



# Reminders from the Quran and Sunnah

## الِاسْتِقَامَةُ عَلَى الطَّاعَاتِ بَعْدَ رَمَضَانَ

### STEADFASTNESS IN OBEDIENCE TO ALLAH AFTER RAMADAN

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ.

إِنَّ الَّذِينَ قَالُوا رَبُّنَا اللَّهُ ثُمَّ اسْتَقَامُوا تَتَنَزَّلُ عَلَيْهِمُ الْمَلَائِكَةُ أَلَّا تَخَافُوا وَلَا تَحْزَنُوا وَأَبْشِرُوا بِالْجَنَّةِ الَّتِي كُنْتُمْ تُوعَدُونَ ﴿٣٠﴾ نَحْنُ أَوْلِيَائُكُمْ فِي الْحَيَاةِ الدُّنْيَا وَفِي الْآخِرَةِ وَلَكُمْ فِيهَا مَا تَشْتَهِي أَنْفُسُكُمْ وَلَكُمْ فِيهَا مَا تَدَّعُونَ ﴿٣١﴾ نُزِّلَ مِنْ غَفُورٍ رَحِيمٍ ﴿٣٢﴾

Indeed, those who have declared: "Our Lord is Allah", then remained steadfast, on them the angels will descend, saying, "Do not fear, and do not grieve; and be happy with the good news of the Jannah (Paradise) that you had been promised - a gift of welcome from the Most-forgiving, the Very-Merciful".

[Surah Fussilat, 41:30]

A'isha (may Allah be pleased with her), the wife of the Prophet (PBUH) reported: "The actions which the Messenger of Allah loved most were those which were done continuously and regularly."  
(Sahih al-Bukhari 6462)

### IMPORTANT POINTS

Muslims were required to fast regularly during the day and encouraged to offer the Taraweeh prayer after Isha at night during Ramadan. As the month of Ramadan is over, we don't have to fast or pray late at night every day, but we need to continue our regular religious duties.

### MUSLIMS SHOULD TAKE CARE OF THE FOLLOWING THINGS AFTER RAMADAN:

- Offer daily mandatory prayers.
- Stay within the limits of what is Halal (allowed) and stay away from what is Haram (not allowed).
- Take care of the fasting for six days in the month of Shawwal.
- Pay the Sadaqatul-Fitr now if you didn't do it before the Eid prayer.
- Make a Qada for the days you didn't fast during Ramadan.
- People who were too old or sick to fast during Ramadan must pay the "Fidyah" for all the days they missed.
- People who broke their fast during Ramadan without any valid reason should offer "Kaffarah," which means to (1) free a slave. (2) observe the fast for 60 days straight. (3) Provide food for the sixty poor and needy people.
- Stay connected with the local Masjid and the community by praying there and offering volunteer services, and don't miss Jum'ah prayers
- Continue to recite the Quran every day.
- Seek Allah's help for remaining steadfast by saying the following Duas:

رَبَّنَا لَا تُزِغْ قُلُوبَنَا بَعْدَ إِذْ هَدَيْتَنَا وَهَبْ لَنَا مِنْ لَدُنْكَ رَحْمَةً ۚ إِنَّكَ أَنْتَ الْوَهَّابُ

"Our Lord! Let not our hearts deviate (from the truth) after you guided us and grant us mercy from you".

[ Surah Aal-Imran, 3: 8]

يَا مُقَلِّبِ الْقُلُوبِ ثَبِّتْ قُلُوبَنَا عَلَى دِينِكَ

"O turners of hearts keep our hearts firm on your religion"