

RAMADAN PREPARATION PROGRAMME

6 weeks before Ramadan

'Wake up call' Week

- Recite the following dua' to make it to Ramadan. Do this repeatedly throughout the day and every day leading up to Ramadan:
- **"Allahumma baarik lanaa fi Rajab wa Sha'baan wa ballighnaa Ramadaan"**
- Write down specific targets, no more than five, of things that you want to achieve this Ramadan
- Start to read some books about Ramadan. This will help you get into the Ramadan mode and you will also learn about the do's and don'ts of fasting, which is important if you want to derive the maximum benefit from it.

5 weeks before Ramadan

'Heart Focus' Week

- Make *Tawbah Nasooha*
- Listen to Islamic lectures, choose a scholar and topic that you feel will motivate you and get your heart in the right state
- Do your very best to pray all your salah on time
- Ensure that you pray the *sunnah al-mu'akkadah* rak'at with your five daily *fard* prayers
- Actively focus on improving your *khushoo'* in salah by spending more time on it and concentrating on what you are saying
- Allocate time to doing *tasbeeh* and *istighfar*, especially after salah.

4 weeks before Ramadan

'Fasting & Qur'an' Week

- Start making up the *qada* of missed fasts from previous Ramadan(s)
- Once you have made up all your *qada* fasts, start fasting on Mondays and Thursdays

- Involve your family and friends by encouraging them to fast as well
- Allocate a certain amount of Qur'an to read every day and ensure that you read this amount regularly
- Get an English translation and a *tafsir* book to help you understand the Qur'an and read these regularly.

3 weeks before Ramadan

'Night Prayer and start thinking about charity' Week

- If one of your weak points is getting up on time for Fajr, now is the time to get this right by going to bed early and setting the alarm for Fajr time
- Start to pray *Qiyam ul-Layl* after 'Isha
- Start getting up for *Tahajjud*; you only need to wake up half an hour before you normally would for Fajr
- Agree with a friend or family member to wake each other up for *Tahajjud*
- Think of ways you can benefit your community and the ummah with charitable acts. Be imaginative, try and involve as many people as you can and remember that even the smallest act of kindness counts as charity.

2 weeks before Ramadan

'Increase your efforts & allocating Zakat & Sadaqah' Week

- Spend more time than you already are reading and understanding the Qur'an
- Focus even more on your salah. You can start praying the *sunnah ghair al-mu'akkadah* and *salatul Duha*, for example
- Increase the number of rak'at your pray for *Qiyam ul-Layl* and *Tahajjud*
- Increase the amount of time you are spending on *tasbeeh* and *istighfar*
- Allocate your *zakat* if you are due to pay it
- Allocate the amount you want to pay for *sadaqah* in Ramadan and set it aside. As you do so, make an effort to read about the plight of those less fortunate than ourselves. This will have the two-fold effect of making you grateful for what you have and wanting to do more for charity.

1 week before Ramadan

'Connecting with family and friends' Week

- Organise a family get together
- Contact all of your family, those who live locally as well as those abroad, to wish them the best for this Ramadan
- Organise goody bags for your family and friend's children to get them excited about Ramadan

General Preparation:

- Do your Eid shopping now so as to not consume precious time during Ramadan and especially the last ten days
- Find out where you will be praying *Taraweeh*
- Print out the Muslim Diary checklist and the Ramadan check list and put it up on your wall

Things you will need for Ramadan:

- Qur'an with translation
- Tafsir book
- Book of *Adhkar* (e.g. The Fortress of the Muslim by Sai'd bin Ali bin Wahaf Al-Qahtani, The Muslim Diary www.themuslimdiary.com)
- Lectures of a scholar you like and a topic that motivates you
- Books that inspire you and teach you more about Islam and how to become a better Muslim
- Dates

Prophet Muhammad's [saw] Khutbah on Ramadan

"O People! The month of Allah (Ramadan) has come with its mercies, blessings and forgiveness's. Allah has decreed this month the best of all months. The days of this month are the best among the days and the nights are the best among the nights and the hours during Ramadan are the best among the hours. This is a month in which you have been invited by Him (to fast and pray). Allah has honoured you in it. In every breath you take is a reward of Allah, your sleep is worship, your good deeds are accepted and your invocations are answered.

Therefore, you must invoke your Lord in all earnestness with hearts free from sin and evil, and pray that Allah may help you to keep fast, and to recite the Holy Qur'an. Indeed!, miserable is the one who is deprived of Allah's forgiveness in this great month. While fasting remember the hunger and thirst on the Day of Judgement. Give alms to the poor and needy. Pay respect to your elders, have sympathy for your youngsters and be kind towards your relatives and kinsmen. Guard your tongue against unworthy words, and your eyes from scenes that are not worth seeing (forbidden) and your ears from sounds that should not be heard.

Be kind to orphans so that if your children may become orphans they will also be treated with kindness. Do repent to Allah for your sins and supplicate with raised hands at the times of prayer as these are the best times, during which Allah Almighty looks at His servants with mercy. Allah Answers if they supplicate, Responds if they call, Grants if He is asked, and Accepts if they entreat.

O people! You have made your conscience the slave of your desires. Make it free by invoking Allah for forgiveness. Your back may break from the heavy load of your sins, so prostrate yourself before Allah for long intervals, and make this load lighter. Understand fully that Allah has promised in His Honour and Majesty that, people who perform salat and sajda (prostration) will be guarded from Hell-fire on the Day of Judgement.

O people!, if anyone amongst you arranges for iftar (meal at sunset) for any believer, Allah will reward him as if he had freed a slave, and Allah will forgive him his sins. A companion asked: "but not all of us have the means to do so" The Prophet (SAAWS) replied: Keep yourself away from Hell-fire though it may consist of half a date or even some water if you have nothing else.

O people!, anyone who during this month cultivates good manners, will walk over the Sirat (bridge to Paradise) on the day when feet will tend to slip. For anyone who during this month eases the workload of his servants, Allah will make easy his accounting, and for anyone who doesn't hurt others during this month, Allah will safeguard him from His Wrath on the Day of Judgement. Anyone who respects and treats an orphan with kindness during this month, Allah shall look at him with kindness on that Day. Anyone who treats his kinsmen well during this month, Allah will bestow His Mercy on him on that Day, while anyone who mistreats his kinsmen during this month, Allah will keep away from His Mercy.

Whomever offers the recommended prayers during this month, Allah will save him from Hell, and whomever observes his obligations during this month, his reward will be seventy times the reward during other months. Whomever repeatedly invokes Allah's blessings on me, Allah will keep his scale of good deeds heavy, while the scales of others will be tending to lightness. Whomever recites during this month an ayat (verse) of the Holy Qur'an, will get the reward of reciting the whole Qur'an in other months.

O people!, the gates of Paradise remain open during this month. Pray to your Lord that they may not be closed for you. While the gates of Hell are closed, pray to your Lord that they never open for you. Satan has been chained; invoke your Lord not to let him dominate you."

Ali ibn Talib (ra) said: "I asked, 'O messenger of Allah, what are the best deeds during this month?'" 'He replied: 'O Abu-Hassan, the best of deeds during this month is to be far from what Allah has forbidden'."

How to make Tawbah

TAWBAH CONSISTS OF THREE PARTS; KNOWLEDGE, REPENTANCE AND DETERMINATION

Knowledge:

If you have knowledge of Islam then you will recognise your sins and understand why they are harmful for you and know what the punishment is if you continue doing those sins. You must also have sincere faith and devotion to Allah, because if you know that something displeases/angers Him then you will feel bad about doing it.

Repentance:

Once you understand that the sins you have done are harmful and that you have earned Allah's displeasure, then you will feel bad about having sinned. You will feel deep regret and remorse, even grief at having committed those sins.

Determination:

When you feel so bad about doing those sins, then you will refrain from doing them and be determined never to do them again, especially if you know what the harmful effects and punishment are for those actions.

If you have committed a sin that involved taking away someone else's rights, then you must return those rights and ask forgiveness from that person also.*

*Adapted from Imam Al-Ghazali, *Ihya Ulumuddin*, translated by Maulana Fazlul Karim, Taj Company, 1982, Vol. 4

TIPS TO HELP YOU STAY AWAY FROM SINS

- Stay away from places of sinning
- Keep yourself in the company of those who remember Allah
- Keep your hands busy with useful work and your tongue busy with remembrance of Allah
- Understand the harmful effect of sins and read about the punishment for sinning
- Remind yourself about the rewards for doing good deeds, both in this life and in the Hereafter

From a *Hadith Qudsi*:

Allah has written down the good deeds and the bad ones. Then He explains it (by saying that): he who has intended a good deed and has not done it, Allah writes it down with Himself as a full good deed, but if he has intended it and has done it, Allah writes it down with Himself as from ten good deeds to seven hundred times, or many times over. But if he has intended a bad deed and has not done it, Allah writes it down with Himself as a full good deed, but if he has intended it and has done it, it's written down as one bad deed. (Bukhari and Muslim)

Night Prayers

Any *nafl* (voluntary) prayers offered after 'Isha but before Fajr are Night Prayers. If one prays after 'Isha without going to sleep, then this prayer is often called *Qiyam ul-Layl*. If one prays after waking up from sleep, then this prayer is often called *Tahajjud*. Generally, both terms are used and have an equal meaning.

Both Qiyam-ul Layl and Tahajjud consist of a minimum of 2 rak'at with no maximum limit, which are performed in sets of two rak'at. The Prophet [saws] used to regularly perform 8 rak'at.

There are special night prayers during Ramadan and these are called Taraweeh. Taraweeh is a *sunnah al-mu'akkadah* which means that it is an emphasised sunnah i.e. sunnah that the Prophet [saws] never left. It consists of eight or twenty rak'at which are performed in sets of two rak'at. Taraweeh can be performed at home or in the mosque, but as with any other prayer, praying in congregation carries a greater reward.

Three rak'at of *witr* are prayed after Salatul Taraweeh.

THE FOLLOWING MEASURES HELP IN OBSERVING NIGHT PRAYERS:

- Read up about the merits of Night Prayer. This will motivate you and make you more determined to perform it
- Just before you go to sleep, ask Allah to help you wake up for Tahajjud
- Go to bed early
- Nap during the day, if at all possible
- Avoid overeating in the evening

Etiquette for reading the Qur'an

1 You should be in a state of *taharah* (ritual purity) before you can touch the Qur'an

2 You should begin with:

"A'udhu billahi minsash-shaytanir rajim"

[I seek refuge in Allah from Shaytan, the cursed one], followed by

"Bismillahir rahman ar-rahim"

[In the name of Allah, the most Compassionate, the most Merciful]

- 3 If you can read the Qur'an in the Arabic language, it is preferred to recite it with the basic rules of *tajweed*
- 4 It is recommended to beautify your recital with a pleasant voice
- 5 The speed of your recitation must be regulated by your ability to understand so that you can think about what you are reading
- 6 If the verse contains commands and prohibitions you should immediately decide to accept or restrain from them. But if it is something you have failed to do in the past, you should seek forgiveness and intend to do it in the future. In the event that the verse contains mercy, you should feel happy and request it, if it contains wrath, you should seek refuge in Allah. If the verse glorifies Allah, you should glorify Him
- 7 It is undesirable to stop reading to converse or talk to someone, laugh or play or look at something that takes away your attention, unless there is a valid reason
- 8 The best time to recite the Qur'an is during salah, then night-time reading, especially the latter part of it. The best time of day is after Fajr.*

*Adapted from Khurram Murad, *Way to the Qur'an*, Islamic Foundation, 1985

Etiquette of Making Du'a

- 1 In order for *du'as* to be accepted, a person should ensure that their earnings and possessions are all *halal*
- 2 It is recommended to face the *Qiblah* while making *du'a*
- 3 There are certain times and places that are more opportune for making *du'a*, such as: the Day of Arafah, during the month of Ramadan, Friday, last third of the night, at dawn, during *sajdah*, during rainfall, between *adhan* and *iqamah*, after the *fard* prayers
- 4 It is recommended to raise your hands to your shoulders with the palms upwards
- 5 It is best to begin the *du'a* with the praise of Allah and blessings upon the Prophet [saws]
- 6 *Du'a* should be made with full attention and humility, in neither too loud a voice nor too quiet

- 7 You should not make *du'a* for anything that is *haram* or that involves harming certain people
- 8 You must be patient in having your *du'a* accepted
- 9 Be confident and have belief in Allah that He will accept your *du'a*
- 10 It is recommended to repeat your *du'a* three times
- 11 The best of prayers are the *du'as* of the Prophet [saw]*

Adapted from As-Sayyid Sabiq, *Fiqh us-Sunnah*, American Trust Publications, 1991, Vol IV

Health Guidelines on Eating in Ramadan

AVOID:

- Fried and fatty foods. These can upset your stomach and give you indigestion and heartburn
- Foods containing too much sugar, especially at *suhoor*. These can cause your blood sugar levels to drop too quickly and can cause headaches, dizziness and tiredness
- Over-eating especially at *suhoor*. This can lead to indigestion, heartburn and constipation
- Too much tea at *suhoor*: Tea makes you pass more urine taking with it valuable mineral salts that your body would need during the day.

EAT:

- Slow-digesting foods at *Suhoor*. These last longer in the body thus making you feel less hungry
- Dates are excellent source of sugar, fibre, carbohydrates, potassium and magnesium
- Almonds are rich in protein and fibre with less fat
- Bananas are a good source of potassium, magnesium and carbohydrates

DRINK:

- As much water or fruit juices as possible between *Iftar* and bedtime so that your body can adjust fluid levels in time.

The Three Levels of Fasting in Ramadan

IMAM AL-GHAZALI WRITES ABOUT THE FOLLOWING CATEGORIES OF FASTING:

First level: Ordinary Fasting

This level requires abstention from three things: food, drink and sexual satisfaction. This is the minimum requirement and the reward is given accordingly.

Second level: Special Fasting

Keeping one's ears, eyes, tongue, hands and feet and all other organs free from sin. For such people just abstaining from the minimum requirement is not sufficient, thus they take care not to say, hear or do a wrong thing. As they restrain their organs from all kinds of prohibitions, they are rewarded accordingly.

Third level: Extra-special Fasting

This fast involves abstaining from all unworthy thoughts, loves, desires and wishes in total disregard of everything except the thought and remembrance of Allah. This is the perfection of *tawhid* (oneness of Allah). One may physically be present in the world but the internal self is exclusively engaged towards Allah.

Etiquette of Friday

- 1** Make preparations for Friday from 'Asr time on Thursday by doing *istaghfar* and *tasbeeh*. Ensure that your clean clothes are ready so that this does not take up valuable time on Friday morning. Read Qur'an and extra prayers on Thursday night
- 2** Perform *ghusl* on Friday morning. It is best to clip the nails, cleanse the teeth and do everything necessary to be in a state of ritual purity
- 3** It is desirable to recite Surah al-Kahf on Friday
- 4** Spend plenty of time in prayer throughout the day, as there is a time in which *dua's* are accepted on this day
- 5** Send *salat* and *salaam* on the Prophet [saws]
- 6** It is recommended to give charity on this day as the rewards are increased
- 7** It is recommended to minimise worldly affairs and concentrate on *'ibadah*.

Daily Prayer

THE DAILY PRAYERS ARE AS FOLLOWS:

FAJR (Subh) (Dawn Prayer):

Two rak'at of *sunnah al-mu'akkadah* followed by two rak'at of *fard*.

Dhuhr (Noon Prayer):

Four rak'at of *sunnah al-mu'akkadah*, four rak'at of *fard*, followed by two rak'at of *sunnah al-mu'akkadah*

'Asr (Afternoon Prayer):

Four rak'at of *sunnah ghair al-mu'akkadah*, followed by four rak'at of *fard*. Note that it is forbidden to perform sunnah prayers after 'Asr until sunset.

Maghrib (Sunset Prayer):

Three rak'at of *fard*, followed by two rak'at of *sunnah al-mu'akkadah*.

'Isha (Night Prayer):

Four rak'at of *sunnah ghair al-mu'akkadah*, four rak'at of *fard* and two rak'at of *sunnah al-mu'akkadah*.

Witr:

This comprises one rak'at, three rak'at etc (an odd number). *Witr* can be performed immediately after the two rak'at sunnah of 'Isha, or it can be performed just before sleeping, or after *Tahajjud*.

Nafil:

(Voluntary) prayers can be performed with any of the five daily prayers in sets of two rak'at apart from the time after Asr until sunset and after Fajr until sunrise.

Salatul Duha:

This is a *nafl* prayer, which can be performed from after sunrise to before Dhuhr time. It consists of between two and twelve rak'at, performed in sets of two rak'at.

NOTE:

- *Fard* prayers are obligatory and neglecting these makes a person a sinner
- *Sunnah al-mu'akkadah* prayers are emphasises sunnah i.e. the Prophet [saws] never neglected to perform these
- *Sunnah ghair al-mu'akkadah* prayers carry a reward if performed but no punishment if not performed
- *Nafil* prayers bring extra reward if performed.

Reflection and contemplation: Some active help

Have you ever thought about how the fragrant and beautifully coloured flowers you see everyday have come out of pitch black, muddy soil?

Have you ever watched your parents sleeping and realised how frail they are and that time goes by so fast?

Have you ever thought about how the peels of fruits such as bananas, watermelons, melons and oranges serve as wrappings of high quality, and how the fruits are packed in these wrappings so that they maintain their taste and fragrance?

Have you ever thought about the possibility that while you are asleep a sudden earthquake could raze your home, your office, and your city to the ground and that in a few seconds you could lose everything of the world you possess?

Have you ever thought of how your life passes away very quickly, and that you will grow old and become weak, and slowly lose your beauty, health and strength?

Have you ever thought about how one day you will find the angels of death appointed by Allah before you and that you will then leave this world?

Have you ever thought about why people are so attached to a world from which they will soon depart when what they basically need is to strive for the Hereafter?

Man is a being whom Allah furnishes with the faculty of thought. Yet, most people do not use this very important faculty as they should. In fact, some people almost never think.

In truth, each person possesses a capacity for thought of which even he himself is unaware. Onceman begins to use this capacity, facts he has not been able to realise until that very moment begin to be uncovered for him. The deeper he goes in reflection, the more this capacity to think improves, and this is possible for everyone. One just has to realise that one needs to reflect and then to strive hard.

* Adapted from Harun Yahya, Deep Thinking, Ta-Ha Publishers Ltd, 2000

Things you can do when you are menstruating

- 1 Read a translation of the Qu'ran or a *tafsir* book
- 2 Make *du'a* and spend time engaging in *dhikr*
- 3 Listen to the Qur'an or recite from memory

- 4 Read Islamic books or listen to lectures
- 5 Increase your *da'wah* activities
- 6 Give charity and think of ways of encouraging others to give charity
- 7 Help around at home with the intention of gaining *thawab*[reward]
- 8 Offer to help out with taking care of children at the mosque while others pray
- 9 Offer to baby-sit for someone who has children and may want to go to Taraweeh
- 10 Try to find out about Islamic activities going on in your local area and try and get involved with organising them
- 11 Try and feed as many fasting people as you can- go to places that organise mass *iftars* and offer to help or give *sadaqah* towards it

Remember it is your intention that matters!

Dhikr and Remembrance of Allah

'Ali ibn Abi Talha relates that Ibn Abbas said, "All obligations imposed upon man by Allah are clearly marked and one is exempted from them in the presence of a genuine cause. The only exception is the obligation of dhikr. Allah has set no specific limits for it, and under no circumstances is one allowed to be negligent of it. We are commanded to 'remember Allah standing, sitting and reclining on your sides' (3:191), in the morning, during the day, at sea or on land, on a journey or at home, in poverty and in prosperity, in sickness or in health, openly and secretly, and in fact at all times throughout one's life and in all circumstances."

"Verily in the remembrance of Allah do hearts find peace" (13:28)

"Those men and women who engage much in Allah's praise. For them Allah has prepared forgiveness and a great reward." (33:35)

Excellence of saying

La ilaha ill-Allah

Jabir [ra] reported that the Prophet [saws] said, "The best remembrance of Allah is to repeat *La ilaha illallah* and the best prayer is *Alhamdulillah*." (An-Nasa'i, Ibn Majah and Al-Hakim)

Excellence of *Tasbih, Hamd, Tahlil, Takbir* and others

Abu Huraira [ra] reported that he Prophet [saws] said, "There are two phrases that are light on the tongue but heavy on the scale of rewards and are dear to Allah. These are: *Subhanallah wa bihamdihi* (All glory is to Allah and all praise to Him) and *Subhanallah al-Azim* (Glorified is Allah the Great)." (Muslim, Bukhari and At-Tirmidhi)

Samura ibn Jundab [ra] reported that the Prophet [saws], "The dearest phrases to Allah are four: *Subhanallah* (Glorified is Allah), *Alhamdulillah* (all praise is due to Allah), *la ilaha illallah* (there is no god but Allah), *Allahu akbar* (Allah is the Greatest)
There is no harm in beginning them in any order you choose while remembering Allah." (Muslim)

Abu Sa'id [ra] reported that the Prophet [saws] said, "Perform the enduring deeds more frequently." They asked, "What are these enduring deeds?" The Prophet [saws] replied: "*At-Takbir, At-Tahlil, At-Tasbih, alhamdulillah* and *la hawla wa la quwatta illa billah* [There is no power nor any might except with the permission of Allah]." (An-Nasa'i and Al-Hakim)

(*Takbir* means saying *Allahu Akbar*, *Tahlil* means saying *la ilaha illallah*, *Tasbih* means saying *subhanallah*)

Excellence of *Istighfar*

'Abdallah ibn Abbas [ra] said, "If one supplicates without fail for forgiveness from Allah, He finds a way out for him to get out of every distress and difficulty, and gives him sustenance through ways utterly unthought of." (Abu Dawud, An-Nasa'i, Ibn Majah, Al-Hakim)

Suggested Activities for the Last Ten Days of Ramadan

- 1 Make a big effort to increase all your religious activities for the last ten days, such as extra prayers and more *dhikr*
- 2 Keep reciting this special du'a:
"Allahumma innaka 'afuwwun tuhibbu'l-'afwa fa'fu 'anni"
Oh Allah, you are indeed pardoning and You love to pardon, so pardon me
- 3 Make *tawbah*
- 4 Evaluate yourself and see how you could be a better person
- 5 Make long, sincere and deep *du'as*

- 6 Try to finish the Qur'an and read the *du'a* for the completion of Qur'an recitation
- 7 Spend some time in *i'tikaf*. If you cannot fulfil the sunnah of sitting in *i'tikaf* for 10 days then you can sit in seclusion for any length of time with the sole purpose of drawing closer to Allah and you will, insha'Allah, be rewarded accordingly
- 8 Try to minimise the time you spend on worldly matters. You could try not watching tv, or surfing the internet and this will all help you in drawing closer to Allah
- 9 Try to memorise *surahs* which you can recite in your salah e.g. some of the shorter *surahs* in the 30th juz
- 10 Read and learn some *hadith* and try to practise these in your daily life.

i'tikaf

i'tikaf is when a person stays in the mosque with the sole intention of worshipping Allah and drawing closer to Him, while turning his attention away from worldly affairs as much as possible. Women can do *i'tikaf* at home in a secluded area or the house where they usually pray.

The retreat of the last ten days of Ramadan (*sunnah i'tikaf*) starts at Maghrib of the 20th and ends upon the announcement of Eid.

If someone is unable to sit in *i'tikaf* for the whole ten day period, then they can also perform *i'tikaf*, but this would be a *mustahabb* or *nafl i'tikaf*. This can be performed for any length of time and the reward is given accordingly.

This time in *i'tikaf* must be spent doing *salah*, *dhikr*, reading the Qur'an, making *du'a*, reading religious books, making *tawbah* and sending salutations on the Prophet [saws].

Permissible acts:

- 1) The person may go out at any time for some need that he must perform such as answering the call of nature, doing *wudu* or *ghusl*
- 2) It is permissible to leave the mosque to eat and drink if food and drink are not made available in the mosque

Actions that nullify the *i'tikaf*:

- 1) Intentionally leaving the mosque even if it is just for a short time (in the case of *sunnah i'tikaf*)
- 2) State of menstruation or post-childbirth bleeding.

Zakat al-Fitr

Zakat al-Fitr becomes obligatory on every Muslim, male or female, adult or child, at the end of Ramadan as long as he/she has the means to do so, even those who have not fasted during the month of Ramadan for any valid reason.

Ibn Abbas [ra] reported that the Prophet [saws] made *zakat al-Fitr* compulsory so that those who fasted may be purified of their idle deeds and shameful talk (committed during Ramadan) and so that the poor may be fed. Whoever gives it before *salah* will have it accepted as *zakah*, while he who gives it after the *salah* has given *sadaqah*. (Abu Dawud)

Therefore, *zakat al-Fitr* is to provide those who fasted with the means of making up for their errors during the month of fasting, just as any *sadaqah* washed away sins. *Zakat al-Fitr* also provides the poor with the means with which they can celebrate *Eid al-Fitr* along with the rest of the Muslims.

As mentioned in the above hadith it should be given before the *Eid* prayer so that it can be distributed to the poor in time for the *Eid* celebrations, so that they may participate also.

The Sunnah of Eid

- To wake up early, in order to prepare for the sunnahs of the day
- To perform *ghusl* and apply perfume (men only)
- Wear the best clothes available to you (without excess)
- Eat before going for Eid prayer. The sunnah is to eat an odd number of dates
- To walk to the place of prayer, if at all possible, reciting the takbirat which is:

“Allahu Akbar, Allahu Akbar, la ilaha illallah. Allahu Akbar, Allahu Akbar wa lillahil hamd”

Allah is the Greatest, Allah is the Greatest. There is no god but Allah. Allah is the Greatest, Allah is the Greatest. All praise belongs to Allah.

- To return from the place of prayer using a different route to the one taken to get there.