



# Ramadan's Over, Now What?

Now that we have completed the amazing and blessed month of Ramadan, where do we go from here? What's next? How do we move forward for the rest of the year? Maybe we didn't achieve what we set out to or perhaps we struggled.

Let us look at this further...



## NO ONE'S PERFECT

It's normal to struggle, especially for a new Muslim when fasting is still something new for us. Many born Muslims struggle with Ramadan too and they've had years of practice and a whole support network around them. What's important is that we sincerely tried our best. God is All-Merciful and Islam is a religion of mercy.

When God first legislated many of these acts of worship, it was done in stages to help the early Muslim community gradually become accustomed to these rites. Initially only a couple of days in the year were obligatory to fast, then Muslims were given the option between fasting Ramadan or feeding the poor before Ramadan became an obligation upon every able Muslim.



# WHAT IF I MISSED DAYS?

There are many Muslims who missed days of Ramadan for a variety of reasons. Some may have been ill or traveling. Others may have been too old or infirm to fast. You may have missed some days of fasting too. If this is the case and you're able to make them up, you should try to do so. This can be done at any time of the year. The winter months are a good time to make up missed days as the day time is shorter and the temperature is cooler. Made up days don't have to be done consecutively so you can fast a day and take a break, and then fast another day. You can space them out as much as you want.



# DON'T STOP NOW

Ramadan may have come to an end, but we must take the good practices of Ramadan forward for the remainder of the year. We all tried to do more in our individual ways during Ramadan. We don't have to perform worship to the same level that we were during Ramadan, but at the same time, we don't have to neglect those acts of worship altogether either. Performing what we can, when we can, no matter how small the deed may seem is beloved to God. The Messenger Muhammad told us that the most beloved acts of worship to God are those which are consistent, even if few or small.

Here's how we can carry on with the many acts of worship post Ramadan:



# FASTING

We've already mentioned this above. If you've missed days during Ramadan, making these days up as best you can should be the priority. Over and above this, you can optionally fast throughout the year. Particularly recommended days include fasting the Day of Arafah, the day before the second Eid festival, gives the reward of forgiveness of sins for the previous and coming years. Fasting the Day of Ashura, the 10th day of the first Islamic lunar month, grants the reward of forgiveness for the previous year's sins.



## OPTIONAL RITUAL DEVOTIONS

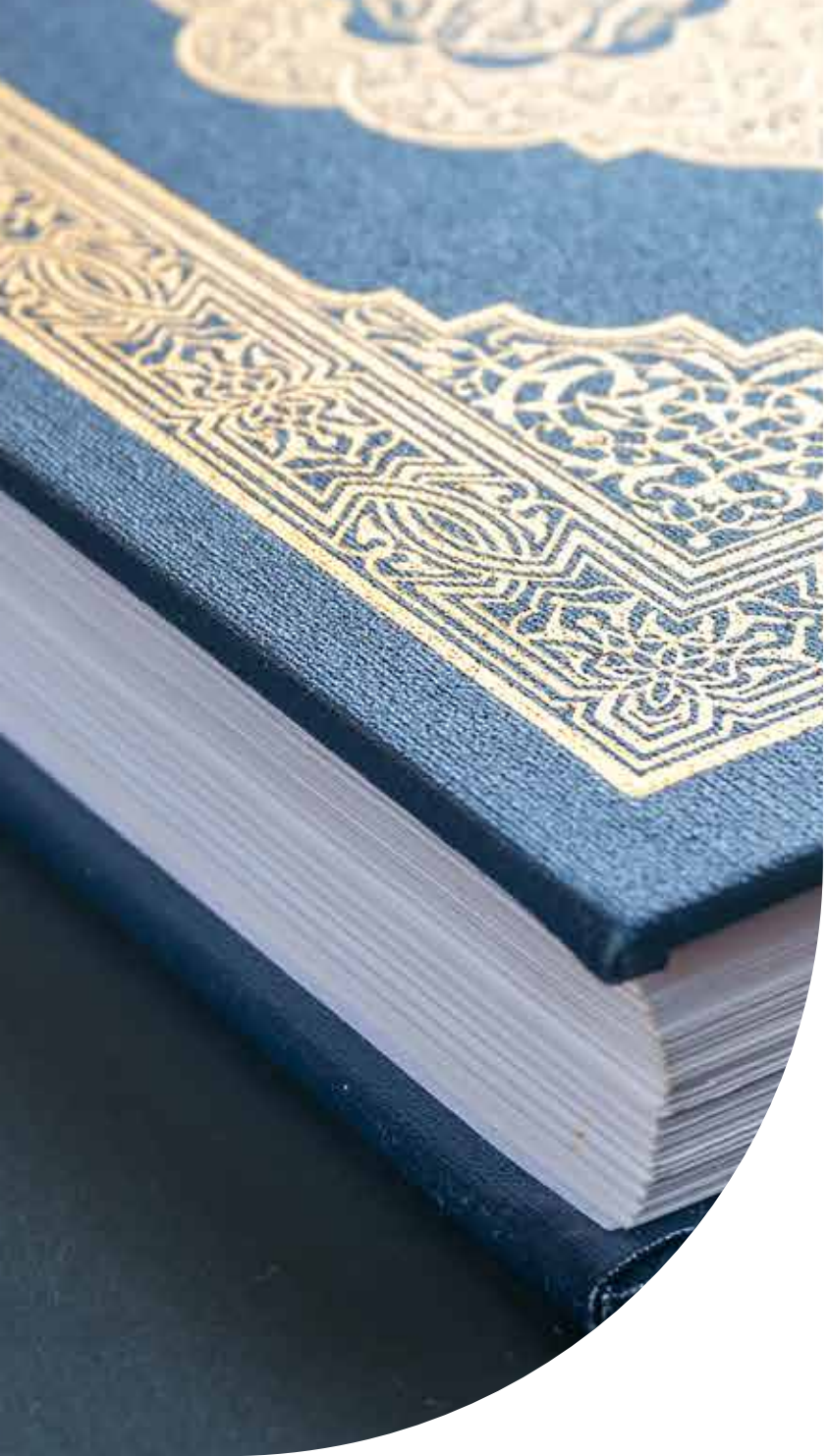
During Ramadan, alongside the obligatory prescribed ritual devotions we were encouraged to perform optional ritual devotions. This can continue after Ramadan. You can offer two units of optional ritual devotions during the morning, evening or at night. Whenever you have a few minutes to spare, you can use them to offer these devotions.



# CHARITY

During Ramadan we were encouraged to help others, whether financially or by other means. The end of Ramadan shouldn't mean an end to this. We can continue to give charity and help others as much as we can. Monetary charity doesn't have to be in great amounts. God says about the reward of charity, "Those who spend their wealth in God's cause are like grains of corn that produce seven ears, each bearing a hundred grains. God gives multiple increase to whoever He wishes: He is limitless and All Knowing."  
2:261





# READING QURAN

Ramadan was the month of the Quran in which we tried our best to read and listen to as much of it as possible. Post Ramadan, our connection with the Quran should continue. Spending even a few minutes a day with the Quran, reading it even in translation is virtuous and brings great benefits. We should work toward learning how to recite it in Arabic as it was revealed. Those who find it hard and struggle to read it are given double the reward.

Ramadan trained us to worship God and serve Him in many ways. Now our challenge is to continue with some of those ways for the remainder of the year.

May God's protection be with you.