



NEW MUSLIM  
ACADEMY



# Staying Connected to God Post-Ramadan





Ramadan is a time in which we are encouraged to do more and increase in worship as much as we can. However, soon after this month is over and we return to our daily life routines. Many times we quickly lose the good practices we gained in this month. Therefore, how do we keep our connection with God strong post-Ramadan? This is what we will explore in this e-book.

## Here are five tips to help stay connected to God post-Ramadan:

### **Be Realistic**

Ramadan is a special time as God has made it such, allowing people to be more focused on worship and more conscious of God, and it is natural that other times of the year will not hold the same level of specialness as Ramadan. Therefore, don't expect to be at the same level the whole year round. Instead, beware of a common trick of Satan, which is to make you feel bad about yourself after Ramadan because you are doing less.

Satan wants you to despair from God's mercy and feel like all your efforts throughout Ramadan were for nothing, as you are now doing less Quran reading or offering fewer ritual devotions. God's mercy is all-encompassing, and He knows our weaknesses and lack of ability in always being able to worship at continuously high levels.



## Have the Right Intention

Why did you try your best during Ramadan? Who was it for? What was your goal? The answer to all of these questions was to please God. Pleasing God is always the most important intention to have in your worship. When you have this sincere intention, God blesses you and helps you. God also rewards people for their sincere good intentions. If you make the correct intention seriously and sincerely, then even if you fall short in the application, God will reward you for the attempt you made and the efforts you showed.

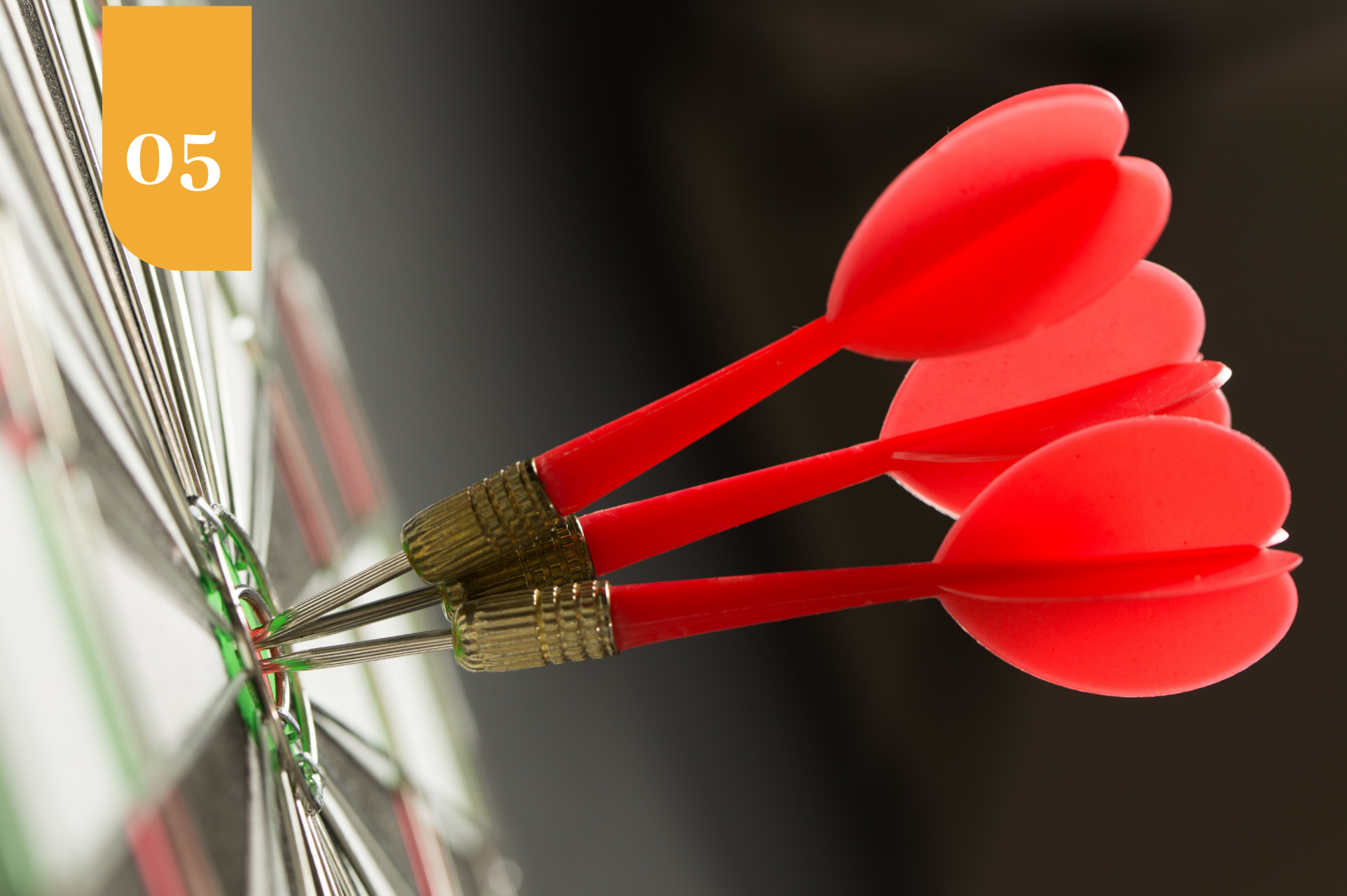




## Be Consistent

What we should focus on post-Ramadan is being consistent in our good deeds and actions, even if the actions are small or few. Take each of the acts of worship you performed during Ramadan and try to make a routine out of them for the remainder of the year. For example, in Ramadan you were reading a certain number of pages of the Quran every day, now after Ramadan, set a time when you will be reading from the Quran on a daily basis, even if for a few minutes.

Perhaps you were giving more charity in Ramadan or offering more optional ritual devotions. Now, post-Ramadan, keep it up as a regular habit. Give a small amount on a weekly or even monthly basis. Set up a regular giving order through your bank for a charity or good cause. Try to offer optional ritual devotions on a regular basis, such as before going to sleep at night, even if only two units. Fast optional days throughout the year, perhaps just 3 days a month.



In this way, consistency will help you to create new good habits in your worship. Throughout the year, this will help you increase in worship and feel a continued strong connection to God. Then, when the next Ramadan comes along, your baseline in worship has now increased on a regular basis, and you then push yourself a little more in the next Ramadan. You would then follow this up by doing slightly more after the next Ramadan, and in this way over time, your worship increases in a steady and manageable way. If you find it difficult to do many good deeds on a regular basis, choose two or three to start with. The key is quality and sustainability.



## Stay Away From Sin

A big part of Ramadan was learning and showing self-restraint and self-discipline. Fasting means withholding and refraining from certain permissible things such as food and drink during daylight hours. This teaches us to control our whims and desires and shows that Muslims should be masters of their desires and not a slave to them. If we can stay away from good things such as food and drink for God's sake, then surely we should be disciplined in staying away from prohibited deeds.

Throughout Ramadan, we were mindful of the words coming out of our mouths, the actions we were doing, and our general conduct. We tried to restrain our temper when someone would do something to annoy us. It is this discipline that helps us as Muslims to ward off the temptations of Satan.



**SIN**

A silhouette of a person in a prayerful pose, with hands raised and palms facing each other, set against a large, bright, glowing sun. The background is a warm, orange-red gradient.

## **Ask for God's Help**

Ask God to help you keep up your good deeds and worship after Ramadan. Supplicating to God is one of the best and most important ways to keep connected to God throughout the year. Only God can make things manageable for us. If you sincerely call out to God and ask for His help, God will respond and help you to keep strong in your faith and be able to continue to perform good deeds.



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