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This book is the work of ICMG Women's Youth Organization.

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5. Printing, Köln, Mart 2021

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Printing

PLURAL Publications GmbH | www.pluralverlag.eu

SALAM TO THE *Ramadan Traveller*

The health of the soul, body and mind is hidden in depths of our religion Islam. The holy month Ramadan in particular is a time where you can feel your soul, body and mind in tranquility. We welcome the Sultan of the eleven months with open arms and joy.

As the Women's Youth Committee (KGT), we are honoured to have had the chance to prepare you the booklet "My Ramadan Diary" which will accompany you through this spiritual month and allow you to make the most of it.

The Diary consists of a collection of suggestions to encourage you along your journey and also inspires you to make use of the wisdom of the Quran and Sunnah. This Ramadan, let us all together set out to experience a time full of spirituality, science and art. We hope this booklet helps you renew your soul, mind and body.

MY DEAR YOUNG ONES,

I pray for this booklet to be your companion in the path to heaven and may this blessed month be a light for you. I would also like to remind you to be humble and strive towards good morality and character that has been commanded by our creator Allah (SWT). Ramadan is the month of giving so let us give and be kind to ourselves, our loved ones, the environment and to all the non-muslims out there so they can also see how beautiful islam is.

I send my best wishes and pray for you all and ask that you may kindly include us in your prayers too.

I am in sincere gratitude to all my sisters who contributed to the preparation of the diary.

Jazak-Allahu hayran

Meryem Saral

ICMG Sisters Youth
Chairwoman





MANKIND AND FASTING

Fasting, the voice of the soul sounds every year
its silver heels touches our hearts
Like a sacrifice, the body begins to turn to a temple
Draped from prayers that burn the cliffs

In the palms of the flesh soul
Man changes his night and ends his day
Turns the time into a season that never changes

It is time to become human,
this opportunity of melting
The soul suckles the earth like a mother,
the earth will come and stand guard.
A new person will come and stand guard.

O fasting, reviving wind, spring of Islam
Descend into the human soul and drink Kewther from
the great mountain of inspiration, pour life from the
crystal glass.
To the thirsty horizons of the human heart.

Sezai Karakoç

CONSIDERATIONS TO BE MADE IN RAMADAN



PRAYER

Prayer is when the servant turns to the Creator with his whole being and makes requests and wishes from Him. We should not be selfish in our prayers; we should pray for world peace and the welfare of the suffering victims, heal the sick and cure their troubles, and for the Ummah of Muhammad (PBUH) to attain relief from disasters.



REPENTANCE

Repenting is essential in order to take sanctuary in Allah (SWT) and show our regret for the sins committed. The bad deeds committed by a person can damage the bond between themselves and God. With repentance, this bond is strengthened. Thus, we submit to the glory and mercy of Allah (SWT).



SELF ACCOUNTING

Accounting for our halal and haram increases halal behaviours. When we are conscious of ourselves, we can drive away any haram thoughts, behaviours or actions in a determined manner. We should strive for halal sustenance, halal business and a halal life.



FORGIVENESS

Before entering the month of Ramadan, we should ask forgiveness from our Almighty Master and make peace with those who are offended and those who have offended us. During the month of Ramadan, we should strive for forgiveness and avoid becoming offended by others.

Q U R ' A N



Ramadan is the month of the Qur'an. During this holy month, the reading of the Qur'an should enlighten our lives on our journeys, and we should engrave the messages given by the Quran in our hearts and soul. We should make an effort to read and think about the verses at least once a day. To be able to read whilst travelling, we should always try and keep a miniature Qur'an and Evrâd-ı Şerif (book of Dua and Dhikr) in our bag.

T A H A J J U D



Tahajjud is a special voluntary prayer known as the 'night prayer' – it is prayed sometime after the obligatory Isha prayer and before Fajr. We should strive to perform Tahajjud during Ramadan and make it a regular habit throughout the year.

C O N T E M P L A T I O N & U N D E R S T A N D I N G



One should contemplate on Allah's orders and the Sunnah of our Prophet. We should strive to memorise at least one verse and hadith a day; we should also try to learn why verses were revealed and why the hadiths were narrated.

S O C I A L M E D I A M O R A L



Before Ramadan, we must plan to only use social media applications on our phones/devices at certain times. For example, we should take a break from listening to music during the fasting time; intend to watch only beneficial programs on TV, and utilise our spare time for contemplation.

HATİM CHECKLIST

01 J U Z <input type="checkbox"/>	02 J U Z <input type="checkbox"/>	03 J U Z <input type="checkbox"/>	04 J U Z <input type="checkbox"/>	05 J U Z <input type="checkbox"/>
06 J U Z <input type="checkbox"/>	07 J U Z <input type="checkbox"/>	08 J U Z <input type="checkbox"/>	09 J U Z <input type="checkbox"/>	10 J U Z <input type="checkbox"/>
11 J U Z <input type="checkbox"/>	12 J U Z <input type="checkbox"/>	13 J U Z <input type="checkbox"/>	14 J U Z <input type="checkbox"/>	15 J U Z <input type="checkbox"/>
16 J U Z <input type="checkbox"/>	17 J U Z <input type="checkbox"/>	18 J U Z <input type="checkbox"/>	19 J U Z <input type="checkbox"/>	20 J U Z <input type="checkbox"/>
21 J U Z <input type="checkbox"/>	22 J U Z <input type="checkbox"/>	23 J U Z <input type="checkbox"/>	24 J U Z <input type="checkbox"/>	25 J U Z <input type="checkbox"/>
26 J U Z <input type="checkbox"/>	27 J U Z <input type="checkbox"/>	28 J U Z <input type="checkbox"/>	29 J U Z <input type="checkbox"/>	30 J U Z <input type="checkbox"/>



AWRĀD-I SHARĪF

“Such are the ones who believe (in the message of the Prophet) and whose hearts find rest in the remembrance of Allah. Surely in Allah’s remembrance do hearts find rest.”

(Surah Ra’d, 13:28)

The heart is a vital organ in the human body. When the heart is healthy, it affects all organs positively. The heart is also the centre of all emotions. Within our hearts, we can find our faith, as well as our love and affection. When a person is excited, the heart beats faster; when a person is happy, the heart flutters like butterflies. When one is anxious or angry, the heart is constricted and feels tight.

The heart takes direction according to emotions. It can turn towards the good and the bad. It is in constant search, seeking peace and happiness. However, worldly desires, no matter how grand and seemingly appeasing, will never indeed be able to satisfy the heart. Allah (SWT) knows human beings best and has stated that hearts can only find peace by commemorating Allah (SWT). Therefore, give your heart its spiritual nourishment with daily readings of Awrād (book of dua and dhikr)! Get closer to Allah (SWT) on this occasion!

“O Changer of the hearts, make my heart firm upon Your religion’
(Jami` at-Tirmidhi 3522)

DAILY DUTY

SCAN THESE ON YOUR
MOBILE DEVICE



MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



SATURDAY



SUNDAY

YOU CAN EITHER LISTEN OR FOLLOW WITH THE RECITER!

THE THINGS WE SHOULD AVOID

When the month of Ramadan comes, Muslims enter a period of intense worship. It is an opportunity to get out of our daily routines, gain forgiveness from Allah (SWT), and be among the servants that please our Lord. Sometimes, some of our negative habits can interfere with our ability to worship and reduce the hoped-for rewards. We must use this month to reflect and replace our negative patterns with practices that will please Allah (SWT) and continue them after Ramadan.



FASTING WITHOUT PRAYER

A Muslim's day is incomplete without prayer. Prayer is the most significant sign of our servitude and worship, which we are obliged to do throughout our lives. Therefore, it is crucial to pray every day, including when we are fasting.

SLEEPING TOO MUCH

Every minute of the month Ramadan is valuable and should be utilised productively. Sleeping during the night and noon naps are essential for recovery, too much will only hinder us. It is crucial for people to increase their worship and continue their daily routine as much as possible during the month of Ramadan and avoid excess sleeping.

ANGER:

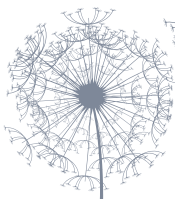
While the wisdom of fasting is patience, we can often become entangled in the saying "hungry people make angry people". During Ramadan, it is essential that we do not let our anger manifest because of hunger and that we strive to shield our patience throughout this month. We should also try our best to exercise patience in our everyday lives after Ramadan continuously. The Messenger of Allah (PBUH) advised the following when he said: "I know a word that if that person says that word, the state of wrath in him will surely disappear. (Yes) if that person says, 'A'udhu Billahi min ash-shaytaan', this state of affairs in him will go away."

(Bukhârî, Hadith No: 1356)



BE CAREFUL WHILE SPEAKING:

Ramadan is an educational month that also focuses on improving one's character. It teaches Muslims to control their desires and impulses. A person's relationship with those they are surrounded with, especially their speech must be constantly regulated and optimised by oneself. At the beginning of this is the etiquette of speaking. Let's start this Ramadan by abstaining from unnecessary talks, discussions, backbiting and slander.





İ N S A N - İ
K Â M İ L


T H E C O M P L E T E
P E R S O N

İnsan-ı kâmil: meaning the complete person - guide, evidence, advise and lead.

Subject to Prophetic Sunnah, moralized by our Prophet's morality, complying with Allah's orders and prohibitions, filled with His love, who reach the upper ranks in a moral and spiritual sense, is an ingenious person.

Nowadays, it is difficult to reach the level of İnsan-ı kâmil. As technology develops people start to move away from these values. Preventing this is possible with energies of exemplary muslims and young generations. And of course, we need a new value system in order to reach the level of İnsan-ı kâmil. If we take into account that we are living away from these moral values, we need to understand and rely more on moral principles. We should not forget that the Quran, Sunnah and Faith are in accordance with each other. For this reason, we should pay attention to Allah's orders, the Sunnah of our Prophet and pay attention to our prayers and we should not hinder our supererogatory prayers.

As a result of negligence of one of these, a person cannot reach and falls into heedlessness. In order to be able to reach the congestion, we must hold tightly to the Sunnah, we must develop our qualities such as; compassion, justice, honesty, altruism, obedience towards people, righteousness and to understand the importance of morality. And most importantly we must know ourselves. Therefore, by knowing oneself, you can reach the true knowledge about Allah, the world and become İnsan-ı kâmil.



TYPES OF WORSHIP FEMALES CAN PERFORM DURING THEIR EXCUSED DAYS

- » GIVING CHARITY
 - » MAKING DUA/SUPPLICATION
- » PERFORMING ACTS OF GOOD DEEDS
 - » READING THE QURAN'S TAFSIR
 - » CONTEMPLATION
 - » READING RELIGIOUS BOOKS
 - » DOING DHIKR
 - » PERFORMING WUDHU
(ABLUTION)
- » WATCHING EDUCATIONAL
AND SPIRITUAL WEBINARS





SOME FOODS MENTIONED IN THE QURAN, OUR SOURCE OF HEALING:

The Quran has included many fine details about nutrition and emphasized the importance of various foods. For example; protein based foods (such as meat, fish and milk), vegetable foods and fruits (wheat, figs, lentils, garlic, onion, pomegranate etc.).



M I L K :

"And indeed, for you in livestock is a lesson. We give you drink from that which is in their bellies, and for you in them are numerous benefits, and from them you eat."

(Al-Mumenoon 23:21)



F I S H :

"And it is He who subjected the sea for you to eat from its tender meat and to extract from it ornaments which you wear."

(An-Nahl 16:14)



F I G :

"By the fig and the olive"

(At-Tin 95:1)



H O N E Y :

"And your Lord inspired the bee, saying "Take for yourself among the mountains, houses, and among the trees and [in] that which they construct. Then eat from all the fruits and follow the ways of your Lord laid down [for you]." There emerges from their bellies a drink, varying in colours, in which there is healing for people. There truly is a sign in this for those who think."

(An-Nahl 16:68-69)



B A S I L :

"And grain having husks and scented plants"

(Ar-Rahman 55:12)

"Then [for him is] rest and bounty and a garden of pleasure" (Al-Waqia 56:29)



D A T E , G R A P E , P O M E G R A N A T E A N D O L I V E :

"And it is He who sends down rain from the sky, and We produce thereby the growth of all things. We produce from it greenery from which We produce grains arranged in layers. And from the palm trees - of its emerging fruits clusters hanging low. And [We produce} gardens of grapevines and olives and pomegranates, similar yet varied. Look at [each of] its fruit when it yields and [at] its ripening. Indeed in that are signs for a people who believe."

(Al-Anaam 6:99)

IDEAL RAMADAN DAY

1. After Suhoor, wait for the fajr prayer - don't go back to sleep straight away. Spend that time worshipping.
2. Do Dhikr on the way to school or work.

3. Keep your eyes, ears and tongue away from any haram.

4. Participate in Quran muqabala or read a juzz yourself everyday.

5. During the day, after your prayers, read the Evrad-i Serif (Book of dua and dhikr).

6. Memorise an ayah or hadith and apply it to your life.





8. Don't neglect the Tahajjud prayer.



7. Every smile is a charity (sadaqa). Be friendly and do not neglect to greet people.

9. Help your family prepare for iftar.

10. If you have the opportunity, apply Qailulah, which is the sunnah of our Prophet.

11. Open your fast with light foods to reduce the state of laziness, so that you can easily perform the worship for your Lord.

12. Read the Quran or a religious book before going to bed.

13. Perform the taraweeh prayer in congregation or do it yourself at home.



THE ADAB (ETIQUETTE) OF EATING AND DRINKING :

When Prophet (PBUH) was breaking his fast he would make the
dua,

**"Oh Allah! I fasted for You and I believe in You [and I put my
trust in You] and I break my fast with Your sustenance".**

(Abu Dawud, Saum, 22)



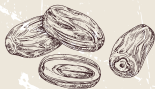
Washing hands before and after eating food.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Starting with the Basmala, if you forget to say

"Bismillah", then recite the following:

"Bismillahi awwalahu wa akhiru."



Breaking your fast with a date.



Eating with your right hand.



Not looking at someone else or their food when eating.



Not drinking the water all at once.



Reciting the 'dua before eating'.



Not wasting food, and finishing the food on your plate.



P R A Y E R A N D I N T E N T I O N

Allah is Ar-Rahman, Ar-Raheem. He is the only owner and creator of all the Universes. He is aware of every step we take and every moment that passes brings us closer to Him. To Him we call for the answering of all our prayers.

We will be accounted for the things we have said and that which we should have but did not say, as well as the things we have done and that we should have but have not done.

An eternal life, with no beginning nor an ending. A life that will kill death.







A dazzling world with thrones, delicacies yet also a world of sorrow and struggles. A world in which liquid fires are offered on golden platters.

With or without knowing, we are on one of the two paths. Our limbs will bear witness to our actions.

The time is close.

Oh Allah make our questioning easy, protect us from your wrath and keep us under Your shade. Help us grow with your religion and let your religion reach its peak with us. Take our souls when we are in a state of iman and keep us among your most pious believers!

C H E C K L I S T :

- | | |
|--|--|
|  I started the day with dhikr/dua |  I read a book |
|  I woke up for Fajr prayer |  I attended Taraweeh prayer |
|  I helped someone today |  I recieved information about my local Spiritual night. |



A C T I O N :

Set yourself 3 goals to help adapt good manners until the end of Ramadan.

01 _____

02 _____

03 _____



'OH ALLAH. GUIDE ME TO THE RIGHT
PATH AND MAKE ME SUCCESSFUL ON
THAT PATH.'

MUSLİM, DHIKR, 78



T A R A W E E H P R A Y E R

Taraweeh, in Arabic, translates to relaxing and resting. It is a voluntary prayer that is prayed after Isha prayer in which we give salam at every four prostrations.

Tarawih is a prayer that is a Sunnah Muwakkadan (voluntary act of worship) for both males and females. This means that it was an action our Prophet (PBUH) did continuously but also left out on some nights. It is between a Fard and Wajib action.

Taraweeh prayer is an ibadah (a form of worship) that is dedicated to the month of Ramadan and therefore holds great importance.

We should not rush our Taraweeh prayers; if we have valid reasons to do so, we should reduce the number of prostrations but still pray with concentration. This prayer can be prayed at home and in a mosque - praying in congregation should always be our first preference.

C H E C K L I S T :

- | | | | |
|--------------------------|--|--------------------------|--|
| <input type="checkbox"/> | Started the day with dhikr/dua | <input type="checkbox"/> | I attended Taraweeh prayer |
| <input type="checkbox"/> | I woke up for Fajr prayer | <input type="checkbox"/> | I helped somebody |
| <input type="checkbox"/> | Took a moment to ponder and contemplate my day | <input type="checkbox"/> | Spent time with my family and loved ones |



DAY
2

THE MESSENGER HAS BELIEVED IN WHAT WAS REVEALED TO HIM FROM HIS LORD, AND [SO HAVE] THE BELIEVERS. ALL OF THEM HAVE BELIEVED IN ALLAH AND HIS ANGELS AND HIS BOOKS AND HIS MESSENGERS, [SAYING], "WE MAKE NO DISTINCTION BETWEEN ANY OF HIS MESSENGERS." AND THEY SAY,

"WE HEAR AND WE OBEY. [WE SEEK] YOUR FORGIVENESS, OUR LORD, AND TO YOU IS THE [FINAL] DESTINATION."

SURAH BAQARA, 2:285

A C T I O N :

Tonight, after Taraweeh prayer, let's read and/or memorise the last 2 ayah's of Surah Baqara (Amanar-Rasul).



T A H A J J U D P R A Y E R

Tahajjud prayer is when one would wake up to pray between Isha and Fajr.

Tahajjud translates to "sleeping and waking up energised".

The name originates from Surah Al Isra in the 79th verse. We are told to pray Tahajjud while also being mentioned in the first few verses of Surah Al-

Muzammil as one of the first prayers to be prayed by Prophet Muhammad (PBUH).

There are several verses in the Quran that highlight the importance of prayers. While some prayers were taught to our Prophet directly, others are mentioned in verses.

These prayers were given to Mankind for those who wish to get closer to Allah.

There are many hadith about the importance and greatness of the night prayer.

Prophet Muhammad (PBUH) would regularly wake to stand in prayer and tells us that those who sleep intending to wake for the night prayer but sleep through it will be rewarded as though they have and that the sleep that overcame their ability to wake is, in fact, a gift from Allah (SWT).

(İbn Mâja, Iqama 177)

C H E C K L I S T :

- I started the day with dhikr/dua
- I read a book
- I woke up for Fajr prayer
- I woke up for Tahajjud prayer
- I helped somebody
- I spent time with my family and loved ones



M Y N O T E S

A C T I O N :

Tonight let's try and get up for Tahajjud prayer and remind our friends and loved ones to do the same!



**"I CREATED JINN AND MANKIND
ONLY TO WORSHIP ME."**

(SURAH ADH-DHARIYAT 51:56)



CONNECTION OF THE BODY, MIND AND SOUL

The connection and unity of the soul, body and mind is a trinity that is unbreakable. Verse 29 in Surah Hijr Allah says: "When I have completed shaping him and have breathed into him of My Spirit, then fall you down before him in prostration."

Therefore upon the creation of our bodies, Allah breathed a piece of Him into us.

Our body is our physical existence on earth; our soul is our emotional being. Our bodies are fed with water, food and air while our souls are fed with emotions and worship.

The same way our bodies need to digest things we consume, our souls also need time to digest our emotions, and to live a healthy life, we must find a balance between the two.

Ramadan is the perfect opportunity to draw this link and feed our souls while our bodies rest. Let us show our love to Al-Wadud (The Most Loving).

How, do you ask?

Understanding the connection between our bodies and souls, our emotions and actions, is in the hands of our brains. Let us learn and understand the orders of our Lord by reading the tafseer (explanations) of the words sent to us as guidance.

C H E C K L I S T :

- Started the day with dhikr/dua
- I read a book
- I woke up for Fajr prayer
- I prayed Taraweeh prayer
- I listened to a Halaqa (Islamic talk) on youtube
- I spend time with my family and loved ones



MY NOTES :

ACTION :

Let's revise the Asmaa Allah Al Husna (Allah's 99 names) and try to understand them by looking at their meanings. Let's make ibadah by mentioning Al-Wadud, 'The Most Forgiving'.



"ASK FORGIVENESS FROM YOUR LORD, AND TURN TO HIM IN REPENTANCE: MY LORD IS MERCIFUL AND MOST LOVING."

SURAH HÛD, 11:90



S P I R I T U A L N I G H T

Living the prosperity and abundance of Ramadan together is without a doubt one of the beauties of this month.

To benefit from the month of Ramadan and to spend this month productively, as ICMG Sisters youth we have planned "Spiritual Night" project across all our branches/mosques.

On this night as we come together we renew our sisterhood bonds, we strengthen our unity and solidarity as we live the joy and blessings of the Holy month.

Our goal is to live Ramadan in the real sense, to be aware of the needs of our soul and to taste the essence of worship. Mosques are places where we perceive our fanaticism and servitude.

To understand the spirit of Ramadan you should make the mosque your centre. In our past, mosques were places where all needs were met because mosques are places where matter and meaning meet. Due to this we will develop stronger ties with the mosque.

During this month our thoughts we put aside our financial needs, perceptive our heart and mind

become more open to Allah's words. Take this opportunity and listen to the Quran recitation during our Spiritual Night and pay attention to the wise words being said in our program. May one of these Spiritual Nights be instrumental in our resurrection.

C H E C K L I S T :

- Started the day with dhikr/dua
- I attended Taraweeh prayer
- I woke up for Fajr prayer
- I watched an Islamic lecture
- I took a moment to contemplate and ponder
- I took a photo for memories to stick on the next page



A C T I O N :

Participate and attend the Spiritual Night that your local ICMG Sisters Youth branch has organised and take a photo!

#kgtramazan #spiritualnight #igmgkg



‘SAY [PROPHET], ‘LORD,
FORGIVE AND HAVE MERCY;
YOU ARE THE MOST MERCIFUL
OF ALL.’

(AL MU’MINUN 23:118)



A L - Q U R ' A N

"Oh people, a teaching from your Lord has come to you, a healing for what is in [your] hearts, a guidance and mercy for the believers."

(Surah Yûnus, 10:57)

No one has, nor will, ever be able to reveal anything like the Holy Quran. While being the only one of its kind, the Quran was also mentioned to the beloved Prophet of Allah (SAW) as the greatest miracle ever sent onto the world.

Say, 'Even if all mankind and jinn came together to produce something like this Qur'an, they could not produce anything like it, however much they helped each other.'

(Surah Israh, 17:88)

The month of Ramadan is the month of the Quran, it is the month in which the Prophet (PBUH) ascended to the heavens with Jibril (AS) and was given revelation. We should honour this event and spend our days and nights reciting Quran to heal our souls.

C H E C K L I S T :

- Started the day with dhikr/dua
- I read a book
- I woke up for Fajr prayer
- I attended Taraweeh prayer
- On the next page, I shared an ayah I have read
- I told my friend that I loved them for the sake of Allah



A C T I O N :

Read a page of tafseer today and take note of the verses that touched the most tender parts of your heart.

S U R A H A Y A H



“[PROPHET], WHEN YOU RECITE THE
QUR’AN, WE PUT AN INVISIBLE
BARRIER BETWEEN YOU AND THOSE
WHO DO NOT BELIEVE IN THE LIFE TO
COME.”

(SURAH ĪSRA, 17:45)



ON THE PATH, TO THE ETERNAL...

OH THE OWNER OF ALL THINGS BEAUTIFUL,
ENDLESS GRATITUDE TO YOU...

OUR SOULS ARE CLEANSED IN RAMADAN,
WITH YOUR MERCY WE FEEL ITS PRESENCE,
IN THE PUREST PARTS OF OUR HEARTS...

MOTIVATED BY THE QURAN,
WE HOLD ONTO THE ROPE OF ALLAH
THE ENDLESS BATTLES OF OUR NAFS,
ARE SILENCED IN YOUR WORSHIP...

WE YEARN YOUR CONSENT,
AND BREAK FREE OF OUR SHACKLES,
HUNGER AND THIRST WILL NOT BRING US DOWN,
WHEN OUR GOAL IS SERVING YOU.

MUHAMMED MUSTAFA YÜKSEL

Translated from Turkish.

C H E C K L I S T :

- | | |
|--|--|
|  I started the day with dhikr/dua |  I attended Taraweeh prayer |
|  I woke up for Fajr prayer |  I read a page of the Qur'an |
|  I shared my favourite poem on the next page |  I read the Awrâd-ı Sharif after prayer |



A C T I O N :

Share a verse from your favourite poem.

#kgtramazan #poem #igmgkt



“AND WE HAVE CERTAINLY PRESENTED
FOR THE PEOPLE IN THIS QUR’AN FROM
EVERY [KIND OF] EXAMPLE - THAT THEY
MIGHT REMEMBER.”

(SURAH ZUMAR, 39:27)



S A H O O R A N D I F T A R

When the month of Ramadan came, our beloved Prophet(PBUH) would always wake up for Sahur to fast, and encouraged the Muslims to do the same. There are various narrations from the Companions about the importance of Sahur. One of the narrations underlines the blessing of Sahur and that we must benefit from it.

Our Prophet(PBUH) narrated the following:
"The Food of Sahur is barakah, so don't leave it, even if one of you only has a sip of water, for verily Allah and His angels make prayers on those who make Sahur."

IBN HANBAL, MASNAD, 3:44

When it was time for iftar, the Prophet (PBUH) advised that iftar should be made immediately. He would generally break his fast with a date and water and sometimes milk.

The Prophet (PBUH) would make the following dua as he opened his fast amongst other prayers:

"Allaahumma laka sumtu wa 'ala rizqika aftartu"

'Oh Allah I have fasted for Your sake and broken the fast upon Your provisions."

And after eating his food he would say:
"Dhahaba al-ddhama' wa ibtallati al-'urooq wa thabata al-ajru in sha' Allah"

"The thirst is gone, the veins are moistened, and the reward has been earned if Allah wills."

(ABU DAAWUD, SUNAN, 2357-2358)

C H E C K L I S T :

- Started the day with dhikr/dua
- I attended Taraweeh prayer
- I woke up for Fajr prayer
- I helped somebody
- I took a moment to contemplate and ponder
- I spent time with my family and loved ones



D A W N

Dawn is the time in which prayers and repentance are accepted. In Ramadan, the time from suhoor to dawn is when praying and asking Allah for forgiveness will not be turned back. In Surah Ad-Dharyat, verse 18, Allah (SWT)

says,
"They would ask for forgiveness at dawn".

Rasulullah quotes the words of Allah (SWT): **Is there not anyone that wants forgiveness so I can forgive? Is there no one who wants, so I grant and accept the prayers? (Muslim).** The relief we feel upon the time of dawn is the time of Inshirah (comfort/consolation); it is the time in which our souls are given a breath.

A C T I O N :

Read Surah Al-Inshirah (Surah 94) and its translation at the time of dawn.

C H E C K L I S T :

- | | |
|---|---|
| <input type="checkbox"/> I started the day with dhikr/dua | <input type="checkbox"/> I read a book |
| <input type="checkbox"/> I woke up for Fajr prayer | <input type="checkbox"/> I attended Taraweeh prayer |
| <input type="checkbox"/> I read Surah Al-Inshirah and its meaning | <input type="checkbox"/> I gave charity |



SURAH AL- INSHIRAH

1. "HAVE WE NOT EXPANDED FOR YOU YOUR BREAST?"
2. "AND WE REMOVED FROM YOU YOUR BURDEN,"
3. "WHICH WEIGHED DOWN YOUR BACK?"
4. "AND WE EXALTED FOR YOU YOUR REPUTATION?"
5. "THEN, SURELY WITH HARDSHIP COMES EASE:"
6. "SURELY, WITH HARDSHIP COMES EASE,"
7. "SO WHEN YOU HAVE FINISHED (WITH YOUR IMMEDIATE TASK), STILL STRIVE HARD, (THEN TOIL),"
8. "AND TO YOUR LORD TURN (ALL) YOUR ATTENTION."



M I G R A T I O N T O G O O D

Allah (SWT) created man as the most righteous and pious being of all creations. He created our being most purely and beautifully. The bad habits and minor sins changes us from our original form. We must move away from evil and turn back to our roots of good.

When Allah (SWT) blew our souls into our lifeless bodies, He gave us pieces of his own beauty with a part of Him. By turning away from the bad and returning to our true form, we also return to Allah (SWT). Those who know themselves know their Lord too.

A C T I O N :

Let's cater to the needs of the people we love around us. Today, do something for a loved one, to show them you care about them.

C H E C K L I S T :

- | | |
|---|--|
| <input type="checkbox"/> I started the day with dhikr/dua | <input type="checkbox"/> I read a book |
| <input type="checkbox"/> I woke up for Fajr prayer | <input type="checkbox"/> I attended Taraweeh prayer |
| <input type="checkbox"/> I read over my Ramadan goals | <input type="checkbox"/> I woke up for Tahajjud prayer |



MY NOTES :



“AND WHO IS BETTER IN SPEECH
THAN ONE WHO INVITES TO ALLAH
AND DOES RIGHTEOUSNESS AND
SAYS, “INDEED, I AM OF THE
MUSLIMS.”

(SURAH FUSSILAT, 41:33)



A L - W A D O O D

LOVE US AL-WADOOD,
WITH YOUR LOVE AND MERCY,
LOVE US AL-WADOOD,
EVEN THOUGH WE CAN'T REPAY YOU,
LOVE US WITH YOUR NAME AL-WADOOD,
LOVE US WITH YOUR NAME OH AL-WADOOD,
YOU, THE ONE WHO IS WORTHY OF LOVE...

AYŞE YÜSRA YILMAZ

Translated from Turkish.

C H E C K L I S T :

- I started the day with dhikr/dua
- I attended Taraweeh prayer
- I woke up for Fajr prayer
- I helped someone
- I made dua with the name "Al-Waddood".
- I spent time with my family and loved ones



ACTION:

Let's recap the first 10 days of Ramadan and do even better during the remaining. Let's write some strategies on how we can make the next 20 days even better.



“AND ASK FORGIVENESS OF
YOUR LORD AND THEN REPENT
TO HIM. INDEED, MY LORD IS
MERCIFUL AND AFFECTIONATE.”

(SURAH HUD, 11:90)



ERKAM HALAQA / HOUSE GATHERING :

Erkam Halaqa is a Darul Erkam practice. It is one of the important Sunnahs of the Prophet (PBUH). During the first days of the Islamic Dawah/Invitation, Islamic discussions were held in homes under the leadership of our Prophet (PBUH). The most known companion who held such gatherings in his own house was **Erkam bin Ebi'l-Erkam**.

In history great contributions have been made to the studies of invitations to Islam with the use of home gatherings . In addition, answers to "What should we do for Allah (SWT)? How can we be beneficial for the Ummah or society? What activities do we need to train, teach and develop for our faithful youth and generations?"

These types of questions are searched for and are a work that allows one to attain consciousness.

These conversations, in which youth who take it upon themselves as the duty of Allah to come together for these types of house gatherings , are able to come to the understanding of the brotherhood and of their jihad (struggle) and thus may feel the satisfaction of the soul.

They are places where unity, togetherness, morality and spirituality are at the forefront, and it is not where the stomach is filled but where the soul is filled.

It is in the hands of youth, to turn their houses, which are the smallest masjids of the world, into a congregation with Erkam Gatherings, and to be a community. Small but solid and sincere steps are required to make big dreams come true. It is a small community that starts with a few people and forms a youth community.

C H E C K L I S T :

- | | |
|---|---|
| <input type="checkbox"/> I started the day with dhikr/dua | <input type="checkbox"/> I read a book |
| <input type="checkbox"/> I woke up for Fajr prayer | <input type="checkbox"/> I attended Taraweeh prayer |
| <input type="checkbox"/> I woke up for Tahajjud prayer | <input type="checkbox"/> I rewarded a young child who participated in fasting |



P R E S E R V I N G O U R E N V I R O N M E N T

Allah (SWT) has created the Heavens and the Earth perfectly, providing for us Humans. It is our responsibility to respect what Allah (SWT) has given us and continue taking care of it.

One of the most significant issues of our day is the imbalance of the world. For every harm the earth receives, it affects each and every living creature.

"Corruption has appeared throughout the land and sea by [reason of] what the hands of people have earned so He [i.e., Allah] may let them taste part of [the consequence of] what they have done that perhaps they will return [to righteousness]."
(Surah Ar-Rûm, 30:41)

Allah tells us to be aware of the world around us, take care of it and preserve it. Allah has created the earth for humans' sustenance; therefore, it is our responsibility to take care of it. The uncontrolled consumption of the blessings Allah has given Mankind is resulting in a rapid reduction of resources. Let this Ramadan be a reminder to take care of the world we have destroyed. Let us become aware of the nature surrounding us, take small steps to preserve what's left of it and prevent the further destruction of our most significant gift.

Some minor changes to our lives could be reducing plastic, awareness of electricity consumption and the responsible ridding of garbage.

C H E C K L I S T :

- | | |
|--|---|
| <input type="checkbox"/> I started the day with dhikr/dua | <input type="checkbox"/> I shared a picture of nature |
| <input type="checkbox"/> I woke up for Fajr prayer | <input type="checkbox"/> I attended Taraweeh prayer |
| <input type="checkbox"/> I took a moment to contemplate and ponder | <input type="checkbox"/> I spent time with my family and loved ones |



A C T I O N :

Share a photo of nature on your social media.

#kgtramazan



“BY THE ONE IN WHOSE HAND IS THE SOUL OF MUHAMMAD, THE BELIEVER IS LIKE A BEE WHICH EATS THAT WHICH IS PURE AND WHOLESOME AND LAYS THAT WHICH IS PURE AND WHOLESOME. WHEN IT LANDS ON SOMETHING IT DOES NOT BREAK OR RUIN IT.”

(AHMAD BIN HANBAL, EL-MUSNED, II, 199)



SISTER - SIBLING

A sister is the one who wants what she wants for herself as well as for her sister. A sister supports their sibling in need. A sister is someone who will work for the benefit of others, for mutual compassion and support, as inseparable believers. An Islamic sisterhood born out of unwavering faith.

A sister bolsters their sibling morally and fiscally, shares their confidence and counsel, tread the same arduous path, share the same beliefs and values, shares their delights and tribulations. A sister is an impenetrable wall of support.

ACTION :

Share your most beautiful moment of this month's iftar and/or visiting ill people in your Sister-Sibling group.

CHECKLIST :



I started my day with dhikr and dua



I have read a book



I woke up for Fajr prayer



I attended Taraweeh prayer



I called my sister/sibling



I spent time with my family and loved ones



MY NOTES :



“IN OUR CAUSE, NOBODY LIVES FOR THEMSELVES. LIVING FOR YOUR BROTHER IS THE EASIEST WAY TO ERADICATE EXPLOITATION.”

PROF. DR. NECMETTİN ERBAKAN



C O M M I T M E N T

In this era, we live in societies among people with various beliefs and cultures. As ummah, we represent each other, not by our shared bloodlines, but by our collective faith.

Our Prophet (saw) says
Servants of Allah. Become brothers and sisters. All Muslims are each other's brother and sister"

Therefore we welcome you. It is wonderful that you joined us. Join us in our friendly conversations. You will feel safe and protected among us. You will also feel free to express your thoughts and feelings.

You belong here, these are your roots. You will call this place "The residence of Allah" . Luckily you came sister! May our companionship never end. Together, we will increase our collective piety, decency, and morality.

We shall mark the way and carry our dawa for future generations, so they may share and build upon our collective faith and comradery.

C H E C K L I S T :

- | | |
|---|--|
| <input type="checkbox"/> I started the day with dhikr/dua | <input type="checkbox"/> I attended Taraweeh prayer |
| <input type="checkbox"/> I woke up for Fajr prayer | <input type="checkbox"/> I have read Camia |
| <input type="checkbox"/> I have done Tafakkur | <input type="checkbox"/> I woke up for Tahajjud prayer |



A C T I O N :

Acquire this month's Camia from your mosque.
Alternatively, scan a QR code with your phone to read it
digitally.





“THE INTELLIGENT PERSON IS THE ONE WHO
SUBJUGATES HIS SOUL/TAKES ACCOUNT OF
HIMSELF, AND WORKS FOR WHAT IS AFTER DEATH
AND THE INCAPABLE IS THE ONE WHO FOLLOWS
HIS DESIRES AND THEREAFTER ENTERTAINS
HOPES IN [THE MERCY] OF ALLAH”

(SUNAN TIRMIDHI, HADITH: 2459,
SUNAN IBN MAJAH, HADITH: 4260)



I F T A R I N V I T A T I O N S :

One of the more beneficial deeds in the month of Ramadan is to open iftar with fellow fasters. Our Prophet (PBUH) both held and attended iftars to honor the companions.

"If a person gives iftar to a fasting person in this month, his sins will be forgiven. And he will be given as many rewards as has that fasting person" said our Prophet (saw) to incentivize the invitations to iftar.

Our Prophet (PBUH): "whoever invites a faster to iftar from their halal rizq/earnings will receive dua from the angels all night. Jibril will greet and embrace them on the day of Laylat al-Qadr. Whoever Jibril embraces that night will soften their heart, swell their tears" after which "Salam, ya Rasullullah, what of the people that are unable to offer anything?" to which he answers "a piece of bread, some milk, or just a glass of water will suffice."

A C T I O N :

Prepare and share an iftar meal today.
#kgtramazan

C H E C K L I S T :

- | | |
|---|---|
| <input type="checkbox"/> I started the day with dhikr/dua | <input type="checkbox"/> I have read a book |
| <input type="checkbox"/> I woke up for Fajr prayer | <input type="checkbox"/> I attended Taraweeh prayer |
| <input type="checkbox"/> I prepared the iftar meal | <input type="checkbox"/> I spent time with my family and loved ones |



A B I T E O F I F T A R

Pumpkin, also known in Turkish as a prophet's meal, is one of the favorite dishes of our Prophet (PBUH) as narrated by Anas (ra). Let's make a light iftar meal!

Note: The hadith mentioned refers to a pumpkin. However, the recipe is more suited for zucchini/squash. Replace as desired.



INGREDIENTS:

- 500 g pumpkin
- 400 g potato
- 200 g tomato
- 2 cloves garlic
- 1 Mozzarella cheese
- 150 g feta cheese
- 200 g sliced low fat cheese
- 2 tsp olive oil
- Salt, pepper spices as desired
- Fresh mint

STEPS:

- Cut the pumpkin, potato, and tomatoes in thin slices
- Cut the garlic and mozzarella in cubes. Add other cheeses
- Add thinly sliced mint leaves
- Apply olive oil to an oven tray
- Add pumpkin slices to tray and salt/pepper as desired
- Add a second layer of potato equally spiced
- Cover the potatoes with cheese mixture
- Use remaining ingredients as ornaments. Apply olive oil on top.
- Bake in a pre-heated oven for 1 hour at 200°C

FASTING ACCORDING TO GHAZALI

Imam al-Ghazali (d: 505/1111) defines fasting in three categories:



1. COMMON FASTING:

abstaining from food, drink, and sexual intercourse. The most basic form of fasting.



2. ELECT FASTING:

the fasting of the elect consists in keeping the hearing, sight, tongue, hands, feet and all other members of the body free from sin.



3. ELECT OF THE ELECT FASTING:

The fasting of the elect of the elect involves the heart; fasting from worldly concerns and mundane thoughts and completely refraining from focusing on anything other than Allah.

C H E C K L I S T :



I started the day with dhikr/dua



I attended Taraweeh prayer



I woke up for Fajr prayer



I have done a good deed



I have done Tafakkur



I woke up for Tahajjud prayer



M E A L B O X

A person requires the most love and care at their last stage of their life. Based on this, our religion has commanded that elderly be treated with respect and dignity. After all, one day, we will all get old.

“A youth that respects an elderly Muslim, will receive the same compassion when he becomes elderly.”

(Tirmizî, Birr, 71)

This subject is often overlooked these times.

People who only think of themselves, often neglect their future and fellow believers. This Ramadan we have started our Meal Box project, to remind everyone of the benefit of interacting and learning from all believers.

“Glorifying Allah involves showing honor to a grey-haired Muslim and to one who can expound the Quran.”

(Abû Dâvûd, Adab, 23)

C H E C K L I S T :

- | | |
|---|--|
| <input type="checkbox"/> I started the day with dhikr/dua | <input type="checkbox"/> I attended Taraweeh prayer |
| <input type="checkbox"/> I woke up for Fajr prayer | <input type="checkbox"/> I have done a good deed |
| <input type="checkbox"/> I made preparations for the Meal Box project | <input type="checkbox"/> I woke up for Tahajjud prayer |



A C T I O N :

Share your favorite memory from the Meal Box project **#kgtramazan**



“SPREAD THE SALAM AMONGST
YOURSELVES. GIVE EACH OTHER
GIFTS, AND DO NOT NEGLECT
YOUR FAMILY TIES.”

İBN MÂCE, ET'İME, 1



ZAKAT AND FITRAH

Zakat and Fitrah is considered a communal worship.

Therefore a social organization is necessary to protect the dignity and prevent hardship of the whole community. Having undertaken this social organization as its duty, Hasene is with you in bringing your zakat and fitrahs to those in need with the "Zakat and Fitrah Campaign". How can you reach Hasene for your Zakat and Fitrah? Include your

Zakat and Fitrah in the envelope, along with the accompanying filled out brochure, which you can deposit at any ICMG location.

"Alms-tax is only for the poor and the needy, for those employed to administer it, for those whose hearts are attracted to the faith, for freeing slaves, for those in debt, for Allah's cause, and for needy travellers. This is an obligation from Allah. And Allah is All-Knowing, All-Wise.

(Surah At-Tawbah - 9:60)

C H E C K L I S T :



I started my day with dhikr and dua



I woke up for Fajr prayer



I have done a good deed



I have done Tafakkur



I attended Taraweeh prayer



I have given my Fitrah



A C T I O N :

Deposit your Zakat and Fitrah at your closest ICMG branch. Alternatively, you can do this online at www.hasene.org.





ESTABLISH PRAYER AND DISPENSE ZAKAT.
WHATEVER GOOD DEEDS YOU SEND FORTH
FOR YOUR OWN GOOD, YOU WILL FIND THEM
WITH ALLAH. SURELY ALLAH SEES ALL THAT
YOU DO.

SURAH AL-BAQARAH - 2:110



S A L S A B I L S P R I N G

Allah Ta'ala has promised to those who believe, do righteous deeds and persevere in their religion a drink from the fountain of Salsabil, which is one of the blessings in Paradise.

Al-Insan: 15-18 blesses us with the following declaration:

"They will be waited on with silver vessels and cups of crystal — crystalline silver, filled precisely as desired. And they will be given a drink of pure wine flavoured with ginger from a spring there, called Salsabil.

A C T I O N :

"A Sip of Healing" **#kgtramazan**

C H E C K L I S T :

- | | |
|---|--|
| <input type="checkbox"/> I started the day with dhikr/dua | <input type="checkbox"/> I attended Taraweeh prayer |
| <input type="checkbox"/> I woke up for Fajr prayer | <input type="checkbox"/> I have read this month's issue Perspektif |
| <input type="checkbox"/> I shared "A Sip of Healing" | <input type="checkbox"/> I got up for Tahajjud prayer |



A S I P O F H E A L I N G

Let's take "A Sip of Healing" by taking advantage of ginger, a blessing from Jannah. Let us pray for each other so that we all can drink from the spring of Salsabil.

INGREDIENTS:



2 lemons
70 g ginger
1 tbsp honey
½ orange
(optionally) tumeric/cinnamon

STEPS:

Add thinly sliced ginger and honey to the lemon and orange juice. Divide into ten equal sips.

BENEFITS:

Ginger has many medicinal benefits, such as: easing the blood flow, increases respiratory functions, improves digestion and is effective against stomach ailments.



"CONTINUE THESE TWO HEALING THINGS: HONEY AND THE QOR'AN."

IBN MÂCE, TIB, 7



İ T İ K Â F

Itikaf means to be in isolation in a Masjid or at home with the intention of solely dedicating your time to the worship of Allah (SWT). It consists of a period of retreat in a mosque, for a certain number of days in accordance to the believer's own wish. That number of days is 10 days. Ramadan is a perfect opportunity to do this. During Itikaf people spend the last set of Ramadan in the mosque worshipping Allah.

They spend their nights in worship by reciting verses from the Qur'an and praying tahajjud. During Itikaf, the believers stay at the mosque. Itikaf is performed during the last 10 days of Ramadan because "laylat al-qadr" (the night when the Quran was revealed) is most probably expected during the last days. The Muslims also worship Allah more and reflect about what they have done in the past.

Aisha narrated: "The Prophet used to practice Itikaf in the last ten days of Ramadan till he died and then his wives used to practice Itikaf after him."

Rasul e Akram (PBUH) practiced itikaf on the last 10 days of Ramadan in masjid Nabawi. He only visited his home for his basic needs while he spent a rigorous amount of effort on prayers, dua, and dhikr. Together with our prophet, the companion's Ramadan exhilaration rose to a fever pitch.


The last days of Ramadan is known as "the release from Jahannam". Laylat al-Qadr is holier than a thousand months, which can be found in the last ten days. Because the last ten days are the "Hira" days, in which the revelation was made for our salvation.

These are the days for itikaf. To reflect upon ourselves and create our own Hira. Accept the revelation in our lives as well. Let it resurrect us. This doesn't have to be in a mosque. According to Abu Hanifa, any location where prayers happen five times a day is acceptable to practice itikaf. This can be done for a minimum of one day. However, the sunnah is the last ten days. Attempting this is ideal. The spouses of our prophet also practiced itikaf in their own rooms. They removed themselves completely from the world in this timeframe. Let us intend to practice itikaf just like the spouses of our Prophet



ACTION :

Intend to practice one hour of itikaf at home.



‘IT IS THE BELIEVERS’ WHO REPENT, WHO ARE DEVOTED TO WORSHIP, WHO PRAISE ‘THEIR LORD’, WHO FAST, WHO BOW DOWN AND PROSTRATE THEMSELVES, WHO ENCOURAGE GOOD AND FORBID EVIL, AND WHO OBSERVE THE LIMITS SET BY ALLAH. AND GIVE GOOD NEWS TO THE BELIEVERS.



P R E P A R A T I O N S F O R L A Y L A T A L - Q A D R (N I G H T O F D E C R E E) :

In the Qadr surah it is revealed, that the Quran has descended on this day, that is why it is holier than a thousand months. This day brings blessings and divine mercy. Undoubtedly, this day is called the night of decree, signifying the honor, dignity, and the start of the descension of the Quran.

The value of worship in this night is, as the night itself, valued more than a thousand months of ordinary worship. In this night countless angels, including Jibril, will roam this world. Until the dawn of this night, all servants will be in bliss and avert all dread.

The angels that roam this night will bring salam to the believers. This night may occur in the last ten days of Ramadan.

***“Seek it in the last ten days,
on the odd nights”***

(Buhârî, Fadlu Leyletü'l-Kadr, 3)

C H E C K L I S T :

- | | |
|--|---|
| <input type="checkbox"/> I started the day with dhikr/dua | <input type="checkbox"/> I have intended and practiced one hour of itikaf |
| <input type="checkbox"/> I woke up for Fajr prayer | <input type="checkbox"/> I attended taraweeh prayer |
| <input type="checkbox"/> I have spent time with my family and loved ones | <input type="checkbox"/> I have done Tafakkur |



C A L L I G R A P H Y

Calligraphy art is our souls designer which reflects the engineering side of the soul. The art of calligraphy, with the Quran at its center , is an art that derives from the meticulousness of writing the Qur'an beautifully , constitutes the identity of Muslims , and is the servant of the Qur'an , in the way of being the messenger of the Quran.

Because "Beautiful things are put in beautiful pots." The pen is sworn by in the Quran and the art of calligraphy reflects the beauty that our Lord has given to our souls.

Calligraphy is not a hobby, it is a teaching which should affect one's lifestyle.

Traditionally, when opening the reed pens used for writing, one should save the chips that come out and use it for the heating of the calligrapher's funeral water.

Calligraphy is the art of knowing that you are not perfect. Even though one pursuists the beautiful, perfection belongs only to Allah.

A C T I O N :

I did some research on a calligrapher from history

C H E C K L I S T :

- | | | | |
|--------------------------|----------------------------------|--------------------------|--|
| <input type="checkbox"/> | I started the day with dhikr/dua | <input type="checkbox"/> | I read a book |
| <input type="checkbox"/> | I woke up for Fajr prayer | <input type="checkbox"/> | I attended Taraweeh prayer |
| <input type="checkbox"/> | I woke up for Tahajjud prayer | <input type="checkbox"/> | I did some research on a calligrapher from history |



Eyle tevfikini bu bendene yâ
Rab refik. Kıl inâyet bana kim
ente veliyyü't-tevfik.

*O Lord, be your companion,
help this servant, and grant
me grace.
Because you are the one who
helps and succeeds.*

Calligrapher: Hâmid Aytaç



ALLAH IS BEAUTIFUL
AND HE LOVES BEAUTY.

MÜSLİM, SAHİH, İMAN 1/93



SLEEP

Undoubtedly, order is an important issue in terms of feeling good, physically and spiritually. When a person establishes all kinds of order, he will spend his life and days more efficiently.

It seems that sleep has a great effect on creating this order. When sleep is regulated, we can use our time more vigorously and more efficiently.

The hours of sleep vary per person so it can cover an average of six to eight hours. Too much sleep can also be harmful in many ways.

Therefore, it is recommended that people determine the time of sleep at the right hours in a balanced way and try to sleep at those hours every day.

Let's get up for sahur, open the iftar on time, perform the taraweeh prayer, get up for the tahajjud prayer and arrange our sleep. Knowing that the month of Ramadan encourages us to be structured, and let's see the benefits, it will bring us.

"Allah does not like those who sleep a lot."

(Imam Gazzâlî)

T H E B A R A K A H H O U R S O F O U R D A Y



At sahur time



At Dawn time



At Iftar time



At Tahajjud time

Let's be awake during those hours, pray and worship a lot

C H E C K L I S T :



I started the day with dhikr/dua



I have done a good deed



I woke up for Fajr prayer



I attended Taraweeh prayer



I woke up for Tahajjud prayer



I have done Tafakkur



MY SLEEPING HOURS :



:
.....



:
.....



HE IS THE ONE WHO HAS
MADE THE NIGHT FOR YOU AS
A COVER, AND 'MADE' SLEEP
FOR RESTING, AND THE DAY
FOR RISING.

SURAH AL-FURQAN 25:47



THE ETIQUETTES OF EID

The delightful state of nafs attained by the exceptional spiritual training perseveringly throughout the month of Ramadan, the month of blessings and spirituality, by completing acts pleasing to Allah Subhanahu wa Ta'ala and refraining from those that are unpleasant to Him, is replaced with the sadness of leaving it behind.

In addition to this, Eid al-Fitr is a gift from Allah to His servants, an exceptional time awaited enthusiastically by the Muslim who has passionately fulfilled the blessed month of Ramadan, the month in which the sacred Qur'an was revealed.

To take advantage of this gift from Allah in the most efficient way, a number of specific etiquettes and sunnah practices to Eid must be performed.

Visiting the graveyard is one of these practises. A Muslim maintains a balance between happiness and sadness by the remembrance of death. For this reason, the Prophet Muhammed (PBUH) would visit the graves, sometimes at night in secret or during the day, on Fridays and particularly on the days of Arafah.

Regarding visiting the graveyard, the Prophet (PBUH) said:

"(Hereafter) Whosoever wishes to visit the graves may do so. Because visitation of the graves increases Zuhd (prevents one from giving excessive value to worldly matters) and reminds one of the hereafter. But do not utter anything that may bring displeasure to Allah."

(Tirmizî, Cenâiz, 60)

C H E C K L I S T :

- I started the day with dhikr/dua
- I read a book
- I woke up for Fajr prayer
- I have read Camia
- I prepared Eid Mubarak cards
- I woke up for Tahajjud prayer



IN VIG O R A T I N G L A Y L A T - U L Q A D R

Laylat-ul Qadr is valuable only to those who know its worth, and its value is only for those who understand and appreciate it. Those who do not recognize this night's value will not receive a benefit from it.

In order to take advantage of this night, we must turn to Allah with forms of worship such as prayer, recitation of the Qur'an and giving charity. It is sunnah to pray on Laylat-ul Qadr as this is one of the unique times in which prayers are answered.

Laylat-ul Qadr is the night in which the earth is safe and prosperous until dawn, where the absolute connection is established between the earth and the highest authority, when the Qur'an began to descend, a phenomenon that has not been witnessed throughout the history of all mankind in terms of size, meaning and influence, only those who invigorate Laylat-ul Qadr can appreciate its value.

Let us fulfill this night in a way that is true to its meaning, making the most of the valuable time enthusiastically. We should pray for all Muslims and the salvation of humanity.

A C T I O N :

This night all KGT members will wake at 3 am for tahajjud prayer. Don't forget to set your alarm and remind your friends.



PRAYER :

My Lord! I am a traveller looking for my destination, I am in love looking for my beloved, I am a servant looking for my Lord's pleasure. You are my destination, you are my beloved, I seek your pleasure...

I have come to your door again, my face at your doorstep, I have come to be washed in your mercy.

Ya Gaffar (Oh All-Forgiving One!) In tears, my forehead in prostration, I feel you with my whole being and seek forgiveness for my sins. Ya Mujeeb (O Acceptor of Prayers!) You never turn prayers away.

Oh Lord! I want your satisfaction.

Oh Lord! I want your love.

Oh Lord! I want your heaven.

Oh Lord! I want you.

In this night, which is worth a lifetime, I want all that is good from you and I seek refuge in you from all that is evil.



THE NIGHT OF DECREE (LAYLAT-UL QADR) IS
BETTER THAN A THOUSAND MONTHS.



THE BENEFITS OF TAFAKKUR (CONTEMPLATION)

Indeed, in the creation of the heavens and the earth and the alternation of the night and the day are signs for those of understanding.

Who remember Allah while standing or sitting or [lying] on their sides and give thought to the creation of the heavens and the earth. (saying),
"Our Lord, You did not create this aimlessly; exalted are You (above such a thing); then protect us from the punishment of the Fire.

Surat Al-i Imran 3:190-191

The most important feature that separates human beings from other creatures is his ability to think. Because of this feature, humans can distinguish right from wrong. Tafakkur, which is derived from the word Fikr, is to know and act upon this ability.

Tafakkur eliminates negligence, keeps the consciousness awake and places the love of Allah in our hearts. The holy Quran asks us to not only read it, but also to discover the whole universe and the creation with it. A person who thinks, uses his mind and takes advice, will know Allah, will believe in Him (swt) and is grateful for the countless blessings he has been given.

The messenger of Allah (pbuh) emphasized the importance of Tafakkur by stating that one hour of Tafakkur is better than sixty years' worth of worship.

Especially in this month, which we know as the month of mercy, let us make it a habit to do tafakkur every day, even if it is for a short amount of time. Think about all the blessings Allah swt has given us and about our servitude towards Him. Let's be one of those who think and reason.

C H E C K L I S T :

- I started the day with dhikr/dua
- I shared a picture of the nature
- I woke up for Fajr prayer
- I went to Taraweeh prayer
- I have done Tafakkur
- I spent time with family and loved ones



ACTION:

Let's take a tafakkur walk and share a picture of the sky.
#kgtramazan



IT WAS HE WHO CREATED ALL THAT IS
ON THE EARTH FOR YOU, THEN
TURNED TO THE SKY AND MADE THE
SEVEN HEAVENS; IT IS HE WHO HAS
KNOWLEDGE OF ALL THINGS.

SURAH AL-BAQARAH 2:29



G O O D A K H L A Q

When we look at the first chapters in the process of the Qur'an, it is seen that moral behavior takes the first place. For example, the first verses of Surat al-Alaq touches on moral knowledge. In the following sixth and seventh verses, "The truth is that man is scolded. Because he sees himself as self-sufficient." His statement indicates a moral corruption.

In addition, the same surah "Does not he know that God sees Him." is an indication that moral rules do not consist of social condemnations, but fear of Allah and a sense of responsibility in the hearts is important. If there is no fear of Allah, there is no authority that guarantees the morality of behavior.

In the Surah of Muzzammil, which is in the continuation of the chapters that started to descend, the morality of recitation, in the surah of Muddaththir the morality of state and in the surah of Fâtiyah the morality of servitude is mentioned.

The chapters that were sent down in the first years of revelation in Mecca contain verses that are qualified to discipline morality, although all orders and prohibitions except prayer were not revealed.

C H E C K L I S T :

- | | |
|---|---|
| <input type="checkbox"/> I started the day with dhikr/dua | <input type="checkbox"/> I have read a book |
| <input type="checkbox"/> I woke up for Fajr prayer | <input type="checkbox"/> I memorized a verse |
| <input type="checkbox"/> I have called my sister/sibling | <input type="checkbox"/> I spent time with my family and loved ones |



A C T I O N :

Let's write down the verse or hadith, we have memorized today.



SHALL I INFORM YOU OF THE ONE WHO
IS FORBIDDEN TO THE FIRE OF HELL
AND THE HELLFIRE FORBIDDEN TO HIM?
THE ONE WHO IS FRIENDLY, MILD-
MANNERED AND THE MAKES THINGS
EASY FOR FELLOW HUMAN BEINGS.

TIRMIZÎ, SIFAT'ÜL-KIYÂME, 45



S P I R I T U A L P R E P A R A T I O N F O R E I D

As Eid al Fitr approaches, what is it that keeps us busy?

Is it the cleaning, the shopping, the treats or spiritual preparation? In order to be able to get ready spiritually and in our hearts we should understand the importance of these last days and evaluate this time as the opportunity days in our lives.

As a prophetic legacy, we should concentrate on worshiping more in these last 10 days of Ramadan, especially seeking Laylatul Qadr during these days and withdraw ourselves from this world (Itiqaf). Those who cannot afford to do this, should spend at least the day of Arafah and the day before in Itiqaf and worship. It is one of the sunnahs of the Prophet to also spend the Eid nights with worship.

A C T I O N :

Let's print KGT's Eid postcards, write nice messages and send these to our friends and sisters.

C H E C K L I S T :

- | | |
|---|--|
| <input type="checkbox"/> I started the day with dhikr/dua | <input type="checkbox"/> I attended Taraweeh prayer |
| <input type="checkbox"/> I woke up for Fajr prayer | <input type="checkbox"/> I have done something good |
| <input type="checkbox"/> I prepared my postcards | <input type="checkbox"/> I woke up for Tahajjud prayer |



T H E D A Y O F A R A F A H

The Prophet (saw) said, 'There is no day on which Allah (swt) frees people from the Fire more so than on the Day of 'Arafah.

(Muslim, Islam, 196)

Our prophet pbuh has encouraged the believers to do more worship on the day of Arafah. Let's truly embody his message and prepare for the day of Arafah; making use of this merciful time and not wasting the opportunity cleaning the house or other void acts. We should focus on cleansing the heart and soul.

Ibn Abbas (ra) narrated, The Messenger of Allah Muhammad is reported to have said: ***"And then the night of Eidul fitr, the night that is called Laylatul Jaa'izah(night of prize giving), comes along. On the morning of Eid Allah sends down the Malaa'ikah(angels) to all the lands of the earth where they take their positions at access points of roads, calling out with a voice that is heard by all except man and jinn, "O Ummah of Muhammad (Salallahu alaihe wassallam), come forth from your houses towards a Lord that is noble and gracious, who grants much and pardons the major sins."***

When they proceed towards the places for their Eid salaah, Allah says to the Malaa'ikah: "What indeed is the reward of that employee who had rendered his services?"

The Malaa'ikah reply' "O Lord and Master, it is only right that he should receive his reward in full for his services." Allah then says, "I call you to witness, O My Malaa'ikah, that for their having fasted during the month of Ramadhan, and for their having stood in prayer by night, I have granted to them as reward My pleasure and have granted them forgiveness. O My servants ask now of Me, for I swear by My honour and My greatness, that whatsoever you shall beg of me this day in this assembly of yours for the needs of the Hereafter, I shall grant you; and whatsoever you shall ask for worldly needs, I shall look at you favourably. By My honour I swear, as long as you shall obey my commands, I shall cover your faults. By My honour and by My greatness do I swear that I shall never disgrace you among the evil-doing ones and disbelievers. Depart now from here, you are forgiven. You have pleased Me, and I am pleased with you. The Malaa'ikah an seeing this great reward bestowed by Allah upon the Ummah of Muhammad (Salallahu alaihe wassallam) on the day of Eidul Fitr become greatly pleased and happy."



ACTION :

Today make an effort to visit the cemetery and read our khatam dua.



HADITH: THE HEART OF A
PERSON WHO GETS UP AND
WORSHIPS ON THE NIGHTS OF
TWO EIDS DOES NOT DIE ON
THE DAY WHEN HEARTS DIE.

İBN MÂCE, SIYAM, 67



EID AL-FITR

Mubarak



EID AL-FITR



We're leaving behind the endless rahmah, grace and barakah offered to us in Ramadan - the sultan of the months. We depart in pain as it leaves its pleasure with us. Ya Salam to those who are longing and hoping to reunite with Ramadan!

Let's continue the good habits and routines we have acquired in Ramadan so that, InshaAllah we will be of the good people that perform the deeds that Allah SWT loves. Was that not the aim of Ramadan? To draw nearer to Allah; earn his love and pleasure and be of those that are conscious of him. We should try to show the same importance we have shown towards living a simple life in the month of Ramadan during and after our days of celebration. After all, Eid/celebration is to commemorate and glorify Allah for the opportunity of forgiveness, spiritual cleansing and strengthening; for the reward we have reaped throughout this glorious month of fasting and to spread salaam. As "***The worship that Allah loves is the one that is continuous, albeit a little.***"
(Bukhari, Iman, 32)

We must say "STOP" to going to extremes and falling into extravagance so we can deaden our desires.

To become of the people that receive and then benefit from the showers of mercy. Let us strive to spend this Eid in the most beautiful way possible.

Let us do as Rûmi says, "***What belonged to the past has gone together with yesterday my dear. Now is the time to say new things.***"

Now it is time my dear sister to:

Remember those whom you have neglected and forgotten,
Mend the hearts you have broken; Forgive those whom
have hurt you, Be the vessel of happiness for the orphan
and children of the world; Spend time with the forgotten
wise men - the elderly and Open your heart with muhabbah
to everyone

Are you with me?



AFTER THE EID PRAYER IS PERFORMED, THE
MALAIKAH CALLS OUT AS FOLLOWS:

"BEHOLD! GLAD TIDINGS FOR
YOU! YOUR LORD HAS
FORGIVEN YOU. GO TO YOUR
HOUSES AS HAVING BEEN
FORGIVEN. THE DAY OF EID IS
THE DAY OF REWARD. TODAY
IS DECLARED AS THE DAY OF
REWARD IN THE SKY."

TERĠĪB VE TERHĪB TRC. 2:332



BLESSED AID AL-FITR

On our Eid al-Fitr, the Islamic world experiences both the joy of Eid and the sadness of leaving one more Ramadan month behind. We thank Allah for reminding us again of the beauties that the month of Ramadan brings. I pray for all of us that we have finished the month of Ramadan in a way that has renewed our faith and brought our goals into view again. Let's not neglect to continue the beauties we have acquired until next Ramadan.

After this month, which reminds us of the importance of helping and including each other in our prayers, let's not deprive anyone of our eid joy. Let us share the joy of having our feast, regardless of whether we are Muslim or non-Muslim. On this occasion, I would like to thank each member of our Women's Youth Organization for their contribution to the social solidarity work that started from the first days of the Covid-19 epidemic period and continued with various projects during Ramadan.

With these feelings and thoughts, I congratulate the whole Islamic world. I pray to Allah Almighty to bring blessings to the ummah and all humanity.

Kemal Ergün
President



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EID AL-FITR

Mubarak

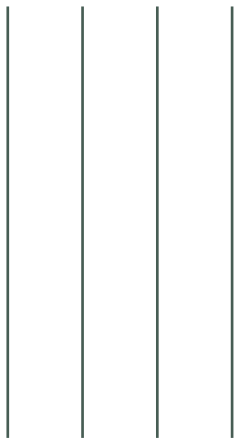
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