

Sayyed Hassan Nasrallah's recommended religious program + advice based on the Holy Prophet's speech on the beginning of the holy month of Ramadan:

- fasting; postpone travel when possible to gain the bounties of fasting during the holy month

- praying the obligatory prayers on time

- refraining from sleeping before Fajr prayer, which results in missing this prayer

- reciting the Quran calmly, slowly, and with attention, taking the morals and lessons it teaches us; don't stress on finishing it, rather focus on understanding the verses you read well

- trying to finish the Quran at least once is highly recommended; reading one juz' a day does not take much time, and the bounties of reading one verse during this holy month equates reciting the entire Quran in other months

- sending salawat upon the Holy Prophet and his Holy progeny as much as possible; there is no limit

اللهم صل على محمد وآل محمد

- praying some recommended prayers (Nawafil); Salat-ul Layl, Nafilat al-Maghreb, Shafa'a and Witr, Nafilat al-Sabah...even if only one prayer was offered

- reciting Duaa (supplications); we can refer to the Duaas narrated by the prophet (sawas), his holy progeny (a.s.), Quranic Duaas, or through your own words; speaking to Allah in your own words, sharing your concerns with Him, praying for your needs and of those around you...

- attempting to recite the longer Duaas (especially Duaa Abu Hamza Thumali) at least once during this month, even if it were divided across a couple of days, and focusing on shorter Duaas which only take a couple of minutes

- performing acts on behalf of our deceased loved ones

- reciting the following Duaas after every obligatory prayer, which is a gateway for the forgiveness of one's sins till the Day of Judgement:

<https://www.duas.org/mobile/ramadan-dua-after-obligatory-prayer.html>

Duaa 1

اَللّٰهُمَّ اَدْخِلْ عَلٰى اَهْلِ الْقُبُوْرِ السُّرُوْرَ

allahumma adkhil `ala ahli alquburi alssurur

O Allah, (please do) give pleasure to the inhabitants of graves (i.e. the dead).

اَللّٰهُمَّ اَغْنِ كُلَّ فَقِيْرٍ

allahumma aghni kulla faqir

O Allah, (please do) enrich all the poor .

اَللّٰهُمَّ اَشْبِعْ كُلَّ جَائِعٍ

allahumma ashbi` kulla ja'i'in

O Allah, (please do) satisfy all hungry ones.

اَللّٰهُمَّ اكْسُ كُلَّ عُرْيَانٍ

allahumma iksu kulla `uryan

O Allah, (please do) provide all the naked with clothes.

اَللّٰهُمَّ اقْضِ دَيْنَ كُلِّ مَدِيْنٍ

allahumma iqdi dayna kulli madinin

O Allah, (please do) help all the debtors settle their debts.

اَللّٰهُمَّ فَرِّجْ عَنْ كُلِّ مَكْرُوْبٍ

allahumma farrij `an kulli makrub

O Allah, (please do) relieve all the aggrieved ones.

اَللّٰهُمَّ رُدَّ كُلَّ غَرِيْبٍ

allahumma rudda kulla gharib

O Allah, (please do) help all the strangers to return home.

اَللّٰهُمَّ فَكِّ كُلَّ اَسِيْرٍ

allahumma fukka kulla asir

O Allah, (please do) release all prisoners.

اَللّٰهُمَّ اَصْلِحْ كُلَّ فَاْسِدٍ مِنْ اُمُوْرِ الْمُسْلِمِيْنَ

allahumma aslih kulla fasidin min umuri almuslimina

O Allah, (please do) rectify all the Muslims' affairs that are wrong.

اَللّٰهُمَّ اشْفِ كُلَّ مَرِيضٍ

allahumma ishfi kulla marid

O Allah, (please do) heal all the ailed ones.

اَللّٰهُمَّ سُدِّ فَقْرَنَا بِغِنَاكَ

allahumma sudda faqrana bighinak

O Allah, (please do) fill our poverty with Your richness.

اَللّٰهُمَّ غَيِّرْ سُوْءَ خَالِنَا بِحُسْنِ خَالِكَ

allahumma ghayyir su'a halina bihusni halik

O Allah, (please do) change our ill manners through Your excellent manners.

اَللّٰهُمَّ اقْضِ عَنَّا الدَّيْنَ وَاغْنِنَا مِنَ الْفَقْرِ

allahumma iqdi `anna alddayna wa aghnina min alfaqr

O Allah, (please do) help us settle our debts and save us from poverty.

اِنَّكَ عَلَى كُلِّ شَيْءٍ قَدِيْرٌ

innaka `ala kulli shay`in qadir

verily, you have power over all things

Duaa 2

يَا عَلِيُّ يَا عَظِيمُ

ya `aliyyu ya `azimu
O Most High! O All-great!

يَا غَفُورُ يَا رَحِيمُ

ya ghafuru ya rahimu
O All-forgiving! O All-merciful!

أَنْتَ الرَّبُّ الْعَظِيمُ

anta alrrabbu al`azimu
You are the All-great Lord

الَّذِي لَيْسَ كَمِثْلِهِ شَيْءٌ

alladhi laysa kamithlihi shay`un
like Whom there is nothing,

وَهُوَ السَّمِيعُ الْبَصِيرُ

wa huwa alssami`u albasiru
and He is the All-hearing, the All-aware.

وَهَذَا شَهْرُ عَظَمَتِهِ وَكَرَمَتِهِ

wa hadha shahr un `azzamtahu wa karramtahu
This is a month that You have glorified, ennobled,

وَشَرَّفْتَهُ وَفَضَّلْتَهُ عَلَى الشُّهُورِ

wa sharraftahu wa faddaltahu `ala alshshuhuri
honored, and preferred to the other months.

وَهُوَ الشَّهْرُ الَّذِي فَرَضْتَ صِيَامَهُ عَلَيَّ

wa huwa alshsharhu alladhi faradta siyamahu `alayya
It is the month that You imposed upon me to observe fasting in it.

وَهُوَ شَهْرُ رَمَضَانَ الَّذِي أُنْزِلَتْ فِيهِ الْقُرْآنُ

wa huwa shahr ramadana alladhi anzalta fihi alqur`ana
It is the month of Ramadan during which You revealed the Qur'an

هُدًى لِّلنَّاسِ وَبَيِّنَاتٍ مِّنَ الْهُدَىٰ وَالْفُرْقَانِ

hudan linnasi wa bayyinat min alhuda walfurqani

as guidance for people, clear proofs on true guidance, and distinction (between the right and the wrong).

وَجَعَلْتَ فِيهِ لَيْلَةَ الْقَدْرِ

wa ja`alta fihi laylata alqadri

You decided the Grand Night to be in it

وَجَعَلْتَهَا خَيْرَ أَمِّنِ الْفِ شَهْرٍ

wa ja`altaha khayran min alfi shahrin

and You have decided it to be more favorable than one thousand months.

فَيَا ذَا الْمَنِّ وَلَا يُمَنُّ عَلَيْكَ

faya dhalmanni wa la yumannu `alayka

So, O Lord of graces! None can ever do favor to You!

مَنْ عَلَيَّ بِفَكَالِكَ رَبِّبِي مِنَ النَّارِ فِي مَنْ تَمُنُّ عَلَيْهِ

munna `alayya bifakaki raqabati min alnnari fi man tamunnu `alayhi

please, do me a favor by releasing me from the Fire and by including me with those to whom You do this favor,

وَأَدْخِلْنِي الْجَنَّةَ

wa adkhilni aljannata

and allow me to enter Paradise,

بِرَحْمَتِكَ يَا أَرْحَمَ الرَّاحِمِينَ

birahmatika ya arhama alrrahimina

on account of Your mercy. O most Merciful of all those who show mercy!

-refraining from harming others; friends, family, neighbors, colleagues...which may seem to be simple or unimportant, yet one would find themselves shocked on the Day of Judgement before the repercussions of such an act

-establishing the bonds of kinship (صلة الأرحام), which is always obligatory upon us and forbidden to abandon, yet the consequence of its abandonment in the month of Ramadan is multiplied

-amending one's nature and manners

-showing mercy and compassion to the orphans

-respecting elders and showing mercy to the younger

-abstaining our senses from forbidden acts; looking at haram, listening to haram...

-paying sadaqa (alms-giving)

-looking after the poor, especially those who are too humble to ask for help

-aiding a pious Muslim who spent their day fasting in breaking their fast, whether by inviting them to one's home, or giving them the resources that would help them break their fast –even if with only half a date; no one should be left unable to break their fast

-The holy prophet, when Imam Ali asked him of the noblest of deeds during this month said, "O Abu'l-Hasan, the noblest of deeds in this month is abstaining from what the Honorable and Exalted God has forbidden..."

We should refrain ourselves from lying, stealing, backbiting...

Even if the devils are chained, we shall look out for our own evil-insinuating selves, the Nafs (النفس الأمارة بالسوء).

Keep us in your prayers.