**Want to complete Quran during Ramadan? Here’s how you can do this!**

The fact that the Quran was revealed to Prophet Muhammad (PBUH) in the month of Ramadan only makes it more sacred for the Muslim Ummah.

*Lifestyle*

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*“(It is) the month of Ramadan in which the Qur’an was revealed as a guidance for mankind, clear proofs giving guidance, and the Criterion (for distinguishing right and wrong). So whoever of you witnesses this month, let him fast it.” (Qur'an 2:185)*

The fact that the Quran was revealed to Prophet Muhammad (PBUH) in the month of Ramadan only makes it more sacred for the Muslim Ummah. The devil is chained and the doors to the heaven are open and there is nothing holding you from reaching out to the One and Only, the Almighty Allah.

To make the most of this month, it is imperative that we remember the Lord as much as possible and [recite the Quran](http://www.islamicfinder.org/quran) whenever we get the chance. There is no doubt that the month of Ramadan demands patience and perseverance and may not always be easy. But reconnecting with the Lord is and can be made even easier. If you are unsure of how to make the most of this month and complete the Quran, in the manner that you should, this might help you out.

**Make the intention**

For any task that you intend to achieve, it is essential to first make the niyyah for it. once you set your mind towards what you want to achieve, Allah Almighty only makes it easier for you to do so. It is said in the Quran that:

*“Indeed Allah will help those who help Him. Indeed Allah is Exalted in Might, All-Powerful.” (Qur’an 22:40)*

Even if it is something as simple yet powerful as competing the Quran in the holy month, the intention will matter the most.

**Start with small steps**

Reading the Quran, that too within a month can be an overwhelming experience. To be able to finish reading the Quran within the month, it is essential to start out with easier and manageable goals. This way you will not only be able to achieve more than you expected but also help you manage your time.

**Plan ahead of time**

There is no doubt that even if it is [Ramadan](https://www.islamicfinder.org/iqra/ramadan-kareem-the-month-of-blessings-and-its-three-ashra/), a Muslims cannot do away with the routine tasks and sometimes it may become difficult to manage Deen and Duniya at the same time. To avoid falling behind on your rights towards Allah Almighty and your rights towards Muslim brethren, it is essential that you plan your days.

If the aim is to be able to complete the Quran in this month, there are multiple ways to go about it. Nonetheless, you will have to plan ahead of time. One of the ways in which the Quran can be completed is reciting one Juzz each day and in 30 days you will have read the entire Quran, earning you rewards for this world and the hereafter.

However, sometimes reciting one Juzz each day may sometimes become too demanding and difficult. What you can then do is recite a couple of pages after each prayer. This will not only make it easier for you to complete the Quran, it will also not burden you in any manner.

**Engage with the Quran**

In addition to reading the Quran, it is more important to engage with it and to really try and understand. Through the Quran, Allah is having a conversation with His people and in [Ramadan](https://www.islamicfinder.org/ramadan-2017/), one can cry and have a conversation with Allah by trying to understand the text and act accordingly. You don’t just have to complete the Quran, but in the process become the Quran.

**Read in the moment**

The best thing to do is read the Quran any chance you get. During your lunch break at work or while you are waiting for a meeting or an appointment. Keep a pocket-sized Quran or download the Quran in your phone so it is easily accessible and you can utilize your time to the fullest in pursuit of your greater goal.

**Consistency is key**

Lastly, it is of utmost importance to remain steadfast and consistent to achieve your goals. If you find yourself lacking behind, remind yourself of the importance of the task at hand and rejuvenate yourself. The only way forward is to not lose sight of the end gain and to constantly strive towards achieving that goal.

Therefore, to be able to complete the Quran, all you need is some planning and the dedication to turn the plan into action so that it can result into something fruitful. If you have a set routine, of which reciting the Quran is essential, it only becomes an easier and a more attainable goal.

Do not fear missing out on your chance to reap the benefits of this holy month to its fullest capacity. Just set your mind to it and plan ahead, and leave the rest to God Almighty.

**Understanding the true meaning of Ramadan**

Ramadan is not just about fasting. It serves a deeper purpose and brings with itself a chance to begin again.

*Knowledge*

Of the five pillars of Islam, Ramadan lasts the longest and is cherished deeply by Muslims all over the world. We as Muslims are expected to abstain from food, drinks and worldly engagements and desires while observing fasts. But is that all Ramadan is about? Definitely not! This is because even just the simple act of abstention makes manifest a wave of goodness that is hidden in us all.

We all must have felt it at one time or another that there is something about the spirit of Ramadan that makes us all come together as one Muslim Ummah. The whole month, there is an air of calm and serenity where people leave behind the sins of the past and try to do good that God Almighty expects of us. It is almost like turning over a new leaf.

Each year, the month of Ramadan brings with itself a chance to begin again. As it is narrated by Abu Hurairah:

*“Whoever prayed at night the whole month of Ramadan out of sincere Faith and hoping for a reward from Allah, then all his previous sins will be forgiven." (3:32:227 Bukhari)*

In addition to a new chance at life, the spirit of [Ramadan](https://www.islamicfinder.org/ramadan-2017/) is about forgiveness, taking care of each other and remembering the Almighty and a little more.

**Reconnect and seek forgiveness in the holy month**

First and foremost, when we abstain from the worldly material needs and desires, it allows us to bond with Allah (SWT) much more easily. Since Ramadan was the holy month when the [Quran](https://www.islamicfinder.org/quran/) was sent down to the Prophet (PBUH), this month holds significance not only for the Muslim Ummah all over the world but for Allah (SWT) who has hidden in the last 10 nights of the month a wonderful treasure – the night of Qadr. The Prophet said:

*"Whoever fasted the month of Ramadan out of sincere Faith (i.e. belief) and hoping for a reward from Allah, then all his past sins will be forgiven, and whoever stood for the prayers in the night of Qadr out of sincere Faith and hoping for a reward from Allah, then all his previous sins will be forgiven”. (3:32:231 Bukhari)*

For this reason, the whole month of Ramadan, especially the last ten nights, is a great opportunity to reconnect with God Almighty: talk to Him, pray to Him and read His Quran with devotion and He will bring you closer to Him and grant you peace.

**Practice self-discipline**

Abstention paves way for keeping a check on your actions and thoughts. In the month of Ramadan, police yourself and be polite towards others. It is sometimes easy to get frustrated but the spirit of Ramadan demands something otherwise. Muslims should keep their peace within themselves and with those they interact with because not only does God love those who fulfill their duty towards Him but He also loves those who abstain from wrongdoing and care for their duty towards their brethren.

**Spread goodness in Ramadan**

Ramadan allows us to feel the pain of those brothers and sisters who live in poverty and cannot afford even the very basic human needs. One should remain conscientious of those around them and focus not on lavish Iftars for self but for those who deserve it most; a neighbor who has gone hungry, a beggar, a poor child, a hardworking poor man, anyone who you can help out, you should. It’s a month of sharing and if you can help even a single person out, the purpose of Ramadan is fulfilled.

So while fasting is the basis of the month of Ramadan, the spirit of Ramadan is much more than the mechanical act of abstaining from food and other desires. To reap the full rewards of Ramadan, one should keep in mind that it is a great time to reconnect with God, with our own self and with the community around us. In reaching back to these basics, we will find the true purpose of fasting and of this beautiful and holy month we so eagerly await.

**The secret of staying healthy in Ramadan**

You do not want to miss out on the glories of this month just because you fall sick

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The month of Ramadan is here and so are the scorching sun and the hot summers in most parts of the world. Fasting requires a lot of energy and commitment on part of each individual, especially when Ramadan is being accompanied by a recurring heat wave. To not fall sick due to dehydration and the demands of this month, there are certain tips and tricks that one should definitely keep in mind.

**Do not skip Suhoor**

First and foremost, one should never skip Suhoor. Not only is eating Suhoor a [Sunnah](https://www.islamicfinder.org/iqra/6-easy-ways-to-start-following-the-sunnah-right-now/), but it is also the most crucial meal of the day – it provides you with the energy to keep you going throughout the day.

**Choose your meals wisely**

To [stay fit and healthy during Ramadan](https://www.islamicfinder.org/iqra/tips-for-spending-less-time-in-kitchen-and-more-time-in-ibadaah-this-ramadan/), it is highly recommended that you choose your meals with great consideration. Avoid salty foods during Suhoor as they cause one to feel thirstier. Aim for a well-balanced meal rich in carbohydrates, fiber, and protein. Eating lots of fruit will keep you hydrated because of the high water content and provide energy as well.

In addition to what you should eat, you should also be weary of what you shouldn’t eat – be sure to avoid fried foods during Ramadan. The meals should be light and fulfilling so that you don’t feel bloated and heavy after either Suhoor or Iftar.

**Keep yourself hydrated in Ramadan**

It is recommended by health experts that drinking [10-12 glasses of water each day is highly beneficial for the human body](https://www.islamicfinder.org/iqra/reviving-the-sunnah/) in the short run as well as in the long term. While you cannot drink water during the day, make sure to drink as much water during Suhoor as possible and make up for the rest of it, during Iftar. Try to keep yourself hydrated by water mainly. Sugary drinks and juices can be your next best alternative but should not be your first priority.

**Exercise appropriately in Ramadan**

Having a workout routine is one of the best ways to keep and remain healthy. It allows your body to have a routine. However, one has to be extra careful with this routine in Ramadan. It is best to exercise a couple of hours after you have had your Iftar – it will not only help digest food but also keeps your blood flowing and your metabolism working.

**Sleep right**

It is imperative, especially during Ramadan to spend most if not all of your time in the [remembrance of Allah Almighty](https://www.islamicfinder.org/duas/). But it is also essential to take care of yourself in the process. Make sure to get at least 6 to 8 hours of sleep so that your body does not get exhausted more than is necessary. You need this sleep so that you can function well during the day and to not allow your fasting to get in the middle of all the work you have to get done.

To avoid falling sick and make the most of this blessed month of Ramadan, be sure to follow these tips. You do not want to miss out on the glories of this month just because you fall sick. You can easily avoid this by keeping in mind these few simple rules and make the most of this Ramadan and every Ramadanto come.

**The Dos and Don'ts of Ramadan**

There is much more to Ramadan than the mechanical act of keeping and breaking a fast.

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Much like everything we do – from our social interactions to as menial a task as eating – has certain rules of engagement that one must abide by. Likewise, during the holy month of Ramadan, Muslims are required to take caution and follows certain rules; which may be said or unsaid.

Of the very basic acts that are expected of a Muslim is that of abstention from food and drinks. However, this is not all. There is much more to [Ramadan](https://www.islamicfinder.org/ramadan-2017/) than the mechanical act of keeping and breaking a fast. One should keep in mind that this month is about patience, forgiveness and goodness and anything that hinders a Muslim achieving this state should be avoided at all costs.

**The DO NOTs of Ramadan**

**Lose patience**

It is imperative that one does not lose patience with other people. It is no surprise that deprivation of food and the scorching sun can make one irritable and vulnerable – which is why keeping your calm is highly advisable. Don’t yell, fight and indulge in any destructive behavior because the Ramadan is all about patience and tolerance and it does not do a Muslim brother any good to do anything that is not in line with the spirit of this blessed month. The Prophet (PBUH) said:

And it is the month of patience, and surely, the reward of patience is Paradise. (Al-Kafi 4:66)

**Begrudge anyone**

Forgiveness is one of the recurring themes in Ramadan, if our Lord Almighty can forgive us for our sins that we commit throughout the year then why not follow the same suite? The Holy Prophet Muhammad (PBUH) has said:

*It (Ramadan) is the month, whose beginning is mercy, its middle, forgiveness, and its end, emancipation from the fire (of hell). (Bihar al-Anwar 93: 342)*

So in the spirit of Ramadan, forgive anyone who has wronged you and don’t hold grudges – this Ramadan try to let the little things pass because Allah loves those who forgive others.

**Refrain from gossip**

In our daily lives, we sometimes bad mouth other people and discuss their problems and lives. This is another act that one should be extra careful with, especially in this month. Watch your actions and guard yourself against the evils of gossip and backbiting. Allah wants men to refrain from food but He also loves those who make constant effort to better themselves. It is even said in hadith that:

*“Whoever does not give up false speech and acting upon it, Allah has no need of him giving up his food and drink.” (Al-Bukhari)*

While these are the things that a Muslim should definitely refrain from, there are many other actions that one should engage in, during this holy month.

**The DO’S of Ramadan**

**Recite the Quran**

Remember the Almighty as frequently as possible. Ramadan is the greatest opportunity to communicate with Allah because there are no barriers between man and his Almighty God. No wrath of the Satan is beset upon man during this month as the Messenger of Allah (PBUH) said:

*"When the month of Ramadan starts, the gates of the heaven are opened and the gates of Hell are closed and the devils are chained." (Imam Bukhari)*

Hence, it is the perfect opportunity to seek forgiveness from the Lord, reestablish ties with Him and recite [Quran](https://www.islamicfinder.org/quran/) as much as possible.

**Follow the Sunnah**

It is always advisable for a Muslim to follow in the footsteps of the Holy Prophet (PBUH), however, the spirit of Ramadan requires that the Sunnah of the Prophet (PBUH) is adhered to, to reap the benefits of this holy month. The routine of the Prophet (PBUH) during this month should be a standard for every Muslim no matter where. Imitating the best of the human beings will surely make us better people and even better role models as Muslims in good faith.

*“The most honored by Allah amongst you are those best in taqwa."(Q 49:13)*

**Taraweeh**

Another essential element of this month is the performance of the Taraweeh prayer, in addition to the five daily prayers. Taraweeh prayers are to be performed after Isha each day to create a stronger bond with the Almighty and to gain the blessings of God Almighty.

**Give Zakat**

Zakat, being one of the five pillars of Islam, is a definite act to indulge in. Ramadan is all about helping others and feeling their pain – putting one in the shoes of another and having empathy. So, what better time to help someone than in the holy month of Ramadan? So in a month which requires from a Muslim nothing but goodness, be aware of those who need your help and give [Zakat](https://www.islamicfinder.org/zakat-calculator/) because it not only fulfills your rights towards the Lord but also towards His creation.

This Ramadan, let us try and be better humans and even better Muslims and take care of the rules and regulations of this month. It is our chance to be better than we were in the past year and in light of doing good and being better, do keep these little reminders with you in Ramadan.