

Ramadan

What Should We Prepare?

by Nida

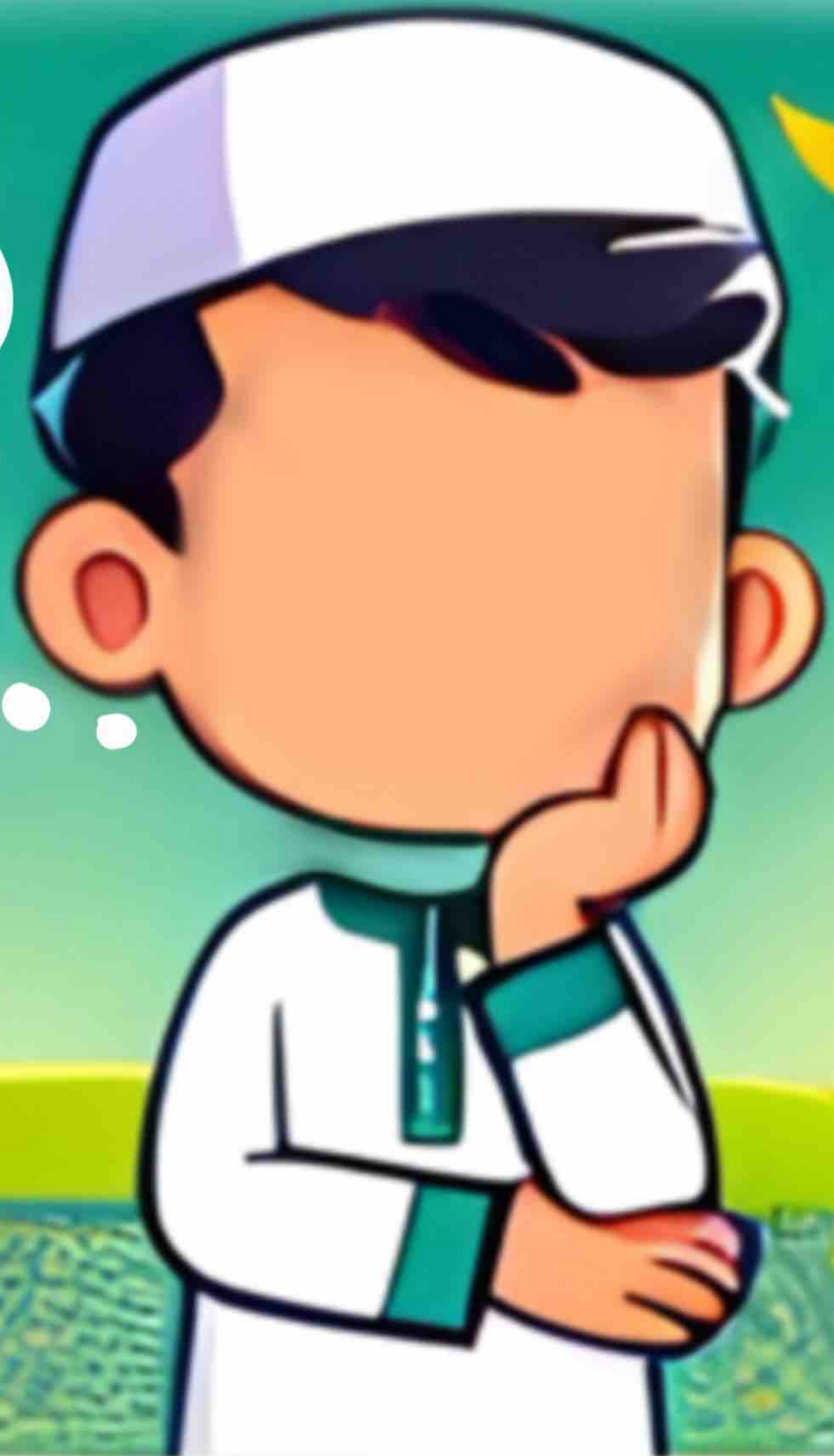
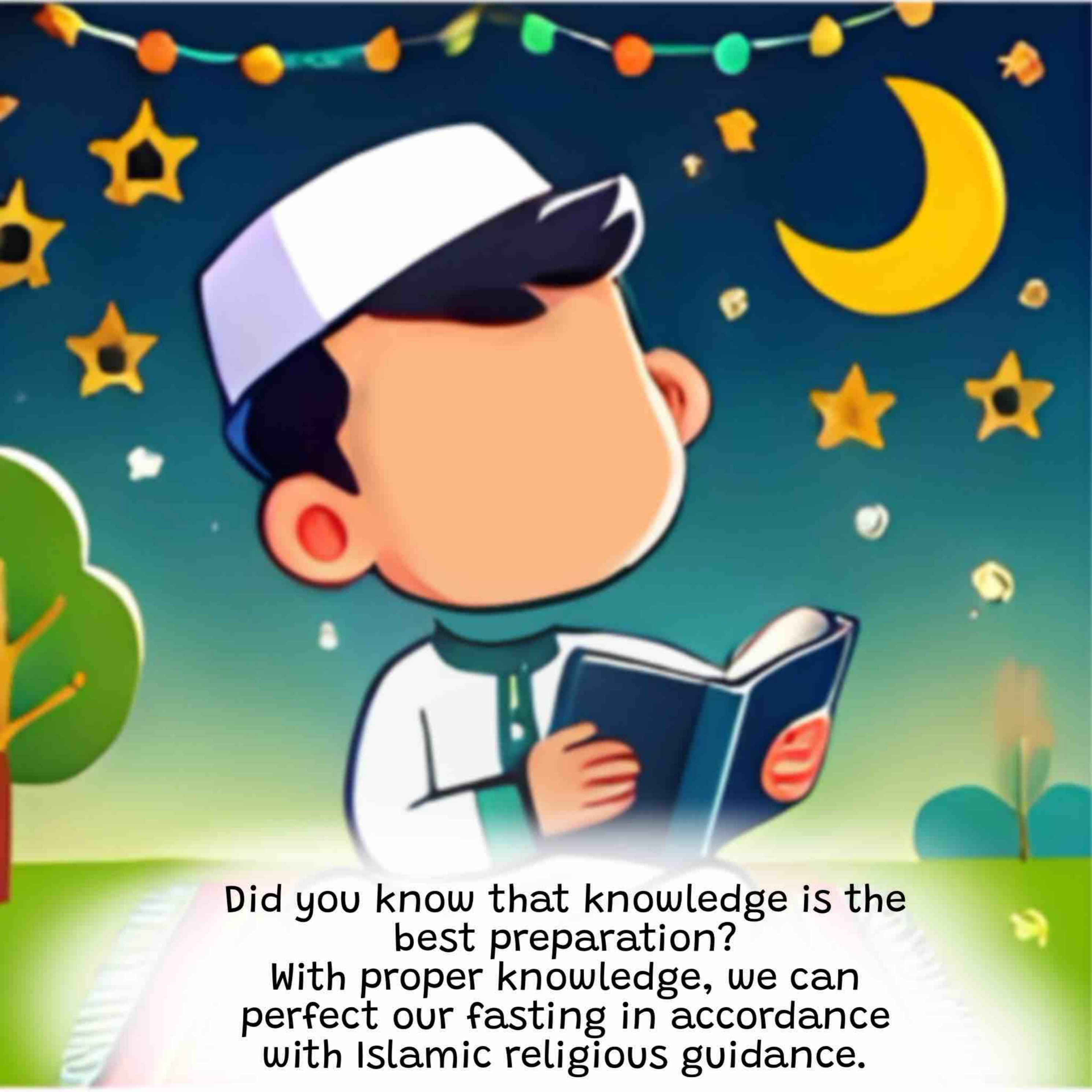


Illustration by Nida
(Was Created with the
assistance of dall E)
English translation by
Nandyka Yogamaya




Dear friends,
When you hear that Ramadan is
approaching, what preparations
will you make?



Did you know that knowledge is the best preparation?

With proper knowledge, we can perfect our fasting in accordance with Islamic religious guidance.




It is important for us to understand the conditions that make fasting obligatory: Being Muslim, having reached puberty, being mentally sound, being resident (not travelling), and physically capable of fasting.


For women, she needs to be purified from menstruation and postnatal bleeding.




There are two pillars of fasting. First, we need to have the right intention. Secondly, we need to have complete self-control from everything that breaks the fast, from dawn until sunset.



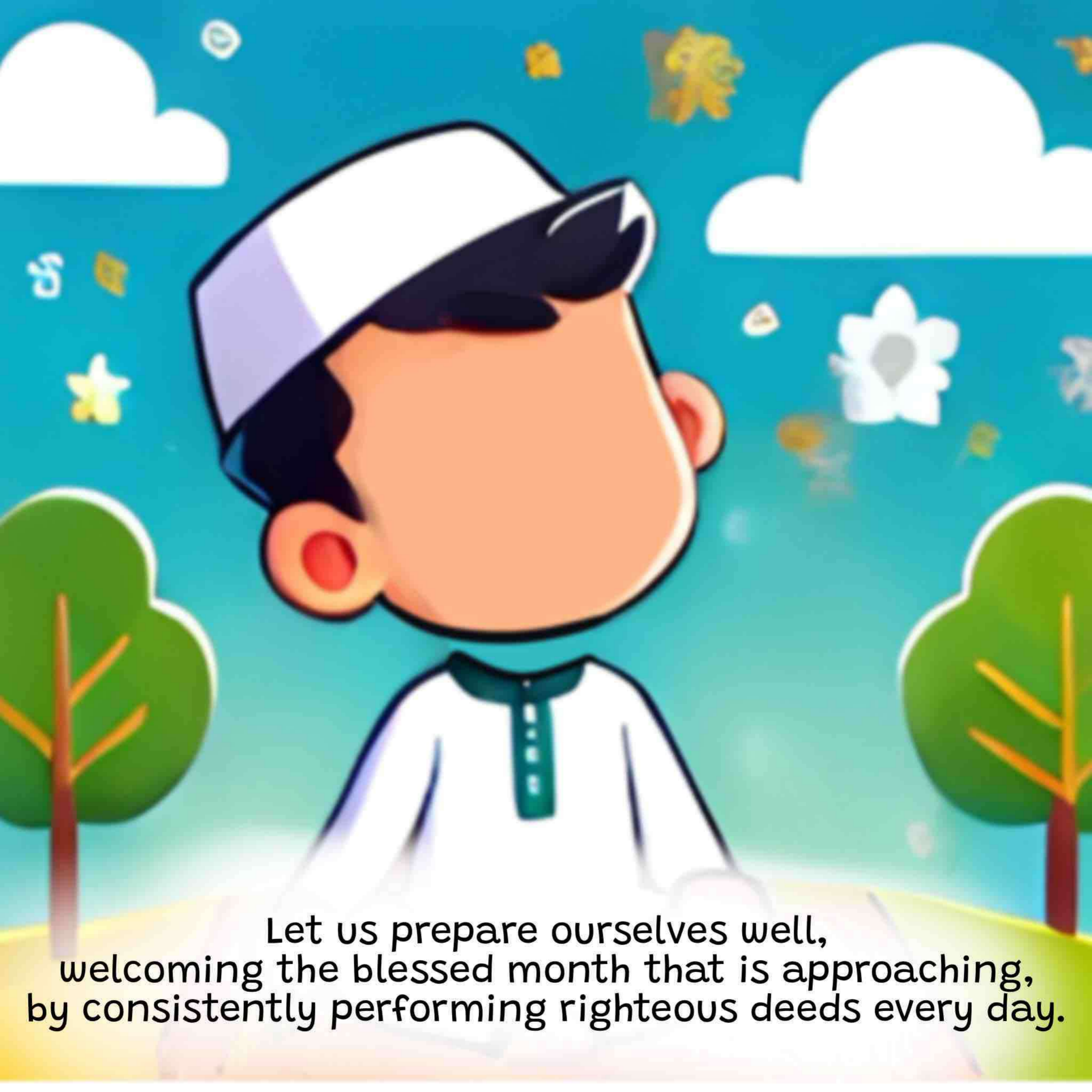
Try to remember and understand every actions that break the fast, such as intentionally eating or drinking.



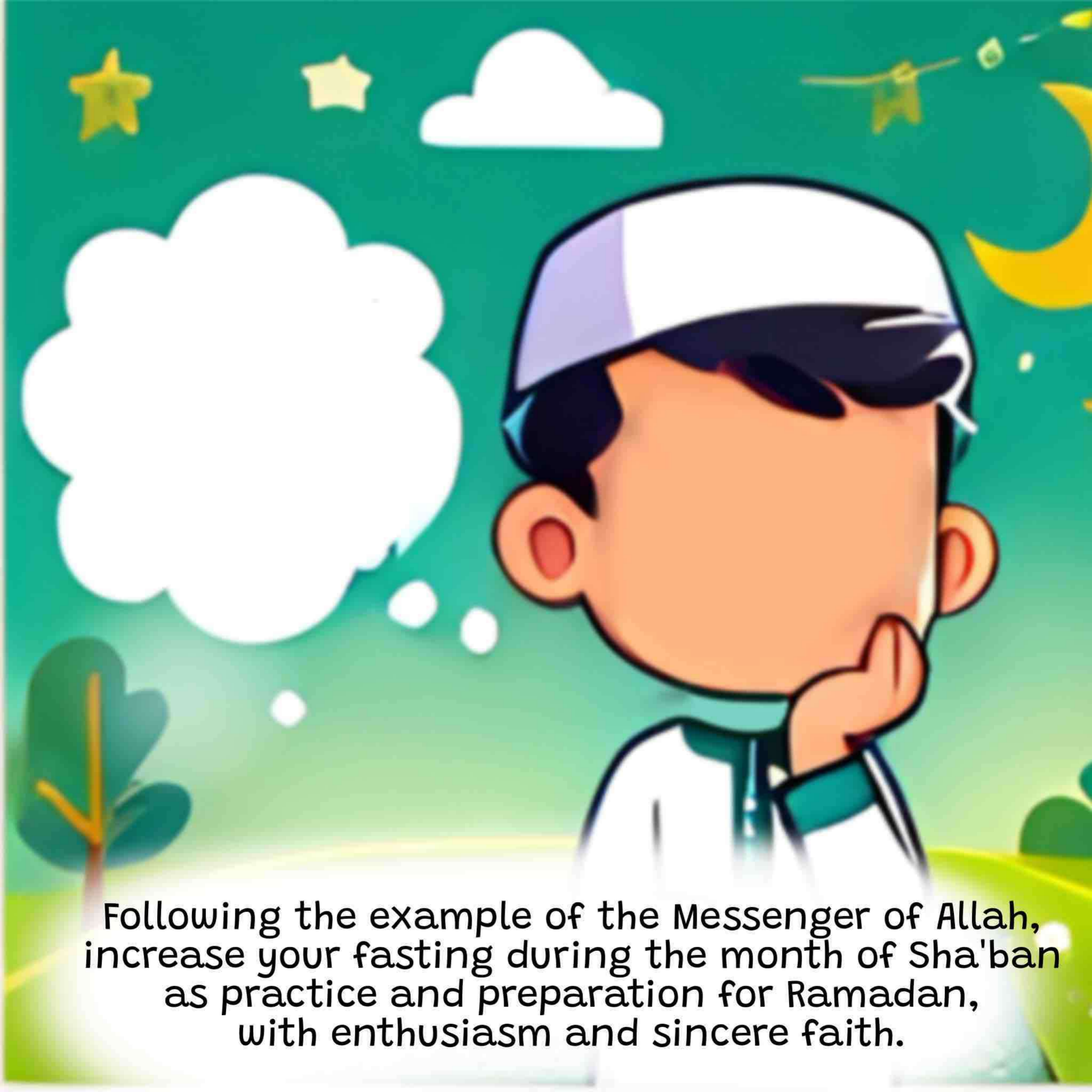
Use our time to frequently pray to
Allah the Exalted,
asking Him to allow us to reach the
blessed month of Ramadan,
and to make our worship easy during
this time.



The righteous predecessors (Salaf) used
to pray sincerely;
for six months they would ask Allah
to allow them to reach Ramadan.
And for six months afterward,
they would pray with sincere hope
that Allah would accept their good deeds.



Let us prepare ourselves well,
welcoming the blessed month that is approaching,
by consistently performing righteous deeds every day.



Following the example of the Messenger of Allah,
increase your fasting during the month of Sha'ban
as practice and preparation for Ramadan,
with enthusiasm and sincere faith.



Do not forget also to increase your night prayers, charity, and recitation of the Qur'an, so that Ramadan becomes filled with blessings, and our worship is pleasing to Allah, the Most Merciful.



Set your intentions sincerely in your heart
for every deed and action you perform.
May we all receive the reward of Paradise
that Allah has promised.
Ameen.