

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ، فَرَضَ عَلَيْنَا صِيَامَ رَمَضَانَ، وَسَنَّ لَنَا فِيهِ الْقِيَامَ؛
لِلْمَغْفِرَةِ وَدُخُولِ الْجَنَّةِ بِسَلَامٍ، وَأَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ،
ذُو الْفَضْلِ وَالْإِكْرَامِ، وَأَشْهَدُ أَنَّ سَيِّدَنَا وَنَبِيَّنَا مُحَمَّدًا عَبْدُ اللَّهِ وَرَسُولُهُ، خَيْرُ
مَنْ صَامَ وَقَامَ لِرَبِّهِ بِاللَّيْلِ وَالنَّاسِ نِيَامٌ، فَاللَّهُمَّ صَلِّ وَسَلِّمْ وَبَارِكْ عَلَى سَيِّدِنَا
وَنَبِيِّنَا مُحَمَّدٍ وَعَلَى آلِهِ وَصَحْبِهِ أَجْمَعِينَ، وَعَلَى مَنْ تَبِعَهُمْ بِإِحْسَانٍ إِلَى يَوْمِ
الدِّينِ.

All praise is due to Allah, the Lord of the Worlds. He prescribed fasting for us and enjoined us to stand for prayer during night so that we may attain His forgiveness and enter His Paradise in peace. I bear witness that there is no deity save Allah, having no associates. He is the Bestower of favours and the Most Generous. I also bear witness that our Master Muhammad is the Servant of Allah and His Messenger. He was the best amongst who observed fasting and stood for prayer at night while people were asleep. May the peace and blessings of Allah be upon him, his pure blessed family and companions, and all those who follow them in righteousness till the Day of Judgment.

Many Muslims approach Ramadan with mixed feelings. **Eagerness, Excitement, Worried, Concerned, Overwhelmed, Reluctant, Disregard.**

وإنها لكبيرة إلا على الخاشعين - And indeed it's big except on the people of khushoo'" (2:45)

- Prayer is hard & difficult, except on people who possess certain qualities.
- The difficulty in the prayer lies in the fact that we have to perform it five times a day, every single day of our lives. Therefore, it requires a lot of persistence. Likewise, fasting is hard and difficult. But its difficulty lies in the fact that we deprive ourselves from essential pleasures which we take for granted and we incur a certain amount of pain on our bodies, the pain of hunger and thirst. Therefore, it requires a lot of endurance.
- Prayer & Fasting will always be difficult if we only focus on the physical aspect of worship. **“Whoever fasts Ramadan out of faith while expecting its reward, then all his previous sins will be forgiven” (Bukhari)**

- Treat fasting is an act of worship, love & utter submission, not of habit, or because my family or my environment expects it, but because I worship Allah through this act.
- Remember the bounties of Allah, the food, its variety, & availability of cold water. Remember the roof over your head and your livelihood.

Forgiveness of Sins – Yearly Cleanse, Major Service & MOT

“The five daily prayers, Friday to Friday, and Ramadan to Ramadan, will forgive the sins in-between as long as major sins are avoided” (Muslim)

- We can't waste this opportunity, the Prophet described the one who was able to attend Ramadan yet failed to get his/her sins forgiven as someone who is far from the Mercy of Allah.

Getting Rid of Addictions and Changing Bad Habits

- If we were to imagine that sins are like shackles that hold us down, then Ramadan is the tool to set us free. Satan is immobilized, so we must break away from our sins, addictions and bad habits.

- **Overeating is an addiction, this is why obesity is a big problem in this country. Some people somehow put on weight in Ramadan?**
- **Wasting Food – Reduce Carbon Footprint.**
- **Another addiction Oversleeping. Don't miss your Fajr, or other Salahs, Ramadan offers a golden opportunity to discipline yourself.**
- **Another addiction is watching TV. Turn to reciting the Qur'an, praying Nafil Salah, and making extra du'a and Dhikr.**

Renew Your Intentions Now

- **Persistence & Endurance**
- **Love & Submission**
- **Gratitude**
- **Act of Worship**
- **Prepare to Cleanse, Purify, Remove Habits/Sins/Addiction**
- **Rise & Connect With Allah, the Qur'an, your family & community**
- **Say you want to change your life this Ramadan & you intend to make this Ramadan the best Ramadan ever In-Shah'Allah.**