The background is a light beige color with a subtle pattern. It is decorated with several hanging lanterns of different designs and colors (blue, orange, yellow) and numerous yellow stars of various sizes. A large, bright yellow crescent moon is positioned on the left side, partially overlapping the title text.

# MY *Ramadan* GUIDEBOOK

BY MASUD IBN MASUM

A MuslimVille Education Center Production  
[www.muslimville.com](http://www.muslimville.com)

# This guidebook belongs to

Name

Age

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Address

Phone

## Ramadan Checklist

This year, Ramadan is in

summer

winter

fall

spring

This year, Fasting is for

10-11 hours

13-14 hours

\_\_\_\_ hours

11-12 hours

15+ hours

Last Ramadan, I fasted \_\_\_\_ days

Inshallah, this Ramadan I will fast for \_\_\_\_ days



*Oh Allah  
please help me*



# The Virtue of Ramadan

*The Prophet Muhammad (S) said,*

**ALL YOU PEOPLE A GREAT AND BLESSED MONTH HAS ARRIVED FOR YOU.  
A MONTH WITH A NIGHT THAT IS BETTER THAN A THOUSAND MONTHS.**

**FASTING DURING THIS MONTH IS A DUTY,**

**AND EXTRA PRAYERS DURING ITS NIGHTS ARE VOLUNTARY.**

**ANYONE WHO COMES CLOSER TO ALLAH THROUGH A GOOD DEED  
DURING THIS MONTH IS AS IF THEY HAVE PERFORMED AN OBLIGATION  
DURING TIMES OTHER THAN RAMADAN.**

**THE ONE WHO FULFILLS AN OBLIGATION IN IT WILL BE LIKE ONE  
WHO FULFILLS SEVENTY OBLIGATIONS IN ANOTHER MONTH.**

**IT IS THE MONTH OF PATIENCE, AND THE REWARD OF PATIENCE IS PARADISE.**

**IT IS THE MONTH OF COMFORTING OTHERS (TO VISIT THE POOR,  
THE SICK AND THE NEEDY TO SHARE THEIR SORROWS).**

**IT IS THE MONTH WHERE THE FOOD, SUSTENANCE AND THE EARNINGS  
OF A BELIEVING MUSLIM INCREASES AND THEY ARE BLESSED.**

**ANYONE WHO INVITES OTHERS TO BREAK THEIR FAST AT DUSK  
WILL HAVE THEIR SINS FORGIVEN AND BE SAVED FROM HELL.**

**THEY WILL RECEIVE A REWARD EQUAL TO THE FASTING PERSON  
WITHOUT REDUCING THEIR OWN REWARD AT ALL.**

**ALLAH WILL REWARD YOU EVEN IF YOU HELP THE FASTING MUSLIM  
TO BREAK THEIR FAST WITH A DATE, A SIP OF WATER OR MILK**

**IT IS A MONTH WHOSE BEGINNING IS MERCY,  
ITS MIDDLE IS FORGIVENESS AND IT'S LAST PART IS FREEDOM FROM HELL.**

**ANYONE WHO HELPS FREE A SLAVE,**

**ALLAH WILL FORGIVE THEM AND FREE THEM FROM HELL.**

**ANYONE WHO GIVES WATER TO A MUSLIM AT THE TIME OF BREAKING FAST,**

**ALLAH WILL GIVE THEM WATER DURING THE DAY OF JUDGMENT  
FROM THE FOUNTAIN OF THE PROPHET MUHAMMAD (S),**

**WHICH WILL QUENCH THEIR THIRST UNTIL THEY ENTER PARADISE.**

Narrated by Salman al Farsi that the Messenger of Allah (S) delivered this Khutba on the last day of the month of Sha'ban.



Ramadan is a \_\_\_\_\_ month.

Ramadan is a month with a night that is better than a \_\_\_\_\_ months.

(bonus) What is the name of this special night? \_\_\_\_\_.

Ramadan is a month of \_\_\_\_\_ and the reward of \_\_\_\_\_ is in heaven.

\_\_\_\_\_ during Ramadan is a duty.

Ramadan is a month of visiting the \_\_\_\_\_, the \_\_\_\_\_, and the \_\_\_\_\_.

The beginning part of Ramadan is \_\_\_\_\_, the middle is \_\_\_\_\_,

and the last part is \_\_\_\_\_.



## How we fast

The fasting person will wake up from their sleep before a special set time. They will prepare their food and eat and drink until they feel full. This meal takes place before dawn in the very early hours of the morning when it is still dark outside. It is called **SUHUR**.

The fasting person will stop eating or drinking when the call of Fajr salah comes on. They will then continue to not eat or drink for the whole day. They will also stay away from bad things like lying, saying bad things, and wasting time -- spending their day doing good things and saying good things.

When the sun sets and it starts to get dark outside, it is time to break the fast. The fasting person will prepare their meal, breaking their fast with something light to eat. The meal when breaking ones fast is called **IFTAR**. Some people pray their maghrib salah, and then sit down to eat their hearty meal. They can eat and drink as much as they want until the cycle repeats itself at pre-dawn the next day.

It is important to eat a healthy and hearty suhur and Iftar so that we have energy throughout the day, as well as drink plenty of water to keep hydrated.

## Ramadan Teaches Us

### 1 SELF-DISCIPLINE

We become the master of our desires for the sake of Allah. We feel hunger and wish to eat, but we control ourselves. We feel thirst and wish to drink, but we control ourselves. This is also true of other desires as well. And so we learn good patience, we feel calm inside, we feel good inside, we feel clean inside.

### 2 AWARENESS OF ALLAH

When we are fasting, we continuously remember Allah SWT. We become careful about our manners and our conduct. We try to be good.

### 3 GOOD BEHAVIOUR

Ramadan is a great teacher, it teaches us to behave well, to be patient and considerate, to sacrifice willingly, and to be good and helpful towards others. We do all this for the sake of Allah. Ramadan is not just to make you feel hungry and thirsty. During this month, we control our temper, we learn to be kind and helpful, we learn to have humility. During Ramadan we learn to be better Muslims. We learn to follow in the footsteps of our Prophet Mohammad (S).

# Ramadan Vocabulary

|                                      |   |
|--------------------------------------|---|
| <b>AYAT</b>                          | Verse of the Quran  |
| <b>DUA</b>                           | Dua Supplication  |
| <b>EID-UL-ADHA</b>                   | One of the two major Islamic celebrations. This is in reference to Prophet Ibrahim's (AS) intention to sacrifice his son Ismail (AS). |
| <b>EID-UL-FITR</b>                   | Celebration of fast breaking at the end of Ramadan. One of the two major Islamic celebrations.  |
| <b>FAJR PRAYER</b>                   | Dawn Prayer, one of the five daily prayer.  |
| <b>HADITH</b>                        | Saying of the Prophet Muhammad (S)  |
| <b>HAFIZ</b>                         | Someone who memorizes the whole of the Quran.   |
| <b>IFTAR</b>                         | Breaking of fast.   |
| <b>IMAM</b>                          | Leader of congregation/ Islamic community.  |
| <b>ISHA PRAYER</b>                   | Night Prayer, last of the five daily Prayers.   |
| <b>KHUTBA</b>                        | Islamic lecture.  |
| <b>LAILATUL QADR</b>                 | Night of power: a special night to be sought during last ten days of Ramadan.   |
| <b>MAGHRIB PRAYER</b>                | Sunset Prayer, one of the five daily prayers.   |
| <b>MASJID</b>                        | Also known as mosque, a place where people pray.  |
| <b>MUSLIM</b>                        | A person who follows Islam.   |
| <b>QURAN</b>                         | The final book of revelation from Allah sent down to Prophet Muhammad (S).  |
| <b>RAMADAN</b>                       | The 9th month of the Islamic calendar in which Muslims fast.  |
| <b>SALILLAHU ALAIHI WASSALAM (S)</b> | Peace be upon him (pbuh). The prayer to say when anyone says or hears the name of the Prophet Muhammad (S).                           |
| <b>SADAQATUL FITR</b>                | Charity of Fast Breaking.   |
| <b>SAWM</b>                          | The act of Fasting.   |
| <b>SHABAN</b>                        | The month before Ramadan in the Islamic Calendar  |
| <b>SUNNAH</b>                        | The practices of the Prophet Muhammad (S) as we found in his sayings and actions.   |
| <b>SUHUR</b>                         | The meal we eat before dawn as a preparation of Fasting.  |
| <b>SURAH</b>                         | A Quranic chapter.  |
| <b>TAKBEER</b>                       | Glorification of Allah.   |
| <b>TAQWA</b>                         | The awareness of Allah.   |
| <b>TARAWEEH PRAYER</b>               | The special prayer performed after Isha during the month of Ramadan.  |
| <b>UMMAH</b>                         | Worldwide Muslim Community  |
| <b>WUDU</b>                          | Ablution, washing oneself as prescribed before prayer   |
| <b>DHIKR</b>                         | Remembrance of Allah  |



## Iftar: The Best Time

When the sun sets completely at the end of the day, then the period of fasting is over. The fasting person breaks their fast by eating a meal called Iftar. They then pray the Maghrib Salat.

Before eating they say the following Du'a: "**Allahuma laka saumtu wa 'ala rizqika aftartu.**" Which means, "O Allah I have fasted for You and with what You have provided me I break my fast."

The best things to break the fast with, according to a Hadith of the Prophet Muhammad (S) are dates, milk, or water. These foods are easy on the stomach which has been empty all day. The Prophet (S) said, "**People will be on the right path as long as they hasten the Iftar. Allah, the Almighty grants the prayer of the fasting person made just before the Iftar time.**"

### TIPS FOR WHEN YOU ARE BREAKING YOUR FAST:

- 1 Be polite at the time of Iftar.
- 2 Be at the dining table before the Iftar time so that you can say your Duas and recite from the Qur'an.
- 3 Listen to the recitation of the Qur'an.
- 4 Just before iftar time, make dua for yourself, your parents, your family, the sick, and all the Muslims of the World.
- 5 Start eating the Iftar, when it is the time, with Islamic manners.



## Ramadan Projects

Fasting means no drinking, no eating, and being away from desires— Yes, it's not an easy job! Sometimes you feel like there's nothing to do. Why not start doing some projects in the month of Ramadan? You can do it alone or in groups with your siblings or other Muslim friends. **Here are some ideas for you:**

### MAKE RAMADAN POSTERS

- Using verses from the Qur'an and Hadith.
- Do and Don'ts when you fast.

### RAMADAN THE MONTH OF QURAN

- Make posters or write an essay on these topics:
- It's introductions.
  - History of compilation.
  - Quotations.
  - Important teachings for us

### RAMADAN AROUND THE WORLD

- Make posters or write an essay on these topics:
- Different foods Muslims around the world eat for suhoor or iftar
  - Different dresses Muslims wear for Eid
  - Special foods people make for Eid
  - Make a collection of pictures of Eid and Ramadan around the world

**ASK YOUR PARENTS, SIBLINGS, TEACHERS AND FRIENDS FOR MORE IDEAS**

# My First Day of Fasting

Name

Date

## Taraweeh Prayer last night

I prayed at the masjid  I prayed at home

## Eating Suhur

I woke up at

I ate food until

I prayed Fajr at

## Today's fast was

hard  okay  not that hard  easy

## I felt

hungry  thirsty  a little hungry  a little thirsty

## Alhamdulillah, today I

- Read the Qur'an
- Prayed at the masjid this many times
- Read an Islamic book

## Eating Iftar

Iftar time was at

I was

at home  at the masjid

## The meal was

delicious  fantastic  okay  
 not bad  the best I ever had



# Ramadan Posters

Why not make some posters in this month?

Make some posters with quotes from the Qur'an or Hadith related to fasting, Ramadan or general reminders.

Put these posters up in your room, living room, school (with your teacher's permission).

Here are some example quotes you can use.

*"Oh you who believe! Fasting is written for you, as it was written for those before you, so that you may become God-Fearing."*

Quran 2:183

*"The month of Ramadhan [is that] in which was revealed the Qur'an, a guidance for the people and clear proofs of guidance and Judgement."*

Quran 2:185

*"Fasting is a Shield"*

- Prophet Muhammad (S)

## DOS AND DO NOTS OF RAMADAN

### Do:

- Fasting during the daytime
- voluntary prayers
- charity
- recite the Quran

### Do Nots

- Eat or drink during the day
- fight, argue lie, backbite or other sins"

## About my Project

Name of project

### Type of project

Essay  Poster  Other: \_\_\_\_\_

### I got the idea from

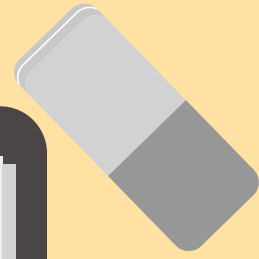
myself  parent/sibling/grandparent  friend  online

### I had help from

parent  sibling  friend  teacher

### I showed it to my

parent  sibling  friend  teacher



## Ramadan Journal

Make your own journal to write your experiences during the month of Ramadan.

### SOME OF THE THINGS YOU CAN WRITE IN YOUR JOURNAL:

- First day of fasting
- Best day of fasting
- Hardest day of fasting
- Iftar parties
- Iftar with friends
- Iftar at home
- Helping your parents in preparing iftar
- What I did on the day of Lailatul Qadr
- Day before Eid

## Ramadan the Month of Sharing

### "IT IS THE MONTH OF COMFORTING OTHERS."

- Prophet Muhammad (S)

When you are fasting, you are not allowed to drink or eat during the day. It can get quite hard to fight your hunger and thirst. Which is why we feel the misery of those who are poor and hungry, those who do not have enough money to eat and drink.

The Prophet Muhammad (S) used to give a lot during this month. He also told us to give more to the poor and needy this month.

### DURING THIS MONTH TRY TO:

- Volunteer at the masjid doing whatever you can - helping distribute iftar, with the masjid fundraising, cleaning the masjid, etc
- Visit the sick - friends, relatives, neighbour and others
- Plan your own personal way to give to the needy - collect money to donate, clothing drive, food drive, toy drive



# Ramadan Fundraising

- Prepare your donation box.
- Start the fundraising first by donating from your own pocket.
- Keep the box handy in your house so that every member in your family can see it.
- You can approach Muslim visitors at your house to donate.



## HOW WAS THE FUNDRAISING?

I have collected  dollars in total.

My have parent donated  dollars.

I have donated  dollars.

I have sent the money to

May Allah accept my effort.

## Greeting friends and relatives.

Send letter to your near relatives like grandparents, uncles and aunts and cousins, or your friends!

### Quick Letter Writing

Are you lazy when it comes to writing letters?

**HERE ARE SOME TEMPLATES, JUST FILL IN THE BLANKS:**

Dear.....  
Assalamu Alaikum!  
Eid Mubarak,  
.....

Dear.....  
Assalamu Alaikum!  
Eid Greeting to you and your family.  
May Allah bless you all.  
Pray for us,  
.....

Dear Grandma,  
Assalamu Alaikum!  
You know how we will be missing you on Eid Day. I still remember the sweetness of the food you used to prepare on Eid Day.  
Pray for us .  
EID MUBARAK.  
yours,  
.....

Dear Grandpa/Grandma,  
Assalamu Alaikum!  
You know how we will be missing you on =Eid Day. I still remember the Eid occasion we had with you. That was a great Eid for us. You will be pleased to know that I could fast for.... days in this year. I hope to go for ..... more days of fasting.  
pray for us.  
EID MUBARAK.  
yours,  
.....

Dear uncle/ aunt/brother/sister,  
Assalamu Alaikum!  
Ramadan Mubarak. You will be pleased to know that I could fast for .... days in this year. I hope to go for ..... more days of fasting.  
We are hoping for a great Eid. EID MUBARAK to you all. Inshallah we shall try to phone you on Eid Day.  
Pray for us.  
yours,  
.....



# Ramadan the Month of More Prayers

Ramadan is the MOST blessed month. The Prophet Muhammad (S) used to do more acts of worship during this month, and he encouraged us to do the same.

We should increase our dua (remembrance of Allah), recitation of the Qur'an, voluntary prayers, and charity.

Some of the prayers that unique to Ramadan are:

## TARAWEEH PRAYER

Muslim perform this special type of prayer after Isha prayer in the month of Ramadan. It consists of a series of two Rak'a prayers. People love to pray Taraweeh in congregation. Masjids try to complete reciting the Quran from start to finish during this prayer.

## LAILATUL QADR

There is a special night during the month of Ramadan. It is the night when the Quran was first revealed. This night is called Lailatul Qadr. We do not know exactly when this special night is, the Prophet Muhammad (S) said it is one of the odd nights in the last 10 days of Ramadan (21, 23, 25, 27, 19). Some say it could be any of the last 10 nights (20 to 29).

In order to get maximum benefit of this blessed night we should do extra prayers, recitation of the Qur'an, Duas.

Some people perform what is called Itekaf during the last 10 days. They stay in the masjid, or a secluded part

in their home, and they spend the whole time praying, making dua, reading Qur'an, or studying Islam.

You may not be able to do the extra acts of worships, but what is important is always keeping in mind how special this month of Ramadan really is! Here is how:

- Do not waste your time in the month of Ramadan (playing games, watching movies and shows)
- Try to do something good
- Try to memorize some parts of the Quran
- Try to memorize some dua's
- Be serious about your 5 daiy prayers
- Try to be in the condition of Wudu all the time



## I prayed Taraweeh

some days     most days     the whole month

## I prayed Taraweeh

at home     at the masjid     both at home and in the masjid

## I memorized this many surahs

1 to 3     4 to 6     more than 7

## I memorized this many duahs

1 to 3     4 to 6     more than 7

# Ramadan the Month of Quran

The Quran is the final message of Allah to this world. It was revealed in this month of Ramadan. Fasting prepares us to follow the words of the Quran.

Allah tells us in the Quran how to live in this world. The Prophet Muhammad (S) has shown us how to follow the Quran. He was a living example of the Quran.

Ramadan and the Quran both have a special significance in the life of a Muslim. You should try to be closer to the Quran in this month of Ramadan.

- If you can not read the Quran start to learn reading the Quran.
- If you can read the Quran, recite more from the Quran in this month.
- Memorize Ayahs (sentences) from the Quran. Your parents will help you in selecting them from the Quran.
- Know the meaning of some selections from the Quran.
- Pray to Allah so that He helps you in reading, memorizing, understanding and following the teachings of the Quran.

Remember, the Quran is not only for Ramadan. The Quran is for your whole life. It's a ongoing journey till the end of our life in this world.



**“RAMADAN IS THE MONTH IN WHICH QURAN WAS SENT DOWN AS A GUIDE TO HUMAN AND ( TO PROVIDE) CLEAR SIGN FOR GUIDANCE AND JUDGEMENT.”  
- AL-QURAN 2:185**

## Quran and Me

**I can read Quran**

yes

no

**If you selected no,**

I have started to learn

I have started to learn this Ramadan

Inshallah I will start learning soon

**I memorized this many surahs before Ramadan**

1 to 3

4 to 6

more than 7

**I memorized this many surahs in Ramadan**

1 to 3

4 to 6

more than 7

**I know the meaning of the following surahs:**

---

**I have learned the meaning of the following surahs this Ramadan:**

---

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# The Joy at the End of the Month

The end of Ramadan occurs when the crescent moon has been sighted, 29 or 30 days after the beginning of Ramadan. Following the sighting of the moon Muslims celebrate an important holiday in the Islam, Eid-ul-Fitr.

People will rejoice for having able to fast. They celebrate the occasion by being grateful and thankful to Allah.

Eid festivities begins with the Eid Prayer on the morning after the end of Ramadan. This prayer is held usually in a big open place or in Masjid in congregation. The Imam who leads the prayer delivers a special lecture in front of the gathering. People celebrate rest of the day with dinner parties, family outings, visiting friends and relatives, fairs, carnivals, etc.

One of the important aspect of this day is that Muslims pay a special charity called Sadaqat ul Fitr (charity of Fast Breaking) before the Eid Prayer. This is equal to the cost of one meal per person in the house. This charity is spend for the poor so that everyone of society can partake in the joy of the day. Is not this great? See how Islam teaches us to be generous to others!



## Preparing for Eid

Calculating the Sadaqatul Fitr

This year our local Masjid calculated the amount of Sadaqatul Fitr as \_\_\_\_\_ \$.(A)

There are \_\_\_\_\_(B) people in our family.

This year Sadaqatul Fitr for our family is

(A) X (B) = \_\_\_\_\_ \$

To distribute this money to poor, my parents are planning to give this amount to

the masjid     Islamic organization