

MOULDING  
A QURANIC  
GENERATION



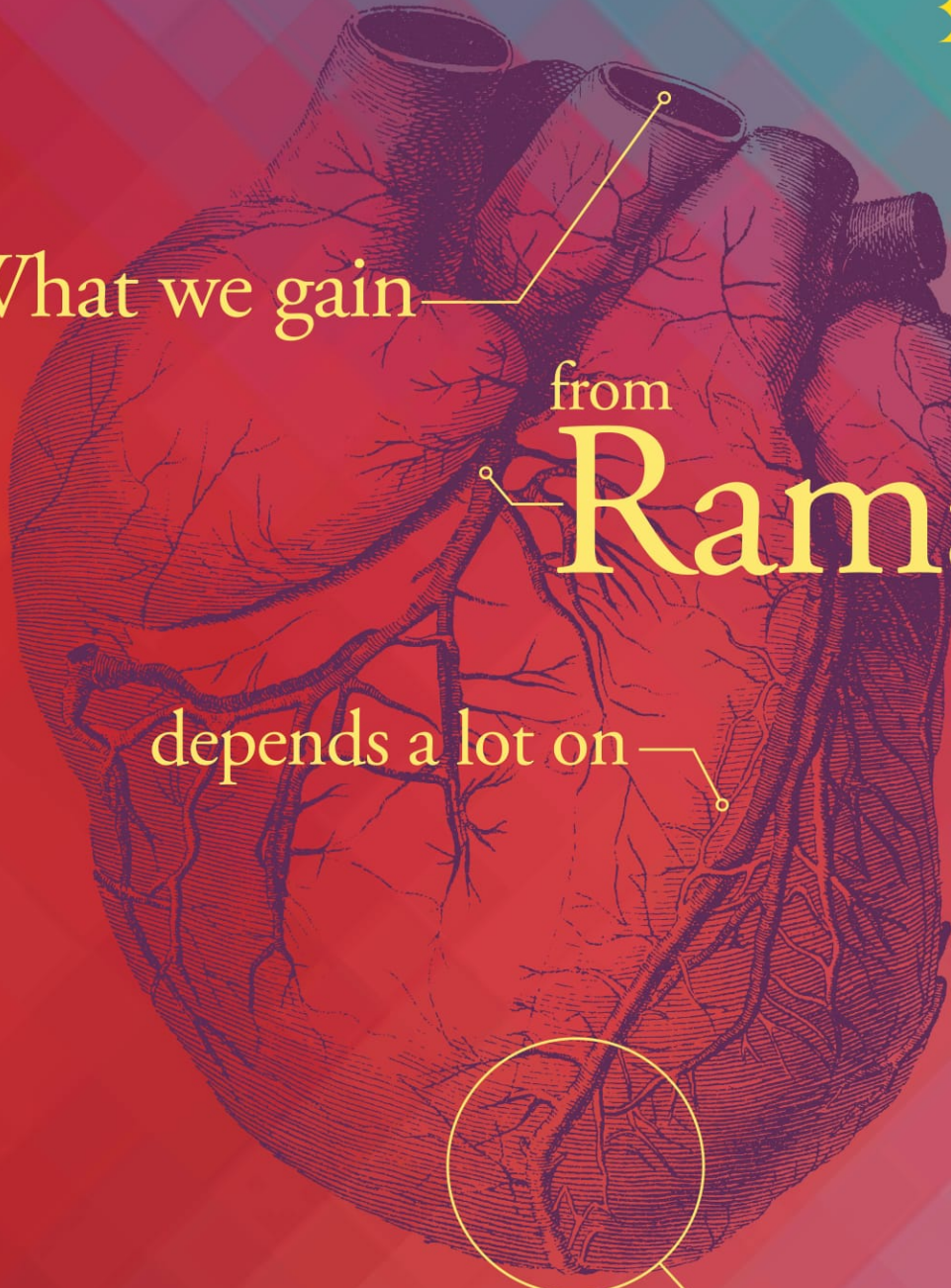
GEN·Q  
GENERASI AL-QURAN



AFTER  
RAMADAN  
EDITION



What we gain  
from  
**Ramadan**  
depends a lot on  
our intentions.



# FASTING IS A SHIELD

It was narrated from Abu Hurayrah  
that the Messenger of Allaah PBUH said:

**“Fasting is a shield.**

**So the fasting person should avoid obscene speech  
and should not behave foolishly and ignorantly,  
and if somebody fights with him or insults him,  
he should tell him twice, ‘I am fasting.’**

**By the One in Whose hand is my soul,  
the smell that comes from the mouth of a fasting person  
is better in the sight of Allah than the scent of musk.**

**(Allah says about the fasting person),**

**‘He has given up his food, drink and desires for My sake.  
The fast is for Me and I will reward (the fasting person) for it  
and the reward of good deeds  
is multiplied ten times.”**

Narrated by al-Bukhaari & Muslim

## Benefits of Fasting

Our souls need fasting  
As much as our bodies need foods

### Spiritual/ Moral

- Attain Taqwa (Piety).
- Instill patience, sincerity and discipline.
- More energy to devote to Allah SWT when the mind & body are not occupied with what to eat.

### Physical

- Develops endurance and self-restraint.
- Realise our own weakness and the need of Allah SWT.
- Help weight loss & speed up the metabolism.

### Social

- Empathy & Sympathy with the poor.
- Brings families and Muslims all over the world to share meal for break fast.
- Greeting each other during I'tikaf for Taraweeh and Qiyamullail.

### Medical

- Rest the digestive organs & get rid of accumulative waste.
- Self control from over eating and smoking.
- Slows down the aging process.

### Rewards

- Fasting is a shield or protection from the fire and from committing sins.
- Will get to enter gate in Jannah called Ar-Rayyan.
- Directly rewarded by Allah SWT.
- The smell that comes from the mouth of a fasting person is better in the sight of Allah SWT than the scent of musk.

# Degrees of Fasting

## ORDINARY

Not eating & drinking.

## SPECIAL

Preventing eyes, ears, tongue & other organs from disobedience.

## EXTRAORDINARY

Fast the heart from the thoughts of Dunya & complete submission to Allah SWT.

# Life after Ramadan

**GET INTO THE HABITS!**

"And the most beloved of deeds to Allah SWT are those that are continuous, even if they are few."

Sunan an-Nasa'i

**01**

Supplications before sleep to wake up for Fajr with ease.

**02**

Wake up early

**03**

Make time for Quran.

**05**

Continue the practice of fasting & giving charity.

**04**

Perform congregational prayer at the mosque & keep up the sunnah prayers.

**06**

Practice morning and evening zikr

**07**

Continuation of conducting communal meal feeding.

## 6 Days of Syawwal

Whoever fasts Ramadan, then fasts 6 days of Shawwal, as if he fasted for a year.

## Alternate Days

Daud fasting is fasting that is most liked by Allah SWT.

## Monday & Thursday

Deeds are presented on Monday & Thursday.

# SUNNAH FASTING

(voluntary)

## 3 Days of every middle month

Ayyamul Bidh : 13, 14 & 15 of every Hijri month except for 13th Dzulhijjah, Tasyriq Day.

## Day of 'Asyura'

10th Muharram

Expiates the sins of the previous years. Comes together with the day before or the day after. 9th or 11th Muharram.

## Day of 'Arafah

9th Dzulhijjah

Expiates the sins of the previous & the following year.

يَا مُقَلِّبَ الْقُلُوبِ ثَبِّتْ قَلْبِي عَلَى دِينِكَ

O turner of hearts,  
keep my heart firm upon  
Your religion.

Sunan Tirmidzi



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