

# RAMADHAN THE SCHOOL OF CHAMPIONS

**YOUR LAST RAMADHAN**

**YOUR LAST ARENA**

# Imagine: 30 Days Left to Live

**A doctor tells you – I'm sorry – only 30 days. Everything changes. The phone notifications mean nothing. The petty arguments evaporate. Every morning now becomes a gift. Every prayer is prayed with concentration you've never had before.**

**Ramadhan is your thirty days**

**When the diagnosis is 30 days, suddenly the trivial falls away. The soul sharpens. The heart wakes up. This is the lens through which every moment of Ramadhan must be seen.**





# Someone Who Sat Here Last Ramadan is Gone

They made iftar. They prayed Tarawih. They said *"InshaAllah this year I'll finish the Qur'an."*

But they didn't — not from laziness, but because Allah ﷻ took them before Ramadhan returned.

*My Lord, send me back so that I might do  
righteousness in what I left behind! (23:99)*

That voice — the one crying to be sent back — is the voice of regret. Luckily the door is still open for you. Do not wait until it closes.

# Two People: Same Ramadan Different Experience.



## **New Muslim Convert**

**Wide-eyed. Electric.  
Downloads 5 apps.  
Weeps in du'a. Feels  
the spiritual voltage.**

## **The 30-Year Faster**

**Knows every brand of  
dates. Knows when  
the Imam speeds up.  
But is he present?**

**Which one are you?**

# Many Collecting Hunger — Not Actual Reward

*How many a fasting person has nothing from their fast except hunger. And how many a person who stands at night has nothing from their standing except sleeplessness.  
(Ibn Majah)*

**This is not guilt. This is a wake-up call.  
Guilt without action is just sadness.  
This Ramadhan is about action.**



# Every Ramadan, the Prophet ﷺ ascended the Minbar & said...

***"ALLAH COVERS YOU WITH HIS GAZE"***

**His full attention is on you.**

***"TANAAFUSIKUM"***

**He is watching the race. He set up the track.**

***"HE BOASTS ABOUT YOU TO HIS ANGELS"***

**Your name, in the court of the Most High.**

***"THE TRULY UNFORTUNATE IS DEPRIVED OF MERCY IN THIS MONTH" (Tabarani)***

# One Month That Changed Everything

Two companions. Seemingly equal in deeds. One was martyred. The other lived one year longer - fasted one more Ramadhan

The second man entered Jannah first.

*“Did he not fast Ramadan after him?”*

*(Musnad Ahmad)*

One extra Ramadhan elevated a man above a martyr in the sight of Allah ﷻ



# The Greatest Arena in History

Usain Bolt. 12 years of training. Ice baths. Dietary precision. A life sacrificed for 9.69 seconds. 90,000 people watching in the arena.

If Bolt can prepare 12 years for 9.69 seconds - what are you prepared to give for 30 days where Allah ﷻ Himself is watching?

Allah's Royal Box View

Trillions of Angels  
in the crowd

You are in the arena.

The question is: are you running?

# Humans Are Highly Competitive Just Not for Allah ﷻ

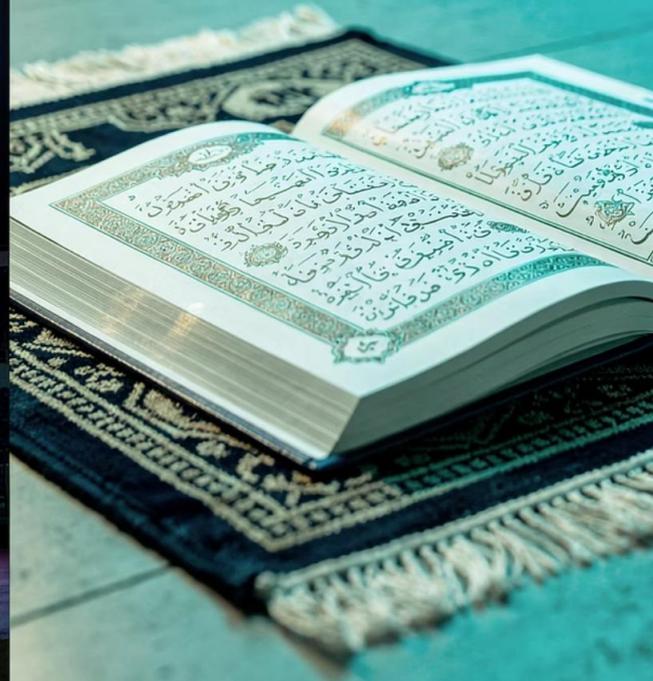
We compete over grades, houses, promotions, football matches. We benchmark at work. We watch the league standings.

**But in Ramadan — where is that fire?**

- Who is racing their spouse to Tahajjud?
- Who is pushing their children to give Sadaqah?
- Who is checking the leaderboard Allah is watching?

Allah ﷻ set this arena up deliberately.

Tanaafus — to race as your life depends on it.



# What Grade Are You Submitting to Allah ﷻ?

1

## **Grade A\* - Sawm al-Khaas al-Khaas**

**The Fast of the complete Heart, Body & Soul  
Total God-Mindfulness & Awareness**

2

## **Grade B - Sawm al-Khaas**

**The Fast of the Limbs. Eyes, Ears, Tongue & Hands  
Fasting All From Haram & Halal**

3

## **Grade D - Sawm al-Aam**

**The Fast of the Stomach  
Food and drink only - minimum.**

# The Athletic Mentality & Ramadhan

## Michael Jordan

Cut from his high school team. Failed over 9,000 shots. But he kept training.

## Kobe Bryant

4 AM training sessions before NBA games. Total immersion.

## Mohammad Salah

Played football whilst fasting to uphold Allah's Command of Fasting.

## Marie Curie

Worked in a leaking shed with chemical burns on her hands. For discovery. For something that consumed her entirely.

**Does your Akhirah not deserve more preparation than an Olympic final?**

**Imam Al-Shafi'i completed the Qur'an 60X in Ramadhan**



# The Mirror You Need to Look Into

- When Ramadhan ends – will you be different?
- Will your children have seen something in you they'll carry into adulthood?
- Or will this be another Ramadhan that passed like a train watched from the platform?

**Warm homes. Full fridges at iftar. Freedom to practise. Open Masjids. What excuse do we have?**

***Allah does not change the condition of a people until they change what is in themselves. (13:11)***



# The School of Ramadhan

## Three Core Subjects

### SABR

Training the most powerful muscle - delayed gratification. Science confirms: children who waited got better grades, jobs, health outcomes. Islam taught us this 1400 years ago.

### SHUKR

The manufacture of gratitude. Breaking fast with a date and water & tasting it like never before. Appreciating all the blessings around & within you

### TAQWA

The entire purpose stated plainly:

***"So that you may become of the muttaqeen." (2:183)***



# Enter the Arena Like a Competitor

1

## Set Your Intention Today

Specific, written, committed. Not vague hopes.

2

## Find Your Training Partner

Accountability, Push, Tanaafus in community.

3

## Protect the Last Third of the Night

Allah is asking: "*Who is calling upon Me?*"  
Set your alarm. Sleep in Shawwaal.

4

## Guard Your Tongue Like a Treasure

WhatsApp arguments, Masjid car park backbiting.  
Every word is earning or spending reward.

# Show Allah ﷻ Your Best

وَفِي ذَلِكَ فَلْيَتَنَافَسِ الْمُتَنَافِسُونَ - فَأَرُوا اللَّهَ مِنْ أَنْفُسِكُمْ خَيْرًا

The clock is running out. You only have 21 seconds left

The arena is wide open.

**Allah ﷻ is watching.**

The angels are the audience.

Your name can be called in the highest gathering.

**Enter like a New Muslim**

With wonder and fire.

**Enter like a Champion**

Prepared and unrelenting.

**Enter like the Companions**

Knowing every night might be Laylat al-Qadr.