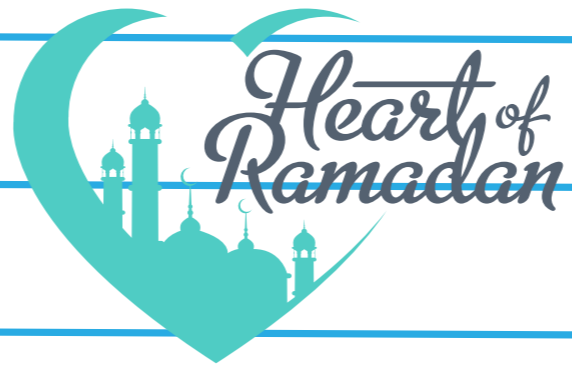




NEW MUSLIM
ACADEMY



12 PIECES OF ADVICE FROM
NEW MUSLIMS



Starting Ramadan as a new Muslim is understandably a bit confusing, even nerve-racking.

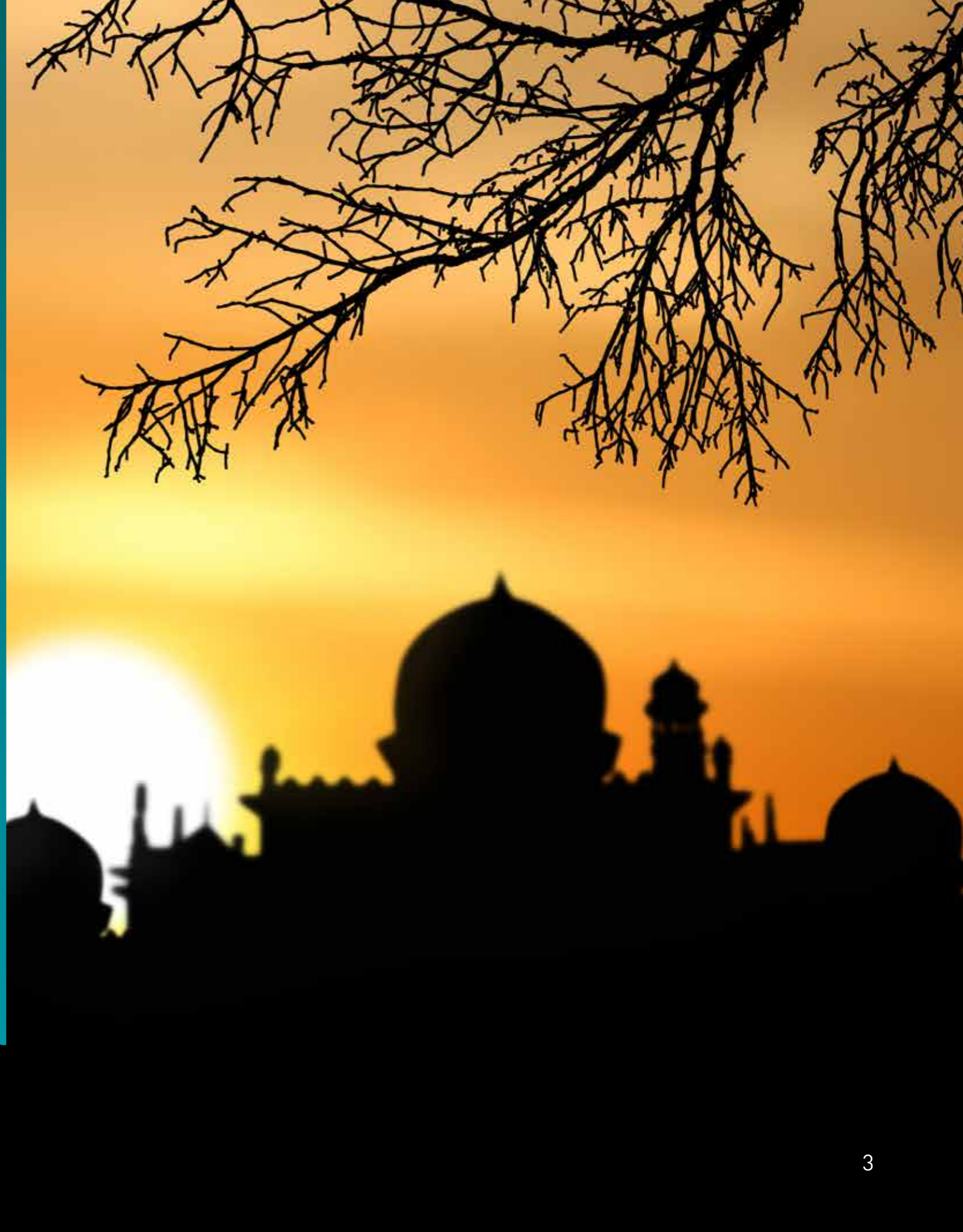
But it doesn't have to be.

We spoke to those who have been Muslim more than 5 years and remember what it's like to experience your first Ramadan.

They share the following 12 pieces of advice.

01

If your family is giving you a hard time about your fasting, realize it's just a new concept for them and that they care for your well being. Don't let it get to you; in fact appreciate that they care for you. Stay positive and know it will get better soon enough.



02

Talk to your family about the spirit and essence of Ramadan, that it's a time to appreciate our blessings and come closer to God. As an opportunity to spend with family, invite them to try fasting one day out of the month in solidarity. Break your fast together and celebrate an accomplishment (even joke about it).



03

Involve your non-fasting friends and family with your countdowns. Make a fun game out of it and let them know you're ok with them eating in front of you. Make them feel comfortable.

04

Seek out support from other Muslims in your community whether locally or online. The New Muslim Academy is here for you as a source of support, solidarity, and community.

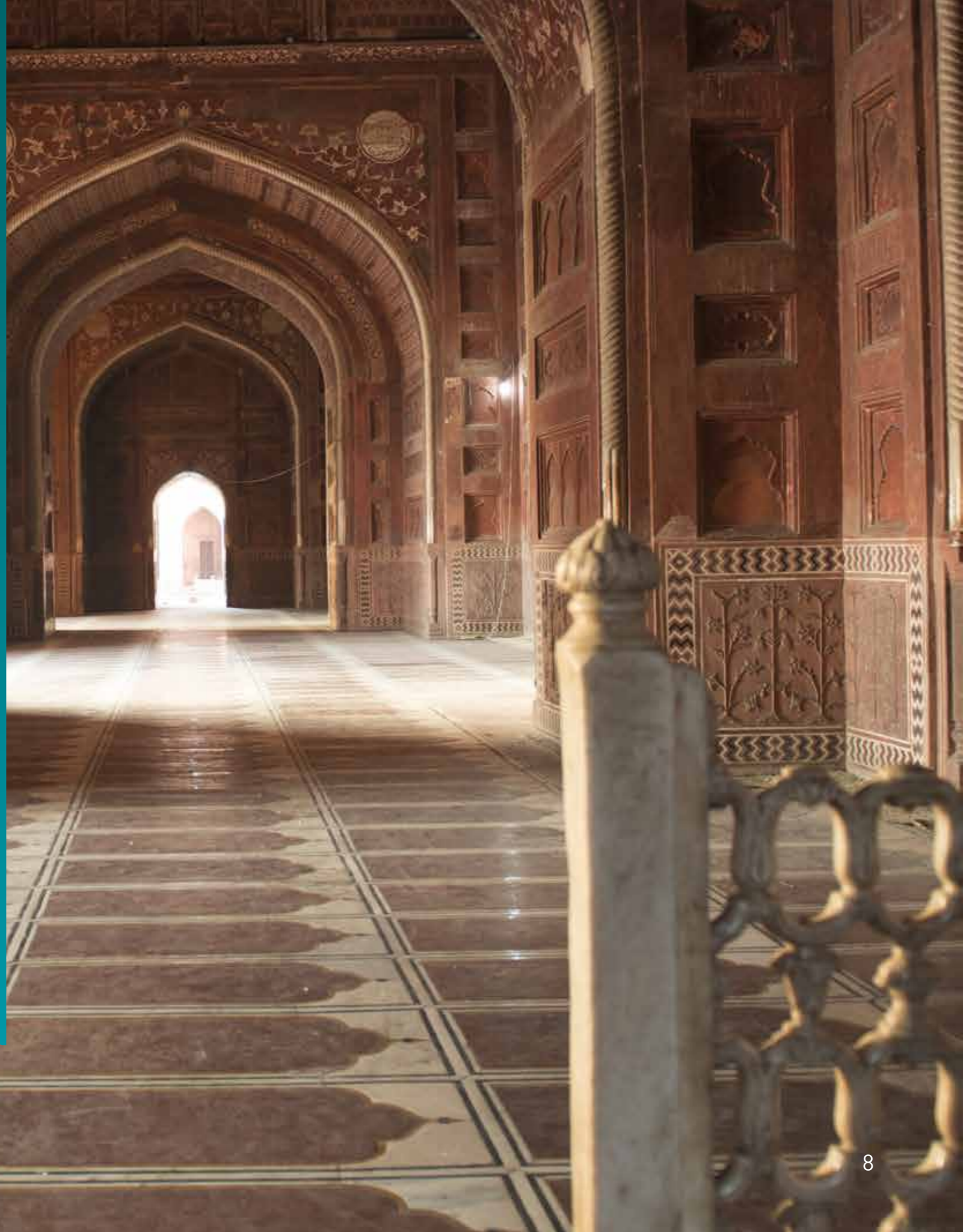


05

Eating the pre-dawn meal in the middle of the night can seem lonely. Reframe and consider it as an opportunity to come closer to Allah, spending alone time with Him. Know you are loved by the One whose Love is limitless.

06

Don't feel like you must know everything there is to know about Ramadan. It's ok and expected that you're still learning. Commit to learning just one thing at a time until you are comfortable and ready.



07

Do it your way. You might feel pressured to follow the habits of other Muslims, but realize that's just their way of sharing their experience. Ramadan is your own experience so make your own tradition. Buy the foods you enjoy and make you happy. Indulge in the activities that make you comfortable.



08

You don't have to read Quran in Arabic at this stage. It's ok to come closer to the Quran in the best way you know how. Read it in the language you understand and the parts you enjoy the most. The important thing is that you enjoy the process.



09

You're not a bad Muslim for not wanting to join communal prayers at night. It's actually praiseworthy to want to pray alone at home. Whichever option you choose, do it because it's what makes you comfortable.



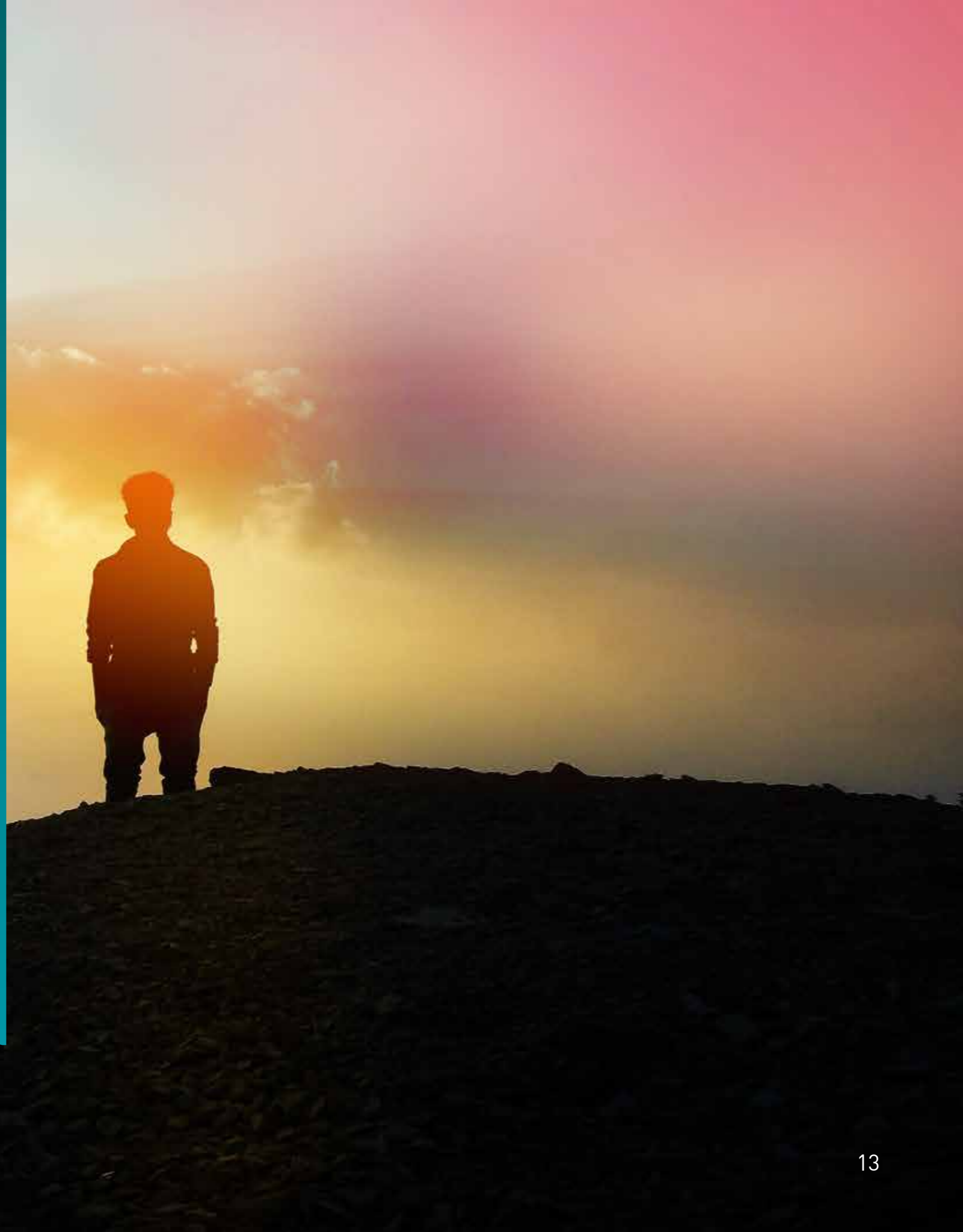
10

Don't underestimate the power of supplication (Dua). Ask Allah for assistance in fasting, working, exams, praying, etc. If there is anything you feel or find difficult, know that Allah has the power to make it easy for you. In the end, realize we are human and mistakes are expected. The important part is not to lose hope, to seek assistance with Allah, and move on.



11

It's ok to feel sad during Ramadan. You're not a bad Muslim for feeling sad or tired. It's normal to think about your past traditions before Islam and to long for family holidays and traditions. Remember that Allah is closer to you than anyone and knows you and your feelings better than you know yourself.



12

It's ok to invite your non-Muslim family to celebrate Eid with you by sharing gifts or planning an outing.

