

## MY RAMADAN RESOLUTION FOR 1437H

1. The first thing that comes to my MIND about the Holy Month of Ramadan is:

RAMADAN

- A - Variety of food, Iftar, Suhoor
- B - Hardships, Thirst, Hunger
- C - Spirituality, Being away from sins
- D - Gatherings with friends
- E - Quran and Prayers

2. I have decided the Primary GOAL for this Ramadan to:

GOAL

- A - Be God fearing and increase Taqwa
- B - Build my character
- C - Attain perfection
- D - Increase my spirituality & purify soul
- E - Prepare for death

3. To Improve my Salah (Prayers), I have decided the following:

SALAH

- A - Improve concentration
- B - Understand its meaning
- C - To stand in night prayers (Tahajjud)
- D - To be punctual for Jamaat prayers
- E - Increase my prostrations

4. To improve my relationship with Quran, I have decided the following:

QURAN

- A - Read the whole Quran atleast once (Tilawat)
- B - Memorize a few Surahs (Aayaat)
- C - Learn to recite the Quran correctly (Tajweed)
- D - Understand its meanings & ponder over its verses
- E - Go through the Tafseer

5. To be closer to Allah (SWT), I have decided to recite the following:

DUA

- A - Daily duas for Ramadan
- B - Dua after prayers
- C - Supplications for Iftaar
- D - Duas from Quran & Hadith
- E - Duas with tears

6. From health point of view, I have decided the following:

HEALTH

- A - I will quit smoking
- B - I will control my eating and sleeping habits
- C - I will not over eat
- D - I will prefer fruits & vegetables over fatty foods
- E - I will do some light exercise to keep fit

7. From knowledge point of view, I have decided the following:

KNOWLEDGE

- A - Read Islamic books
- B - Attend Islamic lectures
- C - Start a study circle or Quran translation program
- D - Browse through Islamic websites
- E - Listen to Islamic CDs or Audio cassettes

8. I have decided to work on the following Ma'arof:

MA'AROOF

- A - Arrange for Iftar
- B - Being kind to relatives
- C - Help my neighbours
- D - Lighten the burden of others
- E - Give alms to poor
- F - Respect my elders
- G - Attain good manners and behavior

9. I have decided to shun the following Munkar:

MUNKAR

- A - Telling lies
- B - Speaking ill of others, gheebat
- C - Losing temper
- D - Watching TV, serials, films, etc.
- E - Vain talk

10. For Shab-e-Qadr, I have decided the following:

SHABE QADR

- A - To search it in the odd nights of last 10 days
- B - To seek forgiveness for past sins
- C - To ask for guidance for future
- D - Recite Quran
- E - To stand in prayers