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# Understanding Ramadan

A New Revert's Guide  
to the Blessed Month

Your Journey Through  
Fasting, Prayer, Reflection,  
and Spiritual Growth

LEARN

REFLECT

FAST

GROW

رَمَضَانَ

رمضان مبارك

“O you who believe, fasting  
has been prescribed for you  
as it was prescribed for those  
before you, so that you may  
attain taqwa (God-consciousness).”

Qur'an 2:183



A BEGINNER'S  
GUIDE



BUILDING  
FAITH



EMBRACING  
RAMADAN

# What Ramadan Is

Ramadan is the ninth month of the Islamic lunar calendar. It is the month in which Allah revealed the Qur'an as guidance, and it is one of the five pillars of Islam.

"Fasting is prescribed for you... so perhaps you will become mindful of Allah."

Qur'an 2:183

## PURPOSE

Fasting is not only hunger and thirst. It trains the heart in taqwa: awareness of Allah, self-control, gratitude, mercy, and sincerity.

## PILLAR OF ISLAM

The Prophet, peace and blessings be upon him, taught that Islam is built on five foundations, including fasting the month of Ramadan. Reference: Sahih al-Bukhari 8.

## FOR A NEW MUSLIM

You do not need to know everything before Ramadan begins. Start with what Allah has made clear: worship Him alone, pray as you are learning, fast if you are able, and keep asking for guidance.

*Allahumma a'inni ala dhikrika wa shukrika wa husni ibadatik.*

Meaning: O Allah, help me remember You, thank You, and worship You well.

Muslimaat | Ramadan is guidance, mercy, and a fresh beginning.

The Ramadan fast begins at true dawn, Fajr, and ends at sunset, Maghrib.

Allah says He wants ease for you, not hardship.  
Qur'an 2:185

<b>INTENTION</b> Fast for Allah, seeking His reward. The intention is in the heart.	<b>ABSTAIN</b> No food, drink, or sexual intimacy during the fasting day.	<b>BREAK</b> At sunset, break the fast without delaying unnecessarily.
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### A SIMPLE DAY

1. SUHUR - Eat before Fajr if you can. The Prophet, peace and blessings be upon him, said there is blessing in suhur. Reference: Sahih al-Bukhari 1923.
2. FAJR TO MAGHRIB - Fast, pray, guard your tongue, read Qur'an, and keep your duties with patience.
3. IFTAR - Break the fast when the sun sets. The Sunnah is to hasten iftar once the time has entered. Reference: Sahih al-Bukhari 1957.

Muslimaat | Small sincere worship is beloved when it is steady.

# What Breaks the Fast

These are the basics most new Muslims need first. For medical details or unusual cases, ask a trusted local scholar.

"Allah intends for you ease and does not intend for you hardship."

Qur'an 2:185

<p><b>IF YOU MAKE A MISTAKE</b> Do not panic. Stop the action, turn back to Allah, continue learning, and ask someone knowledgeable if a day must be made up.</p>	<p><b>IF YOU CANNOT FAST</b> The Qur'an gives concessions for illness and travel. Missed days are made up later when able. Reference: Qur'an 2:184-185.</p>
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Breaks the fast	Does not break the fast by itself
Eating or drinking intentionally during the fasting day.	Forgetting and accidentally eating or drinking, then stopping when you remember.
Intentional sexual intercourse during the fasting day.	Showering, brushing teeth carefully, using perfume, or sleeping.
Menstruation or postnatal bleeding during the day; that day is made up later.	Swallowing saliva, unavoidable dust, or tasting food without swallowing when needed.
Vomiting deliberately according to the common scholarly ruling.	Vomiting unintentionally, according to the common scholarly ruling.

Muslimaat | Islam teaches discipline with mercy.

A fasting person is learning to worship with the body, tongue, eyes, ears, and heart.

The Prophet, peace and blessings be upon him, warned that leaving food and drink is not enough if a person does not leave false speech and evil action.

Sahih al-Bukhari 1903

<b>GUARD THE TONGUE</b> Avoid lying, backbiting, insults, harsh arguments, and obscene speech.	<b>GUARD THE EYES</b> Turn away from what Allah dislikes and protect your heart from what weakens it.
<b>GIVE CHARITY</b> Feed someone, help your family, support the mosque, or give quietly.	<b>SEEK FORGIVENESS</b> Ramadan is a month to return to Allah, not a month to pretend perfection.

**WHEN SOMEONE UPSETS YOU**  
The Prophet, peace and blessings be upon him, taught the fasting person to avoid quarrelling and say, "I am fasting." This protects your reward and reminds your soul why you are fasting. Reference: Sahih Muslim 1151a; also narrated in Sahih al-Bukhari 1904.

**Rabbi-ghfir li wa tub alayya innaka antat-tawwabur-rahim.**  
Meaning: My Lord, forgive me and accept my repentance. You are the Acceptor of repentance, the Most Merciful.

Muslimaat | Fasting is a shield, so protect it.

Ramadan gathers many acts of worship, but a new Muslim should keep the path realistic and sincere.

Whoever fasts Ramadan with faith and seeking Allah's reward has a promise of forgiveness.

Sahih al-Bukhari 1901

<p><b>PRAYER</b></p> <p>Protect the five daily prayers as much as you can. If you are still learning, pray with what you know and keep improving.</p>	<p><b>QUR'AN</b></p> <p>Read or listen daily, even a little. Ramadan is the month of the Qur'an. Reference: Qur'an 2:185.</p>
<p><b>TARAWEEH</b></p> <p>Night prayer in congregation is beautiful, but if you are overwhelmed, pray what you can and rest without guilt.</p>	<p><b>DU'A</b></p> <p>Ask Allah directly in your own words. Ask for faith, forgiveness, guidance, family, safety, and steadfastness.</p>

<p><b>A GENTLE GOAL LIST</b></p> <p>Pray on time   Fast sincerely   Read Qur'an daily   Give charity   Break a fast   Make du'a   Avoid arguments   Sleep enough</p>
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Muslimaat | Allah sees effort that people never notice.

A concession from Allah is not failure. It is part of His mercy and law.

If someone is ill or travelling, the Qur'an allows fasting the missed number of days later.  
Qur'an 2:184-185

Situation	Simple guidance
Illness	If fasting harms you or delays recovery, do not harm yourself. Make up days when able; ask about chronic illness.
Travel	The traveller has a concession. Some fast and some do not, depending on ability and circumstances.
Menstruation or postnatal bleeding	You do not fast during those days and you make them up after Ramadan.
Pregnancy or nursing	Ask a trusted scholar or knowledgeable imam, especially where health concerns are involved.
Medication	Speak to a doctor for safe timing, and ask a scholar how your treatment affects fasting.

### IMPORTANT NOTE

This guide is educational, not a personal fatwa. Local scholars can help you with details such as fidyah, kaffarah, chronic illness, and complex medical needs.

Muslimaat | Allah knows your body, your limits, and your intention.

Ramadan ends with Eid al-Fitr, a day of gratitude, prayer, food, family, and joy within the limits of Islam.

Ramadan begins by sighting the crescent, and the month may be twenty-nine or thirty days.

Sahih al-Bukhari 1907

## ZAKAT AL-FITR

A required charity connected to Eid al-Fitr. Ask your local mosque how they collect and distribute it.

## EID PRAYER

Join the Muslim community if you can. Wear clean clothes, make takbir, and thank Allah for guiding you.

## KEEP ONE THING ALIVE

After Ramadan, choose one habit to continue: one page of Qur'an, one regular charity, praying on time, a weekly class, or fasting some voluntary days when you are ready.

**Taqabbal Allahu minna wa minkum.**

Meaning: May Allah accept from us and from you.

Muslimaat | The goal is not only to finish Ramadan, but to leave it closer to Allah.

Core references used in this guide:

## SOURCE LINKS

Qur'an: [quran.com/2/183](http://quran.com/2/183), [/2/184](http://quran.com/2/184), [/2/185](http://quran.com/2/185), [/2/187](http://quran.com/2/187). Hadith: [sunnah.com/bukhari:8](http://sunnah.com/bukhari:8), :1898, :1901, :1903, :1904, :1907, :1923, :1957; [sunnah.com/muslim:1151a](http://sunnah.com/muslim:1151a).

## HOW TO USE THIS GUIDE

Read it before Ramadan, keep it nearby in the first week, and review the source page when you want to study the evidence in more detail.

- Qur'an 2:183: fasting prescribed so believers may attain taqwa.
- Qur'an 2:184-185: Ramadan, revelation of the Qur'an, ease, illness, travel, and making up missed days.
- Qur'an 2:187: fasting from dawn until night and the limits of intimacy during the fasting day.
- Sahih al-Bukhari 8: fasting Ramadan as one of the five pillars of Islam.
- Sahih al-Bukhari 1898: when Ramadan comes, the gates of Paradise are opened.
- Sahih al-Bukhari 1901: fasting Ramadan with faith and hope in Allah's reward.
- Sahih al-Bukhari 1903: fasting includes leaving false speech and evil action.
- Sahih al-Bukhari 1904 and Sahih Muslim 1151a: fasting person avoids quarrelling and says, "I am fasting."
- Sahih al-Bukhari 1907: beginning and ending Ramadan by the crescent.
- Sahih al-Bukhari 1923: the blessing of suhur.
- Sahih al-Bukhari 1957: hastening iftar after sunset.

Muslimaat | May Allah make Ramadan a month of guidance and mercy for you.