

# RAMADAN SCHEDULE

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# MOTIVATION FOR RAMADAN

The blessed month of Ramadan...

Allah say's in the Qur'an: **Surah Al-Baqarah 185 – 186**

The month of Ramadhan [is that] in which was revealed the Qur'an, a guidance for the people and clear proofs of guidance and criterion.

So whoever sights [the new moon of] the month, let him fast it; and whoever is ill or on a journey – then an equal number of other days.

Allah intends for you ease and does not intend for you hardship and [wants] for you to complete the period and to glorify Allah for that [to] which He has guided you; and perhaps you will be grateful.

And when My servants ask you, [O Muhammad], concerning Me – indeed I am near. I respond to the invocation of the supplicant when he calls upon Me. So let them respond to Me [by obedience] and believe in Me that they may be [rightly] guided.

## **Hadith Sunan An-Nasa'i 2107**

The month of Ramadan. He said: "I heard the Messenger of Allah say: In it the gates of Paradise are opened and the gates of the Fire are closed, and the devils are chained up, and a caller calls out every night:

O doer of good, proceed; O doer of evil, desist!"

**\*\*Brother's and Sister's this could be the Lifechanging month for all of us.\*\***

**\*\*With Allah's permission this could be our chance to start a new life.\*\***

No matter how much you have sinned, if you seek the forgiveness of Allah...

Allah is definitely able to forgive you.

In this month Allah the Most Merciful is able to multiply the rewards.

It is he who is able to multiply the rewards like no one of us can imagine...

**This is a month where we dont want to see ourself wasting our time.**

We want to take an Advantage out of every single moment.

We dont want this Ramadan to be a month where we say "I haven't used my time!"  
We want to use our time so we can say "I have not wasted my time sleeping the whole day!"

But if we go into this month unprepared... We might are going to fail...

**That is why we need to be smart and prepare ourself for this blessed month.**

With Allah's permission this schedule could be our guideline for this month,  
So that we will InshaAllah be from the People who really used their time benifically.

# RAMADAN TARGETS

Target 1: **Getting a Relationship with the Book of Allah Al-Qur'an**  
(Reading the Whole Qur'an in Ramadan minimum once.)  
(Learning to read the Arabic language (If unable to read))

Target 2: **Starting a Life in the Obedience of Allah**

Target 3: **Acquire the Forgiveness of Allah**

Target 4: **Acquire the Fear of Allah At-Taqwa**

Target 5: **Getting used to make Dhikr**

Target 6: **Using Social Media in a Beneficial Way**

Target 7: **Praying Qiyam Al-Layl + Sunnah Prayer's**

Target 8: **Stop Masturbating Completely**

**My Brother's and Sister's this might sound very difficult to achieve for us.  
This might be not possible to achieve without effort. But...**

This Schedule is not designed for making us TOP Muslims overnight.  
It is supposed to be a Lifechanger. It takes time to achieve these Targets.

**We might not practice all Targets at the beginning of Ramadan. But...**

We want to get the Gear inside and start moving.

So we slowly but surely reach our Target with the permission of Allah.

This Schedule is designed that we have a realistic a practicable Target for us.

# DAILY TASKS

## Introduction

The Daily Tasks are taking place at the First Day of Ramadan.  
**Important Reminder: Ramadan starts at the time of Maghrib.**

**This Schedule is not supposed to cover your All-Day-Activities.  
Rather it is supposed to be an Universal Schedule usable for everybody.**

**The Schedule gives you an Idea at how you can spend your time in Ramadan.  
You are not obliged in following this Schedule. Rather it is a Guideline.**

**It leaves Free Space for you to fill it with time you can use Specifically.**

One might want to memorize the Qur'an.

If the Schedule would cover the activities of the whole Day,  
he/she wouldn't be able to do what he/she wants.

One might want to cook the food for the Family and the Neighbours.

If the Schedule would cover the activities of the whole Day,  
he/she wouldn't be able to do what he/she wants.

And so on...

# DAILY TASKS

**Important Reminder: Dont forget to pray Qiyam Al-Layl**

*I considered that Ramadan starts at the time of Maghrib.  
But to make it easy and used to everybody,  
i started at the Time of Suhur before Fajr.*

## TASK 1: SUHUR

**Important Reminder: Never Skip Suhur**

### **Hadith Sunan Ibn Majah 1692**

It was narrated from Anas bin Malik that the Messenger of Allah (s.a.w) said:  
“Eat Suhur, for in Suhur there is a blessing“

Allah say’s in the Quran: **Surah Al-A’raf 31**

O children of Adam, take your adornment at every masjid, and eat and drink, but be not excessive. Indeed, He likes not those who commit excess.

Do not eat to much and dont eat a heavy meal in the morning.  
Your body needs a big amount of energy to digest it.  
It could cause you to feel hungry at a early stage of the Day.

Eat High-Fibre Foods (Long Digesting Time)

Examples: Potatoes, Dates, Grain etc.

Drink enough Water

Eat Protein-Rich Foods (Can help to Replenish Energy)

Examples: Fruit’s and Vegetable’s

### **Hadith Sunan Ibn Majah 3349**

Miqdam bin Madikarib said: “I heard the Messenger of Allah (s.a.w) say:

A human being fills no worse vessel than his stomach.

It is sufficient for a human being to eat a few mouthfuls to keep his spine straight.  
But if he musst (fill it), then one third of food, one third for drink and one third for air.

# TASK 2: FAJR

## Start praying 2 Rakah Sunnah before Fajr.

### Hadith Sahih Muslim 725

‘A’isha reported Allah’s Messenger as saying:

“The two rak’ahs at dawn are better than this world and what it contains.”

Important Reminder: Allah is able to multiply your Deeds like you cannot imagine.

### Hadith Sunan Abi Dawud 1254

The Messenger of Allah (s.a.w) was more particular about observing the supererogatory rak’ahs before the dawn prayer than about observing any of the other supererogatory prayers.

## Start praying the Fajr Prayer.

**Try your best to have Khushu in Prayer (Advice given at Page: 15)**

Try to prolong and beautify your recitation for the sake of Allah.

## After you have prayed remain sitting.

**Perform some Dhikr (Advice given at Page: 11 (Worth watching))**

### Important Reminder:

Dont forget that this is supposed to be a Lifechanger not only for Ramadan.

One might not be able to perform all mentioned or one might want to fill his time with other Beneficial Activities. Feel free to do that. This is no obligation.

But i suggest you to perform a comfortable portion of it.

You can increase from Time to Time. It is important that we start moving.

### **\*EXTRA\* Try to sit until sunrise. \*EXTRA\***

**Try to finish the Dhikr (Advice given at Page: (Worth watching))**

After finishing the Dhikr try to read Qur’an until sunrise and pray 2 Rakah Duha after sunrise. After that you might be exhausted... Go to sleep and set an Alarm 1,5 Hours before Dhuhr Time.

Those unable to read Qur’an can continue making Dhikr until sunrise.

### Hadith Sunan An-Nasa’i 733

It was narrated from Abu Hurairah that the Messenger of Allah (s.a.w) said:

“The angels send Salah upon any one of you so long as he is in the place where he prays, and so long as he does not invalidate his ablution, (saying):

‘O Allah, forgive him, O Allah have mercy on him.’“

# TASK 3: DHUHR

*After regaining energy while sleeping, stay in your bed and give your body time to reboot.  
During that period you can gain rewards sending your friends Beneficial Reminders.*

## After the reboot read Qur'an until Dhuhr

Come closer to your target of reading the Qur'an once or more in Ramadan.

Important Reminder: Allah is able to multiply your Deeds like you cannot imagine.  
I want to remind you of the greatness of reward you can achieve by Allah's permission.

Reminder given at Page: 12

### Unable to read Qur'an?

If you are unable to read Qur'an, this could be a good time to watch a Course on how to read Arabic and make it a routine during all days of Ramadan.

Try to set yourself a Target in learning how to read the Arabic Language before Ramadan finishes. (Following this Plan you may be able to read Arabic in 2 Weeks!)

### **\*EXTRA\* Start praying 4 Rakah Sunnah before Dhuhr. \*EXTRA\***

The Sunnah Prayer of 4 Rakah are a pair of 2 Rakah (2+2)

#### **Important Reminder:**

One might not be able to perform all at once.  
It could be too burdensome for you. Stay comfortable.  
Increase from Time to Time. But never stop moving.

### **Start praying the Dhuhr Prayer.**

Try your best to have Khushu in Prayer (Advice given at Page: 15)

### **After you have prayed remain sitting.**

Perform some Dhikr (Advice given at Page: 11)

### **\*EXTRA\* Start praying 2 Rakah Sunnah after Dhuhr. \*EXTRA\***

If the Sunnah Prayer of 4 Rakah before Dhuhr were to be burdensome for you then try to start with the 2 Rakah after Dhuhr. Stay comfortable.  
Increase from Time to Time. But never stop moving.

### **Use your time Beneficial.**

After this point the schedule is not covering your Activities.  
Choose your Activities wisely and try to take a Benefit out of every Situation.

# TASK 4: ASR

## Start praying the Asr Prayer.

Try your best to have Khushu in Prayer (Advice given at Page: 15)

## After you have prayed remain sitting.

Perform some Dhikr (Advice given at Page: 11 (Worth watching))

### **Important Reminder:**

Dont forget that this is supposed to be a Lifechanger not only for Ramadan.

One might not be able to perform all at once.

If you are not used to it then perform a comfortable portion of it.

You can increase from Time to Time. It is important that we start moving.

## Use your time Beneficial.

At this point the schedule is not covering your Activities.

**Choose your Activities wisely and try to take a Benefit out of every Situation.**

**I suggest you to perform the extra point down below.**

### **\*EXTRA\* Try to sit until sunset. \*EXTRA\***

**Try to finish the Dhikr (Advice given at Page: (Worth watching))**

After finishing the Dhikr try to read Qur'an until sunset.

After that you might be exhausted... This is only a suggestion this is not a must.

Those unable to read Qur'an should continue making Dhikr until sunset.

### **Hadith Sunan An-Nasa'i 733**

It was narrated from Abu Hurairah that the Messenger of Allah (s.a.w) said:

"The angels send Salah upon any one of you so long as he is in the place where he prays,  
and so long as he does not invalidate his ablution, (saying):

'O Allah, forgive him, O Allah have mercy on him.'"



## TASK 5: MAGHRIB

### Start praying the Maghrib Prayer.

Try your best to have Khushu in Prayer (Advice given at Page: 15)

Try to beautify and prolong your recitation for the sake of Allah.

### Remain sitting and Perform Dhikr.

### Start praying 2 Rakah Sunnah after Maghrib.

Try to start praying the 2 Rakah Sunnah prayer after Maghrib.

You will with Allah's permission get used to it.

### Use your time Beneficial.

At this point the schedule is not covering your Activities.

Choose your Activities wisely and try to take a Benefit out of every Situation.

## TASK 6: ISCHAA

### Start praying the Ischaa Prayer.

Try your best to have Khushu in Prayer (Advice given at Page: 15)

Try to beautify and prolong your recitation for the sake of Allah

### Remain sitting and Perform Dhikr

### Start praying 2 Rakah Sunnah after Ischaa.

Try to start praying the 2 Rakah Sunnah prayer after Ischaa.

You will with Allah's permission get used to it.

### Use your time Beneficial.

At this point the schedule is not covering your Activities.

Choose your Activities wisely and try to take a Benefit out of every Situation.

# TASK 7: THE LAST THIRD

*Many of us may not find it easy to pray in the night. (Including myself)*

**Important Reminder: This point has been kept very short.**

## **Hadith Sahih Al-Bukhari 1145**

Narrated Abu Huraira: Allah's Messenger (s.a.w) said,

"Our Lord, the Blessed, the Superior, comes every night down on the nearest Heaven to us when the last third of the night remains, saying:

"Is there anyone to invoke Me, so that I may respond to invocation?

Is there anyone to ask Me, so that I may grant him his request?

Is there anyone seeking my forgiveness, so that I may forgive him ?"

## **Brother's and Sister's and myself.**

Should this be the time for us to sleep ?

Shouldn't we use this time even if it is just 1 Minute ?

We should start using this time even if its just a little.

## **Start slowly before you stand still.**

### **Hadith Sunan Ibn Majah 4240**

Abu Hurairah narrated that the Messenger of Allah (s.a.w) said:

"Take on only as much as you can do of good deeds, for the best of deeds is that which is done consistently, even if it is little."

## **My Brother's and Sister's**

Let us all start with Allah's permission to slowly but surely pray Qiyam Al-Layl.

Even if we start only praying 1 Rakah.

Even if we only wake up in the Night and make Dua.

Let us all start moving with the permission of Allah.

# IMPORTANT DUA

## Important Reminder:

You can download the Hisnul Muslim App on Android or IOS:  
App Name: Dua & Zikr (Hisnul Muslim) *Greentech Apps Foundation*

You will InshaAllah find the Dua mentioned under:

Zikr – Sleep \_\_\_ Dua in the morning & evening

**Unable to download the App ?** Send me a private message.

If enough people are interested, i will InshaAllah create a list in the first 10 Days of Ramadan.

## Dua List for Fajr and Assr

Ayatul Kursi – Surah Al Baqarah 2:255

Completing obligation to thank Allah

Gain Prophet saw’s intercession on the Day of Judgement

Pleasure of Allah in the day of judgement

Four phrases Heavier in the Scales than all Morning of Worship

Dua that will suffice one (as a protection) against everything

Ask for rectification of one’s affairs

Saving from the hell fire

Grant whatever you desire from this life or the next

Refuge from the evil of oneself and shaitan and from harming oneself or others

Asking for Beneficial Knowledge, Pure Rizq & Accepted Deeds

Asking for healthy body, eyesight and hearing and refuge from disbelief and poverty

Asking for pardon and wellbeing, veriling weakness and refuge from all sides

+

Duas in the morning & evening #4  
Duas in the morning & evening #5  
Duas in the morning & evening #16  
Duas in the morning & evening #17

### **Suggestion after every Prayer**

Recite Ayatul Kursi

Perform Dhikr:

(Subhanallah, Alhamdulillah, Allahu Akbar)

**Important Reminder: Do not overburden yourself. Increase from Time to Time.**

Feel free to do more.

# USEFUL QUR'AN REMINDER

*Ramadan is the Month in which the Quran was revealed*

With the permission of Allah there is the Chance for all of us to archieve huge rewards like none of us can imagine.

## Some Information about the Qur'an according to my Knowledge:

The Quran has 114 Surah's.

The Quran has 6236 Ayat.

The Quran has over well over 250000letters.

### **Hadith Jami' at-Tirmidhi 2910**

Narrated Muhammad bin Ka'b Al-Qurazi:

"I heard 'Abdullah bin Mas'ud saying: 'The Messenger of Allah (s.a.w) said: "[Whoever recites a letter] from Allah's Book, then he receives the reward from it, and the reward of ten the like of it. I do not say that Alif Lam Mim is a letter, but Alif is a letter, Lam is a letter and Mim is a letter."

### **Important Reminder:**

**Allah the Most Merciful he has the ability to multiply like we cannot imagine.**

## How to read the Qur'an minimum once ?

If you read after every Salah approximately 4 Pages of Qur'an  
You will finish the Qur'an in roughly 30 Days.

Imagine doing that. And reading the Qur'an throughout the day.

Even if you fail to read 4 Pages after every Salah  
the reading throughout the day will perhaps make up for this.

**Maybe you even have to ability to read the Qur'an more than once this month ?**

### **Brother's and Sister's**

With Allah's permission we will archieve a great reward in this month.

# SOCIAL MEDIA PREPERATION

*It is important that we prepare our Social Media.*

## **Important Reminder:**

These are just some ways of perparing oneself for not falling into Fitnah.

## **EXAMPLE INSTAGRAM**

We know that Instagram contains a lot of "Stuff"..  
Stuff which could destroy our whole Ramadan.

If you are watching "Stuff" in Instagram at the time of fasting without preperation.  
You might would see 10 filthy pictures in a minute.

**This can be a very big trial.**

Especially for those who are dealing with the Fitna of Mastrubation.  
This could cause triggers inside of you. Some of you might stay strong. But..  
It is still a sin watching this "Stuff".

## **Thats why we need Preperation!**

I say it short. The best option is to delete the Social Media Apps  
who take you in a risky position of falling in Fitnah.

But most of us might not do this.

For those who will not do it and this is definatily not my recommendation.  
Prepare yourself! Do not let this Apps destroy your Ramadan!

## **Unsub all pages which can lead to sin.**

Unsub them all and sub authentic pages who remind you of your Religion.

## **Important Reminder:**

I dont have enough Knowledge of Social Media to give you an Complete Advice.  
Most of you using many Social Media Apps might know much better than myself.

The Important thing is that i get your Attention.

Now you know about this Fitnah prepare yourself to avoid it.

# ANTI MASTRUBATION REMINDER

*Many People have this Problem. It is a big problem which should not be ignored.*

!!!But it is a problem which we InshaAllah will fight against from now on!!!

!!!With Allah's permission we will not stop fighting from now on!!!

What i want you to do now is to ask yourself some Questions.

Question 1: What are 80 Years compared to eternity ?

Question 2: How many percent of eternity are 999999999999999999 Years ?

Question 3: How long will you live ? Is it maybe 20 Years ? 40 Years ? 60 Years ?  
Or will you maybe die in this Ramadan ?

Question 4: Are you certain that you are going to die ?

Now i want you to think.

What are your desires of 5 Minutes compared to this ?

Ask yourself and dont fool yourself! Stay Rational! I give you the answer. **IT IS NOTHING!**

**Do you want to get punished for 5 Minutes of nothing ?!**

You dont even get any benefit out of that. It is the opposite you just get more sad.

Ask yourself a Question again.

What makes more Sense ?

## Showing Patience to this Fitnah

- + Staying Patient in your Lifespan.
- + Living a Happy Live with less Sins.
- + Living a Life in Obedience to Allah
- + Getting a Huge Reward for Patience.
- + Having the hope to enter Paradise.

## Showing Patience to the Hellfire

- Fulfilling Desires and get Sad afterwards.
- Living a Depressed Life filled with Filthy Sins.
- Living a Life in Disobedience to Allah
- Getting a Huge Punishment for Transgressing.
- Living a Sad Life not being ready for Death.

**My Brother! My Sister!**

**We can show patience to this Fitna and get a huge reward from Allah!**

**BUT MY BROTHER! MY SISTER!**

**HOW CAN WE SHOW PATIENCE TO THE PUNISHMENT?!**

I want you to go into your Kitchen right now after finishing reading this!

I want you to turn on the hotplate and i want you to put you hand above it fealing the heat.

My Brother! My Sister! Could you put your hand on it even for 5 Seconds ?!

**START THINKING! AND STOP FROM NOW ON FOOLING YOURSELF!**

Do you want this Filthy Sin to be your cause to go to Jahannam ?! **Wallahi it is not worth it!**

**Important Reminder: If you feel attracted to this Filthy Ugly Depressing SIN!**

**THEN SHUT DOWN THE WEAK URGES! Remind yourself AND STOP FOOLING YOURSELF!**

# REMINDER FOR KHUSHU IN PRAYER

This point has been kept short.

If you have Khushu Problems in Prayer i suggest you to watch this video:

How To Archieve Khushoo (Deep Focus) In Prayer by Abu Bakr Zoud

## !IMPORTANT NOTE!

Dont forget that this Schedule is only a Guideline!

This is by far not covering all the Sunnah Activities!

This Schedule is not designed to cover your All-Day-Activities.

Feel free to do more.

**!Try your best in this Ramadan!**

**!Make this a Lifechainging Ramadan!**

I pray to Allah that all my Muslim Brother's and Sister's will suceed in this Month.

Assalamu Alaikum wa Rahmatulahi wa Barakatuh Brother's and Sister's