

Chapter Four

SOME AADAAB (ETIQUETTE) OF FASTING IN RAMADAAN

“O people! A great and blessed month is going to set in on you. Each night of this month is better than a thousand months. Allaah has made fasting obligatory during this month and has ordained Taraweeh salaah as a supplementary prayer. Any man who performs a good deed during this month of his own free volition will receive a reward equal to the reward for obligatory deeds performed during other months. And any man who performs a single obligatory act during this month, he shall receive a reward equal to the reward of seventy obligatory acts during other months”.

(Discourse of the Holy Prophet Muhammad (S.A.W.)
on the final day of *Shabaan*, the day before fasting began.)

Dear Children,

السلام عليكم

Assalaamu Alaikum

This issue of “ WITH CHILDREN IN MIND” covers the months of *Rajab* and *Shabaan*. These two months will be followed by the month of *Ramadaan*. A number of important events takes place during these months, for example:

1. The night of the first of *Rajab* is one of the five sacred nights of Islam during which a believer's prayer is answered;
2. The night of the 27th of *Rajab* marks the anniversary of the *Mir'aaj* (Ascension) of the Holy Prophet Muhammad (S.A.W.) to Heaven. You will recall that the Holy Prophet (S.A.W) was in the presence of Almighty Allaah and was given the gift, among others, of *salaat* five times a day;
3. The night of the 15th of *Shabaan* is also one of the five nights during which a believer's prayer is accepted. It is the night on which, among other things, Almighty Allaah asks:

“Is there anyone requiring sustenance for whom I may provide sustenance? Is there anyone seeking forgiveness whom I may forgive?”

You should therefore supplicate Almighty Allaah on this night for whatever you desire. If what you desire is good for you, He will grant you your prayer. Otherwise, He will grant you something better.

4. *Ramadaan* is the compulsory month of fasting, which is the third pillar of Islam, for Muslims.
5. The anniversary of the first revelation of Al Qur'aan falls on the night of the 27th of *Ramadaan*. This night is also one of the nights during which a believer's prayer is answered. Almighty Allaah tells us in Al Qur-aan that the night is “better than a thousand months” and the “angels and the Spirit descend therein by the permission of their Lord with all decrees.” Therefore try to spend as much of the night as possible in acts of *ibadaat* and say the following prayer during the course of the night:.

“Allaahumma innaka ‘afuwun tuhibb-ul-‘afwa fa’fu anni.”

“O Allaah ! Forgiveness is Thy Greatest Attribute, for Thou likest to forgive. So forgive me”.

In addition to the above many other important events occurred during the month of *Ramadaan*. These include:

- The revelation of scriptures to Prophet *Ibraahiim* (Abraham)

A.S.;

- The revelation of the Zabuur to Prophet *Daauud* (David) A.S.;
- The revelation of the Torah to Prophet *Muusa* (Moses) A.S.;
- The revelation of the Bible to Prophet *Iisa* (Jesus) A.S.

SOME OF THE AADAAB OF FASTING

Some of the *aadaab* of fasting during the month of *Ramadaan* are given below so that you may benefit to the utmost from the blessings that may be derived from this blessed month:

- (i) fasting is compulsory on all Muslims except infants, those who are insane, and invalids.
- (ii) fasting means “the act of abstaining from eating, drinking, smoking, allowing anything whatsoever to enter into what is understood to be the interior of the body, as also voluntary vomiting, self-pollution, sexual intercourse, etc. from the break of dawn till sunset”.
- (iii) during the period of fast one must not eat or drink anything. However, if a person forgets and eats or drinks anything the fast is not broken.
- (iv) look out for the new moon at sunset on the 29th of *Shabaan*. If the new moon is seen locally, then begin to fast the next day. If the new moon is not seen at sunset on the 29th *Shabaan*, then the month must be allowed to complete thirty days. In that event the first day of fasting will be the day following the next.
- (v) one should take the *Sehri* (early morning meal) before commencing the fast. The Holy Prophet (*S.A.W.*) said:
“*Eating of Sehri meals entails blessing. Take a few draughts of water, if nothing else. The angels of Allaah send peace and blessings upon those who eat the Sehri meal*”.

(vi) Remember that the object of fasting is, among other things, to develop self-control, so that you can avoid the temptation to do bad deeds. This in turn will cause you to perform good deeds and so lead you in the Path of Almighty Allaah. The Holy Prophet Muhammad (S.A.W.) said:

“Fast serves as a shield. Whenever one of you is in a state of fasting, he should take care not to utter any evil speech by his tongue or to start an affray. In case someone starts railing at him or is inclined to start a fight with him, the man who is fasting should reflect that he is in a state of fasting (how can he reciprocate offensive language).”

Therefore avoid evil thoughts, hurting others and such acts especially while fasting.

(vii) All good deeds are multiplied seventy times during the month of *Ramadaan*. Therefore try to perform as many good deeds during the month as possible. Say kind words to others, smile with others and assist the old to cross the road, remove nails and pieces of bottles from the road. All these are examples of good deeds.

(viii) The following *neyyah* (intention) must be made to perform the fast;

“Nawaitu saum ghadin ‘an adaai fardi Ramadaana haazihis-sanati lillaahi ta ‘ala”.

“I intend to fast for this day in order to perform my duty towards Allaah in the month of *Ramadaan* of the present year.”

(ix) The fast should be broken when the sun has set. There should be no undue delay in so doing as the Holy Prophet (S.A.W.) said:

“The Muslims will remain in good condition if they hasten to Iftar (meal taken at sunset to end the fast).”

(x) The following *du’a* must be made before breaking the fast:

“Allaahumma laka sumtu wa ‘alarizqika aftartu.”

“O Allaah! For Thy sake have I fasted, and (now) I break the fast

with the food that comes from Thee.”

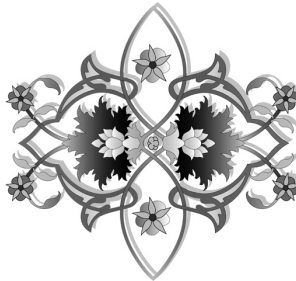
- (xi) One should perform the special *Taraweeh salaat* after the *Isha salaat*.
- (xii) Remind your parents to pay their *Sadaqa-tul-Fitr* before the *Eid-ul-Fitr salaat* if they fall within the category of persons who must do so. (This is the special charity given on the occasion to the less fortunate members of the community so that they also can celebrate the Festival).
- (xiii) Offer extra acts of *ibadaat* (worship) on the night of *Eid-ul-Fitr* as this is one of the sacred nights in the year during which a worshipper’s prayer is accepted. (Remember that the Islamic “day” commences immediately after the sun has set so that the night of *Eid-ul-Fitr* begins immediately after the last fast has ended).
- (xiv) Have a bath on the morning of *Eid-ul-Fitr*; put on your best clothes and go to the *masjid* with your family to read the special *salaat* to mark the end of *Ramadaan*.

May Allaah Almighty give us the guidance and strength to perform the special obligations enjoined by Him and the Holy Prophet Muhammad (S.A.W.) during the Blessed Month of *Ramadaan*. May He guide us and keep us forever under His Protection.

Rajab/Shabaan 1419 A.H.

Vol. 4 No.4

21 Oct. (night)/19 Dec. (day) 1998 C.E.



Chapter Five

THE AADAAB (ETIQUETTE) OF DRESS

“O ye Children of Adam! We have bestowed raiment (that is, clothes) upon you to cover your shame, as well as to be an adornment to you. But the raiment of righteousness, - that is the best. Such are the Signs of Allaah, that they may receive admonition.”

Al

Dear Children,

السلام عليكم

Assalaamu Alaikum

Dress is a blessing which Almighty Allaah has conferred only on human beings. No other of Almighty Allaah’s creations has been so blessed.

The purposes for the dress have been clearly stated by Almighty Allaah in the above verse of Al Qur’aan. You must therefore follow the *aadaab* (etiquette) for dressing as prescribed by Almighty Allaah and the Holy Prophet Muhammad (S.A.W.) if you want to gain your Creator’s pleasure.

Some of main *aadaab* are given hereunder:

THE “AWRAH”

There are certain parts of the body which must be covered at all times, except in certain circumstances. Those parts that must be covered are called the “*Awrah*”. The “*Awrah*” is different for the male and the female. It must be clearly understood that if any part of the “*Awrah*” becomes uncovered during *salaat* or prayer then that *salaat* or prayer becomes **invalid**.

THE FEMALE “AWRAH”

The “*Awrah*” in the case of the female is the whole body except the face, hands and feet.

A female may expose any part of her body, except from the navel to the knee, to another female.

THE MALE “AWRAH”

The “*Awrah*” in the case of the male is that area of the body from the navel to just below the knees. However, one should also follow the norms of society, have some consideration for others and follow the *Sunnah* (practice) of the Holy Prophet Muhammad (*S.A.W.*). Accordingly, males should also cover the upper part of their bodies and also their heads.

A male may expose all his body, except his “*Awrah*”, to another male.

OTHER REQUIREMENTS

The following requirements must also be met with respect to the dress of both males and females:

1. The clothes must be loose enough so that the shape of the woman’s body, or “*Awrah*” in the case of a man, cannot be seen;
2. The material used must be thick enough so that the colour of the skin cannot be seen;

3. The clothes should be designed in such a way so as not to attract attention to the women's beauty or, in the case of men, to the men.

RECITE THE FOLLOWING DU'A WHEN WEARING NEW CLOTHES:

“Alhamdu lillaah-il-ladhii kasaanii maa uwarii bihii ‘auratii wa’atajam-malu bihii fii hayaatii.”

“Praise be to Allaah Who clothed me with that wherewith I cover my shame and wherewith I adorn myself in my life.”

GIVE YOUR USED CLOTHING TO THE NEEDY

Do not throw away your old clothing if they can still be used. Give them to the needy. The Holy Prophet (S.A.W.) said:

“Whoever will adorn a naked Muslim, Allaah, the Almighty, will clothe him on the Day of Judgement in Heaven's green clothes.”

WHEN DRESSING AND UNDRRESSING

When dressing, put your right hand or foot first, as the case may be, in the piece of clothing or the shoe, then the left hand or foot. When undressing, remove the left hand or foot first, as the case may be, then the right hand or foot.

MEN AND WOMEN MUST NOT IMITATE EACH OTHER

Men must not wear women's clothing nor should women wear men's clothing for the Holy Prophet (S.A.W.) said:

“Accursed be the men who fashion themselves like women and the women who fashion themselves like men”.

IMITATING THE WEAR OF OTHER PEOPLE

The Holy Prophet Muhammad (S.A.W.) said:

“Whoever took up the fashion of another nation, is from that nation.”

MEN MUST NOT WEAR GOLD ORNAMENTS AND SILK CLOTHING

“Gold and silk are lawful to the women of my Ummah and forbidden to the men”, said the Holy Prophet (S.A.W.).

LENGTH OF TROUSERS

The length of trousers should be above one’s ankles. The Holy Prophet (S.A.W.) said:

“Allaah will not look towards the person who drags along the lower part of his dress, out of vanity.”

MEN SHOULD PREFERABLY WEAR WHITE

The preferred colour for men is white as the Holy Prophet (S.A.W.) said:

“Put on white dress as it is the cleanest and finest.”

However, the Holy Prophet (S.A.W.) also wore green attire.

Men should not wear clothing the colour of pure red or saffron.

TURBANS AND CAPS

The Holy Prophet (S.A.W.) used to wear a turban. He said that the angels in heaven also wore turbans.

Turbans and caps should be round and the tops should be even.

DRESSING FOR SALAAT

If you are invited to meet the President of the country you would surely want to look your very best. You would put on your finest attire and if you found this was not impressive enough you would purchase new clothes.

When you are preparing for *salaat* remember you are about to appear before your Creator. You should therefore look your very best. Indeed Almighty Allaah says in Chapter 7 Verse 31 of Al Qur’aan:

“O children of Adam! Wear your beautiful apparel at every time and place of prayer: eat and drink but waste not by excess, for Allaah does not love the wasters.”

DRESS SIMPLY

Wear simple garments and do not purchase expensive clothing. The Holy Prophet (S.A.W.) said:

“Allaah will adorn that man with dress of honour and nobility who, in spite of possessing means and power, observes simplicity in dress out of humility and obedience to Allaah.”

And again:

“Whoever puts on a robe of fame in this world, Allaah will make him put on a robe of disgrace on Resurrection Day.”

ALWAYS BE NEATLY DRESSED

You should not go about in an ill-dressed, unkempt manner. You should always be neatly dressed, even if your clothes are old. At the least they could be clean and pressed and properly fastened.

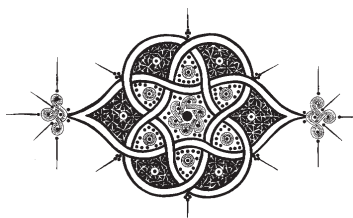
Finally, dear children, remember that the first impression others obtain of you is when they see how you are dressed. You should accordingly dress neatly and your attire should reflect the Islamic culture at all times.

Khudaa Haafiz

Ramadaan / Shawwal 1419 A.H.

Vol. 4 No. 5

20 Dec. (night) 1998 / 17 Feb. 1999 (day)



Chapter Six



THE ADAAB (ETIQUETTE) OF SALAAT

*Verily, I am Allaah: There is no god but I: so serve thou Me (only),
and establish regular prayer for celebrating My praise”.*

Al Qur’aan 20:14

“Recite what is sent of the Book by inspiration to thee, and establish regular Prayer: for prayer restrains from shameful and unjust deeds; and remembrance of Allaah is the greatest (thing in life) without doubt. And Allaah knows the (deeds) that ye do.

Al Qur’aan 29:45

Dear Children,

السلام عليكم

Assalaamu Alaikum

SALAAT: THE SECOND FUNDAMENTAL PRINCIPLE OF ISLAM

The performance of *salaat* at the five prescribed times each day is the

second fundamental principle on which Islam is based. *Salaat* was the major gift given by Almighty Allaah to the Holy Prophet (S.A.W.) on the occasion of his *Mir-aaaj* (ascension to the Presence of Almighty Allaah).

Salaat was nothing new as all creations of Allaah pray to Him: trees pray standing, mountains pray sitting, animals pray bending and prostrating. All the religions of the world taught prayers in various forms and ways. All the prophets of Almighty Allaah also offered *salaat*. However, it was during the prophethood of the Holy Prophet Muhammad (S.A.W.) that *salaat* was made an institution and formalised,

WHY PERFORM SALAAT?

The two main objectives of *salaat* are:

- (1) to remember Almighty Allaah, and
- (2) to purify oneself.

The human being is comprised of a physical body and a soul. Just as the physical body needs food and drink to keep it alive and healthy so does the soul need *salaat* to develop. Just as the human body needs to be cleansed regularly by bathing so too does the soul need to be cleansed of impure thoughts and deeds by offering *salaat* regularly. If the human being does not nourish the soul by performing *salaat* he will be no different from an animal. The Holy Prophet (S.A.W.) likened *salaat* to a person bathing five times daily. He said of such a person: “There will remain nothing of his dirt.” Continuing, he said of the persons performing *salaat* five times a day:

“Thus are the prayers for five times. Allaah blots out all his sins therewith.”

In addition the Holy Prophet (S.A.W.) said:

“Between a man and infidelity, there is the abandonment of prayer only”

THE COMPULSORY SALAWAAT*

The five compulsory daily *salawaat*, with the related times, are given below:

- ***Fajr*** (Morning) Between the break of dawn and sunrise.
- ***Zuhr*** (Noon) Between the declining of the sun and the time the length of a shadow of a person or object is double the length of the person or object plus the shadow at the sun's zenith.
- ***Asr*** (Afternoon) Between the time immediately after the last limit of the *Zuhr salaat* until the sun begins to set. (Note: This prayer should be offered before the sun turns pale. If, however, one is late, the *salaat* should not be missed but may be offered even if the sun has already turned pale.)
- ***Maghrib*** (Evening) Between immediately after sunset till the disappearance of the twilight. (Note: It is better to offer this *salaat* immediately after the correct time begins.)
- ***Isha*** (Night) Between the disappearance of the twilight to the break of dawn. (Note: This *salaat* should be offered before the middle of the night.)

SOME AADAAB (ETIQUETTE) IN PERFORMING SALAAT

****Perform within the prescribed Times***

Salaat must be performed within the time limits shown above. If this is not possible for some reason, you must perform the *Qada Salaat*.

****You must be in a state of Taharah (Purification)***

You must accordingly have either performed *Wudu* (ablution) or, if necessary *Ghusl* (take a bath). The Holy Prophet (S.A.W.) said:

“No prayer is accepted without purification and no charity is accepted out of ill-gotten wealth”

****Your ‘awrah must be covered***

Your “*awrah*” must be covered at all times. Remember, if any part of your “*awrah*” is exposed while you are offering *salaat*, that *salaat*

will be invalid.

The requirements in this respect are given in Chapter Five of this book.

****Wear Clean Clothing***

Your clothing must be free from impurities such as urine and faeces. The Holy Prophet (S.A.W.) said:

“The key to Paradise is prayer and the key to Prayer is cleanliness’.

****The Neyyah (Intention)***

You should have the intention of performing the prayer.

****Face the Direction of the Holy Ka‘aba***

You must face the direction of the Holy Ka‘aba which is situated in the City of Makkah in Saudi Arabia.

****Follow the Lead of the Imaam***

If you are performing *salaat* in *Jamaat* (congregation) do not perform any act until the Imaam has done so. In this connection the Holy Prophet Muhammad (S.A.W) said:

“Isn’t he who raises his head before the Imaam afraid that Allaah may transform his head into that of a donkey or his figure (face) into that of a donkey?”

****Straight Lines***

Make sure the line in which you are standing is straight by looking at the persons on both sides of you and correctly positioning yourself. The Holy Prophet (S.A.W.) said:

“Make the rows straight and stand shoulder to shoulder: shut up the openings and keep close to the hand of your brethren and leave not openings for the devils (to pass); whoso joins a row, Allaah will join him and whoso severs it, Allaah will sever him.”

****Humility***

Be ever conscious of Almighty Allaah when performing your *salaat*. Do not twiddle around.

***Congregation and Regularity**

Try and perform your *salaat* regularly and if possible, in congregation. The Holy Prophet Muhammad (S.A.W.) said:

“The person who joins the congregation for the prayers at the start, that is, the first Takbir, for forty days at a stretch, is secured from the torments of Hell as well as from the evil of discord.”

Do not rush through the Salaat

You should take your time when performing the *salaat*. The Holy Prophet (S.A.W.) said:

“The worst thief is one who steals of his salaat.”

When asked how a person can steal of his *salaat* he replied:

“When one does not do his Rukuu and Sajda properly.”

THE REWARD

The reward for performing *salaat* properly and regularly is indicated from the following saying of the Holy Prophet (S.A.W.):

“Allaah has made five prayers obligatory. A person who after performing ablutions carefully observes these prayers in perfect humility at their proper hours, acquires a right of salvation by Allaah; but he who has neglected these prayers has no right to anticipate forgiveness and salvation by Allaah. In this case, it is entirely up to the Will of Allaah to forgive him or to punish him.”

Note: *Salawaat*-plural of *salaat*

Khudaa Haafiz

Zil Qada/Zil Hajj 1419 A.H.

Vol. 4 No. 6

17 Feb./17 Apr. 1999 C.E.