



## ISLAMIC COMMUNITY CENTER OF TEMPE

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## **Suggested Daily Program during Ramadan**

- Take advantage of every moment during this blessed month and don't waste your time
- Don't forget your intention (niyyah)
- Don't miss Sahoor (the blessed meal before dawn)
- Pray Fajr and other prayers in the masjid (mosque) if possible
- Behave as a Muslim at work/school
- Introduce Ramadan to your co-workers/classmates
- Your whole body must fast (stomach, tongue, eyes, ears, hands and feet)
- Feel for the less-fortunate and needy
- Give sadaqah (charity) every day even little amount
- Help to feed a fasting person with even one piece of date or a glass of water
- Show the strength of fasting on your daily activities
- Avoid staying under the sun for a longtime so you wouldn't get dehydrated
- Read at least one juz' (part) of the Qur'an daily:  
*An easy formula helps you complete the whole Qur'an within a month:  
read 4 pages after each prayer "4x5x30=600"*
- Increase dua'a (supplication) throughout the day and particularly before you break your fast
- Break your fast on dates/water (avoid heavy meals after Maghrib prayer)
- Attend daily Taraweeh (night) prayers
- Don't forget your parents and relatives
- Spend sometime during the night; praying, reciting Qur'an, and remembering Allah
- Get enough sleep

*Dr. Shabib Alhadheri*