



NEW MUSLIM  
ACADEMY



Ramadan  
Time



# Ramadan Time



Although excited about Ramadan, converts to Islam are often nervous about it's coming.

Will I be able to fast the whole month?

Can I avoid telling my family? What will they think?

How can I fast while at work?

Will I have the energy I need for the whole day?

In this ebook are some tips and ideas that will, God willing, help lift fears away, and help the new Muslim into a great frame of mind for Ramadan.

Through using math and percentages, this ebook will list how little time we have in Ramadan to increase our worship of God, to get closer to Him and to improve ourselves. The intention here is to allay fears about being able to complete the month, **while encouraging the new Muslim to give it their best shot all month long** as it is only one time every year.



# TAKE A MINUTE TO REFLECT

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Imagine that a doctor or a nutritionist gave you some advice after viewing the results of some testing. His or her medical advice could be that you should stop eating meat for a month to cure yourself of whatever is ailing you. In that case, you would alter your life for a month, carefully selecting items that have no meat but will have in them the nutrients you need, because you are concerned for your health.

**You are convinced that it must be done, because you trust your doctor.** You have the hope, based on your doctor's prescription, that it will work and you will be cured from your illness. Your doctor might even have told you that he or she believes that it will work, because patients with your condition did this meat-fast and were successful in the past.



Consider our situation with the prescription from our Creator, God the Almighty:

“**YOU WHO BELIEVE, FASTING IS PRESCRIBED FOR YOU, AS IT WAS PRESCRIBED FOR THOSE BEFORE YOU, SO THAT YOU MAY BE MINDFUL OF GOD.**”  
[2: 183]

Fasting has been prescribed. This is a recommendation from God Himself to improve our condition and cure our illnesses, spiritual and physical. Who could we trust more than God to have concern for our health, and make the correct diagnosis and prescription? Whose commands could we possibly feel more obligated to fulfill? In whose result could we have more hope? Just in case we have doubt about these points, God reminds us that those before us were prescribed the same fasting remedy.

A close-up photograph of a white ceramic plate resting on a wooden table. A silver fork and a silver spoon are placed on the plate, with the fork on the left and the spoon on the right. The lighting is warm, highlighting the textures of the wood and the metal.

# ONE MONTH OUT OF TWELVE

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Taking a break from eating and drinking during the day for just one month out of the year is a great thing we can do to demonstrate to God that we submit as His servants willingly, and are grateful for our blessings. We need the month, however, as is demonstrated by the delightful habit that the Companions of Prophet Muhammad had regarding the month. They used to pray to God to bless them with the life and ability to reach Ramadan six months before it came, and then when it was over, they used to beg God to accept what good they were able to do during that month, for the six months following. They did not neglect being mindful of God for the remainder of the year. Basically their entire year revolved around preparing for and implementing the blessings of just this month.



# THIRTY MINUTES FOR PRAYER

If prayer takes 5 minutes, reciting short chapters and no extra supplications, twenty-five minutes is about how long the prayer takes out of the day. Comparing that to the rest of the hours in a day, the prescribed prayer takes up approximately 0.03% of your waking hours. So many other things that are of much lesser importance take much more of our time than that!

Considering that, let's look at the other things we do throughout our day that consume our time.

Ramadan is a time for our stomachs to get a break, but it is a time that we should become very busy. With the time left over from meal preparation and devouring food and drink out of the way during the daytime, we have time on our hands! If we consider that extra time, God gives us the beautiful opportunity to put our time to good use. Sit down for a quick audio reminder from a Muslim teacher, or open the Quran for a few moments each day, and the effects of these great, simple habits will be cumulative and bring light to your heart!



# THREE HOURS LESS

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Carbohydrates digest the quickest, then proteins, and fats take the longest to digest. This is a good recipe for the types of foods that can be used most during Ramadan. Our bodies have absorbed the nutrients from the food we eat in the first few hours after we have eaten. If we consider that our bodies benefit from our meal for several hours after we've eaten, then our insides are fasting a day that is actually 3 hours less than it says on the clock on the wall. If we add fibre into our pre-dawn meal, we can slow the absorption of nutrients further at the same time as slowing the entering of sugar into our bloodstream.

Researchers have studied how long it takes the human body to digest food, and it has been discovered that your stomach and intestines will process a meal up to approximately 50 hours after you eat. A fatty meal can take up to 72 hours for your body to process! When we consider these scientific facts it should not appear to be a strain, but a mercy on our bodies to give our insides a break by avoiding the consumption of food and drink. We can also glean from this nutrition information the kinds of foods that we should be eating during our pre-dawn meal and when we break our fast at sunset.



# MEALS ARE A REAL BRAIN-DRAIN

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It is well known that when your body is busy with digestion, energy resources for your brain's function are limited. Raisins and nuts have long been praised for their health benefits, and their assistance to feed the brain. Reducing your sugar intake is recommended by professionals to train your body into craving healthier foods, and sweets busy your body for longer, draining energy that could be used by your brain. Many great thinkers over the centuries have extolled the benefits of fasting on the active brain, and have experienced great mental clarity when the body is not using up its energy digesting and processing food and drink.



# A THIRTY-MINUTE TV SHOW

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The time it takes us to prepare and eat food is overshadowed by the amount of time we spend on social media or otherwise entertaining ourselves. Since Ramadan is a time of changing habits, we can spend Ramadan taking a break from entertainment to make room in our schedules for reading the Quran, studying the religion, volunteering and giving charity in any way we can.

People sometimes say that they don't have time for these kinds of things, but Ramadan is not only the month when we do have that extra time, it is the month when we should be making the time to benefit ourselves and our communities.

Regardless if you live alone or have a family to take care of, **the meals during Ramadan should be simple and quick to prepare.** As we've already read in this book, the types of foods that are best are simple and healthy and should be quick and painless to prepare.

# TIME FOR SELF-CARE

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Perhaps the idea of not eating or drinking is not the first thing that you think of when you think of treating yourself! However, when we consider how healthy fasting is, from all the spheres of the human experience, it is truly a time when we demonstrate care for ourselves. Fasting helps us be more acutely aware of our bodies and how they work, and our own personalities in how we deal with others while the discomfort that may come with fasting weakens our aggression. Others go on retreats and vacations to provide themselves with self-care, but few can return saying that they have improved on so many levels of their life. May God bless all who read this with a greater understanding of ourselves, of the many benefits of fasting and charity, and accept all our good deeds during this blessed month of Ramadan.



**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!**