

# **RAMADAN CRASH COURSE**

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**KHAYR ACADEMY**



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**PART 1**  
**LESSON 1**



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# COURSE CONTENT

## **PART 1 (VIRTUES, PURPOSE AND ADVICE)**

What the Qur'an and Ahadeeth say about Ramadan

What is Ramadan and fasting?

What are the different types of fasting?

Fasting is a programme and training for the soul

Purpose Of Fasting

The Month Of Qur'aan

Laylatul Qadr (Night of Power)





# What does the Qur'an say about Ramadan



...شَهْرُ رَمَضَانَ الَّذِي أُنْزِلَ فِيهِ الْقُرْآنُ هُدًى لِّلنَّاسِ وَبَيِّنَاتٍ مِّنَ الْهُدَى وَالْفُرْقَانِ

**The month of Ramadan is the one in which the Qur'aan was revealed as guidance for mankind, and as clear signs that show the right way and distinguish between right and wrong. (Surah Baqarah verse 185)**

# What does the Hadith say about Ramadan



عَنْ أَبِي هُرَيْرَةَ قَالَ قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ إِذَا دَخَلَ شَهْرُ رَمَضَانَ  
فُتِّحَتْ أَبْوَابُ السَّمَاءِ وَغُلِّقَتْ أَبْوَابُ جَهَنَّمَ وَسُلْسِلَتِ الشَّيَاطِينُ

Abu Hurayrah reported: The Messenger of Allah, peace and blessings be upon him, said,  
“When the month of Ramadan begins, the gates of the heaven are opened and the  
gates of Hellfire are closed and the devils are chained.”



# Ahadeeth regarding Ramadan

Abdullah ibn `Amr reported that the Prophet (peace and blessings be upon him) said, **Fasting and the Qur'an will intercede on behalf of Allah's servant on the Day of Judgment: Fasting will say, "O my Lord! I prevented him from food and desires during the day, so accept my intercession for him." And the Qur'an will say, "O my Lord! I prevented him from sleeping by night, so accept my intercession for him." The intercession of both will thus be accepted.**

Sahl ibn Sa'd reported that the Prophet (peace and blessings be upon him) said, **"Verily, there is a gate in Paradise called al-Rayyan, through which only those who fasted will enter on the Day of Resurrection. No one else will enter it along with them. It will be said: Where are those who fasted that they may enter? When the last of them enter, it will be closed and no one else will go through it."**

# Ahadeeth regarding Ramadan

The Prophet (peace and blessings be upon him) said,  
**“Fasting is a shield with which a servant protects himself from the Fire.”**



Abu Hurayrah RA relates that Rasulullah (peace and blessings be upon him) said,  
**Every (good) deed of the son of Adam would be multiplied, a good deed receiving a tenfold to seven hundredfold reward.** Allah, the Exalted and Majestic, has said: With the exception of fasting, for it is done for Me and I will give a reward for it, for one abandons his passion and food for My sake. There are two occasions of joy for one who fasts, joy when he breaks it, and joy when he meets his Lord, and **the breath (of an observer of fast) is sweeter to Allah than the fragrance of musk.**



# Ahadeeth regarding Ramadan

Abu Hurayrah RA reported that the Prophet (peace and blessings be upon him) said, **The five (daily) prayers, and from one Friday prayer to the next, and from Ramadan to Ramadan are expiation for sins committed in between provided one stays away from the major sins.**

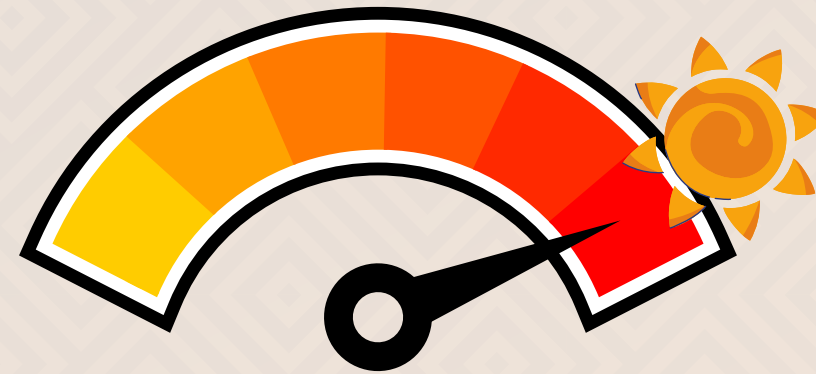
Abu Hurayrah RA reported that the Prophet (peace and blessings be upon him) said, **Whoever observes fasts during the month of Ramadan out of sincere faith, and hoping to attain Allah's rewards, then all his past sins will be forgiven.**



# What is Ramadan?

## What does the word Ramadan mean?

- Intense Heat



## What does fasting in Arabic (Sawm) mean?

- Abstain/Refrain/Restrain



# The Three levels of fasting

**Imam Ghazali said the fast is of three levels:**

1) Ordinary fast



2) Special fast



3) Fasting of the elite



*Which category does your fast fall under?*



# What are the different types of fasts?

1. Specific obligatory (**Fardh**) fast
2. Non-specific obligatory (**Fardh**) fast
3. Specific necessary (**Wajib**) fast
4. Non-specific necessary (**Wajib**) fast
5. Emphasized Sunnah (**Sunnah Muakkadah**) fast



# What are the different types of fasts?

- 6. Recommended (**Mustahab**) fast
- 7. Voluntary (**Nafil**) fasts
- 8. Slightly disliked (**Makruh Tanzeehi**) fast
- 9. Prohibitively disliked (**Makruh Tahreemi**) fast





# Fasting is a training programme

Fasting is a training programme.  
Characteristics of human beings.



# Fasting is a training for the soul

Shifting our focus from the body to the soul.

What is the soul and how do you feed it?

Hadith regarding the soul.





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**PART 1**  
**LESSON 2**



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# Purpose Of Fasting

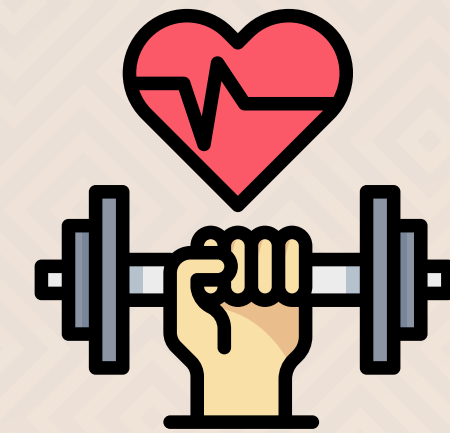
**Fasting** is a physical exercise which brings a **spiritual fruit**.

What is the **true purpose** of fasting?

What is **Taqwa**?

**Allah SWT said** “Oh you who believe, fasting has been prescribed for you as it has been prescribed for people before you so that you may attain Taqwa.”  
(Surah Baqarah verse 183)

**Allah SWT said** “Whoever fears Allah, He makes a way out for him and provides for him from sources he would have not imagined.”  
(Surah Talaaq verse 2-3)





# Questions about Ramadan

When was Ramadan made obligatory?

How many times does the word Ramadan comes in the Quran?

Which famous Incidents took place in Ramadan?



# Questions about Ramadan



Jannah has eight doors. Do you know the name of the door in which the fasting person enters?

Do you know what the smell of the mouth of a fasting person is better than?

Do you know the story about the two men who had accepted Islam at the same time and died a year apart?



# The Month Of The Qur'aan

The month of Ramadan is the one in which the Qur'aan was revealed as guidance for mankind, and as clear signs that show the right way and distinguishes between right and wrong. (Surah Baqarah verse 185)

Examples of those who would complete the recitation of the Qur'aan many times in Ramadan.

Benefits of reciting the Qur'aan.



# The Month Of The Qur'aan

How could the people of the past recite more than us?

The Qur'aan is for yourself and not for your shelf



“The messenger said Oh my lord indeed my nation have taken the Quran as a thing abandoned.”  
(Surah Furqaan verse 30)



# How much do you know about the Qur'aan?



How was the Qur'aan preserved?

How many Surahs are in the Qur'aan?

How many Surahs are Makki and how many Madani?

What is the longest and shortest surah in The Qur'aan?



# How much do you know about the Qur'aan?



How many Prophets are mentioned in the Qur'aan?

Which Prophet is mentioned the most in the Qur'aan?

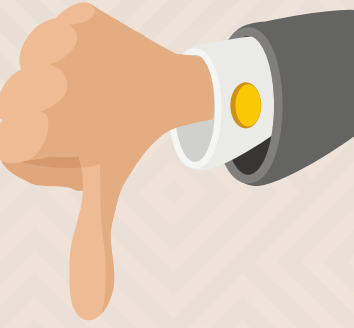
How many Surahs have been named after Prophets?

What is the Heart of the Qur'aan?





# Don't be a loser in Ramadan



**The Prophet SAW said: “On the first night of the month of Ramadan, the Shayateen are shackled, the jinns are restrained, the gates of the Fires are shut such that no gate among them would be opened. The gates of Paradise are opened such that no gate among them would be closed, and a caller calls: ‘O seeker of the good; come near!’ and ‘O seeker of evil; stop! For there are those whom Allah frees from the Fire.’ And that is every night.”**

# Don't be a loser in Ramadan



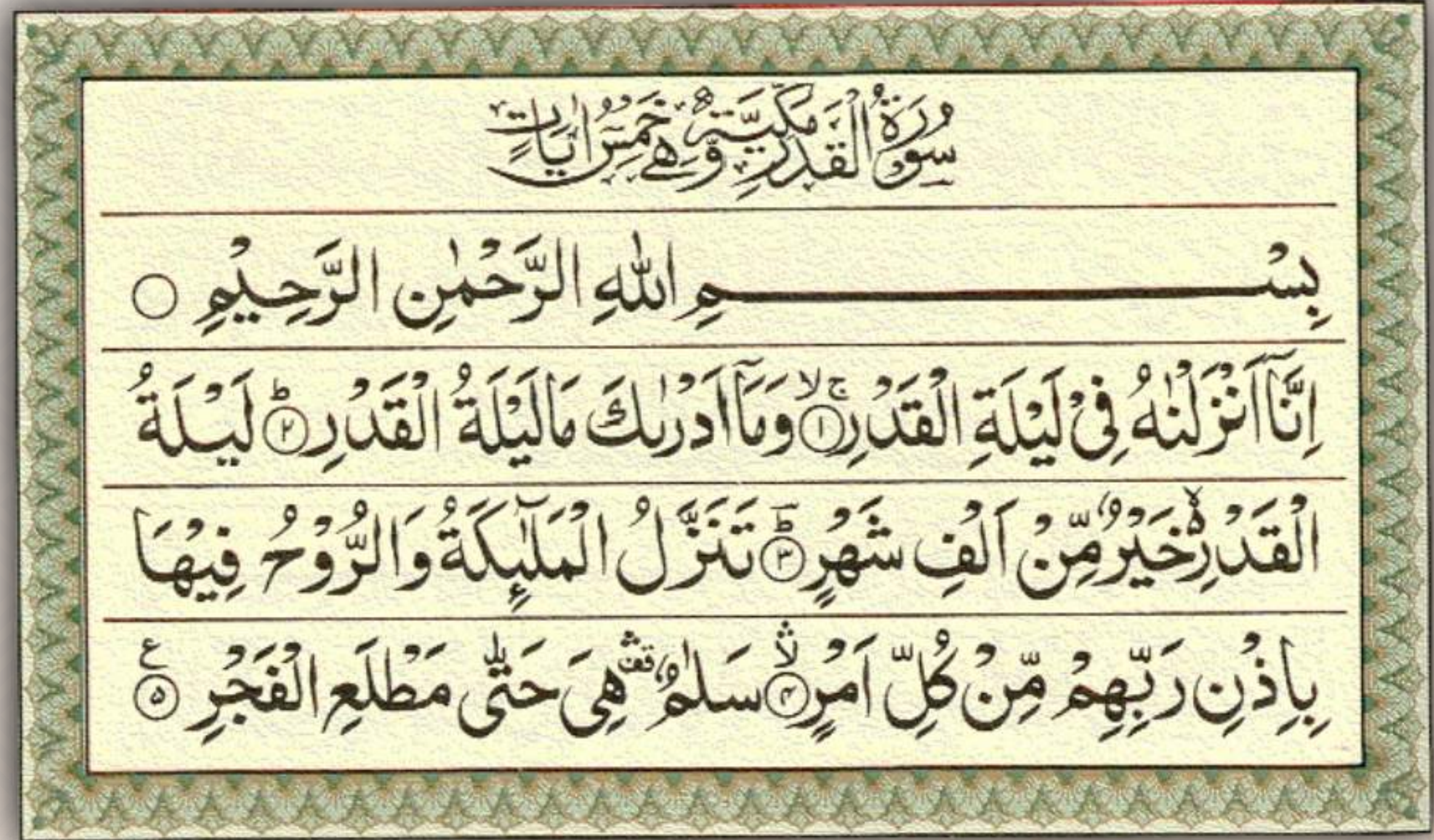
The Prophet SAW ascended the pulpit and he said, **“Amin, Amin, Amin.”** It was said, **“O Messenger of Allah, you ascended the pulpit and said Amin, Amin, Amin.”** The Prophet said, **“Verily, Jibreel AS came to me and he said: Whoever reaches the month of Ramadan and he is not forgiven, then he will enter Hellfire and Allah will cast him far away, so say Amin. I said Amin. Whoever sees his parents in their old age, one or both of them, and he does not honour them and he dies, then he will enter Hellfire and Allah will cast him far away, so say Amin. I said Amin. Whoever has your name mentioned in his presence and he does not send blessings upon you and he dies, then he will enter Hellfire and Allah will cast him far away, so say Amin. I said Amin.”**



# Surah Qadr

Cause of revelation

Brief commentary on Surah Qadr





# Laylatul Qadr (Night of Power)

Virtues of this night?

When is this night?

What can we do on this night?

Why is this night vague?

The greatest book was revealed by the greatest Angel to the greatest Prophet for the greatest nation in the greatest month on the greatest night.

**Everything the Quran links to makes it the greatest.**





# Laylatul Qadr (Night of Power)

Maximise Your Rewards On Laylatul Qadr



## Recite Surah Ikhlas

By doing so, you will get the reward of a third of the Quran. The Prophet (saw) said: "Surah Qul Huwa Allahu Ahad equals a third of the Quran" (Bukhari)



## Pray Esha & Fajr In Jama'at

The Prophet (saw) said: "He who attends Isha in congregation, is as if he has performed Salah for half of the night, and he who attends Isha & Fajr in congregation is as if he has performed Salah for the whole night. (Tirmidhi)



## Donate A Minimum Of £1

By donating, it is guaranteed that you would have donated on Laylatul Qadr. You can use [www.mytennights.com](http://www.mytennights.com) to never miss donating in the last 10 nights. (Muslim)

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## PART 2 LESSON 1



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# COURSE CONTENT

## PART 2 (FIQH OF FASTING AND ADVICE)

1. Who needs to fast and who is excused?
2. What breaks and doesn't break the fast?
3. What lessens the reward of fasting and what is desired?
4. Kaffarah and Qadha
5. Who can give Fidyah?
6. Taraweeh
7. I'tikaaf in Ramadhan
8. Eid and Sadqatul Fitr
9. Advice





# WHO NEEDS TO FAST?

1. A person who is a **Muslim**.
2. A person who is a **Baligh** (reached the age of puberty/adolescence).
3. A person with **good health**.
4. A person who is **mentally healthy**.
5. A person who is **not** classed as a **Musafir** (traveller).



# MUSTAHAB (PREFERRED) ACTIONS WHILST FASTING



1. To **delay Suhoor** as much as possible, but to make sure it doesn't go past the end time of Suhoor.

2. To **hasten/rush in starting Iftar** after having certainty that the sun has set and Iftar time has started.

3. To break one's fast with **fresh dates**, if there were no fresh dates then with dry dates.

If dates are not available, then with water.





# MAKROOH (DISLIKED) ACTIONS WHILST FASTING



1. To chew rubber, plastic items or other such things (non edible items).
2. To taste food or drink then to spit it out.
3. To collect saliva in the mouth and then to swallow it, trying to quench thirst.
4. To use toothpaste, mouthwash or flavoured miswak to clean one's teeth.
5. To take too much water up the nostrils when cleaning the nose and to gargle more than necessary.
6. To fight, argue, backbite, lie and swear etc.  
*These are sinful acts even when one is not fasting.*
7. To complain of thirst and hunger.



# ACTIONS THAT **DON'T BREAK** THE FAST

1. Swallowing saliva or sniffing up mucus.
2. Inhaling smoke or dust unintentionally.
3. Injection, blood transfusion, glucose or saline drip.
4. Any form of blood extraction.
5. Tooth extraction as long as blood isn't swallowed.
6. Swimming as long as water doesn't enter the mouth.





# PRINCIPLES OF THINGS THAT BREAK THE FAST

1. The substance consumed is **apparent/visible**.
2. It has an **independent stay** in the digestive system and not attached to something else (it can reach the stomach independently).
3. The substance enters the body through a **recognized point of entry**, such as the **mouth, nose or rear passage**.



# THINGS THAT **BREAK** YOUR FAST ARE OF **TWO TYPES**



- 1) Invalidators that require only Qadha (**make up**).
- 2) Invalidators that require a Qadha and Kaffarah (**expiation**).



# KAFFARAH (EXPIATION)

## Options of Kaffarah:

### 1. Fast for 60 consecutive days.

- If not kept consecutively, it will have to be started all over again.
- If you cannot fast due to old age or a severe illness, then you can do any of the below.

### 2. Feed sixty poor people two meals to their fill for one day.

### 3. Feed one poor person two meals for sixty days to his/her fill. The Qadha (make up) fasts will need to be kept first then Kaffarah.



# THINGS THAT BREAK ONE'S FAST BUT REQUIRE **ONLY QADHA**

- Mistakenly eating/drinking whilst you are aware that you are fasting
- To vomit a mouthful intentionally or to return vomit down the throat.
- To eat a non edible item.
- Swallowing something stuck between your teeth if equal to or bigger than a chickpea.

**If it is taken out of the mouth and thereafter swallowed, then Qadha and Kaffarah will be necessary.**

- Swallowing the blood from the gums if the colour of the blood is more than the saliva.
- To eat and drink forgetting that one is fasting and thereafter thinking that the fast is broken, to deliberately eat and drink again.
- To mistakenly eat/drink after Suhoor time ends or to break the fast before Maghrib time enters.





# THINGS THAT MAKE BOTH QADHA AND KAFFARAH NECESSARY

- 1) **Intentionally** eating, drinking or breaking the fast in any other manner.
- 2) To drink any kind of **medicine intentionally** (when one is not seriously sick).



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**PART 2**  
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# FIDYAH FOR **NOT** BEING ABLE TO FAST

**Fidyah is an amount equivalent to Sadaqatul Fitr.**

It is given by those who cannot fast due to an extreme illness in exchange of keeping fasts.

Who can give Fidyah?

What is the amount of Fidyah?

What if one recovers after giving Fidyah?



# TARAWEEH

Prophet SAW said "Whoever prayed at night in it (the month of Ramadan) out of sincere Faith and hoping for a reward from Allah, **then all his previous sins will be forgiven.**"

Taraweeh is **Sunnah Muakkadah**.

It starts after Esha and ends before Fajr.

It consists of twenty rak'aats performed in units of two.

It is **Sunnah** to recite the entire Qur'aan in Taraweeh.

You should rest for a short while after every four rak'aats.





# I'TIKAAF

## **I'tikaaf for Men:**

Men can do it in the masjid.

## **I'tikaaf for Women:**

Women can do it in the house.

**One should occupy themselves in reciting Qur'aan, Nafl Salah, Dhikr , Reading Islamic books, listening to lectures and carrying out other forms of worship.**

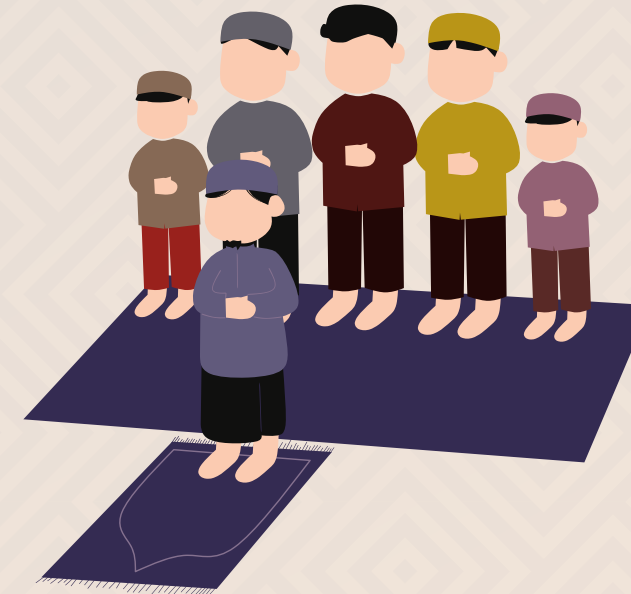


# EID UL-FITR AND SADAQATUL FITR

## **Ruling of Eid Salaah and Khutbah**

When can you pray the Eid prayer?

Sunnahs of Eid ul Fitr



## **Ruling of Sadaqatul Fitr**

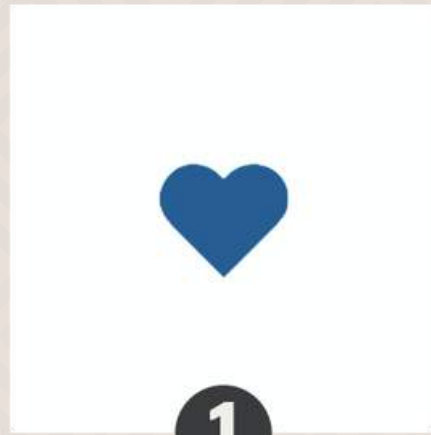
Who has to pay Sadaqatul Fitr?

Quantity of Sadaqatul Fitr





# HOW TO PRAY EID SALAH



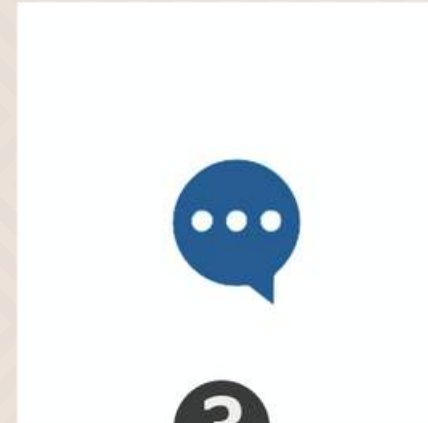
1

Make intention to perform the Eid Prayer for the sake of Allah - in gratitude, love, and reverence - behind the Imam



2

Give the opening Takbir (Allahu Akbar) with the Imam then fold your hands



3

Say the opening supplication (Thana) quietly to yourself



4

Give three takbirs with the imam, out loud, raising your hands for each (Let your hands go for the first two and fold your hands for the third one).



5

Listen to the Imam recite Surah Fatiha and an additional Surah



6

Say Allah Akbar, while moving into Ruku with the Imam and complete the prayer cycle as usual



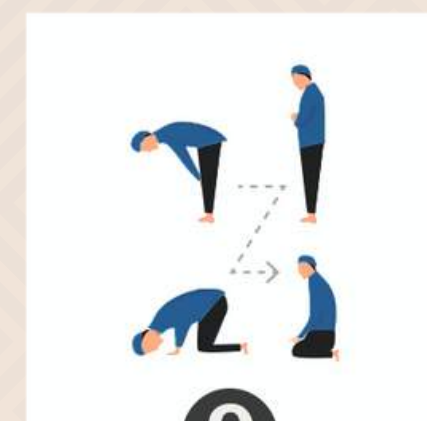
7

In the second prayer cycle, listen to the Imam recite Surah Fatiha and an additional Surah



8

Give three additional Takbirs with the Imam. After the third and final Takbir, tie your hands to your sides before Ruku



9

Say Allahu Akbar while moving into the bowing position with the Imam and complete the prayer cycle as usual

# RECOMMENDED ACTIONS ON THE DAY OF EID-UL FITR



1  
Wake up early, preferably before Fajr or at the time of Fajr



2  
Pray Fajr in the masjid with congregation.



3  
Perform a shower/bath before the Eid prayer.



4  
Eat something sweet (preferably an odd number of dates) before going for the Eid Prayer.



5  
Clean one's teeth with a Miswaak.



6  
Wear scented perfume.



7  
Wear the best and cleanest clothes you have



8  
Make one's happiness and joy apparent, thanking Allah for one's blessing



9  
Give charity



10  
Go to the Eid prayer area by foot while saying 'Allahu Akbar' quietly to oneself



11  
Pay the sadaqat al-fitr before the Eid prayer.



12  
Return from a different direction after performing the Eid prayer



# ADVICE WHILST FASTING

- **Maximize** the bonus rewards in Ramadan by organizing your day.
- Read all of your Salah **on time** (in the masjid if possible).
- **Refrain from sin.**
- **Don't waste time** on social media and watching TV.
- You have roughly 720 hours in this blessed month. **Plan your day properly.**
- Recite at least 1 Juz every day = **finish in 30 days.**
- Try to read the **translation** of the Qur'aan.
- Do as much **dhikr** as much as you can.
- Try to **attend religious talks** onsite or online.
- **Make this month a month of change.**



# ADVICE FOR SCHOOL/COLLEGE STUDENTS

- **Stay hydrated** when you can (between Iftar and Suhoor).
- Stay away from the sun in school (so you don't get thirsty or get headaches).
- **Do not over exert yourself** during P.E or whilst playing in your breaks.
- Get enough **rest** after school.
- **Organize your day** so you know when you are resting, studying, praying etc.
- If you have exams, make sure you **plan** your revision sessions and worship.
- **Do not skip prayers in order to revise**, rather plan the day so you can manage your time properly.





# CONCLUSION (1)

Our Prophet SAW said “**Verily deeds are judged by their conclusion/ending.**”

If you didn't do well with welcoming Ramadan then perhaps you should do better bidding it farewell.

If we pass our training in Ramadan, we will be able to live the next eleven months in the **pleasure of Allah SWT.**

Scholars say to know if you're Ramadan has been accepted by Allah SWT is that your good habits of Ramadan will flow through the next eleven months and your bad habits will have stopped (not resumed).



# CONCLUSION (2)

Scholars say our life should be lived like Ramadan and when we pass away we look forward to meeting with Allah SWT just like we look forward to Eid.

Ramadan is like the rain, it **nourishes the seeds of good deeds.**

Ramadan is the time to empty our stomach and **feed our spirit.**

The month we **make good habits and break bad habits.**

**Utilise your time. This could be our final Ramadan.**

**R**emember **A**llah **M**orning **A**fternoon **D**ay **A**nd **N**ight

رمضان كريم

