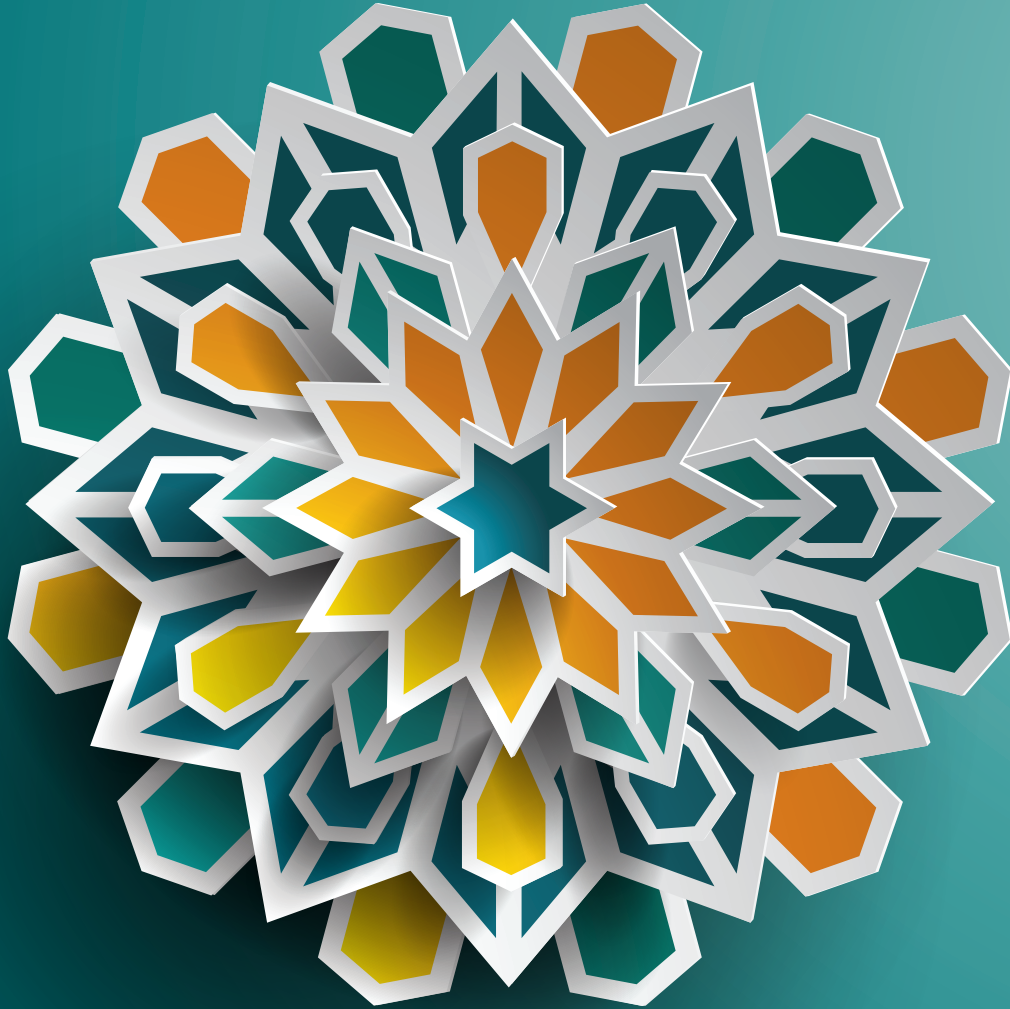
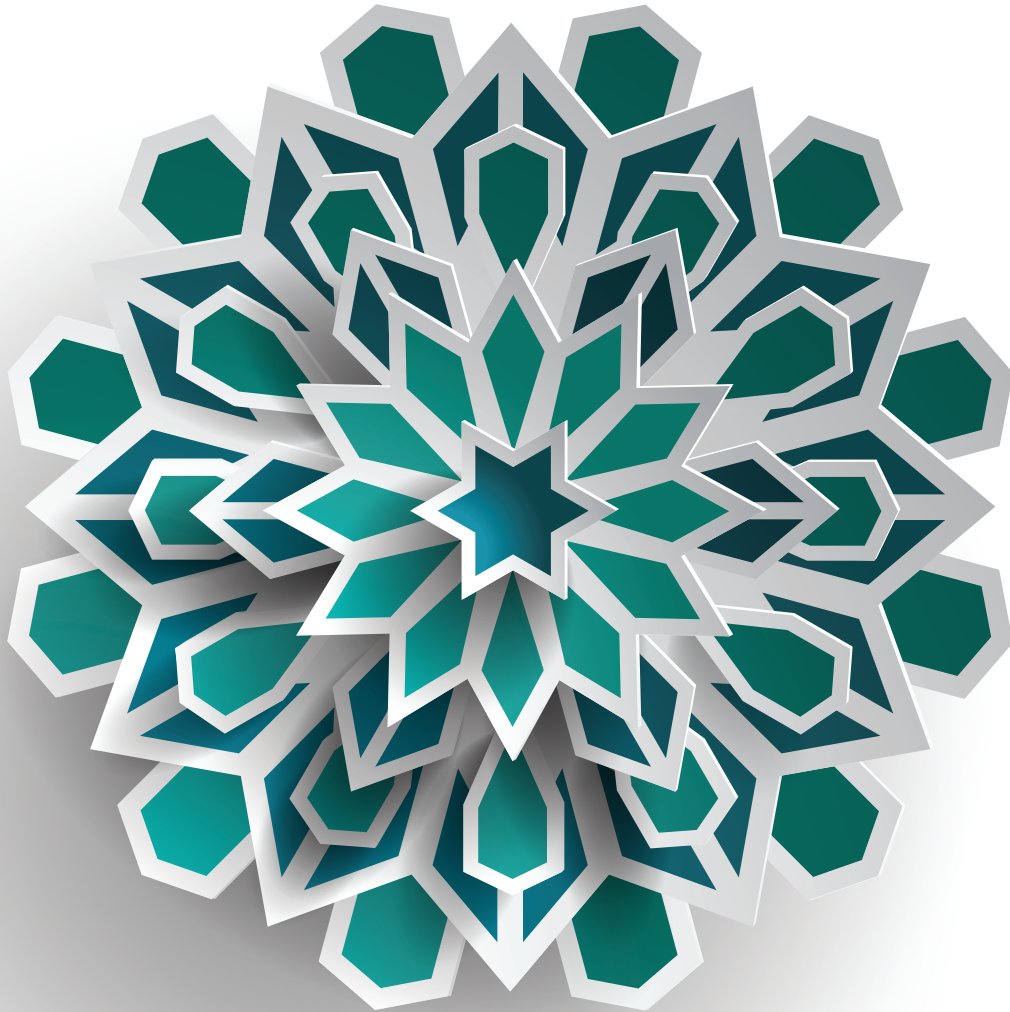




NEW MUSLIM
ACADEMY



STEER OUT OF THE
Ramadan
SLOW-LANE



You made your plan. You followed it closely for the first week or so of Ramadan. You have been able to do most of the things on your daily list. You were getting close to success in some of your early goals, and then, you relaxed. You did the minimal. Well, don't beat yourself up about it. We've all been there, which is why there's a whole ebook about it! So now, you have a reminder to snap you back: wait a second, this is Ramadan we're in here!

In this ebook, you will find some tips and tricks to get back into the Ramadan groove. We will explore the cause of the slow-down, offer some ideas to get you back on track, and keep you there for the grand finale: the great, last ten days of Ramadan.

NOW, FOR PLAN B

First of all, with all the waking up to eat, or going to bed late due to worship and the rest of life in between, you may have forgotten to ask God for help. Do that now. Ask God for help with a great plan for Ramadan that will help you out of the slow lane.

You may not need a plan B, if your Ramadan plan was do-able. Perhaps you didn't make time to engineer a Ramadan plan. This is one way out of the Ramadan slow-lane. There's nothing stopping you from planning now! Create a plan that includes all your wishes and wants for your personal growth during Ramadan, including your relationship with the Quran, fasting or feeding others, and prescribed ritual devotions. Nothing you do will be a waste. No goal is too small. Get in the habit of looking at your plan every morning.

Baby steps may be just what you need to get back into your former energized self. Plan B may be an altered plan. It is possible in your motivation to get success in Ramadan, you planned a bit beyond yourself and maybe you let go of the plan altogether because you found you just couldn't live up to it. That is normal, but don't throw the whole plan out: modify it. Relax a bit on some of your goals, and you will find, God willing, the ease you have on yourself will be rewarded with getting stuff done!



A MONTH IS SHORTER THAN YOU THINK

Find a month calendar and mark it with the dates during Ramadan, 1-29/30. Color in or check off the days that have already passed. This is a visual reminder that time is passing! We might just be looking at getting to the end of Ramadan as a goal, but our goals should be bigger!

Ramadan is a life-changing time. It is a time when you look deep inside, see the stuff you want to change, and change it. Did you know that mental health experts agree that it takes around a month's time to make or break a habit? Consider that Ramadan is a time for you to get in line with how God wants you to live. It is made so clear in this report from the Messenger of God:

“WHOEVER DOES NOT GIVE UP FALSE SPEECH AND ACTING UPON IT, GOD HAS NO NEED OF HIS GIVING UP HIS FOOD AND DRINK.”



It is amazing when you consider that God planned for this period to be exactly one month long. Your brain can do it, and your brain can make your body do it, too. The good news is that you may not need to physically do anything (we're all tired, right?). Just use your mind. Ponder your situation, and consider that a third or a half of the month is already gone. This month is a precious opportunity to focus without the distraction of food and drink and other pleasures on our souls. It is just a month, and it's made up of individual days, the days made up of hours....

A JOURNEY OF A THOUSAND MILES...

If you are finding each day to drag out, then you could plan right down to the time period after each of your prescribed ritual devotions! Maybe that's a little much, but imagine how much you can get done, if you give yourself small tasks, broken up over 5 times a day! For example, if you wanted to read 10 pages of the Quran, the translation or another Islamic book each day, that seems like a lot. If you divide it up, and read a little after each of your prescribed ritual devotions all day, then it's just two pages each time you open the book. The mountain becomes a little set of molehills!



When you consider the beautiful recommended supplications that Muslims say in the times before bed, and just after waking up, they have to do with being given life after death. Each time we lay our heads down, could be the last time we do so. When we wake up, that means we are given another chance to improve ourselves and gain the love of God. Each day is a new opportunity to do so, and therefore so is each day in Ramadan. Although we may hunch our shoulders when we consider it being a month of long days, realign your mind to the fact that it's just a month. Worship as if it is your last Ramadan. Renew your intention each night to fast the next day, to read more Quran, to strive to worship God more. Pull yourself up by your own words, and your renewed intention, every night for the coming day which you may or may not be granted by God.



BACK TO THE BOOK

Scholars throughout history have referred to the month of Ramadan as the month of Quran. There are many reasons for that, but it's enough to motivate you about reading it more in this month. Perhaps the approach that you've had to the Quran has turned you off reading it. Here are some painless tips for getting back to reading the Quran consistently:

1. After each of your daily prescribed rituals, read a little, whatever is really easy for you.
2. Each day, read a little bit more
3. Start each day with a reading of the Quran. Sit and ponder whatever you read, and beg God to help His message reach your heart.



Maybe you started at the beginning of the Quran and feel like you've given up if you don't keep reading it in order. Just open up the Quran anyplace, randomly, and read a little. There is a saying that if you want to talk to God, pray, and if you want Him to speak to you, read the Quran. So open it up at whichever page you like.

Listening to the recitation of the Quran is also good for a relationship with God's book. When you listen to the recitation, you hear it read by a professional who has studied the Quran for a long time. The recitation of the Quran is also a healing, which heals the body, and the soul. You can listen to just the shorter parts that you want to start studying, but also parts that are new to you. You have devices through which you can listen to any number of things. Consider adding some recordings of Quran recitation, so you can surround your airspace with God's Book.



SAVE THE BEST FOR LAST

New stuff is always motivating, isn't it? New clothes, a new house, or a new car bring smiles to your face, don't they? New beginnings are exciting, and give us the strength to deal with other aspects of life that have become mundane, such as new school supplies for school. The end of Ramadan is the beginning of that last ten nights, those special days that contain a special night.

The end of the low time in Ramadan must come in the last ten nights. Gear up for the end of Ramadan to be the most active for worship, like the Messenger of God used to do:

“WITH THE START OF THE LAST TEN NIGHTS OF RAMADAN, THE MESSENGER OF GOD WOULD WORK HARD AND PRAY ALL NIGHT LONG, AND USED TO ALSO WAKE HIS FAMILY FOR NIGHT TIME DEVOTION AND VIGIL”


Another reason why the last ten days are so important to worship, is to catch that special night, the Night of Special Virtue. There is a whole chapter of the Quran which talks about this special night. It is one of the odd nights, in the last ten days of Ramadan.

Chapter 97 "We sent it down on the Night of Special Virtue. What will explain to you what that Night of virtue is? The Night of Virtue is better than a thousand months; on that night the angels and the Spirit (the Angel Gabriel) descend again and again with their Lord's permission on every task; protection throughout that night until the break of dawn."

The Messenger of God told us, "Whoever prays during the night of Virtue with complete faith and hoping for its reward will have all of his previous sins forgiven."

That's the point, right? The whole point of Ramadan, the whole month-long fasting, all our extra worship to God, is to beg for God to forgive us. To start fresh. We want to end the month in a better state than when we started, not just the same, or, God forbid, even worse.

May God help you to get out of the mid-Ramadan slow-lane, and steer back on track. You owe it to yourself to not let this great month slip by without utilizing it to improve yourself, and start fresh, and better for the next year.



**The steering wheel is in your hands!
It's up to you to drive to the finish of
Ramadan in high gear, getting as
many rewards as you can!**