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The Messenger's Ramadan





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Introduction

The month of Ramadan is one of the most blessed and significant periods in Islam. It presents a wonderful opportunity for believers to draw closer to Allah and gain His pleasure. The best way to achieve this is by following the example of the Messenger Muhammad and his practices during this blessed month.



Eating Practices During Ramadan

Breaking the Fast (Iftar)

- **The Messenger** was prompt in breaking his fast at sunset, doing so before performing the post sunset, Maghrib Salah.
- **He kept** his initial meal light and simple, demonstrating the importance of moderation.
- **His preferred foods** for breaking fast were:
 1. Fresh, not fully-ripe dates (Rutab).
 2. If unavailable, ripe dry dates (Tamr).
 3. If dates were not available, a few sips of water.

Wisdom Note: The practice of breaking fast with dates provides quick energy through natural sugars while being easy on the stomach after fasting.



Eating Practices During Ramadan

Pre-Dawn Meal (Suhoor)

- **The Messenger** would delay this meal until just before dawn (Fajr).
- **He recommended** eating dry, ripe dates.
- **His portions** were modest and the preparation was simple.
- **This meal** is crucial for maintaining energy during the fast.

Practice Tip: Set an alarm with enough time to eat unhurriedly before dawn. Consider preparing Suhoor the night before.



Managing Physical Comfort

- **During** extreme heat, the Messenger would pour water over his head while fasting.
- **This practice** demonstrates that Islam permits taking reasonable measures for comfort.
- **Modern adaptations** might include:
 1. Taking cool showers. so that it is even with the others
 2. Using air conditioning.
 3. Other reasonable measures to maintain comfort while fasting.

Health Note: Maintaining physical comfort supports spiritual focus during worship.



Acts of Worship During Ramadan

Daily Practices

- **Increase** charitable giving.
- **Enhance** focus on Quran recitation, listening and study.
- **Maintain** regular oral hygiene using Miswak (toothstick).
- **Offer** supplications at the time of breaking fast.
- **Continue** regular voluntary night prayers.

Implementation Tip: Create a daily schedule that balances these various forms of worship with your regular responsibilities.



Acts of Worship During Ramadan

Special Practices of the Messenger Muhammad During the Last 10 Nights

- **Intensified** worship and devotion.
- **Spent** entire nights in prayer.
- **Combined** various forms of worship:
 - Salah (prescribed ritual devotion).
 - Siyam (fasting).
 - Charitable giving.
 - Quran recitation.
 - Thikr (remembrance of Allah).
 - Dua (supplications).
 - Spiritual reflection.
- **Observed** Itikaf (spiritual retreat in the mosque).
- **Sought** Laylatul Qadr (Night of Special Virtue).

Historical Context: The Night of Special Virtue (Laylatul Qadr) is when the Quran was first revealed to the Messenger Muhammad.



Traveling During Ramadan

- **The Messenger** both fasted and broke his fast while traveling.
- **This demonstrated** the flexibility of Islamic law and the dispensation to make up the days later with a valid excuse.
- **Muslims** may choose either option based on their circumstances and capability.

Travel Tip: Plan ahead for your journey and assess your ability to fast based on the travel conditions and duration.



Breaking the Fast Supplication

The following is attributed to the **Messenger**. It is reported that he would say this prayer upon breaking his fast: "Thirst has been quenched, and the veins have been made moist and hydrated, and reward has been confirmed by the will of God."

Memorization Aid: Try learning this supplication phrase by phrase during the days leading up to Ramadan.



Key Lessons

1. **Maximize** the spiritual benefits of fasting through additional acts of worship.
2. **Follow** the proper manners and recommended practices.
3. **Avoid** forbidden actions and sins.
4. **Maintain** balance between worship and physical well-being (see Managing Physical Comfort).
5. **Take** advantage of the special virtue of the last ten nights.



Conclusion

Following the Messenger's example during Ramadan helps us achieve the true spirit and benefits of this blessed month. By implementing these practices thoughtfully and systematically, we can make the most of this blessed time. We ask Allah to guide us in implementing these practices during Ramadan and throughout our lives.

May Allah's blessings and protection be upon the Messenger Muhammad.

Additional Resources

- For more details on fasting while traveling, see [Traveling During Ramadan](#)
- For night worship guidance, refer to [Special Practices During the Last 10 Nights](#)
- For daily worship schedule, see [Daily Practices](#)



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