

Ramadan Guide

Masnoon duas with proofs · the Sunnah of Ramadan · daily routine · 30-day tracker

شَهْرُ رَمَضَانَ ٱلَّذِىٓ أُنزِلَ فِيهِ ٱلْقُرْءَانُ

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Everything a family needs for Ramadan in one place: the masnoon duas with Arabic, meaning and the book they come from, how the Prophet ﷺ and his Companions spent the month, a simple routine for children and adults, and a 30-day tracker you can tick online or print.

🌙 Ramadan — the month of the Qur'an

يَٰٓأَيُّهَا ٱلَّذِينَ ءَامَنُواْ كُتِبَ عَلَيۡكُمُ ٱلصِّيَامُ كَمَا كُتِبَ عَلَى ٱلَّذِينَ مِن قَبۡلِكُمۡ لَعَلَّكُمۡ تَتَّقُونَ

O you who believe, fasting has been prescribed for you as it was prescribed for those before you, so that you may become mindful of Allah (taqwa).

Surah Al-Baqarah (2:183)

شَهۡرُ رَمَضَانَ ٱلَّذِيٓ أُنزِلَ فِيهِ ٱلۡقُرۡءَانُ هُدٗى لِّلنَّاسِ وَبَيِّنَٰتٖ مِّنَ ٱلۡهُدَىٰ وَٱلۡفُرۡقَانِۚ فَمَن شَهِدَ مِنكُمُ ٱلشَّهۡرَ فَلۡيَصُمۡهُۖ ...

The month of Ramadan, in which the Qur'an was sent down as guidance for people … so whoever of you sees the month must fast it.

Surah Al-Baqarah (2:185)

When Ramadan comes, the gates of Paradise are opened, the gates of the Fire are closed and the devils are chained.

Sahih Muslim 1079 · Sahih al-Bukhari 1899 · Sahih

Whoever fasts Ramadan with faith, hoping for Allah's reward, his past sins are forgiven.

Sahih al-Bukhari 38 · Sahih Muslim 760 · Sahih

Allah says: “Fasting is for Me and I will reward it.” The fasting person has two joys: when he breaks his fast, and when he meets his Lord.

Sahih al-Bukhari 1904 · Sahih Muslim 1151 · Sahih

In Paradise there is a gate called Ar-Rayyan; only those who fast will enter through it.

Sahih al-Bukhari 1896 · Sahih Muslim 1152 · Sahih

🗓️ Before Ramadan — getting ready

The Prophet ﷺ fasted more in Sha'ban than in any other month apart from Ramadan — a warm-up for the heart and body.

Sahih al-Bukhari 1969 · Sahih Muslim 1156 · Sahih

"Fast when you see the new moon, and stop fasting when you see it. If it is hidden from you, complete thirty days." Follow the moon-sighting announced where you live.

Sahih al-Bukhari 1909 · Sahih Muslim 1081 · Sahih

Do not start Ramadan by fasting a day or two before it — unless it is a fast you already keep regularly.

Sahih al-Bukhari 1914 · Sahih Muslim 1082 · Sahih

"Actions are judged by their intentions." The intention (niyyah) for fasting is in the heart — no fixed wording is reported from the Prophet ﷺ; waking for suhoor with the plan to fast is already an intention.

Sahih al-Bukhari 1 · Sahih

- Write three goals: one for the Qur'an, one for prayer and one for charity.
- Learn the duas in this guide with your children before the month starts.
- Make up any missed fasts from last year, mend broken ties and settle small quarrels.
- Plan sleep: an early night makes suhoor, Fajr and the night prayer easy.

Suhoor — the blessed pre-dawn meal

> “Eat suhoor, for there is blessing (barakah) in suhoor.” Even a few dates or a glass of water count.
>
> **Sahih al-Bukhari 1923 · Sahih Muslim 1095 · Sahih**

> The Prophet ﷺ ate suhoor late: the time between his suhoor and the Fajr prayer was about the time it takes to recite fifty verses.
>
> **Sahih al-Bukhari 1921 · Sahih Muslim 1097 · Sahih**

> وَكُلُوا۟ وَٱشْرَبُوا۟ حَتَّىٰ يَتَبَيَّنَ لَكُمُ ٱلْخَيْطُ ٱلْأَبْيَضُ مِنَ ٱلْخَيْطِ ٱلْأَسْوَدِ مِنَ ٱلْفَجْرِ ۖ ثُمَّ أَتِمُّوا۟ ٱلصِّيَامَ إِلَى ٱلَّيْلِ ...
>
> ... eat and drink until the white thread of dawn becomes clear from the black thread, then complete the fast until night.
>
> **Surah Al-Baqarah (2:187)**

- Check the sehri and iftar times for your city on our Ramadan timetable pages.
- Drink water slowly through the night; choose dates, eggs, yoghurt and wholegrain food that last.
- Use the last minutes before Fajr for istighfar — the pre-dawn time is a special time for asking forgiveness (Al-i-Imran 3:17).

🍽 Iftar — breaking the fast

"People will remain upon goodness as long as they hasten to break the fast." Open your fast as soon as the sun has set.

Sahih al-Bukhari 1957 · Sahih Muslim 1098 · Sahih

The Prophet ﷺ broke his fast with fresh dates before praying; if there were none, then with dry dates; if there were none, he took a few sips of water.

Sunan Abi Dawud 2356 · Jami' at-Tirmidhi 696 · Hasan (good)

SUNNAH **After breaking the fast**

ذَهَبَ الظَّمَأُ، وَابْتَلَّتِ الْعُرُوقُ، وَثَبَتَ الْأَجْرُ إِنْ شَاءَ اللَّهُ

Dhahabaẓ-ẓama'u, wabtallatil-'urūq, wa thabatal-ajru in shā' Allāh.

The thirst has gone, the veins are moistened, and the reward is confirmed, if Allah wills.

Sunan Abi Dawud 2357 · Hasan (good)

SUNNAH **When someone gives you iftar**

أَفْطَرَ عِنْدَكُمُ الصَّائِمُونَ، وَأَكَلَ طَعَامَكُمُ الْأَبْرَارُ، وَصَلَّتْ عَلَيْكُمُ الْمَلَائِكَةُ

Afṭara ʻindakumuṣ-ṣāʼimūn, wa akala ṭaʻāmakumul-abrār, wa ṣallat ʻalaykumul-malāʼikah.

May fasting people break their fast with you, may the righteous eat your food, and may the angels pray for you.

Sunan Abi Dawud 3854 · Sahih — graded by al-Albani

"Whoever gives iftar to a fasting person gets a reward like his, without anything being taken from the faster's reward."

Jami' at-Tirmidhi 807 · Sahih

وَإِذَا سَأَلَكَ عِبَادِى عَنِّى فَإِنِّى قَرِيبٌ ۖ أُجِيبُ دَعْوَةَ ٱلدَّاعِ إِذَا دَعَانِ ...

When My servants ask you about Me — I am near. I answer the call of the caller when he calls Me … (This verse sits right in the middle of the verses on fasting — so make plenty of dua while fasting and before iftar.)

Surah Al-Baqarah (2:186)

🤲 Keeping the fast beautiful

"Whoever does not give up false speech and acting on it, Allah has no need of him giving up his food and drink." Fasting is for the tongue, eyes and hands too.

Sahih al-Bukhari 1903 · Sahih

If someone argues with you or insults you while you fast, say: "I am fasting."

Sahih al-Bukhari 1904 · Sahih Muslim 1151 · Sahih

If you eat or drink by mistake, complete your fast — it was Allah who fed you.

Sahih al-Bukhari 1933 · Sahih Muslim 1155 · Sahih

... وَمَن كَانَ مَرِيضًا أَوْ عَلَىٰ سَفَرٍ فَعِدَّةٌ مِّنْ أَيَّامٍ أُخَرَ ۚ يُرِيدُ ٱللَّهُ بِكُمُ ٱلْيُسْرَ وَلَا يُرِيدُ بِكُمُ ٱلْعُسْرَ ...

... whoever is ill or on a journey, then (fast) the same number of other days. Allah wants ease for you, not hardship. — Elderly people and the chronically ill who can never fast give fidyah (feeding a poor person for each day); ask a scholar about your own case.

Surah Al-Baqarah (2:185)

Women do not fast during their monthly period; ‘A’ishah (RA) said: “We were told to make up the fasts, and not told to make up the prayers.”

Sahih Muslim 335 · Sahih

Children practising: the Companions had their young children fast, and made them toys of wool to play with until iftar. (This was for the fast of ‘Ashura; scholars take it as the way to train children for Ramadan.)

Sahih al-Bukhari 1960 · Sahih Muslim 1136 · Sahih

Taraweeh and the night prayer

> “Whoever stands in prayer in Ramadan with faith, hoping for Allah’s reward, his past sins are forgiven.”
>
> **Sahih al-Bukhari 37 · Sahih Muslim 759 · Sahih**

> The Prophet ﷺ led the night prayer in the mosque for a few nights, then prayed at home, saying he feared it would be made compulsory for his Ummah.
>
> **Sahih al-Bukhari 2012 · Sahih Muslim 761 · Sahih**

> Later, ‘Umar (RA) gathered the people behind one imam, Ubayy ibn Ka‘b (RA), for the Ramadan night prayer.
>
> **Sahih al-Bukhari 2010 · Sahih**

Pray Taraweeh with your local mosque or at home with the family, calmly and with your heart present. Children can join for a few rak‘ahs and grow from there.

📖 The Qur’an and generosity

> The Prophet ﷺ was the most generous of people, and most generous of all in Ramadan, when Jibril met him every night to go over the Qur’an with him.
>
> **Sahih al-Bukhari 6 · Sahih Muslim 2308 · Sahih**

> In the last year of his life, the Qur’an was reviewed with him twice that Ramadan.
>
> **Sahih al-Bukhari 4998 · Sahih**

- One juz a day: read 4 pages after each of the five prayers (20 pages ≈ 1 juz) and you finish the Qur’an in the month.
- Children: one page of Qaida or Nazra, or one short surah, every day — and revise it at iftar.
- Give something every day, even small: food for a neighbour, a coin in the charity box, a kind word.

✨ The last ten nights and Laylat al-Qadr

The Prophet ﷺ strove in the last ten nights more than at any other time.

Sahih Muslim 1175 · Sahih

When the last ten began, he tightened his waist-wrap (got ready for worship), stayed awake at night and woke his family.

Sahih al-Bukhari 2024 · Sahih Muslim 1174 · Sahih

He used to stay in i'tikaf (retreat in the mosque) in the last ten days of Ramadan.

Sahih al-Bukhari 2026 · Sahih Muslim 1172 · Sahih

"Look for Laylat al-Qadr in the odd nights of the last ten" — the 21st, 23rd, 25th, 27th and 29th nights.

Sahih al-Bukhari 2017 · Sahih

"Whoever stands in prayer on Laylat al-Qadr with faith, hoping for Allah's reward, his past sins are forgiven."

Sahih al-Bukhari 1901 · Sahih

إِنَّآ أَنزَلْنَٰهُ فِى لَيْلَةِ ٱلْقَدْرِ ﴿١﴾ وَمَآ أَدْرَىٰكَ مَا لَيْلَةُ ٱلْقَدْرِ ﴿٢﴾ لَيْلَةُ ٱلْقَدْرِ خَيْرٌ مِّنْ أَلْفِ شَهْرٍ ﴿٣﴾ تَنَزَّلُ ٱلْمَلَٰٓئِكَةُ وَٱلرُّوحُ فِيهَا بِإِذْنِ رَبِّهِم مِّن كُلِّ أَمْرٍ ﴿٤﴾ سَلَٰمٌ هِىَ حَتَّىٰ مَطْلَعِ ٱلْفَجْرِ ﴿٥﴾

We sent it down on the Night of Power. And what will make you know what the Night of Power is? The Night of Power is better than a thousand months. The angels and the Spirit come down in it by their Lord's permission with every matter. Peace it is, until the rising of dawn.

Surah Al-Qadr (97:1–5)

SUNNAH **On Laylat al-Qadr — 'A'ishah (RA) asked what to say, and the Prophet ﷺ taught her this**

اللَّهُمَّ إِنَّكَ عَفُوٌّ تُحِبُّ الْعَفْوَ فَاعْفُ عَنِّي

Allāhumma innaka ʿafuwwun tuḥibbul-ʿafwa faʿfu ʿannī.

O Allah, You are the One who pardons and You love to pardon, so pardon me.

Jami' at-Tirmidhi 3513 · Sunan Ibn Majah 3850 · Sahih — graded by al-Albani

🌿 How the Companions and early Muslims spent Ramadan

These reports show the spirit of Ramadan in the first generations. The first two are from Sahih al-Bukhari; the others were collected by Ibn Rajab al-Hanbali (d. 795 AH) in Lata'if al-Ma'arif.

'Umar ibn al-Khattab (RA)

Seeing people praying the Ramadan night prayer in scattered groups, he united them behind one reciter so the whole mosque prayed together.

Sahih al-Bukhari 2010

The Companions' homes

Children were trained to fast (as on the day of 'Ashura); when they cried for food they were given woollen toys until iftar — patience was taught with kindness.

Sahih al-Bukhari 1960

Imam az-Zuhri

When Ramadan came he would say: "It is only reciting the Qur'an and feeding people."

Ibn Rajab al-Hanbali, Lata'if al-Ma'arif

Imam Malik

In Ramadan he left his hadith lessons and gatherings of knowledge and turned to reciting the Qur'an from the mushaf.

Ibn Rajab al-Hanbali, Lata'if al-Ma'arif

Sufyan ath-Thawri

When Ramadan came he set aside other voluntary worship and devoted himself to reading the Qur'an.

Ibn Rajab al-Hanbali, Lata'if al-Ma'arif

'Abdullah ibn 'Umar (RA)

He would often break his fast only with the poor sitting with him.

Ibn Rajab al-Hanbali, Lata'if al-Ma'arif

Mu'alla ibn al-Fadl, about the early Muslims

"They used to ask Allah for six months to let them reach Ramadan, and then for six months to accept it from them."

Ibn Rajab al-Hanbali, Lata'if al-Ma'arif

🤍 Duas and adhkar for every day

Green cards are from the Sunnah with an authentic chain. The amber cards at the end are well-known extra duas — their book and grading are shown honestly so you can decide.

SUNNAH **On seeing the new moon (of Ramadan or any month)**

اللَّهُمَّ أَهِلَّهُ عَلَيْنَا بِالْيُمْنِ وَالْإِيمَانِ، وَالسَّلَامَةِ وَالْإِسْلَامِ، رَبِّي وَرَبُّكَ اللَّهُ

Allāhumma ahlilhu ʻalaynā bil-yumni wal-īmān, was-salāmati wal-islām, rabbī wa rabbukallāh.

O Allah, bring it upon us with blessing and faith, with safety and Islam. My Lord and your Lord is Allah.

Jami‘ at-Tirmidhi 3451 · Sahih — graded by al-Albani

↑ See above: After breaking the fast · When someone gives you iftar · On Laylat al-Qadr

SUNNAH **Any time — the dua the Prophet ﷺ made most often**

رَبَّنَآ ءَاتِنَا فِى ٱلدُّنْيَا حَسَنَةً وَفِى ٱلْءَاخِرَةِ حَسَنَةً وَقِنَا عَذَابَ ٱلنَّارِ

Rabbanā ātinā fid-dunyā ḥasanatan wa fil-ākhirati ḥasanatan wa qinā ʻadhāban-nār.

Our Lord, give us good in this world and good in the Hereafter, and protect us from the punishment of the Fire.

Surah Al-Baqarah (2:201) · Sahih al-Bukhari 6389 · Sahih Muslim 2690 · Sahih

SUNNAH **Morning and evening — the best way to ask forgiveness (Sayyid al-Istighfar)**

اللَّهُمَّ أَنْتَ رَبِّي لَا إِلَهَ إِلَّا أَنْتَ، خَلَقْتَنِي وَأَنَا عَبْدُكَ، وَأَنَا عَلَى عَهْدِكَ وَوَعْدِكَ مَا اسْتَطَعْتُ، أَعُوذُ بِكَ مِنْ شَرِّ مَا صَنَعْتُ، أَبُوءُ لَكَ بِنِعْمَتِكَ عَلَيَّ، وَأَبُوءُ لَكَ بِذَنْبِي، فَاغْفِرْ لِي، فَإِنَّهُ لَا يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ

Allāhumma anta rabbī lā ilāha illā ant, khalaqtanī wa ana ʻabduk, wa ana ʻalā ʻahdika wa waʻdika mastaṭaʻt, aʻūdhu bika min sharri mā ṣanaʻt, abū'u laka bi-niʻmatika ʻalayy, wa abū'u laka bi-dhanbī, faghfir lī, fa-innahu lā yaghfirudh-dhunūba illā ant.

O Allah, You are my Lord; there is no god but You. You created me and I am Your servant. I keep Your covenant and promise as much as I can. I seek refuge in You from the evil I have done. I admit Your favours upon me and I admit my sins, so forgive me, for no one forgives sins except You.

Sahih al-Bukhari 6306 · Sahih

SUNNAH **100 times a day — sins are wiped away even if like the foam of the sea**

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ

Subḥānallāhi wa biḥamdih.

Glory be to Allah and praise be to Him.

Sahih al-Bukhari 6405 · Sahih Muslim 2691 · Sahih

SUNNAH **100 times a day — reward like freeing ten slaves, 100 good deeds written and 100 sins erased**

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

Lā ilāha illallāhu waḥdahu lā sharīka lah, lahul-mulku wa lahul-ḥamd, wa huwa ʻalā kulli shayʼin qadīr.

There is no god but Allah alone, with no partner. His is the kingdom and His is the praise, and He has power over everything.

Sahih al-Bukhari 6403 · Sahih Muslim 2691 · Sahih

SUNNAH **After every prayer — the Prophet ﷺ taught it to Muʻadh (RA)**

اللَّهُمَّ أَعِنِّي عَلَى ذِكْرِكَ، وَشُكْرِكَ، وَحُسْنِ عِبَادَتِكَ

Allāhumma aʻinnī ʻalā dhikrika wa shukrika wa ḥusni ʻibādatik.

O Allah, help me to remember You, to thank You and to worship You well.

Sunan Abi Dawud 1522 · Sahih — graded by al-Albani

SUNNAH **For your parents — every day**

رَّبِّ ٱرْحَمْهُمَا كَمَا رَبَّيَانِى صَغِيرًا

Rabbir-ḥamhumā kamā rabbayānī ṣaghīrā.

My Lord, have mercy on them as they raised me when I was small.

Surah Al-Isra (17:24)

EXTRA **At iftar — very widely recited**

اللَّهُمَّ لَكَ صُمْتُ، وَعَلَى رِزْقِكَ أَفْطَرْتُ

Allāhumma laka ṣumtu wa ʿalā rizqika afṭart.

O Allah, for You I fasted and with Your provision I break my fast.

Its chain is mursal (a link is missing), so scholars grade it weak; the meaning is good and it may be said as a general dua. The authentic iftar dua is "Dhahaba ẓ-ẓama'u …" above.

Sunan Abi Dawud 2358 · Weak chain (da'if) — see the note

EXTRA **In Rajab and Sha'ban, asking to reach Ramadan**

اللَّهُمَّ بَارِكْ لَنَا فِي رَجَبٍ وَشَعْبَانَ، وَبَلِّغْنَا رَمَضَانَ

Allāhumma bārik lanā fī Rajabin wa Sha'bān, wa ballighnā Ramaḍān.

O Allah, bless us in Rajab and Sha'ban, and let us reach Ramadan.

Reported from Anas (RA) with a weak chain; Ibn Rajab mentions it in Lata'if al-Ma'arif. Asking Allah to reach Ramadan is good in any words.

at-Tabarani and al-Bayhaqi (weak chain) · Weak chain (da'if) — see the note

EXTRA **Eid greeting of the Companions**

تَقَبَّلَ اللَّهُ مِنَّا وَمِنْكُمْ

Taqabbalallāhu minnā wa minkum.

May Allah accept from us and from you.

Jubayr ibn Nufayr reported that the Companions said this to each other on Eid; Ibn Hajar graded the chain hasan.

Ibn Hajar, Fath al-Bari (chain: hasan) · Report from the early scholars

⏰ A simple daily routine

A suggestion, not a rule — adjust it to your family. “4 pages” after each of the five prayers finishes the Qur’an in the month.

	Child (7–12)	At home	Working / studying
Before Fajr	Suhoor with the family, one dua	2 rak‘ahs of night prayer, suhoor, istighfar	Suhoor, istighfar, prepare the day
After Fajr	Fajr prayer, morning adhkar, sleep	Fajr, morning adhkar, 4 pages of Qur’an	Fajr, morning adhkar, 4 pages, short rest
Morning	School or Qur’an class; Qaida / Nazra page	Home tasks with dhikr on the tongue	Work honestly; dhikr while travelling
Zuhr	Zuhr prayer, rest (qaylulah)	Zuhr, 4 pages, short nap	Zuhr at work, 4 pages in the break
Asr	Asr, learn one dua or question of this guide	Asr, 4 pages, help prepare iftar	Asr, 4 pages on the way home
Before Maghrib	Make dua with the family — this is a time of acceptance	Evening adhkar, quiet dua	Evening adhkar, dua
Iftar and Maghrib	Dates, water, iftar dua, Maghrib	Dates first, iftar dua, Maghrib, then dinner	Same — and share iftar with someone
Night	Isha, a few rak‘ahs of Taraweeh, early sleep	Isha, Taraweeh, 4 pages, sleep early	Isha, Taraweeh, plan tomorrow, sleep early

🎉 The end of Ramadan and Eid

Zakat al-Fitr (Sadaqat al-Fitr) is due for every Muslim in the family, young or old, and should be given before the Eid prayer. Your local scholars announce the amount each year.

Sahih al-Bukhari 1503 · Sahih Muslim 984 · Sahih

وَلِتُكْمِلُوا۟ ٱلْعِدَّةَ وَلِتُكَبِّرُوا۟ ٱللَّهَ عَلَىٰ مَا هَدَىٰكُمْ وَلَعَلَّكُمْ تَشْكُرُونَ ...

... so that you complete the number of days and proclaim Allah's greatness for guiding you, and so that you may be thankful. — Say the takbir on the way to the Eid prayer.

Surah Al-Baqarah (2:185)

On Eid al-Fitr the Prophet ﷺ did not go out until he had eaten some dates, and he ate an odd number.

Sahih al-Bukhari 953 · Sahih

He went to the Eid prayer by one road and came back by another.

Sahih al-Bukhari 986 · Sahih

"Whoever fasts Ramadan and follows it with six days of Shawwal, it is like fasting the whole year."

Sahih Muslim 1164 · Sahih

↑ See above: Eid greeting of the Companions

My Ramadan tracker — Day 1–15

Day	Fast	Fajr	Zuhr	Asr	Maghrib	Isha	Taraweeh	Qur'an	Adhkar	Charity	Dua
1											
2											
3											
4											
5											
6											
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My Ramadan tracker — Day 16–30

Day	Fast	Fajr	Zuhr	Asr	Maghrib	Isha	Taraweeh	Qur'an	Adhkar	Charity	Dua
16											
17											
18											
19											
20											
21											
22											
23											
24											
25											
26											
27											
28											
29											
30											



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Every hadith number in this booklet was checked against the original book; Qur'an text from the standard Uthmani mushaf. If you find a mistake, please tell us on WhatsApp.