

# Starter



You're explaining 'Why we fast?' in an assembly to the Yr 7s.



What would you say?

# Ramadan:

Part 1: The Month of  
Blessings & Self-Discipline



Life With Allah

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# LOs

- To explain the link between taqwa and fasting
- To differentiate between the three levels of fasting
- To explore how to taste the sweetness of worship

# Class Quiz

- 1) What is the name of the Gate of Paradise, from which those who fasted will enter from?
- 2) What is the definition of taqwa?
- 3) How does fasting help one attain taqwa?
- 4) Complete: Every action of the son of Adam is multiplied: a good deed receiving a \_\_\_\_\_ to \_\_\_\_\_  
\_\_\_\_\_reward.
- 5) The fasting person will have two moments of joy. What are the two moments?
- 6) How did the Prophet ﷺ describe the smell coming out of the mouth of the fasting person?
- 7) What is the du'a after opening one's fast?

# Class Quiz

8. Whoever does not give up \_\_\_\_\_, Allah has no need in him giving up his food and his drink.
9. What is the reward for the person who fasts Ramadān with īmān and hoping for reward?
10. What is the du'a for Laylat al-Qadr?
11. Give (minimum) 3 special times in which we can make du'a in Ramadan?
12. Give 2 reasons why Laylat al-Qadr is extremely special?
13. What does this hadith mean? The Messenger of Allah ﷺ said: "There are many who fast, who gain nothing of their fast except hunger; and there are many who stand for the night prayer, who gain nothing of their prayer except sleeplessness."
14. What is the reward of qiyam in Ramadan?
15. What would the Prophet ﷺ do different in the last 10 days?



When it is the first night of the month of Ramadān, the devils and the rebellious jinn are tied up; the doors of Hell-fire are closed, and none of its doors are opened. The doors of Paradise are opened, and none of its doors are closed. A caller calls out: ‘O seeker of good, come forward! O seeker of evil, stop!’ And every night, Allah frees slaves from the Hell-fire.”

- The Messenger of Allah ﷺ

# Outer and Inner

Every act of worship has both an outward and inward element.

[A] What are the inner dimensions of fasting?  
Why do we fast? How should it transform our hearts and our lives?

# The purpose of fasting



- Complete the ayah (2:183):

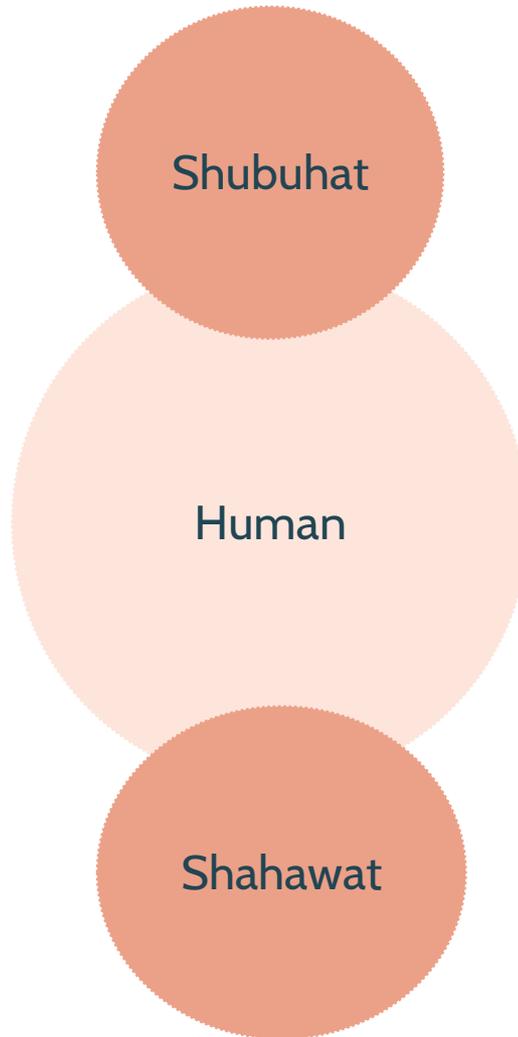
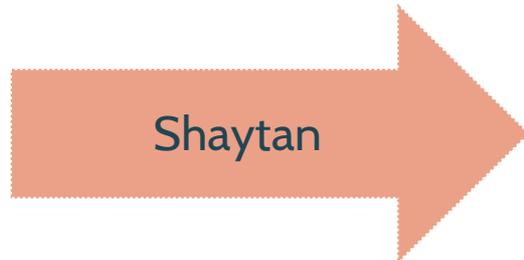
\_\_\_\_\_ يا أَيُّهَا الَّذِينَ آمَنُوا كُتِبَ عَلَيْكُمُ الصِّيَامُ كَمَا كُتِبَ عَلَى الَّذِينَ مِن قَبْلِكُمْ

- Definition of taqwa
- Do **you** control your nafs, or does your nafs control you?

When we become used to eating and drinking at the same time every day, our bodies start to crave food and drink when we pass that time (and often before!). By fasting, we wean our nafs off from what it is accustomed to, refusing to give in to its desires. Instead of allowing our nafs to control us, we control our nafs.

- Fasting, is therefore a means of **training ourselves to obey Allah.**

# Shhhh....



# The 3 levels (Imam Ghazali)

(1) the level of the lay people



(2) the level of the elite



(3) the level of the super-elite

# 1<sup>st</sup> Level (Laypeople)

Abstaining from food, drink and intimacy.

# 2<sup>nd</sup> Level (Elite)



Sight

Tongue

Ears

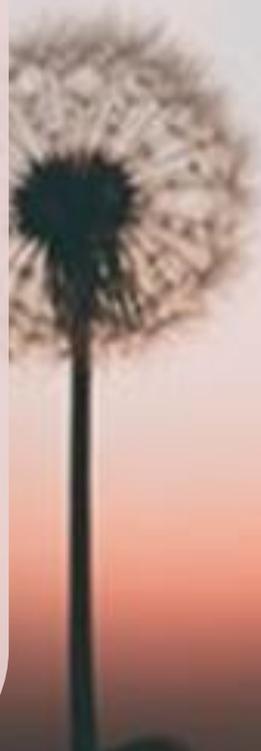
Rest of body parts

Not over eat

After iftar, balance between hope and fear

# 3<sup>rd</sup> Level (Super-Elite)

- Fasting of the heart from unworthy concerns and worldly thoughts.
- Utmost dedication to Allah.
- Leave aside everything other than Him.



Can you remember the 3 levels?

# Group Activity

[A] How can we truly connect to Allah and taste the sweetness of worship in:

1. Salah, especially qiyam
2. Qur'an
3. Dhikr
4. Du'a
5. Charity
6. Helping His creation

# Tasting the sweetness of worship

## Qiyam

- Focus on quality
- It's not a race
- Enjoy
- Recite loudly
- Repeat certain ayat

## Salah

- On time
- Khushu
- Learn new adhkar
- Think of death
- Special 1-1 time with MY Nurturing, Loving, Magnificent Creator.

# Tasting the sweetness of worship

## Du'a

- Du'a is extremely beautiful: direct access to the Lord of the entire Universe! 1-1
- From bottom of your heart
- Secret: begging Him + showing your utter and desperate need....CRY
- Praise + Salawat. Istighfar.
- Ask really BIG

## Dhikr

- Not just words. Reflect
- Think of how GREAT Allah is
- Tafakkur in Allah's creation
- From your heart
- Throughout the day
- What are the sunnah adhkar?

# Tasting the sweetness of worship



“I have hardly any savings. How can I give charity?”

## Charity

- Fasting reminds us of those who don't have enough
- We aren't 'giving away'. We're investing in our akhirah.
- Give a 'secret' sadaqah.
- We need the reward more than poor person needs the charity.

## Helping people

- Purely for Allah
- Not to expect reward/thanks/people's praise
- Allah will help you

# Homework

- For the next lesson, write up your Ramadan checklist
- 3 new goals this Ramadan (something which you didn't do last Ramadan)
- Making small changes

# Plenary

- 1) What is the connection between 'fasting' and the 'nafs'?
- 2) What are the three 'Shhhs'?
- 3) What are 'shahawat'?
- 4) What is the difference between the fasting of the lay people and the level of the elite?
- 5) What distinguishes the super-elite from the elite?

# Ramadan:

## Part 2: Digging Deeper

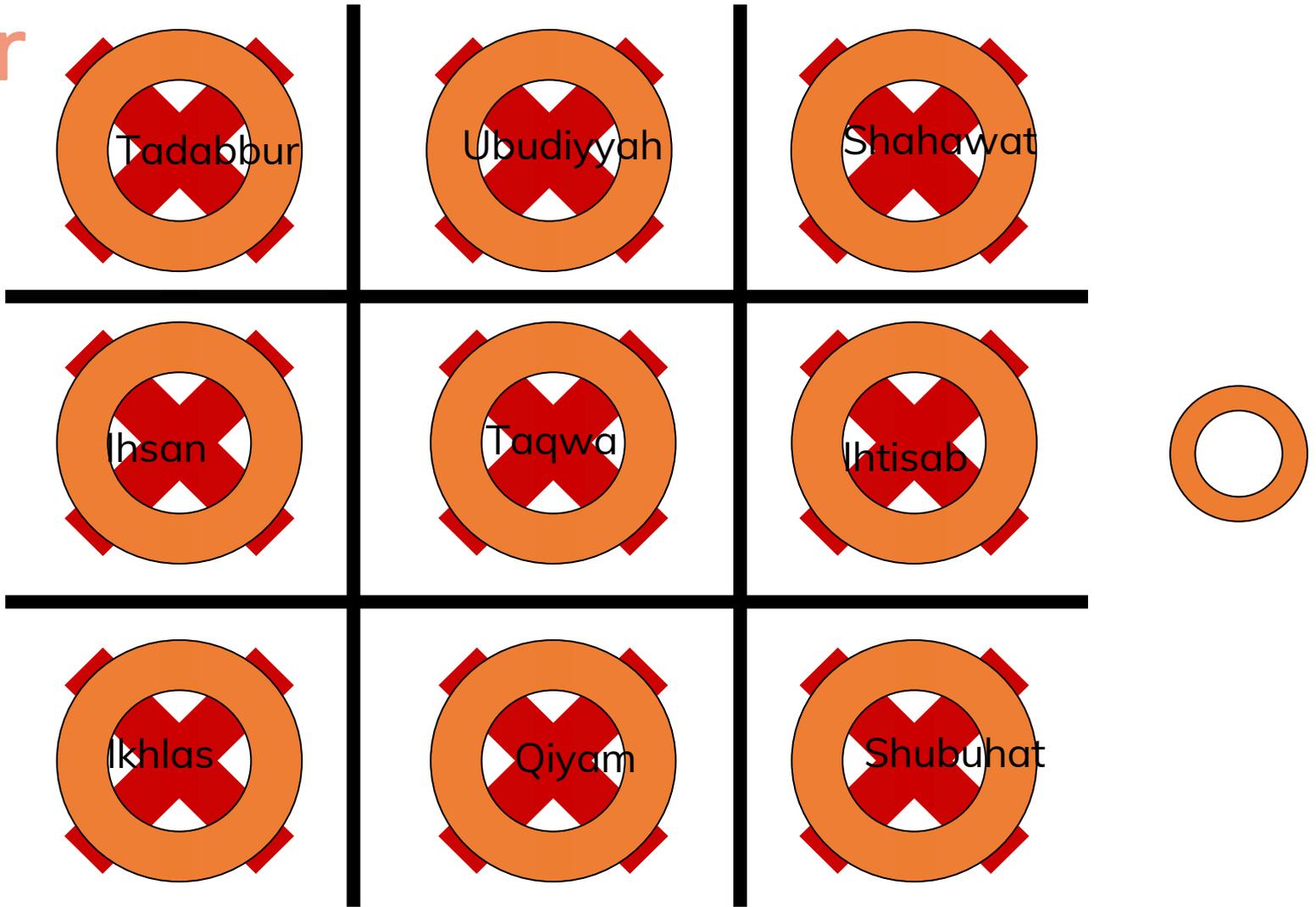


Life With Allah

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# Starter

Noughts & Crosses



**Crosses:** Click on the left side of the square

Click again to remove  
Press your 'Esc' key to exit

**Noughts:** Click on the right side of the square

# LOs

- To explain the link between fasting and ihsan
- To identify how fasting develops sabr and shukr
- To reflect on the significance of Laylat al-Qadr

# Bootcamp



# Ramadan Checklist

## What can you add to your list?

- Du'a of waking up
- Du'a of bathroom
- Du'a of clothes
- Morning Adhkar
- Salah al-Duha
- Throughout fast: allocate time for du'a & recite Qur'an
- Whilst you're fasting: control your tongue
- Evening Adhkar
- Before Iftar: du'a
- Iftar: dates + du'a
- Isha: Tarawih
- Adhkar before sleep
- Tahajjud + du'a
- Suhur: blessed
- Qur'an
- Dhikr
- Revision/Work
- Helping parents
- Listening to Qur'an
- Listening to tafsir/lectures
- Adhkar after salah
- Charity
- Read beneficial Islamic books
- Do something nice for parents/siblings/neighbours etc
- Work on khushu in salah
- Family circle
- Extra sunan and nawafil



Every action of the son of Ādam is multiplied: a good deed receiving a tenfold to seven hundredfold reward. Allah the Mighty and Exalted has said: ‘Except for fasting. **It is for Me** and I will (personally) reward it; he abandons his desires and food for My sake.’ The fasting person will have two moments of joy: one when he opens his fast, and the other when he will meet his Lord. The unpleasant smell coming out of his mouth is more fragrant to Allah than musk.” (Muslim)

- The Messenger of Allah ﷺ

# Ramadan & Ihsan

Ihsan

Muraqabah

# Ramadan & Sabr



[A] How does Ramadan help us to develop the quality of sabr?

Is it easy to fast 18+ hours when you have exams? Is it easy to stand for long hours at night? That is how we develop sabr.

The Messenger of Allah ﷺ said:  
“Fasting is half of ṣabr.” (Tirmidhī)

“

The Messenger of Allah ﷺ said:

Fasting is a shield from the Hell-fire.”

(Tirmidhī)

# Reflection Time

(Not to share with anyone. Personal reflection)

1. What sins do you commit which you would like to stop?
2. What leads you to this sin?
3. What could you do to stop this sin in Ramadan?

E.g.

1. Watching haram on YouTube/TikTok
2. Having phone on me at night
3. Hand in phone to mum after iftar (or for the full month 😊)

# Ramadan & Shukr

- How does fasting help us cultivate shukr?

Throughout the day, whenever our stomachs growl from hunger, we should **consciously remember and thank the One who provides us with every morsel of food, and every drop of water: Allah al-Qayyūm (The All-Sustainer).**

[A] What are the things we should be thanking Allah for?

- Biggest blessing is iman and tawfiq to do good deeds/obey Him.

[A] Do you remember the du'a for opening the fast?

- The Prophet ﷺ said, “Indeed Allah is pleased with the servant who praises Him when he eats, and praises Him when he drinks.” (Muslim)

# Laylat al-Qadr

## [A] Why is it the greatest night?

Better than 1000 months. What does this mean?

On this night, earth is FULL of angels.

Jibril ﷺ (!) comes down

Full of blessings and peace

Night of forgiveness

Night marking the greatest event in human history

# Laylat al-Qadr



[A] Write Q44:3-4

إِنَّا أَنْزَلْنَاهُ فِي لَيْلَةِ الْمُبْرَكَةِ إِنَّا كُنَّا مُنذِرِينَ ﴿٣﴾ فِيهَا يُفْرَقُ كُلُّ أَمْرٍ حَكِيمٍ ﴿٤﴾

Qadr:

1. Glory and Honour
2. Decree

Do you remember the du'a for Laylat al-Qadr?

اللَّهُمَّ إِنَّكَ عَفُوفٌ كَرِيمٌ تُحِبُّ الْعَفْوَ فَاعْفُ عَنِّي

Why 'Afuwwun?

# Laylat al-Qadr

[A] Draw up a special NIGHT plan.

Every Moment Counts

Contingency planning: what if you are menstruating? How will you maximise this night?

# Istighfar & Tawbah

- Feel REALLY bad & regret our sins
- Cry over our sins in du'a
- Beg Allah to forgive us
- Make a strong firm intention to turn a new leaf
- New life with Allah post-Ramadan

*“Ya Allah, please protect me from going back to my old ways.”*

# Plenary

- 1) How should Ramadan help us reach closer to the station of ihsan?
- 2) What is the connection between sabr and fasting?
- 3) How does fasting help us cultivate shukr?
- 4) Why is Laylat al-Qadr the greatest night of the year?
- 5) Why do we ask Allah with His Name 'Afuwwun' (al-'Afuwwu) in the du'a for Laylat al-Qadr?