

The background features a white space with decorative elements. At the top, four hanging lanterns with yellow light and dark green frames are arranged in a row. The corners are decorated with yellow circular motifs, green leaves, and yellow flowers with orange buds. In the center, a string of dark green prayer beads is arranged in a circular pattern.

Maximize & Balance Your Time in Ramadan

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

كما قال الله تعالى: "وَأَسْتَعِينُوا بِالصَّبْرِ وَالصَّلَاةِ
وَإِنَّهَا لَكَبِيرَةٌ إِلَّا عَلَى الْخَاشِعِينَ ٤٥

And seek help through patience and prayer. Indeed, it is
a burden except for the humble—

{2:45}

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

TIP 1

TURN TO ALLAH

Abu Dharr reported: The Messenger of Allah, peace and blessings be upon him, said, "Allah Almighty says: **Whoever comes with a good deed will have the reward of ten like it and even more. Whoever comes with an evil deed will be recompensed for one evil deed like it or he will be forgiven. Whoever draws close to Me by the length of a hand, I will draw close to him by the length of an arm. Whoever draws close to Me the by length of an arm, I will draw close to him by the length of a meter. Whoever comes to Me walking, I will come to him running. Whoever meets Me with enough sins to fill the earth, not associating any partners with Me, I will meet him with as much forgiveness."**

Ṣaḥīḥ Muslim 2687

The Prophet (ﷺ) said, "**Allah says: 'I am just as My slave thinks I am, (i.e. I am able to do for him what he thinks I can do for him) and I am with him if He remembers Me. If he remembers Me in himself, I too, remember him in Myself; and if he remembers Me in a group of people, I remember him in a group that is better than they; and if he comes one span nearer to Me, I go one cubit nearer to him; and if he comes one cubit nearer to Me, I go a distance of two outstretched arms nearer to him; and if he comes to Me walking, I go to him running.'**

Sahih al-Bukhari 7405

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

After the Quranic Revelation obligating FASTING...

يَا أَيُّهَا الَّذِينَ ءَامَنُوا كُتِبَ عَلَيْكُمُ الصِّيَامُ كَمَا كُتِبَ عَلَى الَّذِينَ مِن
قَبْلِكُمْ لَعَلَّكُمْ تَتَّقُونَ ١٨٣

O believers! Fasting is prescribed for you—as it was for those before you¹—so perhaps you will become mindful of Allah¹.

...The first Ramadan of the Prophet (SAW) and His Companions (RAD) took place during the ***Battle of Badr.***

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

*Imagine fasting during a brutal, difficult war.
What does that tell us?*

Fasting = صبر

Patience to the highest degree

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

TIP 2

HAVE PATIENCE

& TRUST ALLAH

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

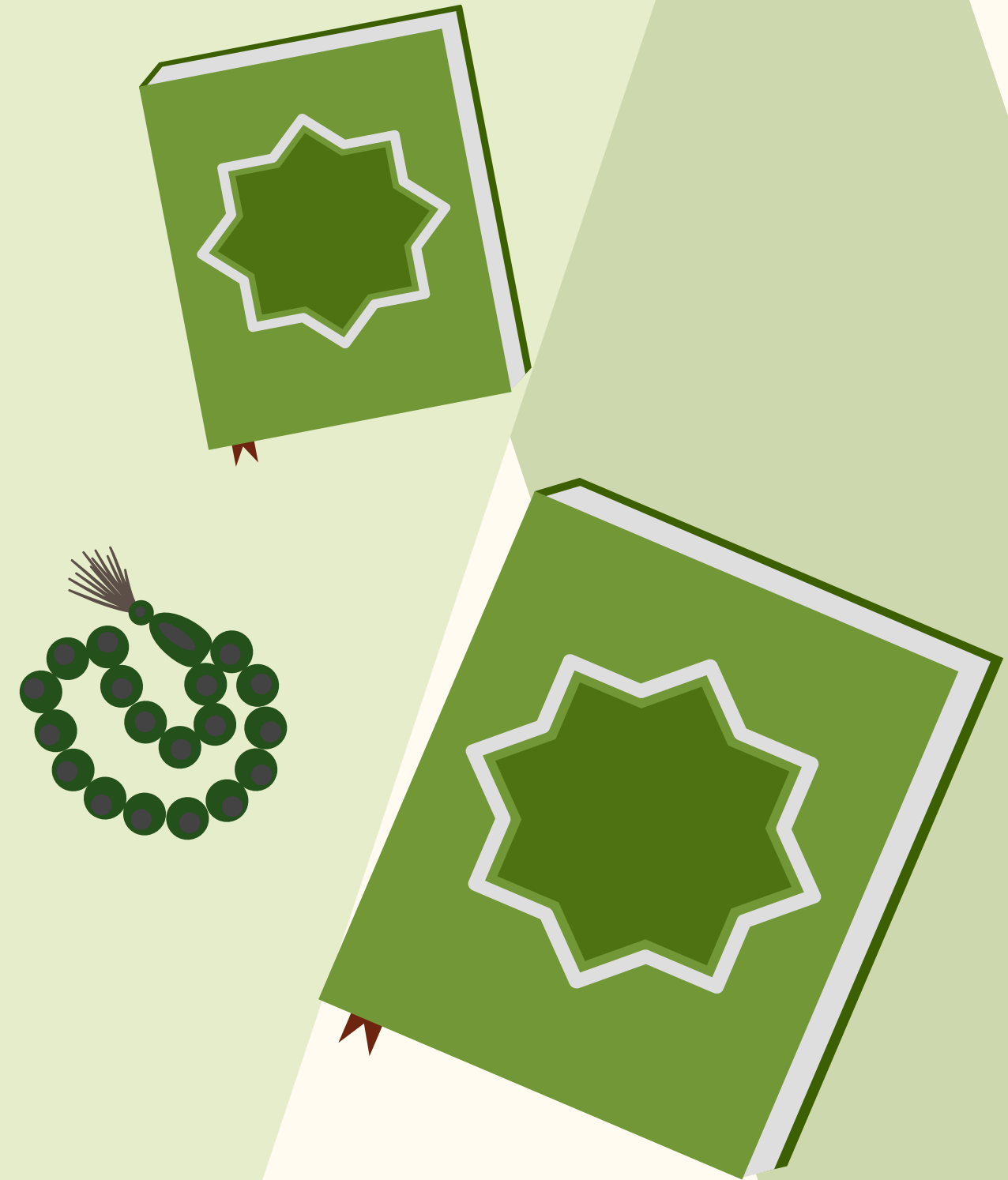
As parents, or working full-time, as teachers or students, etc.

*Our Sabr is different
but it is a form of patience.*

DO YOUR BEST and leave the rest to Allah.

THE BEAUTY OF RAMADAN

- Ramadan is a complete reboot of our physical, mental and spiritual selves.
- Ramadan is the chance to wipe away the dirt (sins) that clings to us and START OVER.
- Ramadan is the warm embrace, the helping hand that we need when we find ourselves at our lowest.





The Blessings of Ramadan

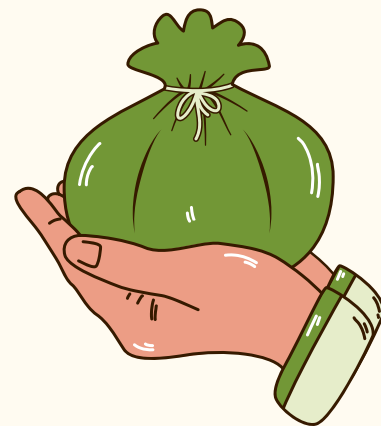
**REWARD OF GOOD DEEDS ARE
MULTIPLIED**

FORGIVENESS OF SINS

SHAYATEEN ARE LOCKED UP

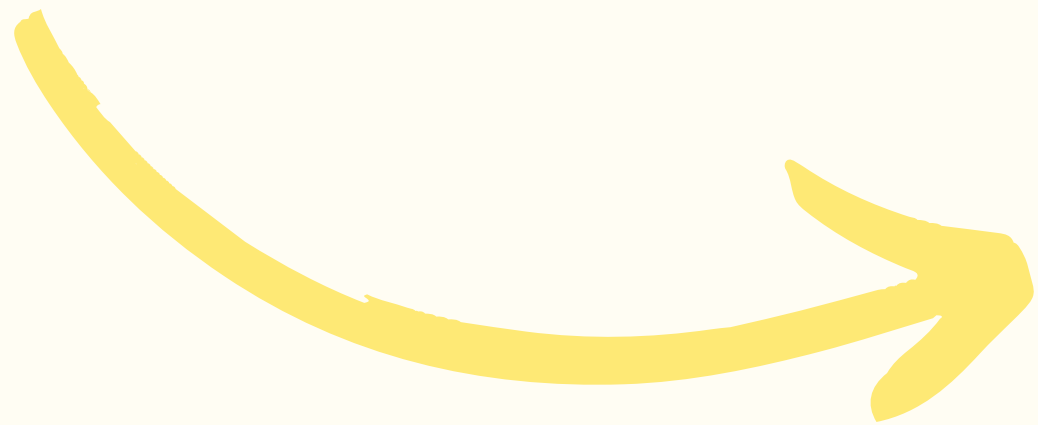
**LAYLATUL QADR (NIGHT OF
POWER)**

So how can we make the most of this blessed month?





BUT FIRST



NIYYAH/INTENTION



بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

عن أبي هريرة رضي الله عنه مرفوعاً:
«مَنْ صَامَ رَمَضَانَ إِيمَانًا وَاحْتِسَابًا، غُفِرَ لَهُ مَا تَقَدَّمَ مِنْ ذَنْبِهِ وَ مَنْ قَامَ
رَمَضَانَ إِيمَانًا وَاحْتِسَابًا غُفِرَ لَهُ مَا تَقَدَّمَ مِنْ ذَنْبِهِ.»

It has been reported by Abu Hurairah RAD that the Prophet SAW said: "Whoever fasts during Ramadan with faith and seeking reward from Allah, his past sins will be forgiven. Whoever stands in prayer during Ramadan with faith and seeking reward from Allah, his past sins will be forgiven."

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

TIP 3

RE-EVALUATE

YOUR INTENTIONS

WHY & FOR WHO ARE YOU FASTING



SET SOME REALISTIC GOALS

<input type="checkbox"/>	FASTING	<input type="checkbox"/>	DAILY SUNNAH DUAAS
<input type="checkbox"/>	RECITING QURAN	<input type="checkbox"/>	CHARACTER BUILDING
<input type="checkbox"/>	TARAWEEH SALAH	<input type="checkbox"/>	GAIN KNOWLEDGE
<input type="checkbox"/>	TAHAJUD	<input type="checkbox"/>	ITIKAAF
<input type="checkbox"/>	SADAQAH	<input type="checkbox"/>	NAWAFIL SALAH
<input type="checkbox"/>	ZAKAT	<input type="checkbox"/>	HELP THE NEEDY
<input type="checkbox"/>	ZIKR/MEDITATION	<input type="checkbox"/>	QURAN TRANSLATION
<input type="checkbox"/>	SEND IFTAR	<input type="checkbox"/>	TAFSEER
<input type="checkbox"/>	MEMORIZE A SURAH	<input type="checkbox"/>	DUAA



**SET A
ROUTINE
THAT WILL
WORK FOR
YOU**

USE TIME MANAGING STRATEGIES THAT WORK BEST FOR YOU.



BLOCKS

PRAYERS

TIME

**MULTI-
TASK**

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

Choose one that helps:

Block: Block off a portion of time for a specific task. Once the time comes to an end, MOVE ON to next task.

Prayers: Schedule your day around prayers. Tip: Use a few moments after each prayer for some additional worship such as zikr, duaa, Quran.

Time: If setting a specific time and alarm help you, set a time for additional worship, ex. Quran.

Multi-task simple tasks together for efficiency. TIP: Do zikr while doing chores such as cooking and laundry for extra reward.

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

Prioritize Tasks: Focus on high-impact activities first when you have the most energy.

Plan Ahead: Organize your day the night before. Make a TO DO list, write it down!

Limit Distractions: Turn off notifications and minimize interruptions. De-Activate Social Media for this month.

Delegate: Assign tasks that others can handle. Assign simple chores to your children! It not only helps you but teaches them valuable lessons as well.

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

TIP 4

**USE YOUR MENSTRUAL
DAYS TO GAIN REWARD**

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

- During menstrual days, if possible, send iftar to others to share in the reward of the fasting person.


“Whoever gives Iftar to one who is fasting will have a reward like his, without that detracting from the reward of the fasting person in the slightest.”

[Hadith al-Tirmidhi, 807; Ibn Maajah, 1746]

- Use this time to LEARN. Listen to a lecture, tafseer, etc.
- During this time, you may not be able to pray but you can teach your children to pray. As a mother, we are our children’s first teacher.



MAMA, LET'S HAVE SOME REAL TALK.

- You are not ALONE
 - Motherhood is WORSHIP
 - Renew INTENTION
 - After Fardh, family next
 - Focus on what you CAN do
 - Meal Plan
 - Minimize in household chores
- 



Resources for mothers

so YOU can get some Ibadah in.

AGES 3-8

- New/rotate toys
- Books, e-books, audio books
- Activity books/free printables
- Crafts
- Scavenger hunt
- Outdoor play/park
- Prayer/Play area

*Use screen time wisely

*** INCLUDE THEM IN WORSHIP***



Some craft ideas

Q-tip painting with food coloring

Paint wooden masjid/dot-paint

hasanaat jar





Resources for mothers

so YOU can get some Ibadah in.

AGES 3 & under

- New/rotate toys
- Interactive books
- Sensory bin
- Outdoor play
- Tub time

Some play ideas

stickers on screen door

pots and pans

magnets on fridge



THE FINAL SPRINT

Laylatul Qadr

كما قال الله تعالى: { لَيْلَةُ الْقَدْرِ خَيْرٌ مِّنْ أَلْفِ شَهْرٍ }

Importance of Laylatul Qadr

- One of the most sacred nights
- Better than a thousand months
- Allah SWT shows great Mercy and Forgiveness
- Laylatul Qadr is to Ramadan what Ramadan is for the entire year i.e. a chance to wipe our slate clean.

*If you couldn't reap the rewards in Ramadan, Allah SWT gifts us one more chance, one night of sacrifice and worship. Can you sacrifice one night for a fresh start? *

سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا أَنْتَ أَسْتَغْفِرُكَ وَأَتُوبُ إِلَيْكَ

May Allah SWT allow us to make the most of Ramadan, forgive us for our shortcomings and shower His blessings on us.



جزاك الله خيرا