Bukhari]

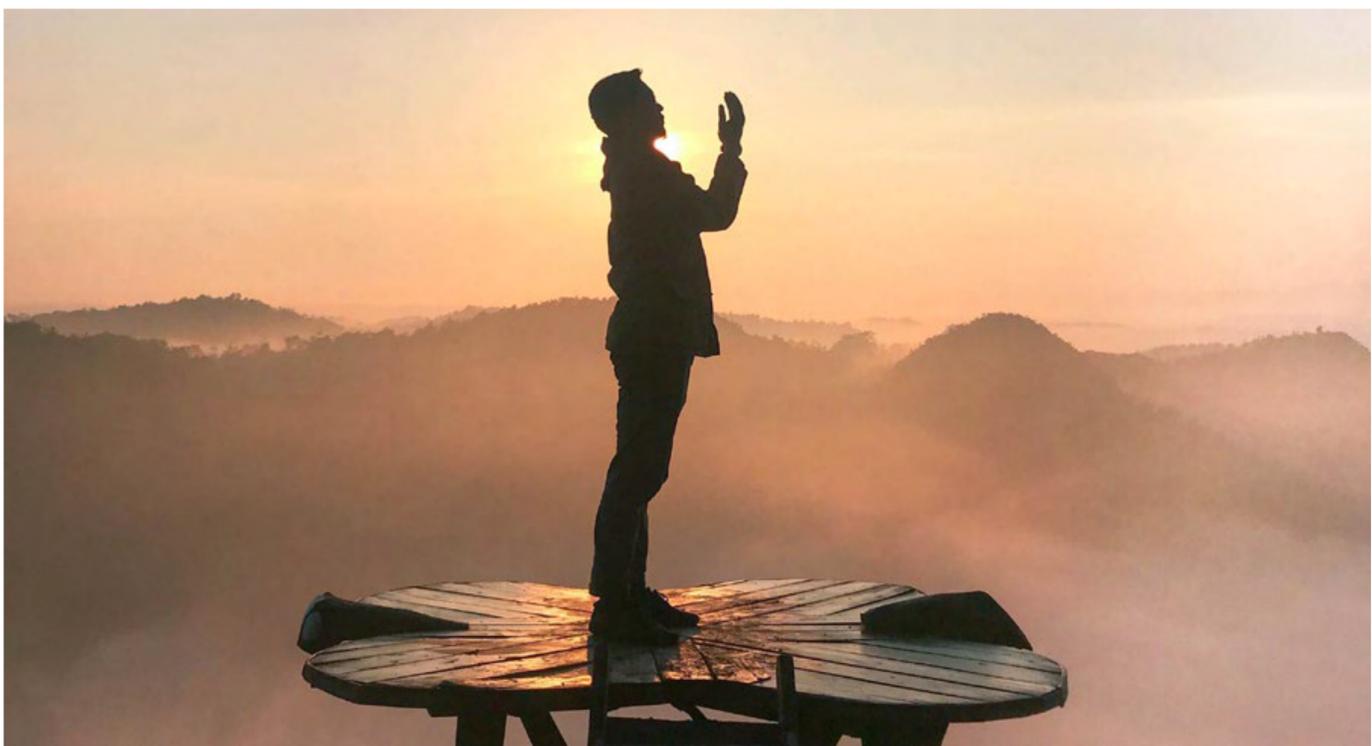


DAY 3

Daily Quran Recitation:
S2, V253 - S3, V92

TADABUR

Prayer is a privileged moment of direct communication with Allah SWT.



GOOD DEED

The Prophet (saw) said: "May Allah have mercy on a person who prays 4 units of prayer before Asr."
[Tirmidhi]



DAY 4

Daily Quran Recitation:
S3, V93 - S4, V23

وَسَارِعُوا إِلَىٰ مَغْفِرَةٍ مِّن رَّبِّكُمْ وَجَنَّةٍ عَرْضُهَا السَّمَاوَاتُ
وَالْأَرْضُ أُعِدَّتْ لِلْمُتَّقِينَ الَّذِينَ يُنْفِقُونَ فِي السَّرَّاءِ وَالضَّرَّاءِ
وَالْكُظُمِيقِينَ الْغَيْظِ وَالْعَافِينَ عَنِ النَّاسِ وَاللَّهُ يُحِبُّ الْمُحْسِنِينَ

TADABUR

Reflection on the term “righteousness” and the notion of urgency in the verse: “Be quick in the race for forgiveness from your Lord, and for a Garden whose width is that (of the whole) of the heavens and of the earth, prepared for the righteous,-Those who spend [for the sake of Allah], whether in prosperity, or in adversity; who restrain anger, and pardon people's wrongs;- for Allah loves those who do good” [Quran 3: 133-134]



GOOD DEED

Let's recite "Astaghfirullah wa atoebue ilayhi" 100 times (I ask Allah for forgiveness and repent to Him).



DAY 5

Daily Quran Recitation:
S4, V24 - S4, V147

TADABUR

وَأَعْبُدُوا اللَّهَ وَلَا تُشْرِكُوا بِهِ شَيْئًا ۚ وَبِالْوَالِدَيْنِ إِحْسَانًا

Reflection on the place of parents in the eyes of Allah SWT. "Worship Allah and associate no one with Him, and be kind to your parents" [Quran, 4:36]

"My Lord, have mercy on them, as they raised me when I was a child." [Quran 17:24]

GOOD DEED

Let's call our parents if they are still alive to ask them what they need and please them. If not, let's donate on their behalf and pray for Allah SWT to have mercy on them.



DAY 6

Daily Quran Recitation:
S4, V148 - S5, V81

TADABUR

Reflection on the hadith “Whoever guides to good will have a reward similar to the one who has done it” [Muslim]. Alone we go far, but together we are stronger and our actions are more impactful.



GOOD DEED

Let's share a fundraiser with our contacts to encourage them to donate.



DAY 7

Daily Quran Recitation:
S5, V82 - S6, V110

TADABUR

The Holy Quran is the last message left to us by Allah SWT. "Read the Quran, for he will come on the Day of Resurrection as an intercessor for his own".
[Muslim]



GOOD DEED

Read a Surah that connects with you personally.



DAY 8

Daily Quran Recitation:
S6, V111 - S7, V87

TADABUR

Reflection on the hadith "There are two blessings that many people do not appreciate at their fair value: health and free time" [Bukhari].



Want to know more about the subject?
Click on the photo

GOOD DEED

Let's take advantage of the weekend to pray 12 raka'ats of Sunnah: 2 before Fajr, 4 before Thuhr, 2 after Thuhr, 2 after Maghrib and 2 after Esha.

"The Prophet (saw) said: "No Muslim performs twelve units of optional prayers every day apart from the obligatory prayers without an abode being built for him in paradise."

[Muslim]



DAY 9

Daily Quran Recitation:
S7, V88 - S8, V40

TADABUR

Reflection on the benefits of fasting; According to a study, fasting has many benefits: improved metabolism, release of antioxidant molecules, reduction of blood pressure, cholesterol and blood lipid levels, increased feeling of well-being.



GOOD DEED

Donate a full Iftar meal to our Palestinian brothers and sisters in Jerusalem on muslimhands.org.za



DAY 10

Daily Quran Recitation:
S8, V41 - S9, V92



TADABUR

Reflection on the hadith "The deeds most loved by Allah are the most regular, even if they are small". [Bukhari]



Want to know more about the subject?
Click on the photo

GOOD DEED

Set up a regular small donation for a cause close to your hearts



DAY 11

Daily Quran Recitation:
S9, V93 - S11, V5

لَقَدْ جَاءَكُمْ رَسُولٌ مِّنْ أَنْفُسِكُمْ عَزِيزٌ عَلَيْهِ مَا عَنِتُّمْ حَرِيصٌ
عَلَيْكُمْ بِالْمُؤْمِنِينَ رَءُوفٌ رَّحِيمٌ

TADABUR

Reflection on the love that our beloved Prophet (saw) had for us "There has come to you a Messenger of Allah from among yourselves, who is distressed by the losses you sustain, who is ardently desirous of your welfare and is tender and merciful to those that believe." [Quran, 9:128]



GOOD DEED

Send salawat upon the Prophet (saw) at least 10 times by repeating "Allahumma Sali wa saliem wa bariek 'ala nabiyyina Muhammad".



DAY 12

Daily Quran Recitation:
S11, V6 - S12, V52

لَهُ مُعَقِّبَاتٌ مِّنْ بَيْنِ يَدَيْهِ وَمِنْ خَلْفِهِ يَحْفَظُونَهُ مِنْ أَمْرِ
اللَّهِ إِنَّ اللَّهَ لَا يُغَيِّرُ مَا بِقَوْمٍ حَتَّىٰ يُغَيِّرُوا مَا بِأَنْفُسِهِمْ ۗ وَإِذَا
أَرَادَ اللَّهُ بِقَوْمٍ سُوءًا فَلَا مَرَدَّ لَهُ ۗ وَمَا لَهُمْ مِّنْ دُونِهِ مِنْ وَّالٍ

TADABUR

Reflection on the verse "For each one there are successive angels before and behind, protecting them by Allah's command. Indeed, Allah would never change a people's state of favour until they change their own state of faith. And if it is Allah's Will to torment a people, it can never be averted, nor can they find a protector other than Him." (Quran 13:11)



GOOD DEED

Let us recite our Duas of protection in the morning and evening and start working on reforming ourselves from within and in our lives. Insha Allah if we each make this effort, Allah SWT will improve the state of the Ummah.



DAY 13

Daily Quran Recitation:
S12, V53 - S14, V52

هُومُعَقَّبَتٌ مِّنْ بَيْنِ يَدَيْهِ وَمِنْ خَلْفِهِ ۖ يَحْفَظُونَهُ مِنْ أَمْرِ
اللَّهِ ۗ

TADABUR

Reflection on the presence of angels that Allah (SWT) by his infinite mercy has placed around us in order to protect us " For each one there are successive angels before and behind, protecting them by Allah's command". [Quran, 13:11]

GOOD DEED

Let's learn the Dua of Protection (to repeat 3 times morning and evening):

بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ فِي الْأَرْضِ وَلَا فِي
السَّمَاءِ وَهُوَ السَّمِيعُ الْعَلِيمُ

"Bismillahil-ladhi la yadurru ma'as-mihi shai'un fil-ardi wa la fis-sama'i, wa Huwas-Sami'ul-'Alim".

The Prophet (saw) said: "Whoever repeats 'In the name of Allah, who when His Name is spoken of, nothing can harm on earth and in heaven, and he is the All-Hearing and the All-Knowing', no sudden hardship will affect him until morning. And whoever repeats it three times in the morning, no sudden hardship will affect him until evening." [Abu Dawud]



DAY 14

Daily Quran Recitation:
S15, V1 - S16, V128

TADABUR

Reflection on the Hadith “The example of the believers in their affection, mercy and compassion for one another is that of a body. When a limb aches, the whole body reacts with insomnia and fever” [Bukhari]. The suffering of the oppressed is our suffering too.

GOOD DEED

Donate to the Emergency Fund and help our brothers and sisters struck by tragedy and in need of our support.



Want to know more about the subject?
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DAY 15

Daily Quran Recitation:
S17, V1 - S18, V74

وَكَذَلِكَ جَعَلْنَاكُمْ أُمَّةً وَسَطًا

TADABUR

Reflection on the verse "And also We have made you a community of middle ground [...]". [Quran, 2:143] Where is the middle ground?



GOOD DEED

Let's analyze our behavior, are we in the middle ground? On the right path? Or do we sometimes go into extreme reactions? This assessment will allow us to target what efforts we must make to gain closeness to Allah SWT and be of more benefit to those around us.



DAY 16

Daily Quran Recitation:
S18, V75 - S20, V135



TADABUR

Reflection on the hadith "Smiling at one's brother is charity" [Tirmidhi]. We don't know how much good a simple smile can do.



GOOD DEED

Make an effort to smile at everyone you meet, even if they don't smile back, you will get the reward for the effort!



DAY 17

Daily Quran Recitation:
S21, V1 - S22, V78

فَإِنَّهَا لَا تَعْمَى الْأَبْصَارُ وَلَكِنْ تَعْمَى الْقُلُوبُ الَّتِي فِي الصُّدُورِ

TADABUR

Reflection on "Surely it is not the eyes that are blind, but blind are the hearts that are in the chests." [Quran 22: 46]

GOOD DEED

Let us learn this Dua and repeat it often so that Allah SWT protects our hearts from misguidance; 'Ya Muqallibal qulub, thabbit qalbi 'ala dinik.' (O You who turn hearts make my heart firm on Your religion).



DAY 18

Daily Quran Recitation:
S23, V1 - S25, V20

TADABUR

Reflection on the name of Allah SWT Al Shakur, the Grateful. This noun derives its root from the verb "to thank". Allah does not need us or our actions, yet He appreciates them and is grateful, what a beautiful message He gives us!



GOOD DEED

Let us learn this Dua and repeat it 3 times in the morning and evening "Ya Rabbi, Lakal hamdu kama yambaghi li jalali wajhika wa li 'athimi sultanika'. O Allah, All praise belongs to you, as befits the Glory of Your Countenance and the greatness of Your Might.



DAY 19

Daily Quran Recitation:
S25, V21 - S27, V55

TADABUR

Reflection on the hadith "“When a man dies, his acts come to an end, but three, recurring charity, or knowledge (by which people) benefit, or a pious son, who prays for him (for the deceased).” [Muslim].

**"Death is a garment
that everyone will wear".**

African proverb

GOOD DEED

As we approach the Best 10 Nights of Ramadan, setup a regular donation through our "The Best 10 nights" tool to ensure you reap the rewards of giving charity every night for the causes that are close to your hearts.



The 10 LAST NIGHTS

Ideas for actions to take during the last 10 nights

- ✦ Ask forgiveness from Allah
- ✦ Memorize a new Surah
- ✦ Have a spiritual retreat (i'tikaf)
- ✦ Increase Dhikr
- ✦ Give Sadaqah

According to Aisha (ra):

Aisha (ra) narrated: "With the start of the last ten days of Ramadan, the Prophet (saw) used to tighten his waist belt (i.e. work hard) and used to pray all the night, and used to keep his family awake for the prayers." [Bukhari]



Want to know more about the subject?
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DAY 20

Daily Quran Recitation:
S27, V56 - S29, V45

TADABUR

As we enter the last ten days, let us reflect on the I'tikaf practised by our beloved Prophet (saw). "He who observes the ten days of Itikaf during Ramadan will obtain the reward of two hajj and two Umrah." [Bukhari]



GOOD DEED

Isolate yourself at least 1 hour every night from everything to focus on your connection with Allah SWT through prayer, reading the Quran, making Thikr and Dua.



DAY 21

Daily Quran Recitation:
S29, V46 - S33, V30

TADABUR

Reflection on the mercy of Allah SWT through this hadith "if the Muslim commits a sin "The angel on the left holds up his pen (refrains from writing down) for six hours after a Muslim commits a sin. If the person regrets it and asks Allah for forgiveness, he casts it aside (does not write it down), otherwise he writes it down as one (bad deed)." (Tabarani)

GOOD DEED

Recite the best Dua for forgiveness before entering the last 10 days of Ramadan; "O Allah, You are my Lord; there is no god except You. You created me and I am Your servant. And I abide by Your oath and promise [that I may honour it] to the best of my ability. I seek refuge with You from every evil I have committed. I acknowledge Your favour upon me and I acknowledge my sin, so forgive me, for surely there is no one who can forgive sins except You."
[Bukhari]

"Allahumma anta Rabbi la ilaha illa anta,
Khalaqtani wa ana 'abduka, wa ana 'ala
'ahdika wa wa'dika mastata'tu, a'udhu bika
min sharri ma sana'tu, abu-u laka
bini'matika 'alaiyya, wa abu'u laka bidhanbi
faghfirli, fa-innahu la yaghfirudh-dhunuba
illa anta."



DAY 22

Daily Quran Recitation:
S33, V31 - S36, V27

TADABUR

Reflection on the dua from the Quran "Our Lord! Grant us the good of this world and the Hereafter and protect us from the torment of the Fire." [Quran, 2:201]. Allah SWT guides us to seek goodness from this world and the Hereafter, and we should strive to combine the two.



GOOD DEED

Let us learn this Dua and repeat it often "Rabbana atina fid dunya hasanatawa fil Aakhirati hasanatawaqina 'adhaban-nar



DAY 23

Daily Quran Recitation:
S1, V1 - S2, V141

TADABUR

Reflection on Zakat Al-Fitr and its importance; “The Prophet (saw) imposed alms for breaking the fast as purification for the fasting person from futile and coarse words and as food for the poor”. [Abu Dawud]. We are not perfect and have certainly made mistakes this month. Zakat Al-Fitr is a rahma (mercy) from Allah (SWT).

GOOD DEED

Let's pay Zakat Al-Fitr now so that we don't risk forgetting to give it before the Eid prayer!



Want to know more about the subject?
Click on the photo



DAY 24

Daily Quran Recitation:
S39, V32 - S41, V46

TADABUR

Reflection on the wisdom and mercy of Allah SWT for not revealing the exact date of the Night of Destiny. This is a chance for us to make constant effort, as the Night of Destiny could be on any of the last ten odd nights.



GOOD DEED

Let us learn and repeat this Dua as many times as possible during the Best Ten Nights: "Allahumma innaka 'afuwwun, tuhibbul-'afwa, fa'fu 'anni", O Allah You are Forgiving and You love forgiveness, so forgive me.



DAY 25

Daily Quran Recitation:
S41, V47 - S45, V37

TADABUR

Reflection on the hadith "The food of two people is enough for three people, and the food of three people is enough for four people". [Bukhari].



Want to know more about the subject?
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GOOD DEED

There's still time to feed people who will break their fast with your donation. The Prophet (saw) said: "Whoever feeds a fasting person who breaks his fast will have the same reward as him without this in any way diminishing the reward of the fasting person". [Tirmidhi]



DAY 26

Daily Quran Recitation:
S46 - S50

وَنَحْنُ أَقْرَبُ إِلَيْهِ مِنْ حَبْلِ الْوَرِيدِ

TADABUR

Reflection on the verse “...and We are nearer to him than his jugular vein”[Quran, 50:16]. There is nothing and no one between us and Allah (SWT), He knows better than us what is in our hearts, we can entrust everything to Him.



GOOD DEED

Let's take advantage of this extremely blessed night, possibly the Night of Destiny, to entrust everything we have in our hearts to Allah (SWT) in our own words and ask for His help.



DAY 27

Daily Quran Recitation:
S51 - S57

فَبِأَيِّ آلَاءِ رَبِّكُمَا تُكَذِّبَانِ

TADABUR

Reflection on the verse repeated throughout Surah Al-Rahman (The Most Merciful) "Which of the favors of your lord will you deny?" which reminds us of the abundance of blessings that Allah (SWT) has given us and the importance of being grateful for everything.



GOOD DEED

Let's practice gratitude through our dhikr and actions by remembering the promise of Allah (SWT)

رَبُّكُمْ لَئِنْ شَكَرْتُمْ لَأَزِيدَنَّكُمْ

"If you are grateful, I will increase My blessings for you". [Quran, 14:7]



DAY 28

Daily Quran Recitation:
S58 - S66

وَإِذَا سَأَلَكَ عِبَادِي عَنِّي فَإِنِّي قَرِيبٌ ۖ أُجِيبُ دَعْوَةَ الدَّاعِ
إِذَا دَعَانِ

TADABUR

Reflection on the verse: "When My servants ask you [O Prophet] about Me: I am truly near. I respond to one's prayer when they call upon Me. So let them respond with obedience to Me and believe in Me, perhaps they will be guided to the Right Way." [Quran 2: 186]. Let us turn to Allah (SWT) always for He is All-Hearing and All-Seeing.



GOOD DEED

Let's use this last odd night to turn to Allah (SWT) and make the following Dua: "Allahumma inni Ala Thikrika Wa Shukrika Wa Husni Ibadatik", O Allah help me to invoke You, to thank You and to adore You in the best way.



DAY 29

Daily Quran Recitation:
S67 - S77

TADABUR

Reflection on the hadith "“I and the person who looks after an orphan and provides for him, will be in Paradise like this” putting his index and middle fingers together. [Bukhari]

GOOD DEED

At the end of this blessed month, let us support an orphan to provide him with the education, food and care he needs.



Want to know more about the subject?
Click on the photo



DAY 30

Daily Quran Recitation:
S78 - S114

TADABUR

Reflection on our mission on Earth through Surah al 'Asr "By Time! Human beings are, of course, in perdition. Except those who believe, do good work, recommend good to each other, and recommend patience to each other." [Quran, 103]

GOOD DEED

Let's reflect on this month, what we did well, what we could have done better, what we are grateful for, and set our post-Ramadan goals to practice the good habits even after Ramadan.

We thank Allah SWT for allowing us to make the most of this wonderful month and hope to have obtained His happiness and His satisfaction. Eid Mubarak! May Allah grant you happiness and success in this world and the hereafter.



10 TIPS

To Keep The Good Habits Of Ramadan



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EID *Mubarak*

We thank Allah (swt)
for offering us to live this
wonderful month and hope
to have obtained His happiness
and His satisfaction

**“May Allah give you
happiness and success
in this world and in the hereafter.”**

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