

# Our Sacred Days

And why they are special

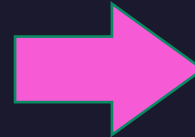


The Young Muslims UK

Places in the Qur'an

That tell us what Islam is really about

“This is Islam in a nutshell” ...



<p><b>2:2-5</b> ‘The <i>muttaqun</i>’ – Pious <b>Sura Baqarah</b></p>	<p><b>2:83-84</b> Covenant with Children of Israel <b>Sura Baqarah</b></p>	<p><b>2:177</b> <i>Ayat al Birr</i> (The Piety Verse) <b>Sura Baqarah</b></p>	<p><b>3:130-136</b> <i>Al ‘Amileen</i> (Those who work and strive) <b>Sura Ale-’Imran</b></p>
<p><b>4:36-40</b> ‘A great reward, multiplied over’ <b>Sura Nisa</b></p>	<p><b>6:150-154</b> God’s Path, leading straight <b>Sura An’am</b></p>	<p><b>16:90</b> ‘God’s instruction’ to us <b>Sura Nahl</b></p>	<p><b>17:19-39</b> Wisdom and Commandments not to be violated <b>Sura Isra</b></p>
<p><b>23:1-11</b> Characteristics of <i>Al Mu’minun</i> (True believers) <b>Sura Mu’minun</b></p>	<p><b>25:63-76</b> Characteristics of <i>‘Ibad Ul Rahman</i> (God’s devotees) <b>Sura Furqan</b></p>	<p><b>31:12-22</b> The wisdom of Luqman <b>Sura Luqman</b></p>	<p><b>42:36-43</b> <i>The mutawakkilun</i> (Who trust in God) <b>Sura Shuraa</b></p>
<p><b>60:12</b> The Pledge with the Prophet <b>Sura Mumtahirah</b></p>	<p><b>70:22-35</b> The <i>Mukramun</i> (held in honour) <b>Sura Ma’arij</b></p>	<p><b>90:11-18</b> The steep path <b>Sura Balad</b></p>	<p><b>103:1-3</b> Those who will not lose out <b>Sura ‘Asr</b></p>



177. It is not piety that ye turn your faces Towards east or West; but it is piety, to:

- believe in God and the Last Day, and the Angels,
- and the Book, and the Messengers;
- to spend of your substance, out of love for Him,
- for your kin, for orphans, for the needy,
- for the wayfarer, for those who ask,
- and for the ransom of slaves;
- to be steadfast in prayer,
- and practice regular charity;
- to fulfil the contracts which ye have made;
- and to be firm and patient, in pain (or suffering) and adversity,
- and throughout all periods of panic.

Such are the people of truth, the God-fearing.

Sura Baqarah

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## Surely, God commands

- justice and kindness, and
- generosity towards relatives and
- He forbids what is shameful,
- blameworthy, and oppressive.

He teaches you, so that you may take heed.

Qur'an 16:90

<p><b>2:2-5</b></p> <p>'The <i>muttaqun</i>' – Pious</p> <p><b>Sura Baqarah</b></p>	<p><b>2:83-84</b></p> <p>Covenant with Children of Israel</p> <p><b>Sura Baqarah</b></p>	<p><b>2:177</b></p> <p><i>Ayat al Birr</i> (The Piety Verse)</p> <p><b>Sura Baqarah</b></p>	<p><b>3:130-136</b></p> <p><i>Al 'Amileen</i> (Those who work and strive)</p> <p><b>Sura Ale-'Imran</b></p>
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# Islam's 'Spiritual Code'

- Combining all the teachings...
- Kind
- Fair
- Make sense
- Inspirational!

## BELIEF AND WORSHIP



Believe in One God  
Believe in the Messengers & their Books  
Believe in the Judgement and Heaven and Hell  
Believe in the Unseen, being wary of Shaytan  
Guard your Prayer & obligatory devotions  
Be humble and devoted in Prayer

## SPIRITUALITY



Nurture your relationship with God:  
- Love God (*hubb*)  
- Feel gratitude (*shukr*)  
- Regret your mistakes / race to forgiveness (*istighfar*)  
- Have awareness / mindfulness of God (*taqwa*)  
- Submit your self fully to your Creator (*Islam*)  
- Follow the Prophet (PBUH) (sunnah)

## SERVICE



Stand up for justice  
Make positive change:  
- Encourage the common good  
- Address the wrongs in society  
Encourage empathy & compassion (*marhama*)  
Care for family, neighbours, friends travellers and the poor  
Free the enslaved  
Be kind to those you have authority over

## COMMANDMENTS



Honour your parents  
Be generous to those in need  
Do not shed blood or take life  
Do not exploit with usury, doubled and multiplied  
Do not oppress people  
Do not turn people out of their homes  
Do not steal  
Be faithful to your promises and contracts; do not cheat  
Do not come close to adultery - be faithful  
Do not kill your own children, for fear of want

## CHARACTER



Be patient and perseverant  
Be honest, just and fair at all times  
Walk on the earth lightly and with humility  
Spend but avoid waste  
Be careful with your tongue  
Control your anger  
Forgive all people  
Consult in your affairs  
Avoid all shameful deeds, including secret ones  
Have humility in knowledge and enjoy the truth





# But what does this leave out?

- ‘Spiritual Code’ is **the basic Islam sent to all prophets**
- But each prophet ALSO had rules and rituals to suit their people
- In Islam we have additional rules for food, drink and dress
- And guidance on worship taught by our Prophet (pbuh)
- e.g. salah, fasting, hajj and special supplications to complete our spirituality



"To every (religious) community We appointed rites and ceremonies which they must observe:

let them not then dispute with you (O Prophet) on this matter..."

(Qur'an 22:67)

“The Night of Power is better  
Than a thousand months”

(Qur'an)

Is it fair to give massive rewards  
for relatively small good deeds?





## 'Iman Boost'

- We can't fast every day
- Or spend every night long in making du'as
- But when we do, they give us a spiritual boost – "Iman boost"
- We feel more conscious of Allah, closer to Him



## 'Bonus level'

- We can't see the unseen and Allah is within His rights to pick certain months and days for us
- They're like a gift for us
- Because we spend our lives doing good, fixing the world, serving His creatures, we need concentrated boosters to catch up our worship
- We have too much other good to do in the world – can't spend all our time in mosques or reading the Qur'an
- Like a "bonus level" on a video game
- So we can make up for lost time we might not have been doing so much ritual worship like du'as or fasting, prayers, Qur'an



# Special Months



“Indeed, the number of months with Allah is twelve [lunar] months in the register of Allah [from] the day He created the heavens and the earth; of these, four are sacred.

That is the correct religion, so do not wrong yourselves during them.” Qur’an 9:36

The Prophet (S) said,  
“The year contains twelve months of which four are sacred, three of them consecutive...”  
[Abu Dawud]



“...so do not  
wrong  
yourselves  
during them.”

Muharram 1 مُحَرَّم	Safar 2 صَفَر	Rabi Al-Awwal 3 رَبِيعُ الْأَوَّلِ
Rabi Al-Thani 4 رَبِيعُ الْآخِرِ	Jamada Al-Awwal 5 جَمَادَى الْأُولَى	Jamada Al-Thani 6 جَمَادَى الْآخِرَةَ
Rajab 7 رَجَب	Shaban 8 شَعْبَانَ	Ramadan 9 رَمَضَانَ
Shawwal 10 شَوَّال	Dhul-Qadah 11 ذُو الْقَعْدَةِ	Dhul-Hijjah 12 ذُو الْحِجَّةِ

In yellow are Ramadan and the four sacred months.  
Why are the other months special?



*“...so do not wrong yourselves during them.”*

In these sacred months:

1. Do not wrong oneself- avoid committing sins - sins committed in the sacred months are worse and more severe in the Sight of Allah
2. Heighten our state of God-consciousness - both the rewards and sins are magnified in the Sight of Allah
3. Monitor and purify internal thoughts as well as actions
4. And if one slips, they must hasten to do sincere tawba (repentance).

Muharram مُحَرَّم 1	Safar صَفَر 2	Rabi Al-Awwal رَبِيعُ الْأَوَّلِ 3
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“

*“...and whoever honours the symbols of Allah, it is certainly out of the piety of the heart.” (Quran 22: 32)*

## SHA'BAN

- It was narrated that Aishah reported that the Prophet liked the month of Shaban more than any other month as far as supplementary fasting is concerned [Bukhari]
- It's a month when we can prepare for Ramadan

Muharram مُحَرَّم 1	Safar صَفَر 2	Rabi Al-Awwal رَبِيعُ الْأَوَّلِ 3
Rabi Al-Thani رَبِيعُ الثَّانِي 4	Jamada Al-Awwal جَمَادَى الْأُولَى 5	Jamada Al-Thani جَمَادَى الْآخِرَةِ 6
Rajab رَجَب 7	Shaban شَعْبَانَ 8	Ramadan رَمَضَانَ 9
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# Special Days



# Special Days

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# Special Days

Laylat Al Qadr

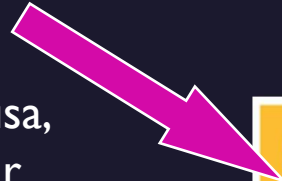
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## 10<sup>TH</sup> OF MUHARRAM

### 'ASHURA

- The day Allah saved Prophet Musa, (AS) and his followers from their adversaries
- Jews fast as well – Yom Kippur
- There's no day better to fast in after Ramadan than Muharram

Ibn Abbas was asked about observing of fast on the day of Ashura, whereupon he said: "I do not know Allah's Messenger, peace be upon him, singling out any day's fast and considering it more excellent than another, except this day (the day of Ashura) and this month, meaning the month of Ramadan" [Muslim]



<b>Muharram</b>   <b>1</b>	<b>Safar</b>  <b>2</b>	<b>Rabi Al-Awwal</b>   <b>3</b>
<b>Rabi Al-Thani</b>  <b>4</b>	<b>Jamada Al-Awwal</b>  <b>5</b>	<b>Jamada Al-Thani</b>  <b>6</b>
<b>Rajab</b>  <b>7</b>	<b>Shaban</b>   <b>8</b>	<b>Ramadan</b>   <b>9</b>
<b>Shawwal</b>   <b>10</b>	<b>Dhul-Qadah</b>  <b>11</b>	<b>Dhul-Hijjah</b>   <b>12</b>

- Some Muslims also commemorate this day because of the martyrdom of Imam Hussain, the Prophet's (S) grandson on this date

## RABI AL AWWAL

- The Prophet's birthday

“It was only as a mercy that We sent you (Prophet) to all people.” (Qur’an, 21:107)

- The Prophet (PBUH) was born on a Monday
- But differing opinions on the exact birth date of the Prophet Muhammad (SAW).
- Some suggest the 12th day of Rabi’ Al-Awwal
- Whilst it is not obligatory to fast on Mondays, the Prophet Muhammad (PBUH) recommended it as part of his Sunnah:

The Messenger of Allah (SAW) was asked about fasting on Mondays, whereupon he said: “On it, I was born and on it, revelation was sent down to me.” (Muslim)

- Rabi’ Al-Awwal is another opportunity to reflect on the importance of our Prophet (PBUH) and the role he has played for Muslims for the expanse of Islamic history

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## SHAWWAL

- Chance to keep up the good practices of Ramadan
- 6 fasts of Shawwal

Abu Ayyub reported that the Messenger of Allah, peace and blessings be upon him, said: “Whoever fasts Ramadan and follows it with six days of Shawal, it will be as if he fasted for a lifetime” [Muslim]

Wow!!

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## DHUL HIJAH

### The First Ten Days

#### FASTING

- For those not performing Hajj, fasting the first nine days of Dhul-Hijjah (the 10th being Eid Al-Adha) is recommended

#### GOOD DEEDS

- The Prophet (SAW) said: 'There are no days during which good deeds are more beloved to Allah than during these ten days'

[Sahih al-Bukhari #969 and others]

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## DHUL HIJAH

The Day of 'Arafah – 9<sup>th</sup>

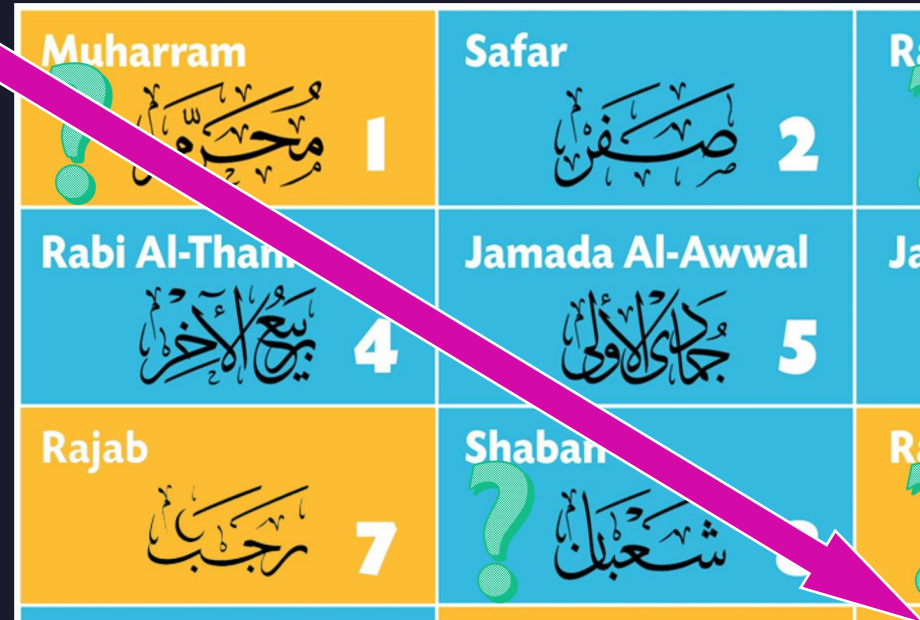
### FASTING

- Abu Qatadah reported: The Messenger of Allah, peace be upon him, was asked about the observance of fasting on the day of Arafah. He said,

"It is an expiation for the sins of the preceding year and the current year" [Muslim]

### DU'AS

- The Day of Arafah is the pinnacle of Hajj
- During this auspicious day, Allah does not refuse the requests of His worshippers...



Muharram 1	Safar 2	Rabi Al-Awwal 3
Rabi Al-Thani 4	Jamada Al-Awwal 5	Jamada Al-Thani 6
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The Messenger of Allah (SAW) said: 'The best supplication is the supplication on the day of Arafah'

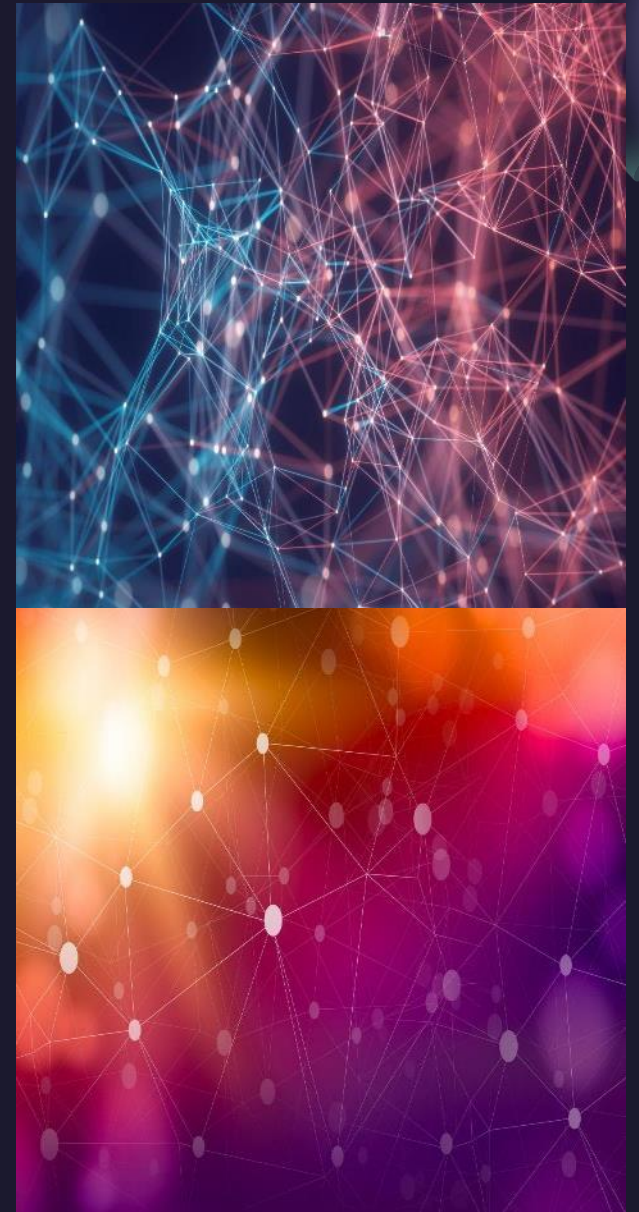
[Tirmidhi and Malik]

# Special Fasts

Mondays and Thursdays

The White Days

Any Days Except...



# Special Fasts

## Mondays and Thursdays

‘Aisha narrated: "The Prophet used to try to fast on Mondays and Thursdays"

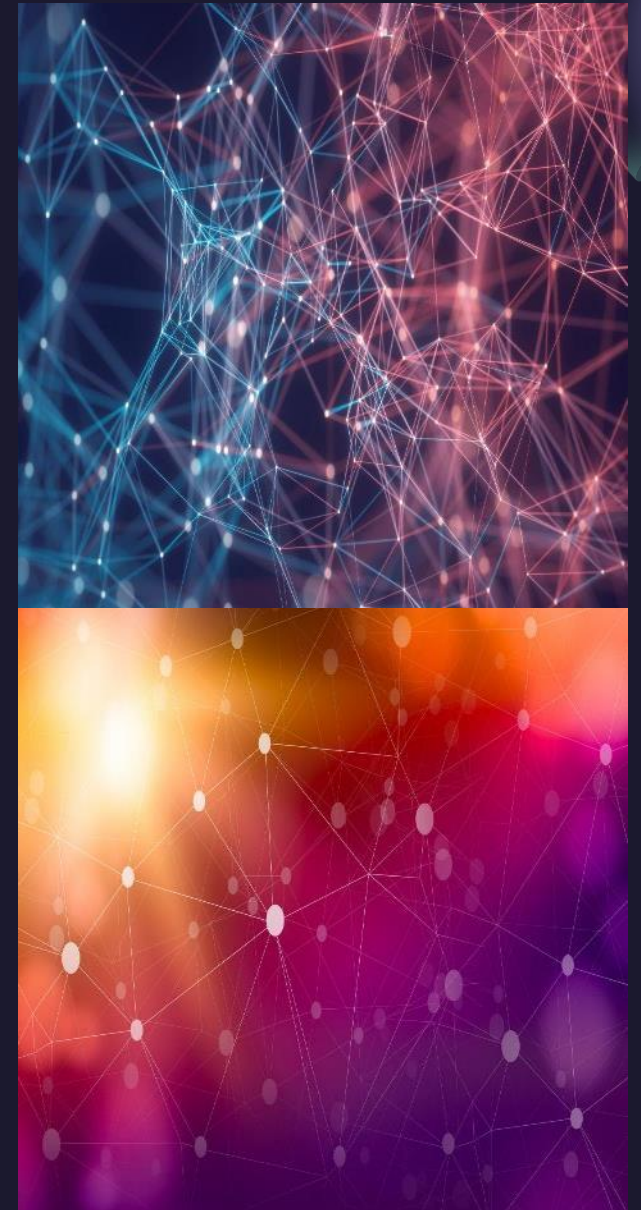
[Tirmidhi, Nasai, and Ibn Majah]

## The White Days

- i.e. days when the moon is full
- 13th, 14th, and 15th of the lunar calendar

Abdullah ibn Amr ibn al-Aas said: The Messenger of Allah, peace be upon him, said to me: "It is sufficient for you to fast three days every month, because for every good deed you will have (the reward of) ten like it, so that will be like fasting for a lifetime."

[Bukhari and Muslim]

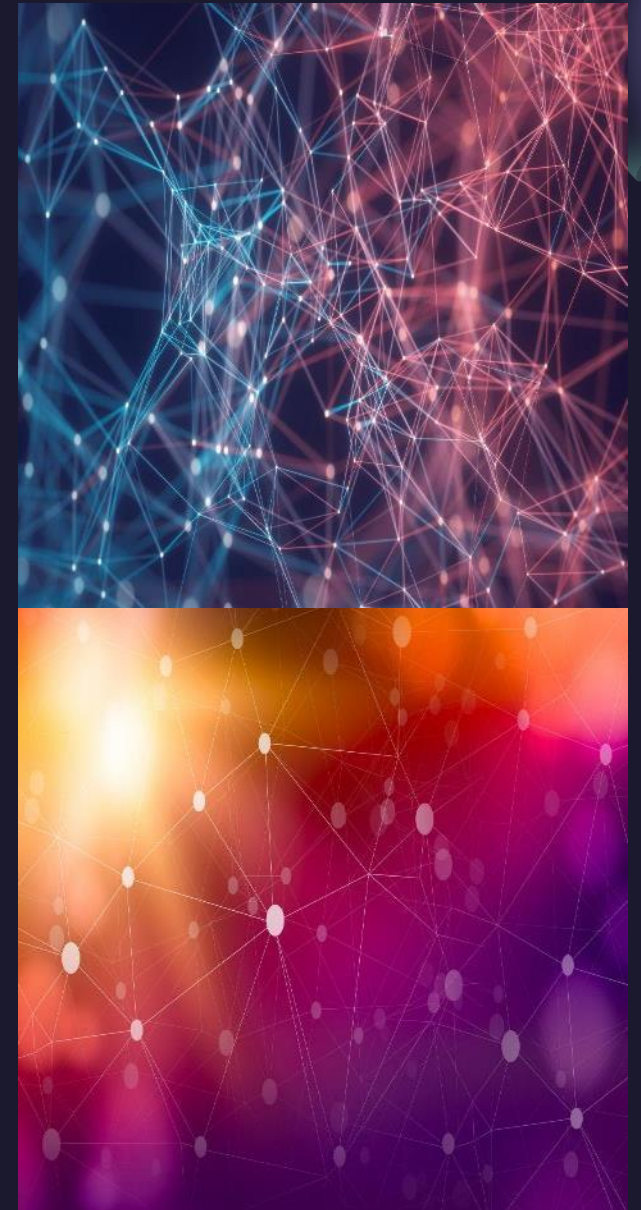




# Special Fasts

## Any Days Except...

- Two days of Eid
- Three days of Al-Tashreeq (11th, 12th, 13th of Dhul-Hijjah)
- Also should not single out just Fridays or Saturdays for fasting
  - Unless fasting a number of days in a row
  - Fridays - our holy day
  - Saturday - Sabbath, day of rest, for lots of previous prophets
  - It is disliked for voluntary (nafl) fasts (not haram), so this doesn't apply to obligatory fasts, i.e. making up Ramadan fasts, which some scholars say you can do on whichever day is practical for you (e.g. Saturday, because it's a weekend)



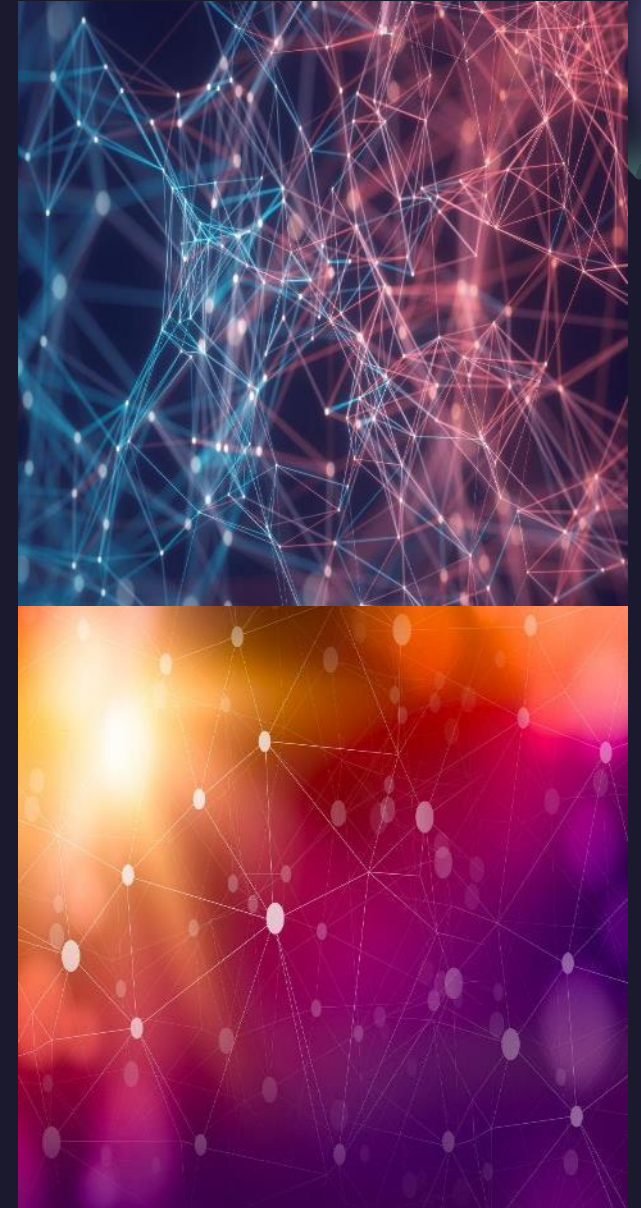
# Special Fasts

Abu Hurayrah said: I heard the Prophet (PBUH) say: **“No one of you should fast on Friday, unless he fasts (a day) before it or after it.”**

[Bukhari (1985) and Muslim (1144)]

‘Abd-Allah ibn Busr, from his sister, that the Messenger of Allah (S) said: **“Do not fast on Saturdays apart from days when you are obliged to fast.** If any one of you cannot find anything other than grape stalks or the twigs of a tree, let him chew it (to make sure that he is not fasting).”

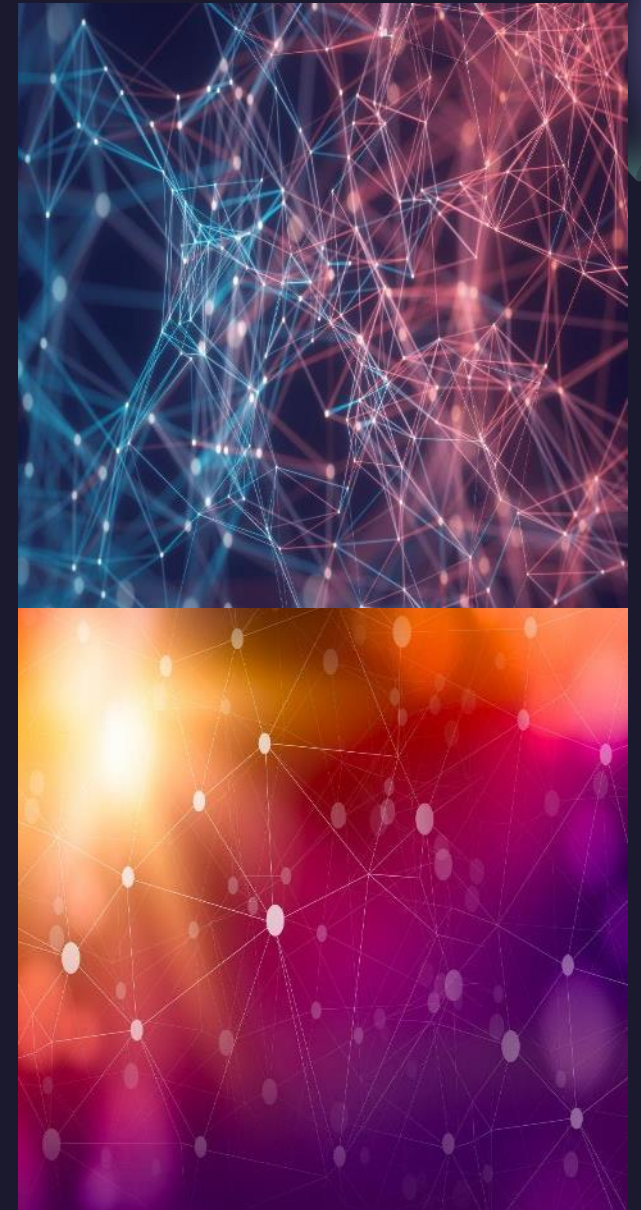
Tirmidhi (744), Abu Dawud (2421) and Ibn Majah (1726), Classed as sahih by al-Albani in al-Irwa (960)



# Take home suggestions...

Why not add the Islamic months to your diary? (see next slides)

1. **Muharram / 'Ashura** - One fast and du'as
2. **Sha'ban** - extra fasts
3. **Ramadan / Laylat Al Qadr**
4. **Rajab** – sacred month
5. **Shawwal** - 6 fasts
6. **Dhul Qa'dah** – sacred month
7. **Dhul Hijjah**
  - First 10 days – good deeds
  - First 9 days – fasting
  - Especially 9<sup>th</sup> day, Day of 'Arafah – fasting, du'as



# 1445 AH

# 2023

# 2024

<b>Muharram</b> 19 <sup>th</sup> July مُحَرَّم 1 JULY / AUGUST	<b>Safar</b> 17 <sup>th</sup> August صَفَر 2 AUGUST / SEPTEMBER	<b>Rabi Al-Awwal</b> 16 <sup>th</sup> September رَبِيعُ الْأَوَّلِ 3 SEPT / OCTOBER
<b>Rabi Al-Thani</b> 16 <sup>th</sup> October رَبِيعُ الْآخِرِ 4 OCTOBER / NOV	<b>Jamada Al-Awwal</b> 15 <sup>th</sup> November جُمَادَى الْأُولَى 5 NOVEMBER / DEC	<b>Jamada Al-Thani</b> 14 <sup>th</sup> December جُمَادَى الْآخِرَةِ 6 DECEMBER / JAN
<b>Rajab</b> 13 <sup>th</sup> January رَجَب 7 JANUARY / FEB	<b>Shaban</b> 11 <sup>th</sup> February شَعْبَانَ 8 FEBRUARY / MARCH	<b>Ramadan</b> 11 <sup>th</sup> March رَمَضَانَ 9 MARCH / APRIL
<b>Shawwal</b> 10 <sup>th</sup> April شَوَّالٍ 10 APRIL	<b>Dhul-Qadah</b> 9 <sup>th</sup> May ذُو الْقَعْدَةِ 11 MAY	<b>Dhul-Hijjah</b> 7 <sup>th</sup> June ذُو الْحِجَّةِ 12 JUNE



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<b>Muharram</b> 7 <sup>th</sup> July مُحَرَّم 1 JULY	<b>Safar</b> 5 <sup>th</sup> August سَفَر 2 AUGUST	<b>Rabi Al-Awwal</b> 4 <sup>th</sup> September رَبِيعُ الْأَوَّلِ 3 SEPTEMBER
<b>Rabi Al-Thani</b> 4 <sup>th</sup> October رَبِيعُ الْآخِرِ 4 OCTOBER	<b>Jamada Al-Awwal</b> 3 <sup>rd</sup> November جُمَادَى الْأُولَى 5 NOVEMBER	<b>Jamada Al-Thani</b> 2 <sup>nd</sup> December جُمَادَى الْآخِرَةَ 6 DECEMBER
<b>Rajab</b> 1 <sup>st</sup> January رَجَب 7 JANUARY	<b>Shaban</b> 31 <sup>st</sup> January شَعْبَانَ 8 FEBRUARY	<b>Ramadan</b> 1 <sup>st</sup> March رَمَضَانَ 9 MARCH
<b>Shawwal</b> 30 <sup>th</sup> March شَوَّالٍ 10 APRIL	<b>Dhul-Qadah</b> 29 <sup>th</sup> April ذُو الْقَعْدَةِ 11 MAY	<b>Dhul-Hijjah</b> 28 <sup>th</sup> May ذُو الْحِجَّةِ 12 JUNE



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<p>Muharram 25<sup>th</sup> June</p> <p>1</p> <p>JULY</p>	<p>Safar 26<sup>th</sup> July</p> <p>2</p> <p>AUGUST</p>	<p>Rabi Al-Awwal 24<sup>th</sup> August</p> <p>3</p> <p>SEPTEMBER</p>
<p>Rabi Al-Thani 23<sup>rd</sup> September</p> <p>4</p> <p>SEPT / OCTOBER</p>	<p>Jamada Al-Awwal 23<sup>rd</sup> October</p> <p>5</p> <p>OCT / NOVEMBER</p>	<p>Jamada Al-Thani 22<sup>nd</sup> November</p> <p>6</p> <p>NOV / DECEMBER</p>
<p>Rajab 21<sup>st</sup> December</p> <p>7</p> <p>DEC / JANUARY</p>	<p>Shaban 20<sup>th</sup> January</p> <p>8</p> <p>JAN / FEBRUARY</p>	<p>Ramadan 18<sup>th</sup> February</p> <p>9</p> <p>FEBRUARY / MARCH</p>
<p>Shawwal 20<sup>th</sup> March</p> <p>10</p> <p>MARCH / APRIL</p>	<p>Dhul-Qadah 18<sup>th</sup> April</p> <p>11</p> <p>APRIL / MAY</p>	<p>Dhul-Hijjah 18<sup>th</sup> May</p> <p>12</p> <p>MAY / JUNE</p>

