

# ALI 600: STRENGTHENING THE BODY, MIND AND SOUL DURING THE MONTH OF RAMADHAN

Session 1

- Make your intention
- Declutter the mind (sort out food, gifts, décor ahead of time)
- Make a plan of what you want to accomplish
- Develop the enthusiasm
- Remember to be flexible
- Keep Ready: Qur'an, Du'a books, Journal
- Decide where, and how much to give in charity during the month

- Possibly start eating less from now
- Work on being energized with healthier eating habits
- Consult doctor for any alterations in medication
- Adjust sleeping pattern
- Adjust caffeine in-take
- Stay hydrated

**“No deed will be accepted without understanding, and there is no understanding except through action. Hence the one who understands will be guided to the deed by his awareness, and there is no deed for the one who does not have awareness.”** Imam al-Baqir (a)

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**“Oh people! Month of Allah has come toward you bringing  
divine blessing, mercy and forgiveness.”**

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- Multiple forms emphasis
- These offerings are offered at the start of the month not at the end
- Everything we could possibly want is available

شهر دعيتم فيه الى ضيافته الله

**“This is the month in which you have been invited to the banquet of Allah.”**

- **Every banquet has essential elements**

- **When we have to be somewhere we generally like to prepare**
- **You will not be rejected**
- **You will be treated with honor and respect.**
- **You will be given or shown something without payment.**
- **Expect to meet the host and consider their absence as a humiliation.**
- **You will make a point to show your face to the host**



ايها الناس، ان ابواب الجنان فى هذا الشهر مفتحه فاسالوا ربكم ان لا يغلقها عنكم

**“Oh people! The gates of heaven are open in this month.  
So ask your Lord not to close them.”**

- The chance of the one to deserve entering heaven is more in this blessed month than the other months
- Due to the openness of heaven's gates, all kinds of divine mercy in heaven are ready to encompass the servants in this world (sleep, breath = worship)
- Although the gates of heaven are open, the Holy Prophet (SAW) warns people that if they do not appreciate such a great opportunity, subsequently Allah (SWT) will close them

قال الله عز وجل الصوم لى و انا اجزى به

Allah (SWT) said: "fasting is for me and I am the one who rewards for it".

PREPERATION

...لَعَلَّكُمْ تَتَّقُونَ

EFFORT

MA'RIFAH