Experts

Seizing the Opportunity of Ramadan

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Ramadan arrives each year as a season of mercy, reflection, and spiritual renewal. It is not merely abstaining from food and drink but a period to multiply good deeds, seek forgiveness, and realign one's life with divine guidance.

The Quran affirms the importance of this month. In Surah al-Baqarah (2:185), Allah states that Ramadan is the month in which the Quran was revealed as guidance for humanity and a clear criterion between right and wrong. Fasting, therefore, is more than a ritual obligation; it is a discipline that nurtures piety and self-control.

The spiritual climate of Ramadan is uniquely supportive of worship. The Prophet Muhammad (PBUH) taught that when Ramadan begins, the gates of Paradise are opened, the gates of Hell are closed, and the devils are chained. This creates an environment that encourages believers to pursue righteousness and draw nearer to Allah.

Sincerity is essential. Fasting is not limited to refraining from food and drink; it includes avoiding sinful behaviour, idle speech, and harmful actions. The Prophet taught that whoever fasts Ramadan with faith and in hope of divine reward will have their past sins forgiven. Thus, fasting becomes an act of inner transformation rather than mere physical restraint.

Beyond fasting, believers are encouraged to strengthen their worship in four key ways:

Revive the nights with Tarawih

Tarawih prayer brings life to Ramadan nights and strengthens community ties. Many communities observe twenty rakaat followed by Witr, a practice associated with the time of Umar ibn al-Khattab. Additional night prayers further enrich spiritual reflection.

Increase charity and generosity

Ramadan is the month of giving. The Prophet was the most generous of people, especially during Ramadan. Feeding those who break their fast carries immense rewards, equal to that of the fasting person without reducing their reward. Generosity should extend to the poor, orphans, relatives, and anyone in need.

Reconnect with the Quran

Reciting and reflecting upon the Quran holds special significance in Ramadan, the month of its revelation. The Prophet reviewed the Quran with the Angel Jibril each night during this month.

Believers should strive not only to recite but to understand and contemplate its message.

Seek Laylat al-Qadr

Within the last ten nights lies Laylat al-Qadr, the Night of Decree, described as better than a thousand months. Worship on this night carries immense rewards. Believers are encouraged to intensify prayer, remembrance, and supplication in search of its blessings.

At the same time, the spirit of fasting must be preserved by avoiding excess. Overindulgence at iftar and unnecessary spending in preparation for Eid undermine the discipline Ramadan teaches. Allah reminds us in Surah al-A‘raf (7:31) to eat and drink, but not be excessive. Muslims should also hasten the payment of zakat al-fitr so the needy can benefit before Eid.

Ramadan is a precious gift and a rare opportunity. By fasting sincerely, increasing good deeds and seeking forgiveness, believers can renew their faith and refine their character. It is a time to draw closer to Allah, who is near and responds to those who call upon Him.



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