

## Some Common Mistakes in Ramadaan

Lets Strive Not to Repeat the Same.

### **1 : Taking Ramadaan as a ritual**

For many of us Ramadaan has lost its spirituality and has become more of a ritual than a form of Ibaadah. We fast from morning to night like a zombie just because everyone around us is fasting too. We forget that its a time to purify our hearts and our souls from all evil....we forget to make dua, forget

to beseech Allaah to forgive us and ask Him to save us from the Fire. Sure we stay away from food and drink but that's about all.

Although the Prophet (Sal Allaahu Alaiyhi wa Sallam) said:

"Jibreel said to me, May Allaah rub his nose in the dust, that person to who Ramadaan comes and his sins are not forgiven, and I said, Ameen.

Then he said, May Allaah rub his nose in the dust, that person who lives to see his parents grow old, one or both of them, but he does not enter Paradise (by not serving them) and I said, Ameen.

Then he said, May Allaah rub his nose in the dust, that person in whose presence you are mentioned and he does not send blessings upon you, and I said, Ameen.”

(Tirmidhi, Ahmad, others. Saheeh by

al-Albaani)

## **2 : Too much stress on food and drink**

For some people, the

entire month of  
Ramadaan revolves  
around food. They spend  
the ENTIRE day planning,  
cooking, shopping and  
thinking about only food,  
instead of concentrating  
on Salaah, Quraan and  
other acts of worship. All  
they can think of is  
FOOD. So much so that  
they turn the month of

fasting into the month of feasting. Come Iftaar time, their table is a sight to see, with the multitudes and varieties of food, sweets and drinks. They are missing the very purpose of fasting, and thus, increase in their greed and desires instead of learning to control them. It is also a kind of

waste & extravagance.

".....and eat and drink but  
waste not by  
extravagance, certainly  
He (Allaah) likes not  
Al-Musrifoon (those who  
waste by extravagance) "  
[al-Araaf :31]

# 3 : Spending all day cooking

Some of the sisters  
(either by their own  
choice or forced by  
their husbands) are



cooking ALL day  
and ALL night, so  
that by the end of  
the day, they are  
too tired to even  
pray Isha, let  
alone pray  
Taraweeh or  
Tahajjud or even

read Quraan. This is the month of mercy and forgiveness. So turn off that stove and turn on your Imaan!

# 4 : Eating too much

Some people  
stuff

themselves at  
Suhoor until  
they are ready  
to burst,  
because they  
think this is the  
way to not feel

hungry during  
the day and  
some people  
eat at Iftaar,  
like there is no  
tomorrow,  
trying to make

up for the food  
missed.

However, this is  
completely  
against the  
Sunnah.

Moderation is

the key to  
everything.

The Prophet  
(Sal Allaahu

Alaiyihi wa  
Sallam) said:  
"The son of  
Adam does not  
fill any vessel  
worse than his  
stomach; for



the son of  
Adam a few  
mouthfuls are  
sufficient to  
keep his back  
straight. If you  
must fill it, then

one-third for  
food, one-third  
for drink and  
one-third for  
air." (Tirmidhi,  
Ibn Maajah.  
saheeh by

al-Albaani).

Too much food  
distracts a  
person from

many deeds of  
obedience and  
worship, makes  
him lazy and  
also makes the  
heart heedless.

It was said to  
Imam Ahmad:  
Does a man  
find any  
softness and  
humility in his  
heart when he

is full? He said,  
I do not think  
so.

# 5 : Sleeping all day

Some people

spend their  
entire day (or  
a major part  
of it)  
sleeping  
away their



fast. Is this  
what is really  
required of  
us during  
this noble  
month?

These  
people also  
are missing  
the purpose  
of fasting  
and are

slaves to  
their desires  
of comfort  
and ease.  
They cannot  
bear to be

awake and  
face a little  
hunger or  
exert a little  
self-control.  
For a fasting

person to  
spend most  
of the day  
asleep is  
nothing but,  
negligence

on his part.

# 6 : Wasting time

The month  
of  
Ramadaan  
is a  
precious,



precious  
time, so  
much so  
that Allaah  
calls this

month

"Ayyamum

Madoodaat

" (A fixed

number of

days).

Before we

know it,

this month

of mercy

and  
forgiveness  
s will be  
over. We  
should try

and spend

every

moment

possible in

the

worship of  
Allaah so  
that we  
can make  
the most of

this

blessing.

However,

there are

some of us

who waste  
away their  
day playing  
video  
games, or



worse still,  
watching  
TV, movies  
or even  
listening to

music.

Subhaan

Allaah!

Trying to

obey

Allaah by  
DISOBEYI  
NG him!

**7 :**

**Fasting**

**but not**

**giving up**

**evil**

Some of  
us fast  
but do not  
give up

lying,  
cursing,  
fighting,  
backbitin

g, etc.

and some

of us fast

but do not

give up  
cheating,  
stealing,  
dealing in



haraam,  
buying  
lotto  
tickets,

selling  
alcohol,  
fornicatio  
n, etc.

and all  
kinds of  
impermissi-  
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things  
without  
realizing  
that the

purpose  
of fasting  
is to not  
stay away

from food  
and drink;  
rather the  
aim

behind it  
is to fear  
Allaah.

"O you  
who  
believe!  
Fasting is



prescribe  
d for you  
as it was  
prescribe

d for

those

before

you, that

you may  
become  
Al-Muttaq  
oon (the

pious)"

[al-Baqar

ah 2:183]

# The Prophet (Sal Allaahu

Alaiyhi

wa

Sallam)

said:

"Whoever  
does not  
give up  
false

speech  
and  
acting  
upon it,



and  
ignorance  
, Allaah  
has no

need of

him

giving up

his food

and

drink."

(Bukhaari  
)

8 :

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Smoking

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Ramada

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al-Khab  
aaith  
(evil



things).

And this

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ALL

kinds of  
smoking  
material  
eg. cigar

s,  
cigarette  
s, pipes,  
sheesha

, hookah  
etc.

"he  
allows  
them as  
lawful At

Tayyiba

at (all

good

and

lawful  
things),  
and  
prohibits

them as

unlawful

Al

Khabaa'i



th (all  
evil and  
unlawful  
things)

[al-Araaf  
:157]

It is  
harmful,  
not only  
to the

one  
smoking  
, but  
also to

the ones

around

him. It is

also a

means  
of  
wasting  
ones

wealth.

# The Prophet (Sal Allaahu



Alaiyyhi  
wa  
Sallam)  
said:

"There  
should  
be no  
harming

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reciprocat  
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harm."

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especially  
y true  
during

fasting  
and it  
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fast.

(Fatwa

-Ibn

Uthaym

een)

9 :

Skippin

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Suhoor





# The Prophet (Sal

Allaahu

Alaiyhi

wa

Sallam)

said:

"Eat

suhoor

for in

suhoor

there is  
blessin  
g." (Buk

haari,  
Muslim)



And he

(Sal

Allaahu



Alaiyyhi

wa

Sallam)

said:

"The

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tiates

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n our  
fasting

and the  
fasting  
of the

# People of the Book is

eating  
suhoor.

”

(Muslim  
)



**10 :**

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**Suhoo**

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Allaah

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dawn:

"and

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drink

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(light)

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[al-Baq

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2:187]

And

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(pbuh)

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(Buk

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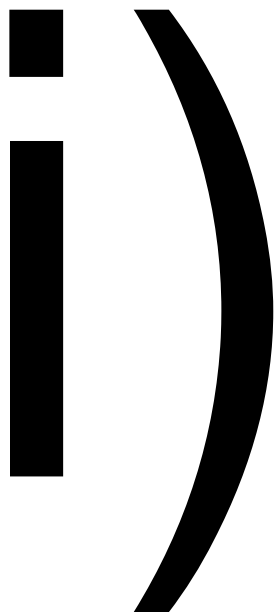
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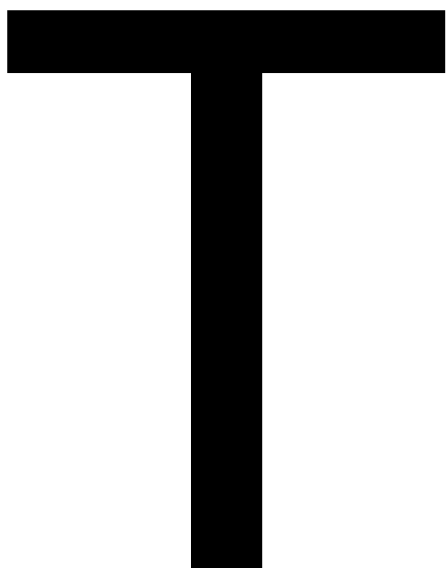
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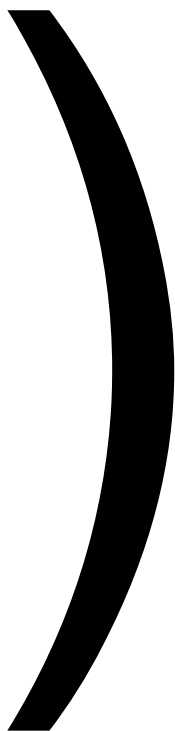
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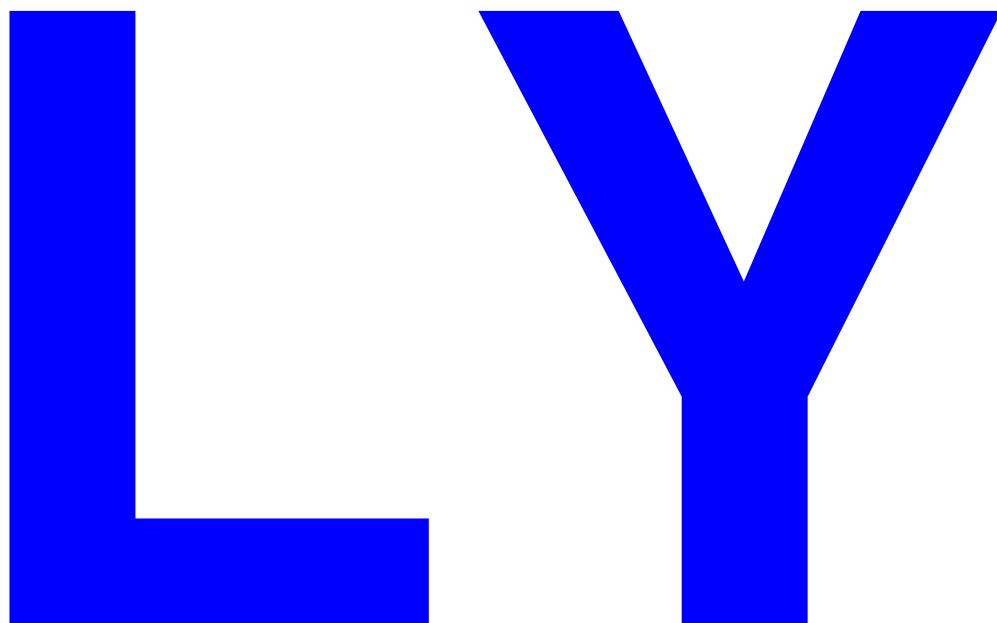
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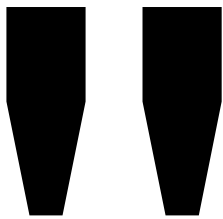
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## Some Common Mistakes in Ramadaan

Sunday, 23 August 2009 22:57

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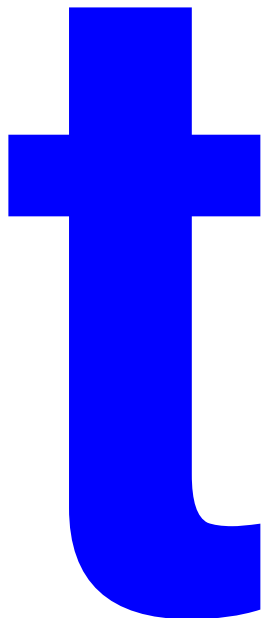
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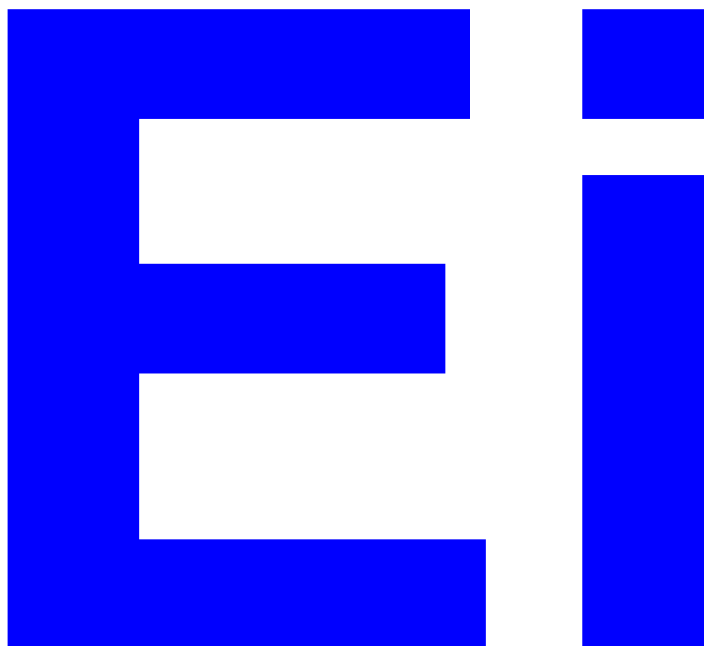


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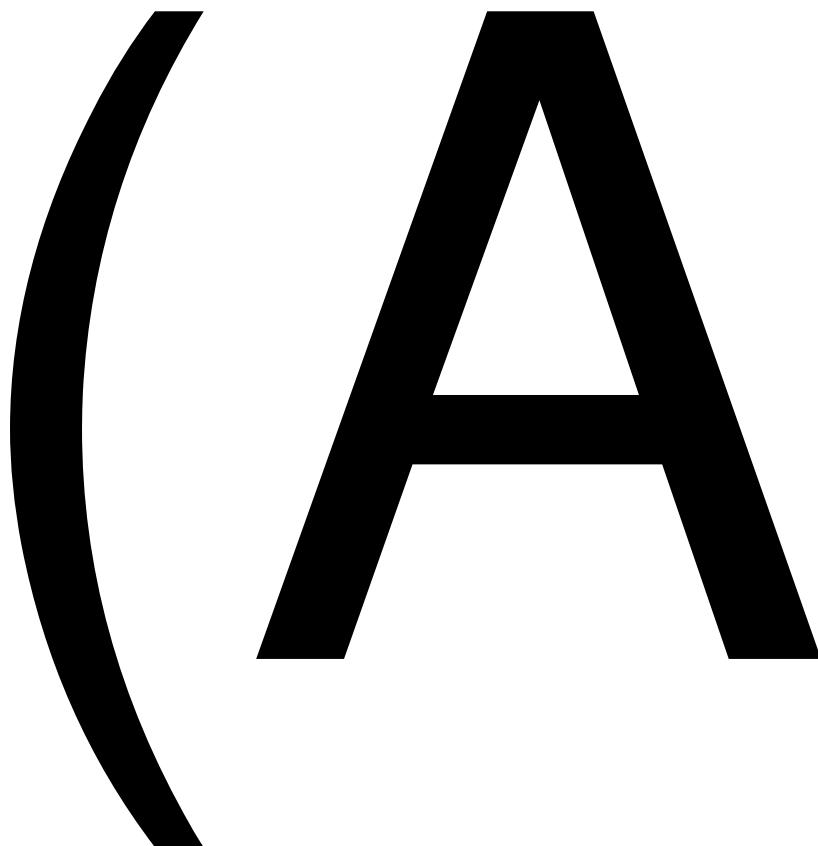
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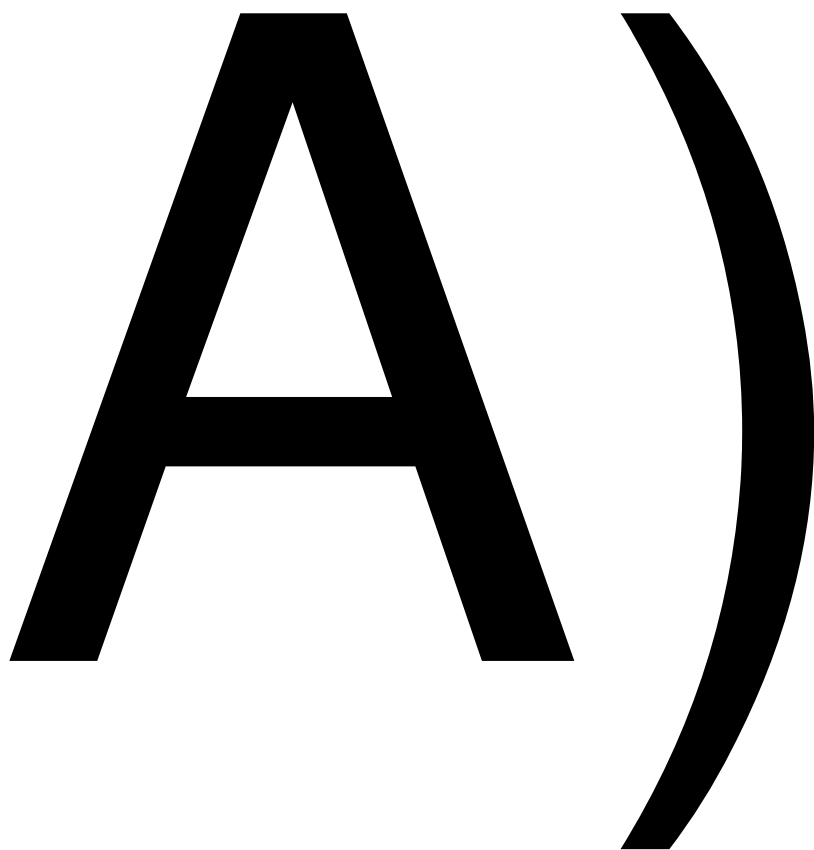
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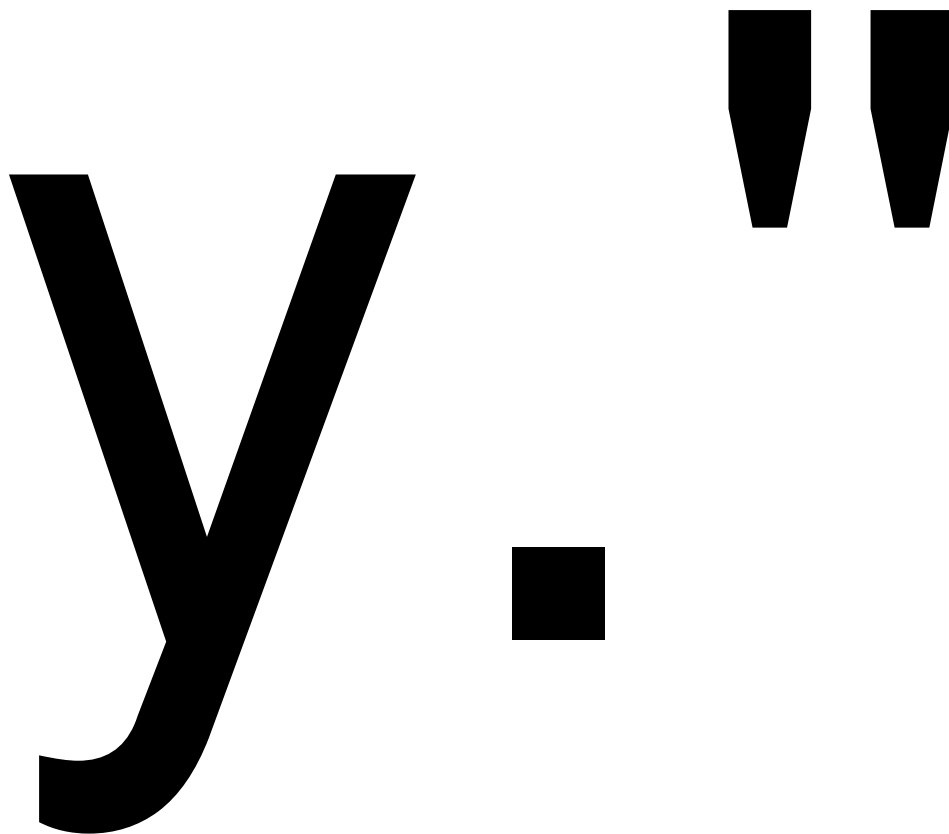
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## Some Common Mistakes in Ramadaan

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