

# *Ten Reflections for Women in Ramadhaan*



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These are brief words offered to the believing Muslim women at the arrival of the blessed month of *Ramadhaan*. We ask Allaah The Almighty to benefit all those who read them from among our believing sisters and that the coming words help them obey Allaah The Almighty, and win His satisfaction and forgiveness in this great month.

**First reflection:** *Ramadhaan* is a blessing for which one should be thankful:

Dear sister, the month of *Ramadhaan* is one of the greatest blessings Allaah The Exalted granted His believing slaves. It is a month when mercy is sent down, sins and misdeeds are forgiven, rewards and ranks are multiplied and Allaah The Almighty saves His slaves from Hellfire. The Prophet ﷺ said: *"When Ramadhaan comes, the gates of Paradise are opened and the gates of Hell are closed and the devils are chained."* [Al- Bukhaari and Muslim]

The Prophet ﷺ also said: *"Whoever observes fasts during the month of Ramadhaan out of sincere faith, and hoping to attain the rewards of Allaah, all his past sins will be forgiven; and whoever establishes prayers during the nights of Ramadhaan, out of sincere faith and hoping to attain the rewards of Allaah, all his past sins will be forgiven."* [Al-Bukhaari and Muslim]

Besides, Allaah The Exalted and Majestic Says in a *Qudsi Hadeeth* (sacred narration): *"Every act of the son of Aadam is for him, except fasting. It is (exclusively) meant for Me and I (alone) will reward it."* [Al-Bukhaari and Muslim]

In addition, the Prophet ﷺ said: **“Verily, Allaah frees people (from Hellfire) on every day and every night in Ramadhaan and for each Muslim is a supplication which will be answered.”** [Narrated by Ahmad with a sound chain of narrators] In *Ramadhaan*, there is *Laylatu Al-Qadr* (the Night of Decree), about which Allaah The Almighty Says (what means): **{The Night of Qadr (Decree) is better than a thousand months.}** [Quran 97:3]

These are some of the virtues of this noble month, which show the greatness of the blessing Allaah The Almighty has bestowed upon you by favoring you over others and preparing you for its fasting and *Qiyaam* (voluntary night prayer). How many are those who fasted with us last *Ramadhaan*, and now lie covered by dust, lying in their graves! Therefore, thank Allaah, O Muslim sister, for this blessing and do not commit sins and misdeeds, so that you may not lose it. Truthfully did a poet say.

**Second reflection:** How to receive *Ramadhaan*:

- 1- Hastening to sincere repentance, as Allaah The Exalted Says (what means): **{And turn to Allaah in repentance, all of you, O believers, that you might succeed}** [Quran 24:31]
- 2- Giving up all evil deeds such as lying, backbiting, tale-bearing, obscenity, listening to music, singing, exposing one's beauty, intermixing with men and others.
- 3- Having sincere determination and a strong desire to fill *Ramadhaan* with good deeds and not to waste its honored moments in useless matters.
- 4- Frequent *Thikr* (remembering Allaah The Almighty), *Du'aa'* (supplication), asking Allaah The Almighty for forgiveness and reciting the Quran.

- 5- Commitment to the five prayers on time and performing them with deliberation, tranquility and *Khushoo*' (submission and devotion).
- 6- Commitment to voluntary prayers after performing the obligatory ones.

**Third reflection:** Learn the rulings of fasting:

A Muslim woman must learn the rulings of fasting, its obligations, acts of the *Sunnah* (recommended acts) and etiquette in order for her fasting to be valid and accepted by Allaah The Almighty. The following are some rulings on the fasting of women:

- 1- Fasting is obligatory upon every adult Muslim woman with a sound mind who is resident (not traveling), capable of fasting (not sick) and free from all impediments such as menses and post partum bleeding.
- 2- If a girl reaches puberty during the day in *Ramadhaan*, she is obliged to fast for the rest of the day as she has become among those upon whom fasting is obligatory. She is not obliged to make up for the days she has missed of the month (prior to reaching puberty), as fasting then was not yet obligatory upon her.
- 3- Intention is a precondition for fasting in *Ramadhaan* as well as every obligatory fasting such as making up for previous days or expiation, because of the *Hadeeth* in which the Prophet ﷺ said: **“There is no fast for the person who did not intend to fast from the night before.”** [Abu Daawood] If you intend to fast at any time of the night, even if a moment before dawn, the fasting is valid.
- 4- There are seven things that invalidate fasting:
  - a- Sexual intercourse

- b- Ejaculation of semen by men or vaginal discharge by women because of caressing, embracing or kissing
  - c- Intentional eating or drinking
  - d- Whatever has the same effect as eating and drinking, like injections of nourishing substances
  - e- Letting blood by *Hijaamah* (cupping) and opening a vein
  - f- Intentional vomiting
  - g- The appearance of menstrual blood or post partum bleeding
- 5- When a woman sees the white liquid that is excreted by the uterus after menses and post partum bleeding – by which a woman knows that she is pure, she should, at night, intend to fast and start her fast the next day. If she does not know when she is pure, she should use a cotton pad or sanitary towel. If it is clean, she should fast and if it is stained again with menstrual blood, she may eat.
- 6- It is better for a woman to stick to her nature and to be satisfied with what Allaah The Almighty has decreed for her. She should not take medications that prevent menses, as it is a thing that Allaah ordained for the daughters of Aadam.
- 7- If a woman who had post partum bleeding becomes pure before forty days, she should fast and perform *Ghusl* (ritual bath) in order to pray. If she exceeds forty days, she should intend to fast and perform *Ghusl*. The remaining blood is considered *Istihaadhah*, unless it coincides with her habitual menses period, in which case it shall then be considered menses.
- 8- Blood of *Istihaadhah* (vaginal bleeding outside the menstrual period) does not affect the validity of fasting.
- 9- The predominant opinion is applying the ruling of the sick to the pregnant and the breastfeeding woman, so they are allowed not to fast without being obliged except to make up for it. The Prophet ﷺ said: **“Allaah remitted fasting and half the prayer for**

*the traveler, and fasting for the pregnant and breast-feeding women."* [At-Tirmithi: *Hasan*]

- 10- A fasting woman may taste food if necessary, but she is not to swallow any of it. She must spit it out. This does not invalidate her fast.
- 11- It is recommended to hasten to break the fast before performing *Maghrib* prayer and to delay the *Suhoor* (pre-dawn meal). The Prophet ﷺ said: "*The people will continue to prosper as long as they hasten the breaking of the fast.*" [Al-Bukhaari and Muslim]

**Fourth reflection:** *Ramadhaan* is the month of fasting, not the month of eating:

Dear Muslim sister, Allaah The Almighty ordained the fasting of *Ramadhaan* so that a Muslim gets used to patience and endurance in order for him/her to discipline his/her soul, control his/her desire and fear his/her Lord. Allaah The Almighty Says (what means): ***{O you who have believed, decreed upon you is fasting as it was decreed upon those before you that you may become righteous}*** [Quran 2:183].

One of the righteous predecessors ﷺ was asked, "Why was fasting ordained?" He ﷺ said, "In order for the rich person to taste hunger, so that he does not forget the poor!"

It is sad to see the extravagance of people in food and drink in this month, as the amount of food consumed by every family in *Ramadhaan* is more than that in any other month of the year!

This is the case with most people, except those on whom Allaah has mercy. In addition, a woman spends many hours of the day inside the kitchen preparing different types of food and various sorts of beverages.

When will she recite the Quran?

When will she remember Allaah The Almighty, supplicate and ask for forgiveness?

When will she learn the rulings of fasting and the etiquettes of *Qiyaam*?

When will she devote herself to obeying Allaah The Exalted?

Beware, dear sister, of wasting the time of this month in acts other than obeying and worshipping Allaah The Almighty. He who witnesses *Ramadhaan* without being forgiven has incurred a great loss. The Prophet ﷺ said: ***"No human ever filled a vessel worse than his stomach. Sufficient for any son of Aadam are some morsels to keep his back straight. But if it must be (filled), then one third for his food, one third for his drink and one third for his breath"*** [Ahmad and At-Titmithi] [Al Albaani: *Saheeh*]

**Fifth reflection:** *Ramadhaan* is the month of the Quran:

*Ramadhaan* enjoys a special bond with the Quran, which is not granted to other months. Allaah The Exalted Says (what means): ***{The month of Ramadhaan [is that] in which was revealed***



*the Quran, a guidance for the people and clear proofs of guidance and criterion* [Quran 2:185].

*Ramadhaan* and the Quran are inseparable; if *Ramadhaan* is mentioned, the Quran is necessarily mentioned. Ibn ‘Abbaas رضي الله عنه said, "The Messenger of Allaah was the most generous of all the people and he used to be more generous in the month of *Ramadhaan* when Jibreel (angel Gabriel, may Allaah exalt his mention) used to meet him. Jibreel used to meet him every night in *Ramadhaan* to study the Noble Quran carefully together. The Messenger of Allaah used to be more generous than a fast wind when he met Jibreel."

This *Hadeeth* (narration) proves that it is recommended to recite and study the Quran in *Ramadhaan*, especially at night as at night, the activities that preoccupy people and make them busy are over, people have more stamina and the heart and the tongue cooperate to meditate. Allaah The Almighty Says (what means): ***{Indeed, the hours of the night are more effective for concurrence [of heart and tongue] and more suitable for words}*** [Quran 73:6]

Some of the righteous predecessors used to finish reciting the whole Quran in the *Qiyaam* of *Ramadhaan* every three nights, some every seven nights and others every ten. Qataadah رضي الله عنه used to complete the entire Quran every seven nights all through the year, every three nights in *Ramadhaan* and every night in the last ten nights thereof.

Az-Zuhri رضي الله عنه used to say that *Ramadhaan* is all about reciting the Quran and feeding the needy. In addition, Ibn ‘Abd Al-Hakam رضي الله عنه reported that when *Ramadhaan* came, Maalik رضي الله عنه used to abandon reading *Hadeeth* and sitting with scholars and devoted himself to reciting the




Quran from the *Mus-haf*. Moreover, ‘Abd Ar-Raaziq رحمته said that when *Ramadhaan* came, Sufyaan Ath-Thawri رحمته used to leave all acts of worship and turn to reciting the Quran.


You too, dear Muslim sister, should determine a specific amount of Quran that you will recite, in order to revive your heart, purify your soul and make your limbs submissive. In doing so, you would deserve the intercession of the Quran on the Day of Resurrection. The Prophet ﷺ said: *"The fast and the Quran are two intercessors for the servant of Allaah on the Day of Resurrection. The fast will say: 'O Lord, I prevented him from his food and desires during the day. Let me intercede for him.' The Quran will say: 'I prevented him from sleeping at night. Let me intercede for him.' And their intercession will be accepted."* [Ahmad and Al-Haakim with a sound chain of narrators]


**Sixth reflection:** *Ramadhaan* is the month of generosity and charity:


Dear Muslim sister, the Prophet ﷺ urged women to give *Sadaqah* (charity), as he said: *"O womenfolk, you should give charity and seek forgiveness a great deal, for I saw you in large numbers amongst the dwellers of Hell."* [Muslim] He ﷺ also said: *"O women! Give alms even from your ornaments."* [Al-Bukhaari]

It is narrated that ‘Aa’ishah, the Mother of the Believers رضي الله عنها gave one hundred thousand *Dirhams* (silver currency) in charity on a single day. She was fasting on that day, and shortly after that, her maidservant said to her, *"Could you not have bought a Dirham's worth of meat*

with which to break your fast?" "If you had reminded me of it," she  replied, "I would have!"

Charity in *Ramadhaan* is better than at any other time. That is why the Prophet  was more generous in *Ramadhaan* than the blowing wind (which causes rain and welfare). His generosity comprised all forms such as sharing knowledge and money, sacrificing his self for the Sake of Allaah The Almighty in supporting His religion, guiding His slaves and benefiting them with all the possible means such as feeding the hungry, preaching to the ignorant, running their errands and sharing their burdens.

Among the acts of generosity in *Ramadhaan* is feeding the fasting people. Thus, be keen, dear sister, to give *Iftaar* to fasting Muslims as this entails great rewards and blessings. The Prophet  said: "**He who gives food to a fasting person to break his fast, will receive the same reward as him, without anything being reduced from the fasting person's reward.**" [Ahmad and At-Tirmithi who classed it as *Hasan Saheeh*]

Moreover, be keen on contributing to acts of ongoing charity. The Prophet  said: "**When a person dies, his acts come to an end, but three, ongoing charity, or knowledge (by which people) benefit, or a pious son, who prays for him (for the deceased).**" [Muslim]

**Seventh reflection:** *Ramadhaan* is the month of *Qiyaam*:

Dear sister, the Prophet ﷺ used to offer prayer at night (for such a long time) that his feet used to crack. People said, "O Messenger of Allaah! Why do you do it when Allaah has forgiven you your faults of the past and those to follow?" He said: **"Should I not love to be a thankful slave (of Allaah)?"** [Al-Bukhaari and Muslim] The Prophet ﷺ also said: **"Whoever establishes prayers during the nights of Ramadhaan, faithfully out of sincere faith and hoping to attain the rewards of Allaah (not for showing off), all his past sins will be forgiven."** [Al-Bukhaari and Muslim]

A woman may go to the mosque to perform prayers including *Taraaweeh*; however, praying at home is better. The Prophet ﷺ said: **"Do not prevent your women from going to the mosque, even though their houses are better for them."** [Ahmad and Abu Daawood] [Al-Albaani: *Saheeh*]

Al Haafith Ad-Dumyaati راجى said,

"At the time of the Prophet ﷺ if women left their houses for prayer they would be totally covered with their garments, to the extent that they were not known in the darkness. The Prophet, sallallaahu 'alayhi wa sallam, used to say to men: **"Stay in your places till the women leave"**. Nevertheless, the Prophet ﷺ said that praying at home is better for women. Thus, what do you think of the woman who goes out adorning herself, perfumed, being showy and wearing her best clothes? 'Aa'ishah رضى said, "If the Messenger of Allaah ﷺ had seen what the women innovated after him, he would have stopped them

*from attending the mosques." That is what she said about the female Companions and the women of the first era after the Prophet ﷺ. Then, what do you think she would say if she saw the women of our age?"*

If a woman wants to go to the mosque, she should imitate the appearance of the women of the predecessors when they went to the mosques.

She should also have a good intention, which is the intention of performing the prayer, and listening to the verses of Allaah The Exalted and Almighty, and this will make her composed and dignified and not willing to draw attention to herself.

A woman may not wear perfume when going out of her house. In addition, she should not apply incense for the Messenger of Allaah ﷺ said: *"Whoever (woman) covers herself with perfume should not join us in the 'Ishaa' prayer."* [Muslim]

Furthermore, a woman should not be accompanied by small children to the mosque who cannot be managed while she is busy praying. Young children would disturb the rest of the congregation by crying, shouting, playing with *Mus-hafs* and with others' possessions.

**Eighth reflection:** Fasting of the senses:

Dear Muslim sister, know that a fasting person is one whose body abstains from sins. His eyes abstain from gazing at what is forbidden. His ears abstain from hearing forbidden acts like lying, backbiting, tale-bearing, singing and all kinds of evil. His hands refrain from striking. His legs abstain from walking to whatever is forbidden. His tongue stops lying, obscenity and false speech. His stomach refrains from eating and his genital organs from sexual intercourse. If he speaks, he says useful words of great benefit and does not use immoral obscene language which reduces the reward of his fast or invalidates it. He does not expose people's reputations to slander, lying, backbiting, tale-bearing, grudge and envy, as he knows that this is a grave major sin and act of evil. That is why the Messenger of Allaah ﷺ said: *"Whoever does not give up false statements (i.e. telling lies), false conduct, and intolerance, Allaah is not in need of his (fasting) leaving his food and drink."* [Al-Bukhaari]

The Messenger of Allaah ﷺ said: *"... If one of you is fasting, he should avoid sexual relations with his wife and quarreling, and if somebody should fight or quarrel with him, he should say, 'I am fasting.'"* [Al-Bukhaari and Muslim]

Anyone who abstains from eating and drinking only, while eating the flesh and reputation of his Muslim brothers and sisters, is the one meant by the *Hadeeth* in which the Prophet ﷺ says: *"Perhaps a person fasting will receive nothing from his fasting except hunger and thirst."* [Ahmad and Ibn Maajah with a sound chain of narrators]

**Ninth reflection:** Practical steps to save time in *Ramadhaan*:

A woman should invest her time in this great month in what brings her success and happiness on the Day of Resurrection. She should seize its days and nights in what draws her nearer to Paradise and further from Hellfire by obeying Allaah The Almighty and avoiding sins. In order for a woman to save her time in this noble month, she should do the following:

- 1- She should not go out of her house except for a necessity or for a verified act of obedience to Allaah or an inescapable need.
- 2- Avoid going to markets especially in the last ten days of *Ramadhaan*. It is a good idea to buy the new clothes of '*Eed* before the last ten days or before *Ramadhaan*.
- 3- Avoid pointless social visits for which there is no real purpose, and if there is a purpose, one should not stay for long.
- 4- Avoid evil gatherings in which there is backbiting, tale-bearing, lying, mocking and defamation of others.
- 5- Avoid wasting time in competitions, watching movies and television serials and following satellite channels. If the Muslim woman is engaged in these activities, then *Ramadhaan* will have passed in vain.
- 6- Avoid staying up until dawn as this leads to missing prayers and sleeping most of the day.
- 7- Avoid bad company.
- 8- Beware of wasting most of the daytime hours by sleeping. Some people sleep after dawn and do not wake up until directly before *Maghrib*. What kind of fasting is this?
- 9- Beware of wasting time wearing makeup, being busy with clothes and sitting in front of the mirror for long periods of time.

- 10- Beware of wasting a lot of time in preparing food (we have drawn attention to this point previously).
- 11- Beware of wasting time in phone calls and the internet. This is the one of the ways by means of which the people of weak faith distract themselves from the severity of hunger and thirst. Had they devoted themselves to reciting and studying the Book of Allaah, it would have been better for them.
- 12- Beware of useless quarrels and disputes which do not result except in wasting time and committing sins. If you are called to something like that, say, "*I am fasting!*"



**Tenth reflection:** The last ten days:


Dear Muslim sister, twenty days of the month have passed, nothing is left except these ten days. The opportunity is still there, and the rewards are still prepared. If you have forsaken the past days, you should know that all is well that ends well.

With the start of the last ten days of *Ramadhān*, the Prophet ﷺ used to tighten his waist belt (i.e. refrained from sexual intercourse), pray all night and keep his family awake for the prayers. It is only a limited number of days and nights, in which winners win and losers lose.


The wife of Habeeb Abu Muhammad ﷺ would say to him at night, "*The night has departed. We have a distant journey ahead of us and few provisions. The caravans of the righteous have traveled before us while we remained behind!*"



It is from the bounty of Allaah The Almighty that He made *Laylatu Al-Qadr* (the Night of Decree) one of the last ten nights, particularly, the odd one thereof. ‘Aa’ishah  reported that the Messenger of Allaah  said: ***"Search for the Night of Qadr in the odd nights of the last ten days of Ramadhaan."***

The Night of Decree is a great night and a noble opportunity. Worshipping Allaah The Almighty in it is better than a thousand months of worship. That is why the Messenger of Allaah  said: ***"This month has come to you. In it is a night that is better than a thousand months; whoever loses its benefit has lost something irreplaceable, whoever loses its benefit is a loser."***

Strive, dear Muslim sister, to seek the Night of Decree and do not deprive yourself of its great reward. Know that if you had established *Qiyaam* in all the ten nights and filled them with acts of worship and obedience to Allaah The Almighty, you will have definitely reached the Night of Decree and gained, Allaah willing, the great reward.

The supplication of the Night of Decree: When ‘Aa’ishah, may Allaah be pleased with her, asked the Prophet  about what to say if she witnessed the Night of Decree, he told her to say: ***"O, Allaah, indeed You are the Pardoner and You love to pardon, so pardon me."***