

# Virtues of *Ramadan al-Mubarak*

Ḥaḍrat ‘Abdullah bin Mas’ud رَضِيَ اللهُ عَنْهُ has narrated the Holy Prophet صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ saying: “He who fasts from beginning to the end of the Month of *Ramadan al-Mubarak* will come out clear of his sins as if born afresh from the body of his mother.” The Holy Prophet صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ said: “He who fasts during the Month of *Ramadan al-Mubarak* will have Allāh the Almighty granting him on the Day of Judgement a house built in *Zumurrad* (precious stone). The house would have a thousand doors with a tree in front of each one. Even if he rides round in the shadow of the tree for a hundred years he would not come out of it.”

It is important that one makes up his *niyyah* (intention) to fast. The best *niyyah* is:

وَبِصَوْمٍ غَدٍ نَوَيْتُ مِنْ شَهْرِ رَمَضَانَ

*Wa besawmin ghaddin nawayyta min shahri Ramadan* – (I make up my mind to fast this day of Ramadan!).

Otherwise, an intention by heart should be sufficient. It is the Holy Prophet’s (ﷺ) *Sunnah* to eat during the morning time (*sehri*) even though it might be a few mouthfuls. To break fast with dates or water is the blessed way with the following supplication to go with it:

اللَّهُمَّ إِنِّي لَكَ صُمْتُ وَبِكَ آمَنْتُ وَعَلَيْكَ تَوَكَّلْتُ وَعَلَى رِزْقِكَ أَفْطَرْتُ

*Allahumma inni laka sumtu wa beka amantu wa ‘alayka tawakkaltu wa ‘ala rizqika aftartu!* (O Allah the Almighty! I fasted as commanded by You and I have faith in You and put my trust and belief in You and break the fast with the food You have provided!)

**The forbidden items that break fasting:** Smoking hubble bubble pipe or cigarettes; eating or drinking intentionally and sexual

intercourse. It can be made up either by continuously fasting for sixty days or feeding sixty needful with two meals a day.

**The items which foul fasting:** Chewing something unnecessarily; tasting the salt and spitting; collecting intentionally the saliva in the mouth and swallowing it; intentional bloodletting; backbiting, carrying tales, telling lies, idle talking, and quarrelling.

**The items that do not affect fasting:** Eating or drinking in forgetfulness; dust entering the throat unavoidably; a mosquito or a fly entering the body system; water entering the ear; vomiting involuntarily; nocturnal discharge; the vomit re-entering the guttural canal; the use of eye drops in the eyes; applying antimony (*surma*) or eye lotion to the eyes; brushing teeth with *miswak*.

**The items that render the fasting to be postponed:** The patient is too weak to fast or is taking essential medication during the day; the pregnant woman risking her health; the traveller travelling for at least forty eight miles with no food available during the journey; woman suffering from menstrual bleeding.

An extremely frail old person who might suffer from fasting, must pay approximately a kilogram and three quarters of wheat in lieu of each day of fasting.

**Breaking fast untimely:** If during the fast a person becomes ill as to endanger their life or the fast would aggravate the illness or in the case of severe thirst endangering life the fast can be broken to fast in lieu later on.

**Laylat al-Qadr (The Night of Power):** Ḥaḍrat Abū Huraira رَضِيَ اللَّهُ عَنْهُ has narrated the Holy Prophet صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ saying: “He who stands (in worship) during the Night of Power with sincere belief and for the sake of reward will have his sins in future forgiven. Anyone who fasts with the firm belief during the Month of Ramadan for due reward will have his sins in future forgiven.” – (*Sahih Bukhari V1, P425, No. 755/Tartib Sharif, p 820*)

Ḥaḍrat Anas رَضِيَ اللَّهُ عَنْهُ has narrated the Holy Prophet صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ saying: “On the eve of *Laylat-ul-Qadr* Ḥaḍrat Gabriel عَلَيْهِ السَّلَام comes along

with a group of angels and passes on mercy to each one of the servants or prays for his forgiveness who whilst standing or sitting is incanting *dhikrullah* or engaging himself in worship. On the Day of *Eid (al-Fitr)* Allāh the Almighty because of these servants takes pride amongst the angels saying, ‘O the angels! What is the remuneration of the labourer who completes his job?’ The angels beseech, ‘O our Sustainer! His remuneration is that he should be given full credit.’ Allāh the Almighty says, ‘O my angels! My servants, male and female, have discharged their duty. Then they set out of the houses for supplication at the *Eid Gahs* (Meeting Place for the Eid Prayer). I swear by My *Dhāt*, Majesty and All-Forgiveness, Grace, Highness, and Excellence that I shall accept their supplications.’ Further, Allāh the Almighty says, ‘O My servants! Return to your houses. I have forgiven you, changed your sins into good deeds.’”

The Holy Prophet ﷺ said: “The Muslims return from *Eid Gahs* in the state that their sins are forgiven.” – (*Behaqui/ Misahkat Sharif V1, P355, No. 1983/Tartib Sharif, p 821-22*)

### Supplication of *Laylat-ul-Qadr*

Ḥaḍrat ‘A’isha Siddiqua رَضِيَ اللهُ عَنْهَا has narrated that she beseeched the Holy Prophet ﷺ; “Please tell! If I come to know the Night of Power, what shall I recite i.e. what supplication should I proffer?”

“The Holy Prophet ﷺ said: ‘Say this once:

اللَّهُمَّ إِنَّكَ عَفُوفٌ تُحِبُّ الْعَفْوَ فَاعْفُ عَنِّي

(O Allāh! You are the Great Forgiver. You love forgiving. Forgive me!)” - (*Tirmidhi Sharif V2, P325, No. 1363/Tartib Sharif, P 825*)