



# Custodians of the Haq

*Be Educated, Informed and Motivated*



## Newsletter Number 6 – Ramadhaan Edition

### The days of Ramadhaan

- 1-10 Days of *Rahmah*
- 11-20 Days *Magfirah*
- 21-30 Days of *Freedom from Jahannam*

### The Don'ts of Ramadhaan

- TV – It is Haraam in and out of Ramadhaan!
- Islamic Radios – They waste their own time and the listener's time. They host many Haraam programs, dramas and competitions in Ramadhaan, besides the issue of airing the women's voices!
- Shopping – Only if it is a dire necessity which you require to buy, then too, go to a small and quiet shop nearest to you to save maximum time!
- Women Driving – Even out of Ramadhaan women can't drive due to many Hijaab reasons!
- Visiting – Remain in your house at least in Ramadhaan. When one increases mixing in Ramadhaan, our alignment will be out!
- Cell-Phones – Minimize your connection with the cell-phone. If you can, abstain fully from it. Otherwise, limit your reach to it, it might contaminate our focus!

### The Ibaadaat of Ramadhaan

- ✓ *Sehri*
- ✓ *Iftaar*
- ✓ *Taraaweesh*
- ✓ *Tilaawat*
- ✓ *Fasting*
- ✓ *Salaah*
- ✓ *Du'a*
- ✓ *Sadaqah*

*Ramadhaan – A month to minimize our contact with people and the world, and a chance to link with Allah and A'maal.*

### The value of one day's Fast of Ramadhaan

Nabi (Sallallahu alaihi wasallam) said:

*“Whosoever eats on one day of Ramadhaan without a valid reason or excuse, or genuine illness (acceptable in Shari-ah), shall never be able to compensate for that day even by fasting the rest of his life.”*

(Abu Dawood)

# Rasulullah Sallallahu alaihi wasallam's Bayaan to the Sahaabah on the last day of Sha'baan

## A wonderful Hadith discussing the importance of Ramadhaan

Hazrat Salmaan (Radhiyallahu anhu) reports, "On the last day of Sha'baan, Rasulullah (Sallallahu alaihi wasallam) addressed us and said:

### **Greater than a thousand months**

"O people there comes over you now a great month, a most blessed month in which lies a night greater in virtue than a thousand months."

### **Fasting by day, Taraaweeh by night**

"It is a month in which Allah has made Fasting compulsory by day. And has made Sunnah the Taraaweeh by night."

### **The reward of Nafil and Fardh**

"Whosoever intends drawing near to Allah by performing any virtuous deed, for such person shall be the reward like the one who had performed a Fardh in any other time. And whoever performs a Fardh, shall be blessed with the reward of seventy Faraaidh in any other time."

### **A month of Sabr**

"This is indeed the month of Sabr, and the reward for true Sabr is Jannah."

### **A month of sympathy**

"It is the month of sympathy with one's fellowmen."

### **A Mumin's Rizq is increased**

"It is the month wherein a true believer's Rizq is increased."

### **The reward for feeding a fasting person**

"Whosoever feeds another who fasted, in order to break the fast at Iftaar, for the feeder there shall be forgiveness of sins and emancipation from the fire of Jahannam, and for such feeder shall be the same reward as the one who fasted (who he fed) without that persons' reward being decreased in the least."

### **A concerned query made by the Sahaabah**

Thereupon we (the Sahaabah) said, "O Rasool of Allah! Not all of us possess the means whereby we can give a fasting person to break his fast."

### **The reply**

Rasulullah (Sallallahu alaihi wasallam) replied, "Allah grants the same reward to the one who gives a fasting person to break the fast a mere date, or a drink of water, or a sip of milk."

### **The 30 days in a nutshell**

"This is a month, the first of which brings Allah's mercy, the middle of which

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***This Hadith appears in Fazaail-e-A'maal. A Kitaab which has a home in every Muslim's home.***

brings His forgiveness and the last of which brings emancipation from the fire of Jahannam.”

### **The reward for lessening work**

“Whosoever lessens the burden of his servants (workers) in this month, Allah will forgive him and free him from the fire of Jahannam.”

### **Four important things to do**

“And in this month four things you should continue to perform in great number, two of which shall be to please your Rabb, while the other two shall be those without which you cannot do.

Those which shall be to please your Rabb, are that you should in great quantity bear witness that

there is no deity to worship except Allah (i.e. recite the Kalimah Tayyibah ‘Laa Ilaaha illallaah’) and make much Istighfaar, beg Allah's forgiveness. And as for those without which you cannot do, you should beg of Allah, entrance into Jannah and ask refuge in Him from Jahannam.”

### **The reward of offering water to a fasting person**

“And whoever gave a person who fasted water to drink, Allah shall grant that giver to drink from my fountain (Haudh), such a drink where after that person shall never again feel thirsty until he enters Jannah.” (Saheeh of ibn Khuzaimah)

*May Allah Ta’ala grant us Hidaayat to make Amal, Aameen*

# Sehri

Hazrat Ibn Umar (Radhiyallahu anhu) relates: Rasulullah (Sallallahu alaihi wasallam) said: “Verily Allah and His Malaa’ikah send Mercy upon those who eat Sehri (Suhoor).” (Tabrani)

“The difference between our fasting and that of the Ahlul-Kitaab (Jews and Christians) lies in our partaking of food at Sehri which they do not.”

“Eat Sehri, because in it lie great blessings.”

“Eat Sehri and strengthen yourself for the fast. And sleep in the afternoon (siesta), so as to gain assistance in waking up in the latter portion of the night (for Ibaadah).”

Rasulullah (Sallallahu alaihi wasallam) in urging us repeatedly for Sehri has said: “Even though there be no food, then one date should be eaten or a drink of water taken.”

In his commentary on Sahih Bukhari, Hazrat Ibne Hajar has mentioned various reasons for the blessedness of Sehri:

- ✓ Because in it, the Sunnah is followed.
- ✓ Through Sehri, we differentiate ourselves from the ways of Ahlul-Kitaab, which we are at all times called upon to do.
- ✓ It provides strength for Ibaadah.
- ✓ It promotes greater sincerity in Ibaadah.
- ✓ It aids in elimination of bad temper, which normally comes about as result of hunger.
- ✓ Sehri is the time when prayers are accepted.
- ✓ At the time of Sehri, one gets the opportunity to remember Allah, makes Dhikr and lifts up the hand to Him in prayer.

There are many Ahaadith in which the virtues of Sehri are expounded and the rewards mentioned. Allaamah Ainy (Rahmatullahi alaih) - Commentator on Bukhari - has quoted the virtues of Sehri from seventeen different Sahaabah and all the Ulama are agreed on its being Mustahab (desirable).

*“Ramadhaan is NOT the month to braai and fry, it is the month to cry. Otherwise, on the Day of Judgement our books of deeds will be dry, and we won't get a chance to give it another try.”*  
*(Moulana Dawood Seedat Hafizahullah)*

# Iftaar

Nabi (sallallahu ‘alayhi wa sallam) said: “When one of you breaks his fast, then let him do so with dates, for there is divine blessing in it. If dates are not available, break your fast with water, as it is pure.” (Tirmizi)

“Rasulullah (sallallahu ‘alayhi wa sallam) would open his fast with fresh dates before performing Maghrib Salah. If fresh dates were not available, then Rasulallah (sallallahu ‘alayhi wa sallam) would open his fast with dry dates. If dry dates were not found, then Rasulallah (sallallahu ‘alayhi wa sallam)

would open his fast with a few sips of water” (Tirmizi and Abu Dawood)

Bearing the above Hadith in mind, we learn that eating dates (Khajoor) and drinking water at Iftaar was the Mubaarak practice of Nabi Sallallahu alaihi wasallam. Therefore, we should let go of our formalities in this regard. Let go of the Samoosas, pies and spring-rolls etc. we eat Iftaar time.

Besides being Sunnah, Nabi Sallallahu alaihi wasallam's actions and habits are those which promote good health. Today, many things the scientists

discover to possess healthy habits are found to be part of Sunnats. Thus, by eating dates at Iftaar, this will be the first food to enter one's stomach which was deprived of food for the whole day means that for Khajoor to be eaten at Iftaar on an empty stomach has some health benefit/s besides being Sunnah.

Therefore, we should avoid the oily, fatty and fried foods. Parties in the name of Iftaar which are catered for at the back of almost all Masaajid don't always serve ONLY Khajoor and Zam-Zam. There also have pizzas, burgers, chips, savouries, milkshakes, juices, soft drinks – many of which have Haraam ingredients like alcohol in them! – chicken, rice, etc.! Indeed, the serenity of the Masaajid is trampled upon. The talking, noise, laughing, joking etc. takes place while the Azaan is called out!

Hence, no respect is shown to the Masjid and the Azaan. Then the brothers, some of whom will even miss a Rak'at or two of the Fardh Salaah, finally stand in the Saff while belching, thereby disturbing the Salaah of the Musallees near him as well as the Malaa'ikah! After Salaah, when going out of the Masjid, the aroma of the food is in the air.

Now, if the brothers opted to serve only Khajoor and water to the Saameen (fasting ones) at the back of the Masjid, would these Takleefs be there in the first place? It will be an Iftaar conforming to the Sunnah as well as a healthy Iftaar! It will not be taxing to the bodies, stomach and digestive system. Khajoor is an easy

digestion and has the necessary proteins as well as the perfect ingredients which are ideal for a stomach which looks for any food to digest.

Likewise, with water or Zam-Zam, if available. Instead of drinking soft drinks which has gas and fizziness in it, there are also many such drinks which have alcohol, opt for water which is a natural and healthy drink. Nabi Sallallahu alaihi wasallam will NOT prescribe anything which is harmful to one's bodies and health. We understand that Khajoor and water are healthy.

The diet of the Sahaabah was 'Aswadaan' which means Khajoor and water. Were the Sahaabah weaklings? Were the Sahaabah suffering with health issues? look at the hospitals, Allah save us, and see how many Muslims have what grave sicknesses while languishing in wards at hospitals. **Perhaps, if we opt for a healthy diet then we can give-up the Haraam medical-aids many Muslims have!** Were the Sahaabah cowards?

Nay, read the history of the various battles the Sahaabah fought. See the health they had. Read the bravery they had. Read how they dug a huge trench at the Battle of Khandaq. How fit and strong were the Sahaabah not. Allahu-Akbar!

**In conclusion, the solution to a healthy lifestyle and diet is in the words and actions of Nabi Sallallahu alaihi wasallam. And in this regard, he advised that we eat Khajoor and drink water for Iftaar.**

## Ramadhaan – A month to eat less

The Mashaa'ikh said “A covenant was made with us that we shall not fill our stomachs (completely) when eating, especially in the nights of Ramadhaan.” It is better that one should eat less in the nights of Ramadhaan than on other nights. After all, what is the utility of fasting after having filled oneself at Sehri and Iftaar?

Sharah Ihya Uloom-ud-Deen mentions the experiences of some Buzruks, such as Hazrat Sahl bin Abdullah Tastari (Rahmatullahi alaih), who used to eat only once every fifteen days, while in Ramadhaan he ate only one morsel, but in order to follow the Sunnah, he used to have a drink of water daily for Sehri and Iftaar.

**Imaam Ghazaali asks the same question: “When the object of fasting is to conquer our carnal passions in opposition to Shaitaan, how can this possibly be done by eating excessively at Iftaar?”**

Once a person went to Hazrat Bishr Haafi, whom he found shivering in the cold, in spite of having warm clothes lying at his side. That person inquired: “Is this a time for taking off the clothes?” Hazrat Bishr replied: “There are numerous poor and needy ones. I am unable to sympathise with them. The least I could do is to be in their condition.”

In Maraquiul Falaah, it is written. “Do not eat excessively at Sehri, as this is a way to lose the object of fasting.”

Allama Tahtaawi writes: “When hunger is really felt, the reward for fasting becomes

definitely more. Similarly, a feeling is developed for the poor and hungry ones.”

Our Nabi (Sallallahu alaihi wasallam) himself said: “Allah does not dislike the filling of anything to the brim more than He dislikes the filling of the stomach.”

On another occasion, Nabi (Sallallahu alaihi wasallam) said, “A few morsels should suffice which can keep the back straight.”

**“The best way for man is that one third should be filled with food, one third with drink while the other third remains empty.”**

Hazrat Sheikh Zakariya (Rahmatullahi alaih) said, “I have seen my Ustaad Moulana Khalil Ahmad eating only slightly more than one thin (hand-made) bread (roti) at Iftaar and Sehri, during the whole month of Ramadhaan. When any of his near ones used to urge him to eat more, he would reply: “I am not hungry. I merely sat down to eat because of my friends.”

About Moulana Shah Abdurraheem Rajpuri, I (Hazrat Sheikh Zakariya) have heard that in Ramadhaan, for days on end, he used to fast, drinking at Iftaar and Sehri only a few cups of tea without milk and nothing else. Once his most trusted follower (and Khalifah), Moulana Shah Abdul-Qaadir remarked with anxiety: “Hazrat, you will become very weak if you do not eat anything.” To this, Moulana Shah Rajpuri replied: “Praise be to Allah, I am experiencing something of the ecstasy of Jannah.”

# Laylatul-Qadr – Better Than A Thousand Months!

**Seek it among the odd nights of the last ten nights of Ramadhaan.**

The Qur'aan Majeed describes it as being greater in blessedness and spiritual virtue than a thousand months which in turn means that it is greater than eighty-three years and four months.

Fortunate indeed is that person who attains the full blessings of this night by spending it in the Ibaadah of Allah, because he has then attained the reward for Ibaadah of eighty-three years and four months.

Allah Ta'aala says in the Qur'aan: "Therein descend the angels and the Ruh by their Rabb's permission with every matter." (Surah Al Qadr 97:4) The angels descend in abundance during the Night of Al-Qadr due to its abundant blessings.

Allah Ta'aala also says in the Qur'aan: "There is peace until the appearance of the dawn." (Surah Al Qadr 97:5) The angels are giving the greetings of peace during the Night of Al-Qadr to the people engrossed in Ibaadah until the coming of Fajr (dawn).

## The No's Of Ramadhaan

1. No going to the parks
2. No going to the malls
3. No going to venues of sins
4. No going for any Braais
5. No going for drives to pass time
6. No watching TV
7. No listening to radios
8. No wasting time on internet

## In Ramadhaan...

Observe the Sunnats

Perform all your Salaahs – men with Jamaat in the Masjid, women at home

Control your anger

Control your tongue

## Don't Spoil Ramadhaan

While the objective of the month of Ramadhaan is to engage ourselves in various forms of Ibaadat, this cannot be achieved by unnecessary mingling and socializing with friends and even family. If one can help it, avoid visiting them unnecessarily for the duration of this month.

Unless there is a dire need, limit our contact and socializing with people. Or else the days and night of Ramadhaan will quickly slip pass while our state in Ramadhaan is the same as out of Ramadhaan.

Don't be rude when people meet and greet, however, know and understand the limits. Once the limit has been reached, or the work is done, excuse yourself and go back to the safety of your home and engage in Ibaadat. If one cannot do much Ibaadat, no problem. But don't spoil Ramadhaan with unnecessary mingling with people – especially those who have different principles, thoughts and ideas pertaining to various aspects of Sunnah, Taqwa, Halaal and Haraam etc., even if they be one's own family!