

Ramadan Action Planner

Embark on your Ramadan journey with six personalities from the Qur'an.

RAMADAN



Qarun
Day 6-10

Prophet Musa (a)
Day 1-5

Samiri
Day 11-15

Prophet Nuh (a)
Day 16-20

**Hannah,
mother of
Bibi Maryam (a)**
Day 21-25

Bibi Maryam (a)
Day 26-30



my goal tracker

midpoint
check-in

final
check-in

I will do more



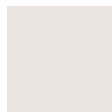
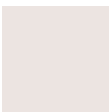
I will try more



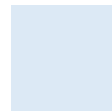
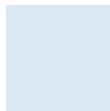
I will be more



I will...



I will...



I will...



We revealed to Musa's mother, 'Nurse him; then, when you fear for him, cast him into the river, and do not fear or grieve, for We will restore him to you and make him one of the Messengers.'

INSIGHT

When Allah talks to the mother of Prophet Musa (a) through an inner voice, He tells her 6 things;

2 commands – breastfeed him and put him in the river.

2 reassurances – do not fear and do not grieve.

2 promises – We will return him to you, and he will be a Messenger of Allah.

REFLECTION

What do you notice about the way Allah communicates with the mother of Prophet Musa (a)?

And when he turned his face toward Madyan, he said, ‘Maybe my Lord will show me the right way.’

INSIGHT

REFLECTION

How do individual efforts and trust in Allah go together? Think of a situation in your life in which you applied both.

فَلَمَّا أَتَاهَا نُودِيَ يَا مُوسَى إِنِّي أَنَا رَبُّكَ فَاخْلَعْ نَعْلَيْكَ إِنَّكَ بِالْوَادِ
الْمُقَدَّسِ طَوًى

When he came to it, he was called, 'O Musa! Indeed, I am your Lord! So, take off your sandals. You are in the sacred valley of Tuwa.

Sura Ta-Ha, no.20, verses 11-12

INSIGHT

On his return journey to Egypt, Prophet Musa (a) sees a fire and comes to get some warmth and travel directions. Allah called out to Prophet Musa (a) and told him of his Prophethood. He is asked to observe the etiquette of entering into a sacred area. That is true for every encounter we have with Allah, we must remove all lowly things from our hearts and minds.

REFLECTION

What is the lowly thing that prevents you from getting close to Allah when you are talking to Him?

Both of you go to Pharaoh, for he has indeed rebelled. Speak to him in a soft manner, maybe he will take admonition or fear.

When have you used softness as a strategy to communicate a message?
What was the result?

He said, 'My Lord! Open my chest for me. Make my task easy for me.
Sura Ta-Ha, no.20, verses 25-26

Prophet Musa (a) asked for two things from Allah; a big heart and support in making his duty easy for him. To have a big heart that can tolerate difficulties is necessary for success in undertaking major actions in life. It makes the struggle bearable and even easy.

What are some signs of big heartedness?

Variety is the spice of life

Eat a variety of foods during the evening. Now, more than ever, your body needs good nourishment to compensate for the stress of fasting. Whole grains, vegetables, fruits, lean protein, healthy fat (fat from plants, like olive oil and nuts)—all of these are important to give your body all the nutrients it needs.

Sonya Islam, MPH, RD

Surely Qarun was of the people of Musa, but he rebelled against them
Sura Qasas, no.28, verse 76

Qarun was a relative of Prophet Musa (a) who had become very wealthy and rebelled against Allah. He was proud of his wealth and showed it off to the people. Many people were in awe of his wealth while some wise people advised the society to not be deluded by his wealth.

Why does wealth (or power, etc) make a person rebel?

إِذْ قَالَ لَهُ قَوْمُهُ لَا تَفْرَحْ إِنَّ اللَّهَ لَا يُحِبُّ الْفَرِحِينَ

When his people said to him: Do not exult, surely Allah does not love the exultant;

Sura Qasas, no.28, verse 76

INSIGHT

His people advised Qarun not to exult. To exult is to be proud and show off. It is the opposite of gratitude and humility. When Allah blesses someone with His favours it should be returned with gratitude and the understanding that it is a gift from Allah, not independently self-made. This prevents arrogance, a highly disliked quality.

REFLECTION

What does this verse tell us about the people of Qarun?

And seek by means of what Allah has given you the future abode, and do not neglect your portion of this world

What blessing have you been given that you can use to gain the Hereafter and to make life of this world better for yourself?



وَأَحْسِنَ كَمَا أَحْسَنَ اللَّهُ إِلَيْكَ

And do good to others, as Allah has done good to you
Sura Qasas, no.28, verse 77

INSIGHT

Doing good to others is an important virtue of a believer. It includes words and actions. When a person has been blessed by Allah, one of the ways to be grateful is to use the blessing in the way of Allah. Wealth, health, abilities...can all be used in the way of Allah by helping others with it.

REFLECTION

What blessing in your life do you use to make a difference in the lives of others?

He said: I have been given this only on account of the knowledge I have.
Sura Qasas, no.28, verse 78

Qarun refuses to acknowledge that his wealth is a favour from Allah. He says it is because of his own knowledge (and actions resulting from that knowledge) that he possesses all the wealth he does. This is typical of an arrogant personality who sees himself independent of any other being. He forgets that he actually has very little control over sustaining or losing his wealth.

Check Prophet Sulayman (a)'s reaction when the throne of Queen Bilqis is brought to him, in 27:40. How does that verse counter what Qarun says in this verse?

Cut waste

God advises Muslims to avoid waste – “Eat and drink but waste not by excess, for Allah loves not those who waste,”

(Qur'an, 7:31).

The Prophet (pbuh) encouraged people to avoid leaving leftovers, saying, “You do not know which part of your food carries the blessings.”

حَسَنًا

Sura Ta-Ha, no.20, verse 86

INSIGHT

Prophet Musa (a) was distressed by this news and returned to his people both angry at them and sad for them. He asked them why they had lost trust in the promise of Allah and not waited for their Prophet to return to them. It was painful that after all his preaching and the miracle of the parting of the sea they had witnessed, they could still revert back to idol worshipping.

REFLECTION

Prophet Musa (a) does not start with blaming the people for their actions, rather he starts with a question. What is the advantage of this approach?

قَالُوا مَا أَخْلَفْنَا مَوْعِدَكَ بِمَلِكِنَا وَلَكِنَّا حَمَلْنَا أَوْزَارًا مِنْ زِينَةِ الْقَوْمِ
فَقَذَفْنَاهَا فَكَذَلِكَ أَلْقَى السَّامِرِيُّ

Sura Ta-Ha, no.20, verse 87

The people reply by evading responsibility for their actions. It was others who gave their ornaments to be melted and moulded into a golden calf. This was all done according to the suggestion of Samiri. The people failed to understand that they were responsible for the decision to follow what Samiri told them to do.

Why do people usually blame others for something wrong they have done? What purpose does blame serve?

He brought forth for them a calf, a (mere) body, which had a mooing sound, so they said: This is your god and the god of Musa, but he forgot. Sura Ta-Ha, no.20, verse 88

Samiri made a golden calf for them. The people did not see the process, just the end product. He told them it was their god and the god of Prophet Musa (a), forgetting what the Prophet had taught them all along. Without thinking about it, the people accepted the calf as a god. Samiri, who had been waiting and planning for the moment to take the people back to idol worshipping, had succeeded.

What critical questions could the people have asked Samiri? What prevented them from doing that?

RAMADAN 15

Prophet Nuh (a)



وَلَقَدْ قَالَ لَهُمْ هَارُونُ مِنْ قَبْلُ يَا قَوْمِ إِنَّمَا فُتِنْتُمْ بِهِ وَإِنَّ رَبَّكُمُ الرَّحْمَنُ فَاتَّبِعُونِي وَأَطِيعُوا أَمْرِي

And certainly Harun had said to them before: O my people! you are only tried by it, and surely your Lord is the Beneficent Allah, therefore follow me and obey my order.

Sura Ta-Ha, no.20, verse 90

INSIGHT

Prophet Harun (a) had been entrusted with the leadership of the people by Prophet Musa (a) in his absence. He was the authority in charge and advised the people, reminding them of Allah and the fact that this was a test of their faith. The test was to see if they really accepted belief in one God or were they still harbouring onto idol worshipping tendencies. He asked them to obey him, but they ignored his appeals.

REFLECTION

What are the four appeals Prophet Harun (a) makes in this verse? What does this tell you about his leadership?



MIDPOINT CHECK-IN



Unplug and de-clutter

“And this life of the world is nothing but a sport and play; and as for the next abode, that most surely is the life, did they but know.

(Qur'an, 29:64).

This life is full of distractions and things that demand our attention. These distractions can bring us further from God. This Ramadan, in addition to fasting from food, why not also try ‘un-plugging’ from other worldly distractions like social media, TV, video games, or whatever is your guilty pleasure?

It's also a great time to think about de-cluttering your life, by donating things that you do not need and buying only essential things. This will help you focus on the things that matter most in your life.



قَالَ رَبِّ إِنِّي دَعَوْتُ قَوْمِي لَيْلًا وَنَهَارًا فَلَمْ يَزِدْهُمْ دُعَائِي إِلَّا فِرَارًا

He said: O my Lord! surely, I have called my people by night and by day!
But my call has only made them flee more.

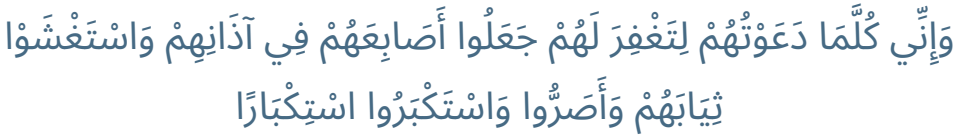
Sura Nuh, no.71, verses 5-6

INSIGHT

Prophet Nuh (a) worked hard to call his people towards belief in One God. He cared for them and wanted them to be successful in both worlds. He put time and effort in his mission and was patient with their rejection and mockery. But only very few accepted him. Most of his people refused to listen and his words made them even stronger in their disbelief.

REFLECTION

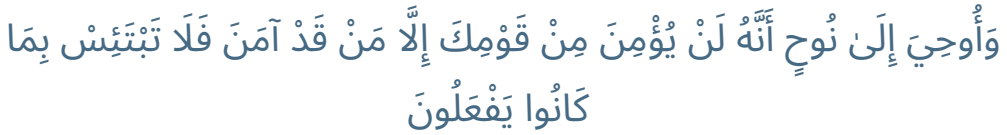
Why are human beings stubbornly against the truth sometimes? What are the roots of that attitude?



Sura Nuh, no.71, verse 7

Prophet Nuh (a) describes the physical reactions of people to his call. Their arrogance and stubbornness manifested in the way they blocked themselves from him. Body language is an important indicator of the feelings of the heart. Even though the people may not have said anything, their actions spoke loudly.

What is the motivation of Prophet Nuh (a) in calling his people as outlined in this verse?



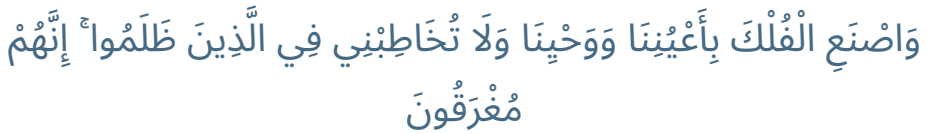
And it was revealed to Nuh that none of your people will believe except those who have already believed, therefore do not grieve at what they do.
Sura Hud, no.11, verse 36

INSIGHT

Prophet Nuh (a), like all divine leaders, cared for his people and was saddened by their opposition. He had hope that perhaps they would accept his mission one day. But in this verse Allah tells him to accept the fact that there would be no more believers than the ones who had already believed.

REFLECTION

What are some factors that would be behind the grief of Prophet Nuh (a) at the rejection of his people?



Sura Hud, no.11, verse 37

Almighty Allah commands Prophet Nuh (a) to build the ark. He says it would be built before His eyes, reminding Prophet Nuh (a) that he was not alone. Allah was with him, watching his actions as well as those of his people. This is a balm for the pain of a believer. Imam Husayn (a), on the day of Ashura, said that what made the pain bearable for him was that it was all being done before the eyes of Allah.

Why does Allah ask Prophet Nuh (a) not to speak to him about the unjust people?

RAMADAN 20



وَيَصْنَعُ الْفُلْكَ وَكُلَّمَا مَرَّ عَلَيْهِ مَلَأَ مِنْ قَوْمِهِ سَخِرُوا مِنْهُ قَالَ إِنْ
تَسَخَرُوا مِنَّا فَإِنَّا نَسَخَرُ مِنْكُمْ كَمَا تَسَخَرُونَ

And he began to make the ark; and whenever the chiefs from among his people passed by him they laughed at him. He said: If you laugh at us, surely, we too laugh at you as you laugh at us.

Sura Hud, no.11, verse 38

INSIGHT

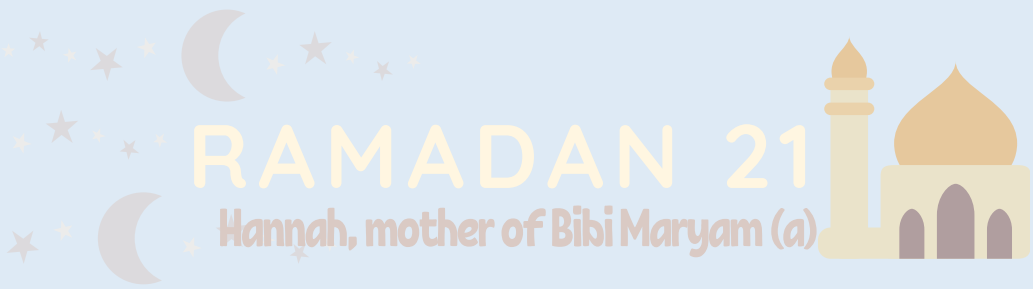
Prophet Nuh (a) began building the ark as commanded by Allah. The people, especially the chiefs among them, passed by and made fun of him. There was no water, so they thought it was foolish to build an ark. Prophet Nuh (a) had a different perspective. He knew from Allah what they did not know. At all times, believers have a different perspective on life from those who do not believe. It is the belief in the future that makes believers strong against the mockery of others.

REFLECTION

Why is it that people in authority positions are usually the first to reject the truth and put on a show of arrogance against it?

Gratitude

Ramadan is the month of gratitude. While fasting, we sometimes see everyday things in a whole new light. Things that we might normally take for granted hold more importance during this spiritual time. Take a moment to thank Allah for the food He has provided you with, and for the people in your life that you have to share these days with.



إِذْ قَالَتِ امْرَأَتُ عِمْرَانَ رَبِّ إِنِّي نَذَرْتُ لَكَ مَا فِي بَطْنِي مُحَرَّرًا فَتَقَبَّلْ مِنِّي ۖ إِنَّكَ أَنْتَ السَّمِيعُ الْعَلِيمُ

When a woman of Imran said; My Lord! surely, I vow to You what is in my womb, to be devoted to Your service; accept therefore from me, surely You are the Hearing, the Knowing.
Sura Aale Imran, no.3, verse 35

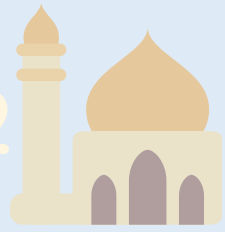
INSIGHT

Hannah was the wife of Imran, one of the scholars and respected men of the Banu Israel. Her sister was Hannana, the wife of Prophet Zakariya (a). Hannah prayed to Allah for a child, and when her prayers were answered she vowed to dedicate her child in the service of the place of worship, Baytul Muqaddas, in Jerusalem. She asked Allah to accept her vow. The words at the end of this verse are very similar to the words of Prophet Ibrahim (a) and Prophet Ismail (a) when they built the Ka'bah (see 2:127).

REFLECTION

What parts of this verse tells you of the intense love and devotion Hannah had for Allah?

RAMADAN 22



فَلَمَّا وَضَعَتْهَا قَالَتْ رَبِّ إِنِّي وَضَعْتُهَا أُنْثَىٰ وَاللَّهُ أَعْلَمُ بِمَا وَضَعْتَ
وَلَيْسَ الذَّكَرُ كَالْأُنْثَىٰ وَإِنِّي سَمَّيْتُهَا مَرْيَمَ وَإِنِّي أُعِيذُهَا بِكَ وَذُرِّيَّتَهَا مِنَ
الشَّيْطَانِ الرَّجِيمِ

When she brought forth, she said: My Lord! Surely, I have brought it forth a female-- and Allah knew best what she brought forth-- and the male is not like the female, and I have named it Maryam, and I commend her and her offspring into Your protection from the accursed Shaytan.

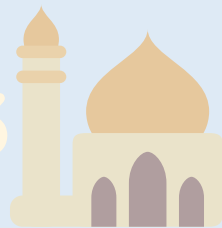
Sura Aale Imran, no.3, verse 36

INSIGHT

Imran had died before the birth of Maryam. Hannah had been expecting a male child. When she gave birth to a female she declared the fact, thinking of how it would be possible to dedicate a female child to the temple. The norm at that time was that only males could be in the service of the temple. But Hannah gathered her emotions and named her child Maryam. She asked Allah to protect her and her progeny from Shaytan. This tells us of her wisdom and foresight.

REFLECTION

Note the constant conversations of Hannah with Allah. It is a sign of closeness to Allah. How often do you converse with Him, in your own words?



فَتَقَبَّلَهَا رَبُّهَا بِقَبُولٍ حَسَنٍ وَأَنْبَتَهَا نَبَاتًا حَسَنًا

Thereupon her Lord accepted her with a gracious acceptance and made her grow up in a worthy manner.

Sura Aale Imran, no.3, verse 37

INSIGHT

Allah accepted the child as dedicated in Hannah's vow. Whether the child was a male or female did not make a difference in the acceptance. Not only was the child accepted, she was graciously accepted. Allah also ensured that she would grow up well, with all the factors she would need for a good upbringing being put in place for her.

REFLECTION

It is interesting to note that the word used for growth ‘anbataha’ is the same word that is used for growing of plants. The Quran also compares the growth of a believer to the growth of a tree. See 48:29. How do you see the process of growth in your life?

مَزِيْمٌ اَنِّى لَكَ هٰذَا

Sura Aale Imran, no.3, verse 37

When Bibi Maryam (a) was taken to the Bayt al-Muqaddas, Prophet Zakaria (a) was entrusted to look after her and be her guardian. Whenever he visited her he would find that she had fruits, ones that were not even in season at that time. He would be surprised as noone was allowed to visit her in the holy sanctuary except himself.

What are some facilitators and signs of spirituality in Bibi Maryam (a) as a child, as described in this verse?

قَالَتْ هُوَ مِنْ عِنْدِ اللَّهِ إِنَّ اللَّهَ يَرْزُقُ مَنْ يَشَاءُ بِغَيْرِ حِسَابٍ

She said: It is from Allah. Surely Allah gives to whom He pleases without measure

Sura Aale Imran, no.3, verse 37

INSIGHT

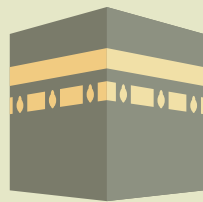
Even as a child Bibi Maryam (a) was very spiritual. When her uncle and guardian Prophet Zakariya (a) asked her about the fruits she had, she simply said it is from Allah. He can give His servants without measure in unexpected ways. History tells us that these same words were repeated by Bibi Fatima (a) when the Prophet (s) came to her house and saw food from Heaven in the house. She told her father that the food was from Allah who gives without measure to whoever He wishes.

REFLECTION

How often do you ask for increase in sustenance (wealth, health, abilities...)?
What do you ask for?

Dua

Ask Allah to make this Ramadan your most fulfilling, blessed, beneficial, and enjoyable ones yet. And may it not be our last.

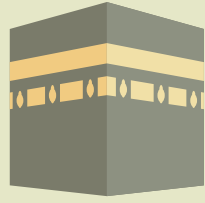


نِسَاءِ الْعَالَمِينَ

Sura Aale Imran, no.3, verse 42

Bibi Maryam (a) was a spiritual role model and was often visited by angels. In this verse she is given three good tidings: that she has been chosen to be specially blessed, that she has been purified, and she was chosen over the women of the worlds. She was chosen as the women of the worlds at her time, while Bibi Fatima (a) was chosen over the women of the worlds at all times to come.

What would be the special blessing she was chosen for?

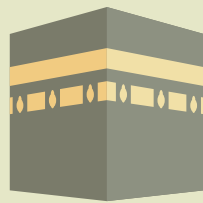


يَا مَرْيَمُ اقْنُتِي لِرَبِّكِ وَاسْجُدِي وَارْكَعِي مَعَ الرَّاكِعِينَ

Sura Aale Imran, no.3, verse 43

The angels then tell her what she should do out of gratitude for the special blessings bestowed upon her. She should be obedient to Allah, prostrate to Him, and bow down with those who bow down. All three actions stem from humility and submission to Allah. She is told to join others in her worship, a reference to congregational worship, or the idea of doing what other humble believers also do.

Obedience and worship go together. Is it possible for a believer to have one without the other?



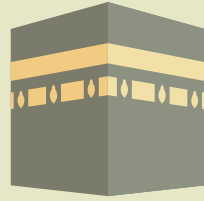
يَخْتَصِمُونَ

Sura Aale Imran, no.3, verse 44

The priests at Baytul Muqaddas disagreed about who should be in charge of Bibi Maryam (a). They drew lots by casting pens in the water to select the person who could take care of her. Prophet Zakariya was chosen for this task as his pen was the only one that did not sink in the water.

Allah entrusted the care of Bibi Maryam (a) to His Prophet. This was part of the good nurturing promised in verse 3:37. How does a good guardian (or parent) affect the spirituality of a child?

RAMADAN 29



إِذْ قَالَتِ الْمَلَائِكَةُ يَا مَرْيَمُ إِنَّ اللَّهَ يُبَشِّرُكِ بِكَلِمَةٍ مِنْهُ اسْمُهُ الْمَسِيحُ
عِيسَى ابْنُ مَرْيَمَ وَجِيهًا فِي الدُّنْيَا وَالْآخِرَةِ وَمِنَ الْمُقَرَّبِينَ

When the angels said: O Maryam, surely Allah gives you good news with a Word from Him of one whose name is the Messiah, Isa son of Maryam, worthy of regard in this world and the hereafter and of those who are made near to Allah.

Sura Aale Imran, no.3, verse 45

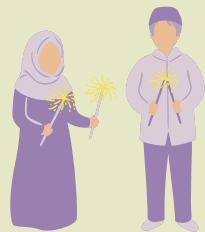
INSIGHT

In this verse Bibi Maryam (a) is given the news of the child who will be born to her. He would not be an ordinary child. He would be born without a father and his name was also revealed to her by the angels. He would have two special qualities – respect in this world and the hereafter, and one who was close to Allah. Bibi Maryam (a) was chosen to be the mother of this special child, a status that was not given to anyone else.

REFLECTION

Bibi Maryam (a) was a special mother but it was not easy for her to bear the child and to go to her society with him. Difficulties and pain are part of the high rank of a believer. What difficulties in your life have brought you closer to Allah?

RAMADAN 30/ EID



وَيُكَلِّمُ النَّاسَ فِي الْمَهْدِ وَكَهْلًا وَمِنَ الصَّالِحِينَ

And he shall speak to the people when in the cradle and when of old age,
and (he shall be) one of the good ones
Sura Aale Imran, no.3, verse 46

INSIGHT

One of the miracles of Prophet Isa (a) was that he was able to speak as a baby. This made the people realize that he was not an ordinary baby, and they could not accuse his mother of indecency. They had to accept her statement that this was a miraculous baby born through the power of Allah. This was part of Allah's ways of easing the pain of Bibi Maryam (a) and her worries (also see 19: 24-26).

REFLECTION

When Allah gives hardship He also eases things in other ways. Sometimes it is hard to see that if we focus only on the hardship. How has Allah eased hardship for you in your life?



FINAL CHECK-IN



Post-Ramadan tip

Keep up your relationship with the Quran and with your worship. Even if it is a reduced way from how connected you may be right now.

The Messenger of Allah said,
“The most beloved of deeds to Allah are the consistent ones, even if they were small.”