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Chaplaincy Services
RESOURCES FOR RAMADAN

رمضان كريم
Ramadan Kareem



The Prayer of Fasting Intention

With most things in Islam, like going for the spiritual pilgrimage of Hajj or even praying the five daily prayers, fasting starts with making a du'a, or prayer, for intending to fast, which is called the niyyat. This prayer serves as a notice to God that you intend with your heart and soul to fast during Ramadan for His pleasure. It can be done once before the month begins, or every morning at suhoor, the pre-dawn meal before fasting begins.

You basically state to yourself (as God is your witness) your intention to fast, in whatever language you speak. For example, you can say to yourself, "Oh Allah, I intend to fast today in accordance with your laws and for your benefit. Please accept my fast, forgive my faults, and bring me closer to you."

Source: "Fasting Rules from Islamic Laws" by Ayatullah Seestani and "Lectures on Fiqh" by Maulana Sadiq Hasan

The Prayer for Breaking the Fast

Fasting does not end unless this prayer is recited:

"Allahuma inni laka sumtu wa bika aamantu wa 'alayka tawakkaltu wa 'ala rizq-ika aftarthu."



Oh Allah! I fasted for You and I believe in You [and I put my trust in You] and I break my fast with your sustenance.

Prayer for Forgiveness

Ramadan is a time when Muslims are told through the Qur'an and in hadiths that God will absolve them of their sins if they engage in sincere worship and repentance. The following prayer is a good one to recite during Ramadan to ask for Allah's forgiveness:

"Allahumma inni as'aluka birahmatika al-lati wasi'at kulli shay'in an taghfira li."

Oh Allah, I ask You by Your mercy which envelopes all things, that You forgive me.

This is a prayer that Abdullah ibn Amar, a companion of the Prophet Muhammad, used to recite as he was

Taraweeh Prayers



There are infinite prayers that Muslims recite during Ramadan--ones from the Qur'an, ones from hadiths, and others that companions of the Prophets and Islamic scholars recited. But a special type of prayer exclusive to the month of Ramadan are taraweeh prayers, which are special prayers said at night after breaking fast with physical movements akin to those Muslims do during their five daily prayers.

In taraweeh prayers, a hafiz, or one who has memorized the Qur'an, recites one chapter of the Qur'an each night while followers stand behind and pray along. Over the course of Ramadan, the Qur'an is recited in its entirety, one chapter at a time. As reading the Qur'an (and finishing it, if you can), is highly recommended during Ramadan, attending taraweeh prayers is a great way to absorb the virtues of the Qur'an in a congregational setting.

Prayers of Zikr

A great way to connect with God while doing all the mundane chores of daily life (driving, waiting in line, preparing the evening meal), is to recite over and over these short phrases:

Subhan'allah, an expression used by Muslims to express strong feelings of joy or relief and recalls how everything Muslims have is thanks to Allah.

Alhamdulillah, or "Praise be to God!" (It is a Qur'anic exclamation with a similar meaning as hallelujah.)

Astaghfirullah, which means "I seek forgiveness from God."

Allahu Akbar, or "God is the Greatest."



Prayer for the First 10 Days of Ramadan

Muslims scholars agree that Ramadan is such a holy month that any sort of prayer, whether it is a personal one from your heart or one from the Qur'an or other Islamic sacred texts, will surely be received by Allah and the rewards for those prayers will be numerous. But the Prophet Muhammad did recommend Muslims to recite certain du'as at particular times during Ramadan. For example, during the first 10 days of the months, reciting the following prayer provides extra benefits:

"Rabbigh fir war hum wa anta khair ur rahimeen."

Oh my Lord and Sustainer please forgive me and be merciful to me. You are the best amongst those who show mercy.

Source: Reported from the Prophet Muhammad from hadith

Prayer for Second 10 Days of Ramadan

This prayer, which is from the Qur'an, was recommended by the Prophet Muhammad to be recited as much as possible during the second 10 days of Ramadan for maximum rewards and forgiveness of sins.

"Allahumma innaka afuwun tuhibbul afuwa faafu anna."

Oh Allah indeed you are the greatest pardoner and you like the act of pardoning. Hence, please forgive us.

Source: Reported from the Prophet Muhammad from hadith.



Prayer for the Third 10 days of Ramadan

This particular prayer was recommended by the Prophet Muhammad to be recited during the last 10 days Ramadan as much as possible. It beseeches God to forgive us, because God is indeed the best at forgiving humans for their mistakes.

"Astaghfirullah rabbi min kulli zambin wa atabu ilaih."

I seek forgiveness of all my sins from Allah who is my lord and sustainer and I return back in repentance to him alone.

Source: Reported from the Prophet Muhammad from hadith.



Prayers on Laylat Al Qadr, or Night of Power



As beneficial all prayers are during Ramadan, any prayers recited on Laylat Al Qadr, or "The Night of Power," receive the most reward. Laylat Al Qadr is one of the holiest nights of Ramadan. It falls on the night of one of the odd days during the last 10 days of Ramadan and is widely believed to fall on the 27th fast of the month. The night is commemorated as when the Prophet Muhammad received the first revelation of the Qur'an.

Most mosques try and complete the recitation of the Qur'an on Laylat Al Qadr, and it is recommended for Muslims to attend taraweeh prayers at their local mosque on this night. Muslims often try to spend the entire night in prayer, reciting surahs from the Qur'an and all sorts of prayers and supplications, whether personal or from scripture. The importance of prayer and devotion on this night is unimaginable, as the Qur'an calls this night "better than a thousand months."

30 Daily Ramadan Prayers

Salaam and Greetings of Peace:

RAMADAN KAREEM! –

Irving Karchmar – poet, writer and editor for many years, and a darvish of the Nimatullahi Sufi Order since 1992

Ramadan Dua: DAY 1

ALLAH, on this day make my fasts the fasts of those who fast (sincerely), and my standing up in prayer of those who stand up in prayer (obediently), awaken me in it from the sleep of the heedless, and forgive me my sins, O God of the worlds, and forgive me, O one who forgives the sinners.

Ramadan Dua: DAY 2

ALLAH, on this day, take me closer towards Your pleasure, keep me away from Your anger and punishment, grant me the opportunity to recite Your verses (of the Qur'an), by Your mercy, O the most Merciful.

Ramadan Dua: DAY 3

ALLAH, on this day, grant me wisdom and awareness, keep me away from foolishness and pretension, grant me a share in every blessing You send down, by Your generosity, O the most Generous.

Ramadan Dua: DAY 4

ALLAH, on this day, strengthen me in carrying out Your commands, let me taste the sweetness of Your remembrance, grant me, through Your graciousness, that I give thanks to You. Protect me, with Your protection and cover, O the most discerning of those who see.

Ramadan Dua: DAY 5

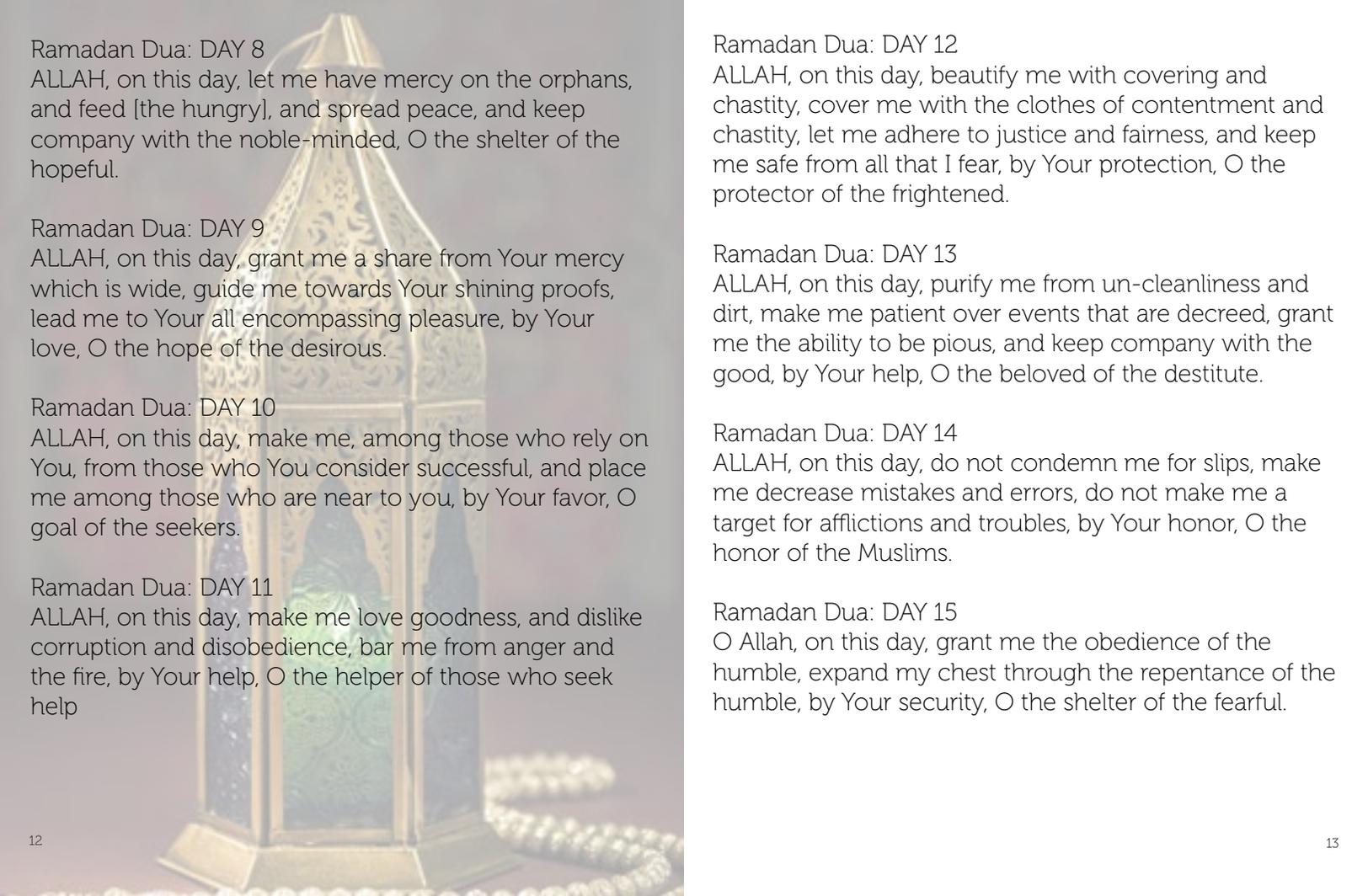
ALLAH, on this day, place me among those who seek forgiveness. Place me among Your righteous and obedient servants, and place me among Your close friends, by Your kindness, O the most Merciful.

Ramadan Dua: DAY 6

ALLAH, on this day, do not let me abase myself by incurring Your disobedience, and do not strike me with the whip of Your punishment, keep me away from the causes of Your anger, by and Your power, O the ultimate wish of those who desire.

Ramadan Dua: DAY 7

ALLAH, on this day, help me with its fasts and prayers, and keep me away from mistakes and sins of the day, grant me that I remember You continuously through the day, by Your assistance, O the Guide of those who stray.



Ramadan Dua: DAY 8

ALLAH, on this day, let me have mercy on the orphans, and feed [the hungry], and spread peace, and keep company with the noble-minded, O the shelter of the hopeful.

Ramadan Dua: DAY 9

ALLAH, on this day, grant me a share from Your mercy which is wide, guide me towards Your shining proofs, lead me to Your all encompassing pleasure, by Your love, O the hope of the desirous.

Ramadan Dua: DAY 10

ALLAH, on this day, make me, among those who rely on You, from those who You consider successful, and place me among those who are near to you, by Your favor, O goal of the seekers.

Ramadan Dua: DAY 11

ALLAH, on this day, make me love goodness, and dislike corruption and disobedience, bar me from anger and the fire, by Your help, O the helper of those who seek help

Ramadan Dua: DAY 12

ALLAH, on this day, beautify me with covering and chastity, cover me with the clothes of contentment and chastity, let me adhere to justice and fairness, and keep me safe from all that I fear, by Your protection, O the protector of the frightened.

Ramadan Dua: DAY 13

ALLAH, on this day, purify me from un-cleanliness and dirt, make me patient over events that are decreed, grant me the ability to be pious, and keep company with the good, by Your help, O the beloved of the destitute.

Ramadan Dua: DAY 14

ALLAH, on this day, do not condemn me for slips, make me decrease mistakes and errors, do not make me a target for afflictions and troubles, by Your honor, O the honor of the Muslims.

Ramadan Dua: DAY 15

O Allah, on this day, grant me the obedience of the humble, expand my chest through the repentance of the humble, by Your security, O the shelter of the fearful.

Ramadan Dua: DAY 16

ALLAH, on this day, grant me compatibility with the good, keep me away from patching up with the evil, lead me in it, by Your mercy, to the permanent abode, by Your Godship, O the God of the worlds.

Ramadan Dua: DAY 17

ALLAH, on this day, guide me towards righteous actions, fulfill my needs and hopes, O One who does not need explanations nor questions, O One who knows what is in the chests of the (people of the) world. Bless Muhammad and his family, the Pure.

Ramadan Dua: DAY 18

ALLAH, on this day, make me love goodness, and dislike corruption and disobedience, bar me from anger and the fire [of Hell], by Your help, O the helper of those who seek help.

Ramadan Dua: DAY 19

ALLAH, on this day, multiply for me its blessings, and ease my path towards its bounties, do not deprive me of the acceptance of its good deeds, O the Guide towards the clear truth.

Ramadan Dua: DAY 20

ALLAH, on this day, open for me the doors of the heavens, and lock the doors of Hell from me, help me to recite the Qur'an, O the One who sends down tranquility into the hearts of believers.

Ramadan Dua: DAY 21

ALLAH, on this day, show me the way to win Your pleasure, do not let Shaytan have a means over me, make Paradise an abode and a resting place for me, O the One who fulfills the requests of the needy.

Ramadan Dua: DAY 22

ALLAH, on this day, open for me the doors of Your Grace, send down on me its blessings, help me towards the causes of Your mercy, and give me a place in the comforts of Paradise, O the one who answers the call of the distressed.

Ramadan Dua: DAY 23

ALLAH, on this day, wash away my sins, purify me from all flaws, examine my heart with (for) the piety of the hearts, O One who overlooks the shortcomings of the sinners.

Ramadan Dua: DAY 24

ALLAH, on this day, I ask You for what pleases You, and I seek refuge in You from what displeases You, I ask You to grant me the opportunity to obey You and not disobey You, O One who is generous with those who ask

Ramadan Dua: DAY 25

ALLAH, on this day, make me among those who love Your friends, and hate Your enemies, following the way of Your last Prophet, O the Guardian of the hearts of the Prophets.

Ramadan Dua: DAY 26

ALLAH, on this day, make my efforts worthy of appreciation, and my sins forgiven, my deeds accepted, my flaws concealed, O the best of those who hear.

Ramadan Dua: DAY 27

ALLAH, on this day, bestow on me the blessings of Laylatul Qadr, change my affairs from (being) difficult to (being) easy, accept my apologies, and decrease for me [my] sins and burdens, O the Compassionate with His righteous servants.

Ramadan Dua: DAY 28

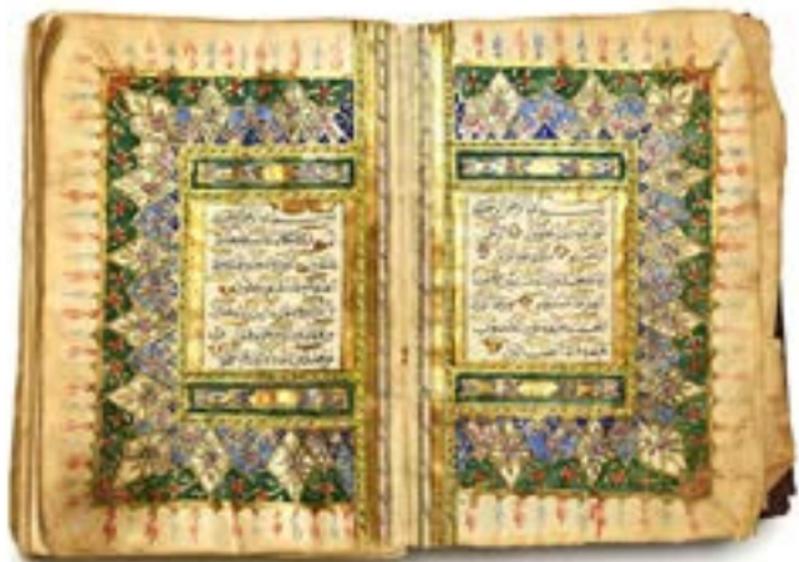
ALLAH, on this day, grant me a share in its nawafil (recommended prayers), honor me by attending to my problems, make closer the means to approach You, from all the means, O One who is not preoccupied by the requests of the beseechers.

Ramadan Dua: DAY 29

O ALLAH, on this day, cover me with Your mercy, grant me in it success and protection, purify my heart from the darkness of false accusations, O the Merciful to His believing servants.

Ramadan Dua: DAY 30

O ALLAH, on this day, make my fasts worthy of appreciation and acceptance, according to what pleases You, and pleases the Messenger, the branches being strengthened by the roots, for the sake of our leader, Muhammad, and his purified family. Praise be to ALLAH, the Lord of the worlds.



Resources provided by the Office of InterFaith Pastoral and Spiritual Care. For more information call 202-476-3321. If you are in the hospital and would like to have a chaplain visit, or need other resources, please call 202-476-3070 and ask to have a chaplain paged.