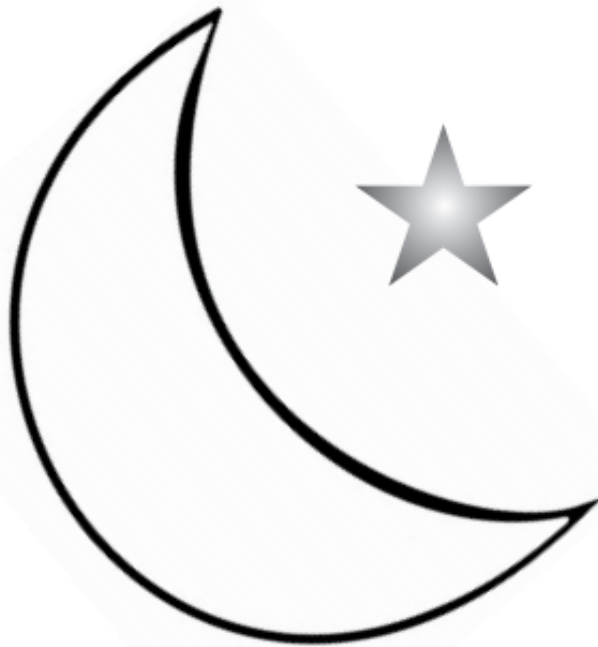


A DAILY SPIRITUAL SCHEDULE FOR RAMADHAN

(A Comprehensive Guide with Virtues and References from the Quraan and Ahadeeth)



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FAJR

1. Offer your Fajr with Jama'ah in the Masjid

"Whosoever performs Fajr in congregation, then it is as though he has remained in worship for the entire night." (Muslim)

2. Spend sometime in Zikr after Fajr - "Do make a point of remembering me for a short while after 'Asr and for a short while after Fajr, in return I shall suffice for you in between the two times." (Ahmed) You may make the following Zikr:

a. Istighfaar 3 times - "Whosoever after the fardh salaah shall recite 3 times **astaghfirullah allathi laa ilaaha illa huwal hayyul qayyoom wa atoobu ilayh**, then all his sins will be forgiven even though they may be as many as the foam in the sea."

a. Tasbeeh-e-Faatimi - "Whoever after fardh salaah reads **سُبْحَانَ اللَّهِ** 33 times, **الْحَمْدُ لِلَّهِ** 33 times, **اللَّهُ أَكْبَرُ** 33 times and then kalimah Tauheed, then all his sins will be forgiven even though they may be as many as the foam in the sea." (Muslim)

c. 10 times Kalimah Tauheed - "Whosoever immediately after the Fajr Salaah without changing the position shall read 10 times **laa ilaaha illallahu wahdahu la shareeka lahu la hul mulku walahul hamdu yuhyi wa yumeetu biyadihil khayr wa huwa 'ala kulli shayin qadeer**, then 10 rewards shall be written for him, 10 sins will be forgiven, his status in Jannah will be elevated by 10 ranks and he shall remain protected throughout the whole day from shaytaan and from all evils." (Ahmed, Tirmithi)

d. 100 times Kalimah Tayyibah - "Whoever shall recite **لَا إِلَهَ إِلَّا اللَّهُ** 100 times a day, then on Judgement Day he will be raised with his face shining like the full moon, and none can surpass him in excellence on that day except one who recites it the same number of time or more than him." (Tabraani)

3. Recite the Quran after Fajr - You may recite the following:

• **Aayatul Kursi** - "Whosoever shall recite Aayatul Kursi (Surah no 2, Verse 255) after every fardh salaah, then the only barrier between him and Jannah is death." (Baihaqi)

• **5/6 sides of the Quran** - if you wish to complete the whole Quraan during Ramadhan.

• **Surah Yaseen** - "Whosoever shall recite Surah Yaseen (Surah no 36) in the morning, then (all) his needs (throughout the day) will be fulfilled." (Darmi)

• **Final 3 verses of Surah Hashr**: "Whosoever after reciting 3 times **أَعُوذُ بِاللَّهِ السَّمِيعِ الْعَلِيمِ مِنَ الشَّيْطَانِ الرَّجِيمِ** reads the last 3 verses of Surat-ul-Hashr (Surah no 59, verse 52) in the morning, then Allah will appoint 70,000 angels all of whom shall pray for him till evening, and if he happens to die on that same day, then he shall die as a martyr." (Tirmithi, Darami)

4. Perform Salaat-ul-Ishraq (2-4 rak'ats) - "Whosoever offers his Fajr in congregation, then remains engaged in Zikr until the sun rises and then (approx 15 minutes after sunrise) offers 2 rak'ats, will receive the reward of performing a Hajj and Umrah." (Tirmithi)

ZOHR

1. Read Salaat-ud-Duhaa (Chaasht) - (2-12 Rak'ats from approx 9am till 10 minutes before Zohr beginning time) - There are numerous Ahadeeth on the virtues of this Nafil Salaah. The Prophet (SAW) has said:

a. "Each morning there is a charity due for every joint that exists in your body (360 joints). To say **سُبْحَانَ اللَّهِ** is a form of charity, to say **لَا إِلَهَ إِلَّا اللَّهُ** is also a charity, to say **لَا إِلَهَ إِلَّا اللَّهُ** is also a form of charity, to command goodness and forbid evil is also a charity, and 2 rak'ats at the time of Duhaa (Chaasht) is sufficient for all this charity (i.e. to compensate the favour of every joint that Allah has given you)." (Muslim)

b. "Whosoever offers 2 rak'ats of Salaat-ud-Duha, all his sins will be forgiven even though they may be as many as the foam in the sea." (Ahmad)

c. The Messenger of Allah (SAW) has said, "Whoever performs 12 rak'ats of Salaat-ud-Duha, Allah will build for him a castle made of gold in Jannah." (Tirmithi, Ibne Majah)

2. Offer your Zohr Salaah with Jama'ah in the Masjid

3. After Fardh Salaah read the following:

a. Istighfaar 3 times - "Whosoever after the fardh salaah shall recite 3 times

Astaghfirullah allathi laa ilaaha illa huwal hayyul qayyoom wa atoobu ilayhi

then all his sins will be forgiven even though they may be as many as the foam in the sea."

b. Tasbeeh-e-Faatimi - "Whoever after fardh salaah reads **سُبْحَانَ اللَّهِ** 33 times, **الْحَمْدُ لِلَّهِ** 33 times, **اللَّهُ أَكْبَرُ** 33 times and then kalimah Tauheed, then all his sins will be forgiven even though they may be as many as the foam in the sea." (Muslim)

4. Recite the Quran after Zohr - You may recite the following:

• **Aayatul Kursi** - "Whosoever shall recite Aayatul Kursi (Surah no 2, Verse 255) after every fardh salaah, then the only barrier between him and Jannah is death." (Baihaqi)

• **5/6 pages of the Quran** - if you wish to complete the whole Quran during Ramadhan.

5. Have a short rest (Qayloolah) - Between Zohr and 'Asr have a short rest known as Qayloolah (afternoon siesta) with the intention of practising the Sunnah of our Beloved Prophet (SAW).

ASR

1. Offer 'Asr Salaah with Jama'ah in the Masjid
2. Resolve to remain in the Masjid till Maghrib

There is great reward for remaining in the Masjid waiting for the next salaah. The Prophet (SAW) has said, "He who after one salaah shall remain behind in the Masjid waiting for the next one, shall be regarded as constantly engaged in salaah." (Bukhari, Muslim)

3. Spend time in the Zikr of Allah after 'Asr

Prophet (SAW) has said that Allah says, "Do make a point of remembering me for a short while after 'Asr and for a short while after Fajr, in return I shall suffice for you in between the two times." (Ahmed) You may make the following Zikr:

- a. **Istighfaar 3 times** - "Whosoever after the Fardh salaah shall recite 3 times

**astaghfirullah allathi laa ilaaha illa huwal hayyul qayyoom wa
atoobu ilayhi**

then all his sins will be forgiven even though they may be as many as the foam in the sea."

- b. **Tasbeeh-e-Faatimi** - "Whoever after fardh salaah reads **سُبْحَانَ اللَّهِ** 33 times, **الْحَمْدُ لِلَّهِ** 33 times, **اللَّهُ أَكْبَرُ** 33 times and then kalimah Tauheed, then all his sins will be forgiven even though they may be as many as the foam in the sea." (Muslim)

4. Recite the Quran after 'Asr:

- **Aayatul Kursi** - "Whosoever shall recite Aayatul Kursi (Surah no 2, Verse 255) after every fardh salaah, then the only barrier between him and Jannah is death." (Baihaqi)
- **5/6 pages of the Quran** - if you wish to complete the whole Quran during Ramadhan.

5. Engage in Duas till the last minute before Maghrib

- The Prophet (SAW) has said, "Three types of people's duas are readily accepted; dua of the fasting person, dua of the oppressed person; and the dua of a traveller." (Tirmithi)
- The Messenger of Allah (SAW) further mentioned, "The fasting person enjoys two (occasions of) delight; one at the time of Iftaar and the other at the time he shall meet his Lord." (Bukhari)
- Not a single prayer (dua) made by a fasting person at the time of breaking the fast is rejected. (Ibne Majah)

6. Ensure you offer your Maghrib Salaah with Jama'ah in the Masjid - To make one's Maghrib Salaah at home, so that one can indulge in the provisions of Iftaar while missing the blessings of salaah with jama'ah, is a shameful act.

MAGHRIB

1. Offer Maghrib with Jama'ah in the Masjid
2. After Fardh Salaah read the following:

- a. **10 times Kalimah Tauheed** - "Whosoever immediately after Maghrib without changing the position shall read 10 times kalimah Tauheed, then ten rewards shall be written for him, ten sins will be forgiven, his status in Jannah will be elevated by ten ranks and he shall remain protected throughout the whole day from shaytaan and from all evils. (Ahmed, Tirmithi)

- b. **Tasbeeh-e-Faatimi** - "Whoever after fardh salaah reads **سُبْحَانَ اللَّهِ** 33 times, **الْحَمْدُ لِلَّهِ** 33 times, **اللَّهُ أَكْبَرُ** 33 times and then kalimah Tauheed, then all his sins will be forgiven even though they may be as many as the foam in the sea." (Muslim)

3. **Offer Salaat-ul-Awwabeen (6-20 rak'ats)** - "Whosoever after Maghrib Salaah shall read 6 rak'ats during which he doesn't talk any evil, then he shall receive the reward of 12 years of worship." (Tirmithi)

Note: These 6 rak'ats are read normally like any other nafl salaah in units of 2 rak'ats. You can read either 6 rak'ats on top of the 2 sunnats or even just 4 rak'ats on top of the 2 sunnats.

4. Recite the following between Maghrib and Isha -

- **Aayatul Kursi** - "Whosoever shall recite Aayatul Kursi (Surah no 2, Verse 255) after every fardh salaah, then the only barrier between him and Jannah is death." (Baihaqi)
- **Last two verses of Surah Baqarah** - "Whosoever shall recite the last two verses of Surat-ul-Baqarah (Surah no 2, verse 285 till end) during any single night, then these verses shall suffice for him (from all evils)." (Bukhari, Muslim)
- **Final verses of Surah Aali 'Imran** - "Whosoever shall recite the final verses of Surah Aali 'Imran (i.e. Surah no 3, verse 190 till end) during any single night shall have the reward of a full night of worship recorded for him." (Mishkaat)
- **Final three verses of Surah Hashr** - "Whosoever after reciting 3 times

أَعُوذُ بِاللَّهِ السَّمِيعِ الْعَلِيمِ مِنَ الشَّيْطَانِ الرَّجِيمِ

reads the last 3 verses of Surat-ul-Hashr (Surah no 59, verse 52) in the evening, then Allah will appoint 70,000 angels all of whom shall pray for him till morning, and if he happens to die on that same day, then he shall die as a martyr." (Tirmithi, Darmi)

5. **Take your dose of 5/6 sides of Quran recitation** - if you wish to complete the whole Quran during Ramadhan.

ISHA

1. Offer 'Isha with Jama'ah in the Masjid along with **Tasbeeh-e-Fatimi** - "Whosoever reads 'Isha Salaah in congregation, then it is as if he remained standing in prayer for half the night." (Muslim)

2. **Perform Taraweeh Salaah** - "Whosoever stands (in Taraweeh Salaah) in Ramadhan with Imaan and with the hope of getting reward, then all his previous sins will be forgiven." (Bukhari, Muslim) Also in every salaah performed during the nights of Ramadhan (Taraweeh etc), Allah records one and a half thousand good deeds for every sajdah (prostration). (Baihaqi)

3. Recite the following night time surats:

- **Surah Sajdah:** Hazrat Jabir (RA) reports that the Holy Prophet (SAW) would not go to sleep until he read this Surah (Surah no 32). (Tirmithi, Ahmad)
- **Surah Yaseen:** Rasoolullah (SAW) is reported to have said, "Whosoever shall recite Surah Yaseen (Surah no 36) at night for the pleasure of Allah shall have his sins forgiven." (Ibne Hibban)
- **Surah Dukhaan:** "Whosoever shall recite Surah Dukhaan (Surah no 44) during any single night shall have 70,000 angels seeking forgiveness for him." (Tirmithi)
- **Surah Waqiah:** "Whosoever shall recite Surah Waqiah (Surah no 56) every night shall never experience poverty." (Baihaqi)
- **Surah Mulk:** Our Nabi (SAW) would not go to sleep until he read Surah Mulk (Surah no 67). (Tirmithi, Ahmad)
- **5/6 pages of the Quran** - to complete the whole Quran during Ramadhan.

4. **Offer the best nafl salaah i.e. Salaat-ut-Tahajjud (4-12 rak'ats)** - Any time after Taraweeh till Fajr beginning time, preferably before suhoor. The Prophet (SAW) has said, "The best salaah after the fardh salaats is the Salaah of the night (Tahajjud)" (Ahmad) He (SAW) has also said, "Make a routine of offering the night prayer (i.e. Tahajjud) for indeed this has been the practice of the pious before you, a means of closeness to your Lord, a compensation for sins and a prevention from vices." (Tirmithi)

5. **Enjoy your Suhoor!** - "Eat suhoor because it contains great blessings." (Bukhari, Muslim), "Verily, Allah and His angels send mercy upon those who eat suhoor." (Tabaraani)

6. **Don't jump back into bed without offering your Fajr Salaah with Jama'ah!** - Prophet (SAW) has said, "There are many who fast but do not gain anything from it other than pangs of hunger, and there are many who spend the night standing in prayer but do not gain anything other than sleeplessness." (Darmi) This Hadeeth also refers to those who offer their Taraweeh but not their Fajr Salaah.