



NEW MUSLIM
ACADEMY

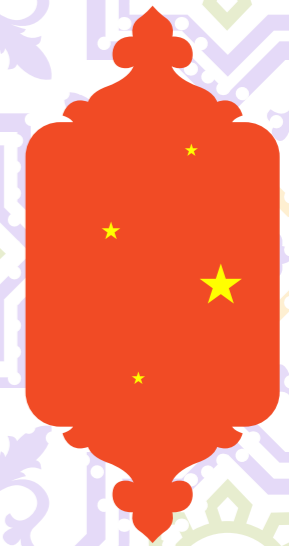
THE PERSONAL RAMADAN
PLAYBOOK FOR NEW MUSLIMS

HOW TO
WIN RAMADAN
WITHOUT
BURNING OUT

The blessed month of Ramadan is almost upon us.

The Messenger of God Muhammad (peace be upon him) said, "Whomsoever fasts during the month of Ramadan and stands up in devotional worship during its nights with complete faith seeking God's reward and pleasure, will have all previous sins forgiven.

Due to the great reward in Ramadan, not sheer reward which is Ramadan.



This Personal Ramadan Playbook for New Muslims will help you in three ways:

- ✓ How to Define Your Goals
- ✓ What Pitfalls to Avoid
- ✓ How to Structure a Daily Schedule



How to Define Your Goals

Fasting is not just about abstaining from food and drink nor is Ramadan entirely about fasting.

The month of Ramadan is like an Olympic training ground. It's a time to strengthen good habits and rid of bad ones to maintain beyond Ramadan. It is an opportunity to come closer to your Lord in acts of charity, worship and spiritual development.

The messenger Muhammad encouraged extra worship, devotion, and prayer during the days and nights of the month. This was through his deeds and words.

“When Ramadan begins, the gates of Paradise are opened and the gates of Hell are closed, and the devils are chained up.”

This gives us a 30-day window to strengthen our will and develop our stamina in preparation for the rest of the year.

Exercise 1

Choose 3 habits you would like to improve upon:

- ✓ Read Quran (English translation) on a daily basis
- ✓ Learn the meaning of Certain Chapters you say often
- ✓ Increase in supplication and remembrance of God
- ✓ Try to learn the meanings of what you are saying in prayer to pray with concentration
- ✓ Give in charity (money, food, time, energy, etc)
- ✓ Visit the sick or elderly
- ✓ Listen to Islamic lectures or classes online or the NMA webinars

When you choose 3 deeds to focus on this month, further define them into goals and list them according to priority.

For example, your 3 goals for the month of Ramadan can be:

- 1. READ THE ENGLISH TRANSLATION OF 1 QURAN PAGE PER DAY.**
- 2. VISIT THE ELDERLY (FAMILY OR OTHERWISE) TWICE A WEEK.**
- 3. PRAY 2 EXTRA VOLUNTARY UNITS OF PRAYER BEFORE SLEEPING EVERY NIGHT.**

The messenger Muhammad (peace and blessings be upon him) was the most generous of people and he was the most generous in the month of Ramadan. Angel Gabriel used to meet him every night of Ramadan to study and review the Quran

This highlights the importance of connecting with Quran and being additionally generous in the month of Ramadan.



What Pitfalls to Avoid

Consider Ramadan a three-legged race. Professional runners know to start every race with a calm pace, slowly building up towards the grand finale.

The messenger Muhammad (peace and blessings be upon him) strived hard in worship during the last ten days of Ramadan more than he ever did at other times.

One of the main pitfalls many Muslims suffer from is hitting the ground running in the first 10 days of Ramadan, then quickly burning out.

Break Ramadan into three parts of 10 days. This will help you steadily rev up towards the greatest 10 nights of the year. Keep commitments to your three goals consistent even if they are little.

The messenger Muhammad (peace and blessings be upon him) said, "The best of deeds are those done regularly and constantly even if they are few in number."

Be consistent so you're building up a habit. Add variety to stir the pot every now and then.

Other Common Pitfalls

- 1 It's common for women to disrupt their schedule when they are on their menses. In this time, women are excused from fasting and performing the prescribed ritual worship. In this time, there are still many other good deeds to perform, like visiting the sick, making supplications to God, learning Quran, etc.
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- 2 It's essential to eat healthy and drink lots of water in the short window we have at night. With the summer nights being so short, it's a common pitfall to only have one meal a day. It's vital to have your pre-dawn meal even if with a few dates.

3

With the long summer days, it's best to take advantage of daytime power naps. This will give you the energy throughout the day and night.

4

As mentioned earlier, burnout is easy during Ramadan. It's important not to take on too much too quickly. Focus on your 3 goals this Ramadan and pace yourself towards the last 10 nights.

5

The night of Special Status known as the night of power. It has been attested to in the Quran as a night worth 1,000 months; a night in which all the Angels descend; a night in which there is protection and well-being. This is the night Muslims around the world seek out in extended worship, supplications and recitation of Quran.

The most common pitfall is assigning this night to a specific date (usually 27th night of Ramadan). However, the fact of the matter is the night in which this spectacular evening occurs is unknown to us other than it being in the last 10 nights.



How to Plan Your Schedule

Here's what a typical Ramadan day can look like:

**Pre-Dawn
(40 min before
dawn/Fajr
prayer)**

Prepare and eat a healthy and filling pre-dawn meal that will give you energy for rest of the day.
Drink enough to stay hydrated.

Dawn/Fajr

After performing the dawn ritual, ask God to make today easy and to assist you with fulfilling your 3 goals for the month. Go to sleep if possible.

Morning

On the way to work/school, listen to an Islamic podcast to keep you motivated for the day and in a state of learning.

Around noon

Take a power nap (even if at work, rest in a quiet room for 20 minutes at least).

Afternoon

On the way home from work/school, seek out an opportunity to give in charity (ex. drop some change at any donation box or someone in need).
When home, take a short nap.

Late afternoon

In the last hour or two of your fast, read a page of English translation of the Quran. Prepare your healthy meal.

Sunset

Break your fast with dates if possible and enjoy your healthy meal. Don't eat too much so you have some energy for prayer.

Evening

After the night ritual perform some units of extra worship. Make a list of all the requests you'd like to make of God and ask him for as long and as many times as you wish. Throughout the evening, make sure to keep drinking water.

Bedtime

- Make sure to sleep soon after night prescribed ritual prayer
- The summer nights are short and your body still needs to rest and benefit from sleeping at night.

Remember, You're Not Alone

While Ramadan is an opportune time to connect with your Lord on an individual level, it's also important to connect with your community.

Always remember you have a family at the New Muslim Academy. We have a Ramadan whatsapp hotline you can msg any of your questions to, and a 24hr email support. You can also setup appointments with our consultants if you would like to speak with someone one on one.

We are here for you.