

ADVICE RELATED TO RAMADHAAN

SUMMARY OF A LECTURE GIVEN BY:

HADHRAT MOULANA SHAAH HAKEEM MOHAMMED AKHTAR SAHEB
(RAHMATULLAAHI ALAYH)

Translated by: Yusuf Laher

*“O YOU WHO BELIEVE! FASTING IS PRESCRIBED FOR YOU AS IT WAS
PRESCRIBED FOR THOSE BEFORE YOU, THAT YOU MAY BECOME PIOUS.”
(SURAH BAQARAH; AYAH 183)*

The nature and mandate of fasting is beautifully described in the Qur’aan. Instead of just commanding us to fast, Allah addressed us as ‘Mu’mineen’ to kindle the spark of Imaan within us, to make us realise our intention; that everything is for Allah.

The primary purpose of why we fast is because we have this belief that Allah Ta’aala is our Maalik (our owner) and He knows what is best for us.

*“AND IF YOU DO FAST, KNOW THAT IT IS BETTER FOR YOU, IF ONLY YOU
KNEW” (SURAH BAQARAH; AYAH 184)*

We can pretend that we know what is best for us, but in reality, Allah knows what’s best for us. And when He says “YA AYYUHAL LADHEENA AAMANU”, it means every single person who has Imaan. And then He says “fasting has been prescribed for you” to give us a sense of support.

*“JUST AS IT HAS BEEN PRESCRIBED FOR THOSE PEOPLE BEFORE YOU SO
THAT PERHAPS YOU MAY HAVE TAQWA” (SURAH BAQARAH; AYAH 183)*

The reason we do this is to achieve closeness to Allah. Fasting isn’t for every day, but just a few days so that you can become close to Him.

Sahaabah (Radhiyallaahu Anhum) used to practice for Ramadhaan six months ahead of time. Rasulullah (Sallallaahu Alayhi wa Sallam) would start practicing in Rajab (2 months ahead).

**“ALLAHUMMA BAARIK LANAA FI RAJABA WA SHA’BAAN WA
BALLIGHNAA RAMADHAAN”**

*O ALLAH GRANT US BARAKAH IN RAJAB AND SHA’BAAN AND GRANT US THE
ABILITY TO REACH RAMADHAAN*

When Ramadhaan hasn’t started, we say this Du’aa. Who knows if we will reach Ramadhaan or not? If you really understand the importance of Ramadan, this Du’aa will become important to us.

It is THE most blessed month. “If a person were to fast forever they wouldn’t be able to make up for the Barakah of Ramadhaan,”

“Time is like a sword that cuts, if you don’t cut it, it cuts you...”

“How many people fast, but do not achieve anything but hunger, and how many people stand up at night to worship Allah but achieve nothing but tiredness and lose sleep; understand why you’re fasting.”

Imam Ghazaali (Rahmatullaahi Alayh) says that there are three levels of fasting:

1. The fast of the general average person: to hold back a person’s stomach and private parts from fulfilling its desires. This also holds its importance. “Whoever guarantees me that which is between their jaws and that which is between their legs, I guarantee that person paradise” (Hadeeth). Many people falter in this area.
2. The fast of the special servants of Allah: they refrain from any type of sin that involves their hearing, sight, tongue, hands, feet, and all their limbs/organs. “Sin is that which gives you internal turmoil and you dislike that people become aware of it”
3. The fast of those people that are the special chosen servants of Allah. The word Saum is used in this: to hold back/to abstain. So hold and watch over your heart and any base desires, or by even pondering any thought about the Dunya. In totality, refrain from involving the heart in anything other than Allah.

The middle group is the fast of the righteous.

Group two: If there was a King whose kingdom contained entrances by 5 different rivers, and he was under attack, the king would make sure that these 5 rivers were protected and guarded. Because, if an enemy enters, then the whole kingdom is destroyed. Similarly, it is necessary to protect yourselves from sin from ALL limbs and areas, otherwise you are destroyed.

To be a part of the second group: Things we should try to do:

1. To lower the gaze. Mandatory on every believing man/woman... because it is so shameful, Allah Ta’aala hasn’t even discussed it directly—”YOU (Rasulullah) tell them that...”
2. To protect the tongue.
3. To protect your hearing. A great Muhaddith would wrap cloth around his head and put cotton in his ears whenever he went out in public, and someone asked him why, he said, “20 years ago I heard two people discussing something, the effects of which are still inside me, therefore I do this whenever I go in public.”
4. To protect the rest of your limbs from sin. Don’t walk towards sin; don’t touch sin.
5. To eat less in Ramadhaan. The whole point of Ramadhaan is to eat less.

There's Barakah in Suhoor: "Allah and his angels send Salawaat on those people who get up to eat Ssuhoor." Suhoor and Iftaar does not have to be lavish. Many people gain weight in Ramadhaan. We should enjoy, but, tone down the amount. The reason why Allah asks us to abstain from that which is Halaal is that we gain the power to abstain from that which is Haraam.

6. To have a balance of fear and hope. Fear that you don't know whether your fast is accepted, and hope that Allah Ta'aala will accept it out of His mercy. Fear and hope are like wings, if one wing tilts too far one way, then the path is lost.

What we should do:

1. Ask Allah for Taufeeq to benefit in Ramadhaan. "Whoever doesn't ask of Allah, then Allah Ta'aala gets upset with that person"—nobody else is like that.
2. Make a firm resolve to abstain from all sins, especially of the eyes/ears/tongue/heart.
3. Free up time for Ibaadah. We're all busy, so we have to MAKE time. This is the month of Ibaadah.
4. Schedule whatever appointments we have for before or after Ramadhaan. It's the month of Allah, so devote it to Him.
5. Try to follow the Sunnah. We all know Allah Ta'aala loves Rasulullah (Sallallaahu Alayhi wa Sallam), we may have people in our lives that we love; for example, our children. If we see another kid that looks like ours, we get happy because of that love we have for our own. When we resemble Habeebullah (the beloved of Allah; Nabi Mohammed Sallallaahu Alayhi wa Sallam), Allah focuses on us as well, just because of resemblance. If anyone wants to deny the power of the effect of resemblance then they are denying a story in the Qur'aan: Moosa (Alayhis Salaam), as with the magicians. They came dressed up as Moosa to mock him but because of their resemblance of a Nabi of Allah, Allah granted them great Imaan at the end. External and internal Sunnah should be practiced.
6. Learn the Fiqh of Ramadhaan. Have access to a book/Ulama to keep it fresh in our minds in case we approach a situation and we don't know what to do.
7. Du'aa, Qur'aan, Thikr—leads you to Allah and automatically keeps you uninvolved with others. FOCUS on Allah; don't waste your time with others.

Two things to refrain from in Ramadhaan:

1. Disease of Lustful Glances

The Prophet Sallallaahu Alayhi wa Sallam once had a blind man come visit him, while some of his wives were with him. The Prophet told them to make Hijaab and they asked, "Why, he is blind? But the Prophet Sallallaahu Alayhi wa Sallam

responded, saying, "...but are you blind?" Meaning, females are not exempt from lowering the gaze.

*Allah is aware of HOW you look (even from the corner of your eye), how you use ALL your senses (smelling, hearing), ALL movements of the limbs (each step you take towards the opposite gender), and finally, everything you INTEND by that lustful glance.

Power = ability to DO something, and ability to NOT do something...applies both ways.

The affect of one lustful gaze can last you a lifetime.

2. Backbiting: if you backbite during Ramadhaan it is as if you are telling Allah that you are going to fill up the empty stomach that you kept empty for Him, with the flesh of your brother/sister.

"Al gheebatu ashaddu minaz zina"

Gheebah is worse than Zina.

Zina is going against a right of Allah and Gheebah is taking a right of a believer.

When you commit Zina you don't go apologize to the person, you repent unto Allah. But with Gheebah, if the person comes to know, you have to ask the person you made Gheebah about for forgiveness, and Allah will not forgive you until he does!

Ask for forgiveness, e.g.: "If I have ever said anything...please forgive me". Keep it simple.

– Speak good about them.

– Don't be a part of it; stop it; leave it; or at least save yourself from it.

Increase in:

1. Recitation of Laa Ilaaha Illalaah—so that it is easy to get rid of false gods (vain desires) in our hearts.

2. Seeking forgiveness from Allah, ask with fervour.

3. Ask Allah for Jannatul Firdaus.

4. Seek protection from Jahannam.