

SUGGESTED PRACTICES TO MAXIMIZE YOUR WORSHIP THIS MONTH

1. INTENTION



- Aim High: Ask Allah to make this the best Ramadan of your life
- Ask Allah to help you and show you how to make it the best
- Make your niyabs at the start of Ramadan, and renew them throughout the month.

2. MIHRAB



- Create a designated area in your home to pray and read Quran
- This is the sunnah of Hazrat Mariam (RA)
- Clean it, scent it, beautify it
- Remove photos of humans and sculptures from your home so angels will enter

3. KHALWA



- Make the intention to be secluded from everyone but Allah
- Spend 5 minutes daily speaking to Allah alone

4. ETIKAF



- Make the intention for Etikaf every time you sit in your mihrab to worship
- Even nap in your mihrab rather than your bed to earn reward during Etikaf
- Try and spend most of the last ten days of Ramadan here

5. TAFFAKUR



- A form of worship where you contemplate the creations of Allah
- The beauty of nature, sunrise and sunset, systems of the universe etc.

6. TADABBUR



- A form of worship where you contemplate the Revelation
- Dive deep into one ayah, for example

7. MUNAJAH



- This means: Talk to Allah
- Let your heart out to Him, whatever you are feeling or thinking
- Ask Him: "Inspire me to love You and Your Messenger"

8. DUA



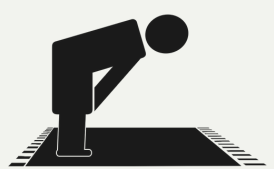
- Make dua for both your worldly life and the Hereafter

9. QURAN



- Ramadan is the month of the Quran, so focus on your relationship with it
- Recite it
- Read the translation
- Listen to it being recited

10. PRAYERS



- Focus on all your daily fard prayers
- Add sunnah prayers
- Pray Qiyam-ul-Layl (aka Tahajjud or Taraweeh) every night, as many rakat as you can, with all the surahs you know
- Don't worry about missing Taraweeh in the masjid or following on screen behind an imam



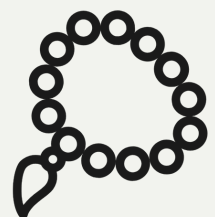
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11. FASTING

- Do quality fasts
- Not just a fast of the stomach but your other organs as well
- Fast of the eyes: challenge yourself to watch no movies or TV shows
- Fast of the ears: allow the Quran to be the only melody you hear this month
- Fast of the tongue: don't backbite or engage in idle talk
- Fast of the heart: think the best of others; eschew arrogance

12. DHIKR



- Every time you remember Allah, you are performing dhikr
- Dua, taffakur, tadabbur, prayer, reading Quran, these are all acts of dhikr
- Make tasbeeh after salah glorifying Allah
- 33xSubhanAllah, 33xAlhamdullillah, 33xAllahu-Akbar, and 1xLa illaha illa Allah.
- Keep adding to this until you reach 1000.
- Find an adhkar online to listen and/or recite daily, morning and evening
- It acts as a shield and protection for you for the entire day

13. SALAWAT



- Make Salawat on the Prophet pbuh
- Increase your Salawat to activate your heart with love toward the Prophet pbuh

14. CHARITY



- The benefits of sadaqah are numerous and magnified during this month

15. NUTRITION



- A form of worship where you contemplate the creations of Allah
- The beauty of nature, sunrise and sunset, systems of the universe etc.

