

"There has come to you Ramadan, a blessed month, which Allah, the Mighty and Sublime, has enjoined you to fast.
In it the gates of heaven are opened and the gates of hell are closed, and every devil is chained.
In it Allah has a night which is better than a thousand months; whoever is deprived of its goodness is indeed deprived"

-Prophet Muhammad PBUH

NAME

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### PERIOD PLAN

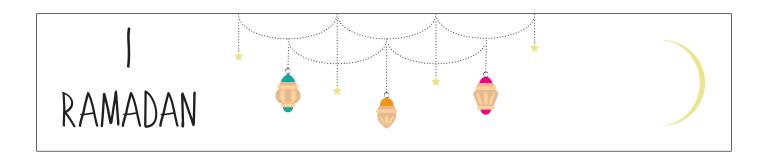
### Days 1-4: Focus on less strenuous acts of worship

- Duaa
- -Thikr
- Listening to Quran
  - Reciting Quran
- Make Sadaqah online
- Watch Islamic lectures

Day 4-8: Transition back to more demanding acts of worship

- Prepare meals for fasting people (family, neighbors, friends, poor)
  - Visit your elderly
  - Volunteer for charity
    - Read Quran
  - Go to your Islamic center

	—— MY PERIOD PLAN ———	
Day 1		Day 2
Day 3		Day 4
Day 5		Day 6
Day 7		Day 8



PRAYERS	—— OBLIGATORY ——	SUNNAH —
AL FAJR		2 BEFORE
AL DUHR		2 BEFORE AND 2 AFTER
AL ASR		NONE
AL MAGHREB		2 AFTER
AL ISHA		2 AFTER

### NAMES OF ALLAH

#### Ar-Rahman

The All Merciful root = r.h.m (Womb)

The One who continually showers all of creation with blessings and prosperity without any disparity.

The One who is most kind, loving and merciful.

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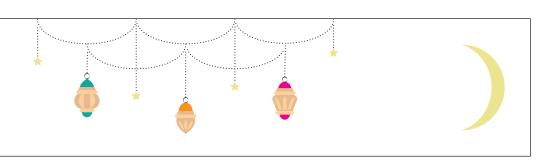
### DHIKR

TO DO LIST —	



### Why do I read Quran?

I want to earn the highest rank in Jannah inshAllah "It will be said to the companion of the Quran: Recite and ascend as you recited in the world! Verily, your rank is determined by the last verse you recite." [At-Tirmidhi]



PRAYERS —	OBLIGATORY	SUNNAH
AL FAJR		2 BEFORE
AL DUHR		2 BEFORE AND 2 AFTER
AL ASR		NONE
AL MAGHREB		2 AFTER
AL ISHA		2 AFTER

### NAMES OF ALLAH

#### Al-Aziz

The Most Cherished root = a.z.z (to be cherished)

The One whose dignity, majesty and power are unique, precious and unattainable by mankind.

The One whose respectability and nobility are above all others.

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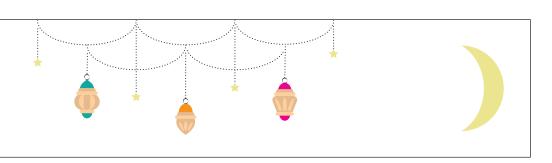
### DHIKR





### Why do I read Quran?

The Quran will heal and cure me "And we send down from the Quran what is healing and mercy" (17:82)



PRAYERS —	OBLIGATORY	SUNNAH —
AL FAJR		2 BEFORE
AL DUHR		2 BEFORE AND 2 AFTER
AL ASR		NONE
AL MAGHREB		2 AFTER
AL ISHA		2 AFTER

### NAMES OF ALLAH

#### Al-Wahab

The All Giver root = w.h.b (to give)

The One who is the most generous and liberal giver.

The One who gives freely and endlessly, without expectation of any return.

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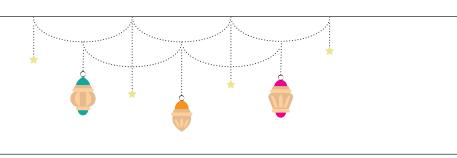
### DHIKR





### Why do I read Quran?

I want to implement what I read "Those who believe and do righteousness, their Lord will guide them with their faith" (10:9)



PRAYERS —	OBLIGATORY	SUNNAH
AL FAJR		2 BEFORE
AL DUHR		2 BEFORE AND 2 AFTER
AL ASR		NONE
AL MAGHREB		2 AFTER
AL ISHA		2 AFTER

### NAMES OF ALLAH

Al-Razzaq The Sustainer root= r.z.q (to provide)

The One who causes the means of subsistence to come

The One who bestows all means of support and growth, for the body, the mind and the spiritual life.

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### DHIKR

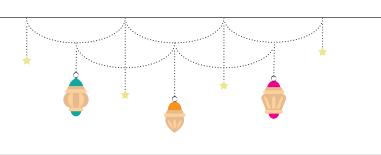




### Why do I read Quran?

I am seeking guidance from Allah

"The month of Ramadan in which the Quran was revealed is a gift to people and evidence from the guidance and the Criterion" (2:185)





— PRAYERS ——	—— OBLIGATORY ——	SUNNAH -
AL FAJR		2 BEFORE
AL DUHR		2 BEFORE AND 2 AFTER
AL ASR		NONE
AL MAGHREB		2 AFTER
AL ISHA		2 AFTER

### NAMES OF ALLAH

### Al-Ghafur

The All Forgiving root= gh.f.r (to cover)

The One who completely forgives our sins and faults.

The One who accepts repentance and pardons sins and faults.

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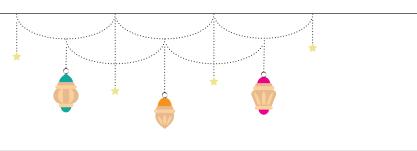
### DHIKR





### Why do I read Quran?

I want to be close to Allah
"Indeed, One end of the Quran is in your hands and the other is in
the hands of Ar-Rahman" [Al Albani]





PRAYERS —	—— OBLIGATORY ——	SUNNAH -
AL FAJR		2 BEFORE
AL DUHR		2 BEFORE AND 2 AFTER
AL ASR		NONE
AL MAGHREB		2 AFTER
AL ISHA		2 AFTER

### NAMES OF ALLAH

#### Al-Kareem

The Most Generous root= kr.m (to be valued)

The One who is the most generous, both physically and spiritually.

The One who is continually giving forth the grandest and most precious bounty.

	QURAN -	
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### DHIKR

TO DO LIST —	
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### Why do I read Quran?

I want to gain good deeds

"Whoever reads a letter from the Book of Allah will receive a hasanah (good deed) from it (i.e. his recitation), and the hasanah is multiplied by ten. [At-Tirmidhi]

# RAMADAN PARAMADAN

PRAYERS —	OBLIGATORY	SUNNAH —
AL FAJR		2 BEFORE
AL DUHR		2 BEFORE AND 2 AFTER
AL ASR		NONE
AL MAGHREB		2 AFTER
AL ISHA		2 AFTER

### NAMES OF ALLAH

### Al-Mujib

The Answerer of Prayers root= j.w.b (to reply)

The One who answers prayers.

The One who responds to needs.

The One who penetrates through every obstace in order to respond.

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### DHIKR

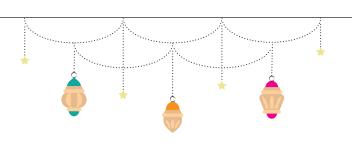




### Why do I read Quran?

I want to teach it to others

"The best amongst you are the ones who learn Qur'an and
teach it to others" [Bukhari]





PRAYERS —	OBLIGATORY —	SUNNAH
AL FAJR		2 BEFORE
AL DUHR		2 BEFORE AND 2 AFTER
AL ASR		NONE
AL MAGHREB		2 AFTER

### NAMES OF ALLAH

AL ISHA

#### Al-Wadud

The Most Loving root= w.d.d (to love)

The One who is the source of all love and loving-kindness.

The One Love.

The One who is most affectionate.

QURAN

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2 AFTER

DHIKR

Astaghfurallah x100

Subhanallah x33

Alhamdulelah x33

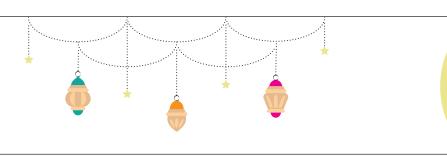
Allahu Akbar x33

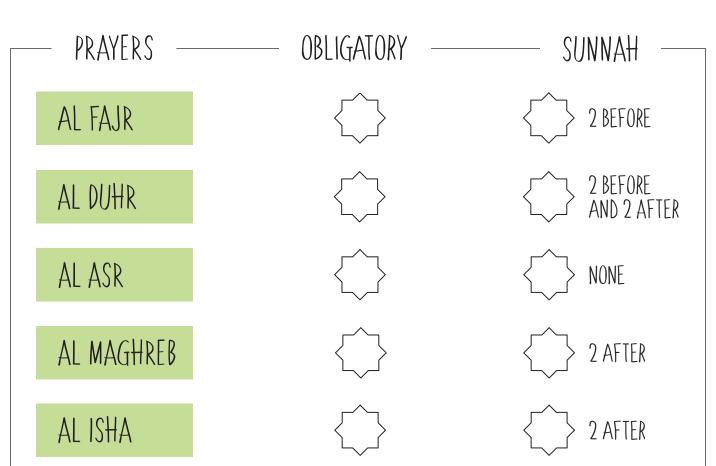




### Why do I read Quran?

I want my heart to be at ease "Surely in the remembrance of Allah do hearts find comfort" (13:28)





### NAMES OF ALLAH

#### Ash-Shakur

The Most Grateful root= sh.kr (to acknowledge)

The One who is most thankful for righteousness.

The One who gratefully gives large rewards, even for a small amount of good work

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### DHIKR

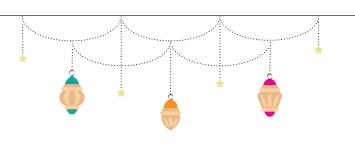




### Why do I read Quran?

I want it to intercede for me on the day of Judgement "Recite the Qur'an for it will come as an intercessor for its people on the day of judgement" [Muslim]

### IO RAMADAN





- PRAYERS	OBLIGATORY	SUNNAH
AL FAJR		2 BEFORE
AL DUHR		2 BEFORE AND 2 AFTER
AL ASR		NONE
AL MAGHREB		2 AFTER
AL ISHA		2 AFTER

### NAMES OF ALLAH

#### Al-'Afuw

The Pardoner root= 'a.f.a (to erase)

The One who can remove all traces of wrong actions.

The One who can make any sin, error or fault disappear.

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### DHIKR

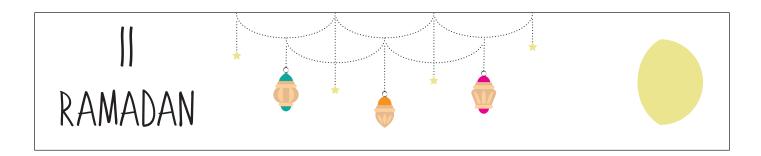
TO DO LIST	



### Why do I perform Sadaka?

I want to be shielded on Judgement day
"Seven people will: be shaded by Allah under His shade on the day when
there will be no shode except His \_" The rest of the hadith mentioned, "and
a man who gives charity so secretly that his left hand does not know
what his right hand has given" [Bukhari]

DAY IO REFLECTIONS —			
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PRAYERS —	OBLIGATORY	—— SUNNAH ——
AL FAJR		2 BEFORE
AL DUHR		2 BEFORE AND 2 AFTER
AL ASR		NONE
AL MAGHREB		2 AFTER
AL ISHA		2 AFTER

### NAMES OF ALLAH

### Al-Ahad

The Only One root= a.h.d (to be one)

The One who has no second [that shares] in the lordship, nor in the essence, nor in the attributes.

The One who is the essence of Unity.

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### DHIKR

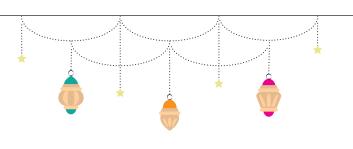




### Why do I perform Sadaka?

I want to heal from physical diseases
"Treat your sick by means of charity"

[Abu Dawood]





- PRAYERS —	OBLIGATORY —	— SUNNAH —
AL FAJR		2 BEFORE
AL DUHR		2 BEFORE AND 2 AFTER
AL ASR		NONE
AL MAGHREB		2 AFTER
AL ISHA		2 AFTER

### NAMES OF ALLAH

#### Al-Adl

The Most Just root= 'a.d.I (to act justly)

The One who sets matters straight in a fair and impartial manner.

The One whose wisdom of justice is based upon complete knowledge of past, present and future.

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### DHIKR

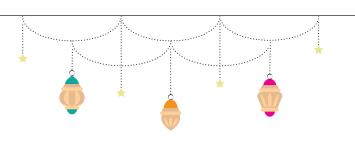




### Why do I perform Sadaka?

I want it to stand in the way of calamity
"Give charity without delay, for it stands in the way of calamity."

[At-Tirmidhi]



	PRAYERS	—— OBLIGATORY ——	SUNNAH -
	AL FAJR		2 BEFORE
	AL DUHR		2 BEFORE AND 2 AFTER
	AL ASR		NONE
	AL MAGHREB		2 AFTER
	AL ISHA		2 AFTER
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### NAMES OF ALLAH

#### Al-Hafiz

The Preserver root= h.f.z (to protect)

The One who preserves all that has ever been and all that is, while keeping under Divine protection the knowledge of all that shall be.

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### DHIKR

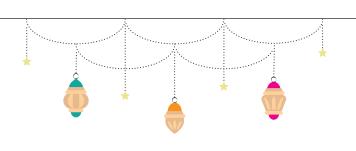




### Why do I fast?

I want to be rewarded for my patience

"The strong man is not the one who wrestles, but the strong man is the one who controls himself when he gets angry" [Bukhari]





— PRAYERS —	OBLIGATORY —	SUNNAH
AL FAJR		2 BEFORE
AL DUHR		2 BEFORE AND 2 AFTER
AL ASR		NONE
AL MAGHREB		2 AFTER
AL ISHA		2 AFTER

### NAMES OF ALLAH

#### Al-Halim

The Most Serene root= h.l.m (to be gentle)

The One who is kind. gracious and serene in all situations.

The One who is calm and deliberate, never hasty, even with the rebellious and wrongdoers.

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Astaghfurallah x100 Subhanallah x33

Alhamdulelah x33

Allahu Akbar x33

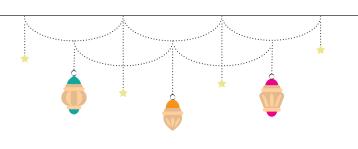




### Why do I perform Sadaka?

I want to increase in reward

"Charity does not decrease wealth, no one forgives another but that Allah increases his honor, and no one humbles himself for the sake of Allah but that Allah raises his status." [Muslim]





PRAYERS —	— OBLIGATORY —	SUNNAH -
AL FAJR		2 BEFORE
AL DUHR		2 BEFORE AND 2 AFTER
AL ASR		NONE
AL MAGHREB		2 AFTER
AL ISHA		2 AFTER

### NAMES OF ALLAH

### Al-Haqq

The True One root = h.q.q (to be true)

The One who acts in accord with the needs of every situation.

The One through whorn all righteousness, justice, and truth are revealed.

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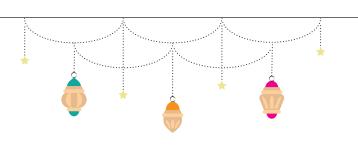
### DHIKR

TO DO LIST —	



### Why do I perform Sadaka?

I want to enter Jannah from the charity gate
"A man entered Paradise and he saw written upon its door: Charity is
multiplied by ten times, and a good loan is multiplied by eighteen times."
[Al Albani]





PRAYERS —	—— OBLIGATORY ——	SUNNAH -
AL FAJR		2 BEFORE
AL DUHR		2 BEFORE AND 2 AFTER
AL ASR		NONE
AL MAGHREB		2 AFTER
AL ISHA		2 AFTER

### NAMES OF ALLAH

#### Al-Basir

The All-Seeing root= b.s.r (to have in-sight)

The One who understands all things, both outer and inner.

The One who sees everything, both hidden and apparent.

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#### DHIKR

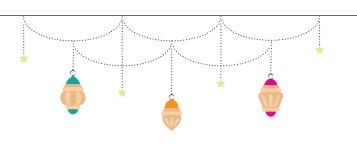




#### Why do I perform Sadaka?

I want to spend for the sake of Allah
"Allah, the Exalted, says, 'Spend, O son of Adam, and I shall spend on you."

[Bukhari]





- PRAYERS -	OBLIGATORY	— SUNNAH —
AL FAJR		2 BEFORE
AL DUHR		2 BEFORE AND 2 AFTER
AL ASR		NONE
AL MAGHREB		2 AFTER
AL ISHA		2 AFTER

### NAMES OF ALLAH

#### Al-Khabir

The All-Aware root= kh.b.r (to be aware)

The One who knows the truth of every situation.

The One who understands the meaning of the most hidden secrets.

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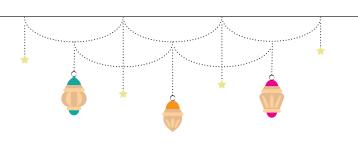
#### DHIKR





#### Why do I perform Sadaka?

"...when Zakat was prescribed, Allah made it a means of purifying one's wealth" [Bukhari]





— PRAYERS —	OBLIGATORY —	SUNNAH
AL FAJR		2 BEFORE
AL DUHR		2 BEFORE AND 2 AFTER
AL ASR		NONE
AL MAGHREB		2 AFTER
AL ISHA		2 AFTER

#### NAMES OF ALLAH

#### Al-Khafid

The Humbler root= kh-f-d (to lower)

The One who humbles the proud and arrogant to wake them from their sleep.

The One who decides which ones to weaken and make gentle.

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#### DHIKR

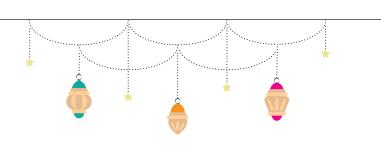




#### Why do I perform Sadaka?

I want to help those in need

"And whatever wealth you will spend on helping them, Allah will know of it" (2:273)





PRAYERS —	OBLIGATORY —	SUNNAH -
AL FAJR		2 BEFORE
AL DUHR		2 BEFORE AND 2 AFTER
AL ASR		NONE
AL MAGHREB		2 AFTER
AL ISHA		2 AFTER

### NAMES OF ALLAH

#### Al-Latif

The Most Subtle root= I.t.f (to be courteous)

The One whose actions are refined, courteous, and gentle.

The One who is understanding of every unique circumstance.

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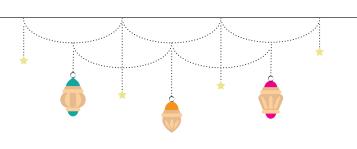
#### DHIKR





#### Why do I fast?

I want Allah to forgive the previous year's sins "Whoever fasts Ramadan and knows its limits and avoids whatever he should avoid in it, it will be an expiation of what is before it" [Ahmad]





— PRAYERS —	— OBLIGATORY —	SUNNAH
AL FAJR		2 BEFORE
AL DUHR		2 BEFORE AND 2 AFTER
AL ASR		NONE
AL MAGHREB		2 AFTER
AL ISHA		2 AFTER

### NAMES OF ALLAH

#### Az-Zahir

The Evident One root= zh.r (to show)

The One whose existence is evident in all his creation.

The One whose attributes are shown in all our lives.

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## DHIKR

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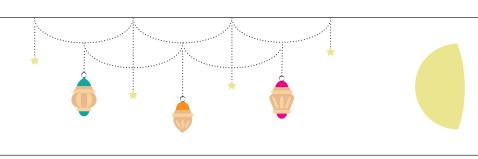


#### Why do I fast?

I want to enter Jannah

"In paradise there are eight gates, among which is a gate called Rayyan, which none will enter but those who fast" [Bukhari]

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More of this:	Less of this:	
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PRAYERS —	OBLIGATORY	SUNNAH -
AL FAJR		2 BEFORE
AL DUHR		2 BEFORE AND 2 AFTER
AL ASR		NONE
AL MAGHREB		2 AFTER
AL ISHA		2 AFTER

### NAMES OF ALLAH

#### Al-Mu'izz

The Honorer root= 'a.z.z (to be noble)

The One who gives honor and strength.

The One who allows his creation to be seen as powerful and glorified.

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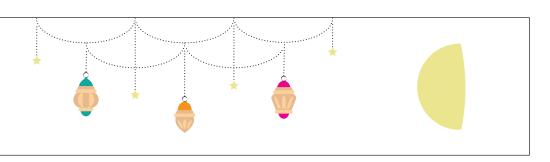
### DHIKR





### Why do I fast?

I want to adhere to the 5 pillars of Islam



PRAYERS	OBLIGATORY —	SUNNAH -
AL FAJR		2 BEFORE
AL DUHR		2 BEFORE AND 2 AFTER
AL ASR		NONE
AL MAGHREB		2 AFTER
AL ISHA		2 AFTER

### NAMES OF ALLAH

#### Al-Qadir

The All-Capable root= q.d.r (to measure)

The One who has the capability to make anything happen.

The One who measures and proportions everything precisely.

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#### DHIKR

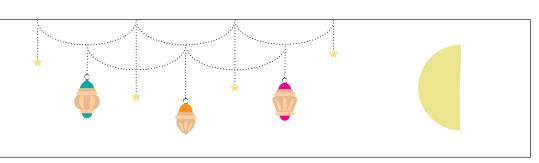




#### Why do I fast?

I want to close the door on sins

"When the month of Ramadan starts, the gates of the heaven are opened and the gates of the hell are closed and the devils are chained" [Bukhari]



PRAYERS —	OBLIGATORY	—— SUNNAH ——
AL FAJR		2 BEFORE
AL DUHR		2 BEFORE AND 2 AFTER
AL ASR		NONE
AL MAGHREB		2 AFTER
AL ISHA		2 AFTER

## NAMES OF ALLAH

#### Ar-Ra'uf

The Tender One root= r.'a.f (to be gentle)

The One who shows tender mercy and pity to his creation.

The One whose compassion is beyond comprehension.

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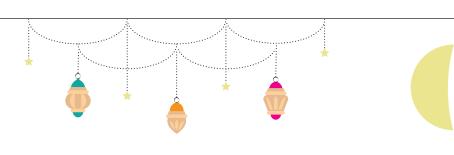
### DHIKR





### Why do I fast?

I want to detox my body Fasting allows our body to undergo autophagy which may prevent cancer



PRAYERS —	OBLIGATORY	SUNNAH
AL FAJR		2 BEFORE
AL DUHR		2 BEFORE AND 2 AFTER
AL ASR		NONE
AL MAGHREB		2 AFTER
AL ISHA		2 AFTER

### NAMES OF ALLAH

#### Ar-Raqib

The Observer root= r.q.b (to watch)

The One who observes all thoughts, feelings, and actions.

The One who witnesses everything vigilantly.

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### DHIKR











Dhikr









Quran



Duaa









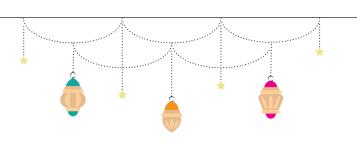


Tahajud

#### INTENTIONS

### Why do I fast?

I want to attain the love of Allah
"The Fast is for Me and I will reward it" [Bukhari]





PRAYERS	OBLIGATORY	SUNNAH
AL FAJR		2 BEFORE
AL DUHR		2 BEFORE AND 2 AFTER
AL ASR		NONE
AL MAGHREB		2 AFTER
AL ISHA		2 AFTER

### NAMES OF ALLAH

#### As-Sabur

The Most Patient root= s.b.r (to endure)

The One who patiently endures and does everything in the right time and manner.

The One who is not rushed to take action before it's time.

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#### DHIKR

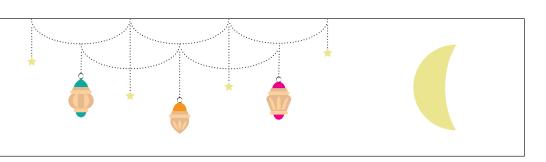




#### Why do I fast?

I want to self-reflect

Now that our days are no longer revolving around our needs, we have more time to reflect on our journey with Allah



—— PRAYERS ——	—— OBLIGATORY ——	SUNNAH —
AL FAJR		2 BEFORE
AL DUHR		2 BEFORE AND 2 AFTER
AL ASR		NONE
AL MAGHREB		2 AFTER
AL ISHA		2 AFTER

## NAMES OF ALLAH

#### As-Samad

The Ever-Lasting root= s.m.d (to set upright)

The One who we can turn to.

The One whom all depend, yet he does not depend on any.

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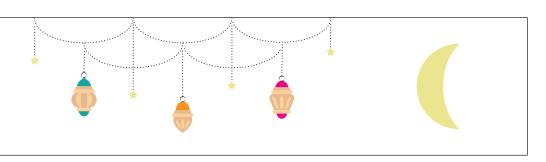
#### DHIKR





#### Why do I fast?

I want to show gratitude to Allah "And whatever blessings and good things you have, it is from Allah" (16:53)



PRAYERS —	OBLIGATORY	SUNNAH -
AL FAJR		2 BEFORE
AL DUHR		2 BEFORE AND 2 AFTER
AL ASR		NONE
AL MAGHREB		2 AFTER
AL ISHA		2 AFTER

## NAMES OF ALLAH

#### Al-Wali

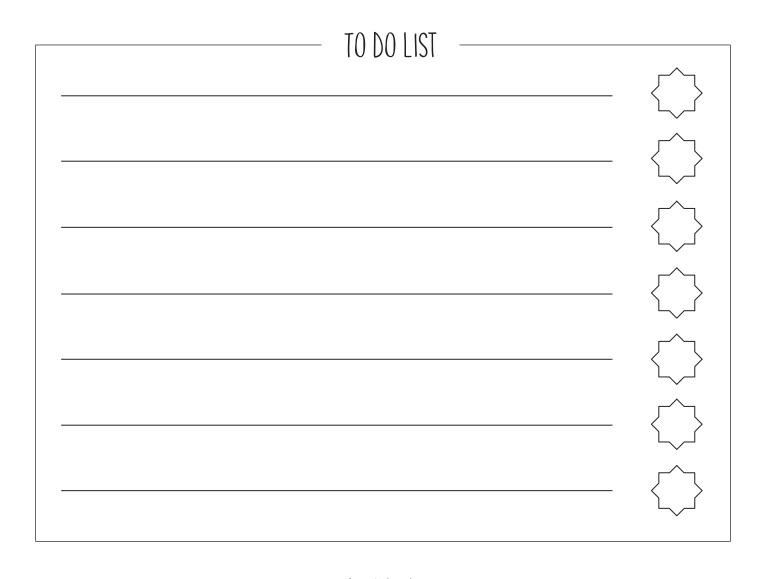
The Nearby Guardian root= w.l.y (to be near)

The One who lovingly guides and guards.

The One who protects and defends.

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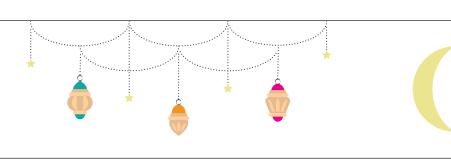
## DHIKR





## Why do I fast?

I want to increase my Taqwa (God-consciousness) of Allah



PRAYERS —	OBLIGATORY	SUNNAH
AL FAJR		2 BEFORE
AL DUHR		2 BEFORE AND 2 AFTER
AL ASR		NONE
AL MAGHREB		2 AFTER
AL ISHA		2 AFTER

### NAMES OF ALLAH

#### As-Sami'

The All-Hearing root= s.m.' (to hear)

The One who hears every word, thought, and secret.

The One who listens to everything without limitations.

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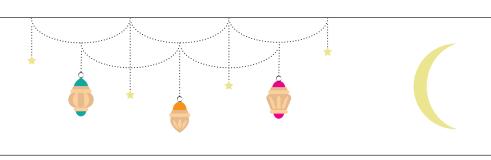
## DHIKR





#### Why do I fast?

I want Allah to expiate my sins "For every misdeed, there is an expiation; Fasting is for Me and I will give reward for it" [Bukhari]



PRAYERS —	OBLIGATORY	SUNNAH
AL FAJR		2 BEFORE
AL DUHR		2 BEFORE AND 2 AFTER
AL ASR		NONE
AL MAGHREB		2 AFTER
AL ISHA		2 AFTER

### NAMES OF ALLAH

#### At-Tawwab

The Acceptor of Return root= t.w.b (to return)

The One who constantly turns mankind to repentance.

The One who forgives everyone who returns.

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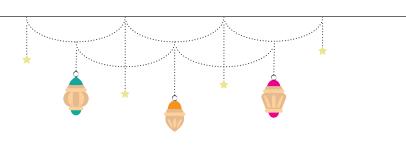
## DHIKR

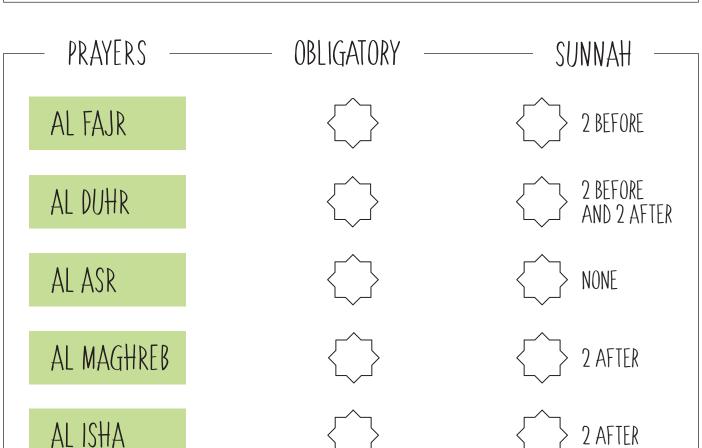




## Why do I fast?

I want to distance myself from Hellfire "Whoever fasts a day in the way of Allah, Allah will move his face away from the Hellfire by a distance of seventy years" [Bukhari]





#### NAMES OF ALLAH

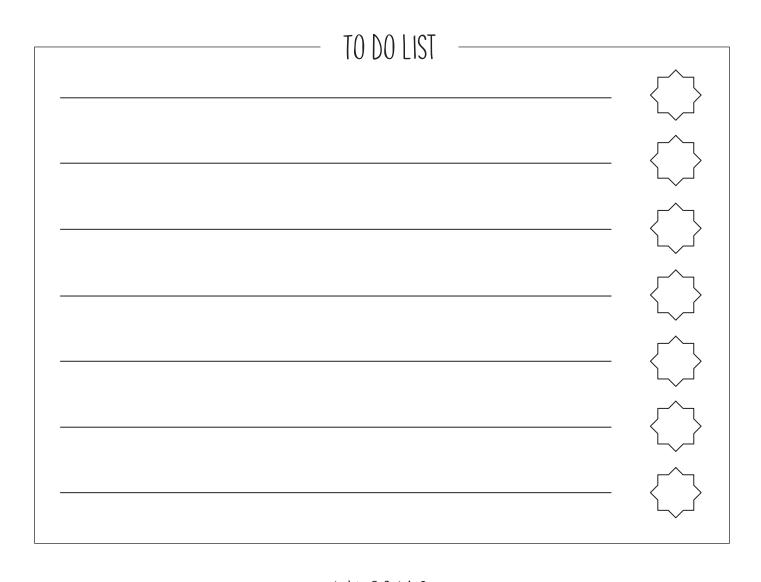
#### Al-'Alim

The All-Knowing root= 'a.l.m (to know)

The One whose knowledge of the past, present, and future is complete in all aspects.

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#### DHIKR





## Why do I fast?

I want to show Allah my sincerity and loyalty

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More of this:	Less of this:
ACTION	NPLAN -

