



PRE-RAMADAN GUIDE

YOUR COMPREHENSIVE GUIDE
TO MAKING THE MOST OF THE
MOST BLESSED MONTH

Brought to you by Mission Relief

WHY PREPARING FOR RAMADAN MATTERS MORE THAN WE THINK

The companions of the Prophet ﷺ understood that **reaching Ramadan itself was a blessing not guaranteed** to anyone.

Talhah ibn 'Ubaydullah (RA) narrated that **two men from the same tribe accepted Islam together. One was martyred early, while the other lived for another year** and then passed away. Talhah (RA) saw in a dream that **the one who lived longer and reached another Ramadan entered Jannah before the martyr**. When this was mentioned to the Prophet ﷺ, he said:

"Did he not live after him for a year, reach another Ramadan, fast it, and pray so many prayers?"

– Musnad Ahmad, graded authentic by scholars

This hadith reframes how we view time. **One additional Ramadan, when lived with intention and worship, elevated a companion higher in Jannah than a martyr.**

This is why preparation matters. Ramadan is **not just a month we stumble into**, it is a gift **we should meticulously plan for as we may never receive it again**. Planning ahead is the best way to invest in your akhirah and ensure you **make the most of the blessed month as it may be our last**.



رمضان كريم

THE MERCY OF RAMADAN AND WHAT ALLAH FORGIVES

"The Night of Decree is better than a thousand months."

– Surah al-Qadr 97:3

Ramadan is a month drenched in mercy, forgiveness and multiplied reward. Allah opens doors that are closed the rest of the year.

1. FORGIVENESS OF PAST SINS

The Prophet ﷺ said:

"Whoever fasts Ramadan out of faith and seeking reward, his previous sins will be forgiven."

– Sahih al-Bukhari, Sahih Muslim

And he ﷺ said:

"Whoever stands in prayer during Ramadan out of faith and seeking reward, his previous sins will be forgiven."

– Sahih al-Bukhari

This forgiveness is not automatic. It is tied to sincerity, intention, and effort.

2. THE GATES OF MERCY ARE OPENED

The Prophet ﷺ said:

"When Ramadan begins, the gates of Paradise are opened, the gates of Hell are closed, and the devils are chained."

– Sahih al-Bukhari

This means sin is easier to leave, worship is easier to maintain, and hearts are more receptive. Preparation allows us to enter this state immediately, not halfway through the month.

3. REWARDS ARE MULTIPLIED BEYOND MEASURE

Allah says in the Qur'an:

"Except for fasting, for it is for Me and I will reward it."

– Sahih al-Bukhari (Hadith Qudsi)

Fasting carries a reward that Allah Himself has kept hidden. This alone should make us plan how to fast with intention and excellence, not habit.


4. LAYLAT AL-QADR CHANGES A LIFETIME

"Whoever stands in prayer on Laylat al-Qadr out of faith and seeking reward, his previous sins will be forgiven."

– Sahih al-Bukhari, Sahih Muslim

A single night can outweigh decades of worship. Those who prepare beforehand are the ones most likely to recognise it and benefit fully from it.





RESEARCH SHOWS THAT WHEN PEOPLE CLEARLY WRITE DOWN THEIR GOALS AND PLAN HOW TO ACHIEVE THEM, THEY ARE OVER 40 PER CENT MORE LIKELY TO FOLLOW THROUGH AND ACHIEVE THOSE GOALS*. PLANNING AHEAD SPIRITUALLY, PERSONALLY AND PRACTICALLY DRAMATICALLY INCREASES THE CHANCES THAT WE FULFILL OUR RAMADAN INTENTIONS.

*Dr Gail Matthews at Dominican University in California

PRE-RAMADAN SPIRITUAL PREPARATION - WHY IS IT IMPORTANT?

Just like you'd never run a marathon without any preparation, it's not wise to enter Ramadan without brushing up on your spirituality and 'warming up', this makes it easier to perform at your best and make the most out of the blessed month and build upon the momentum you've already started before Ramadan. By being organised and planning ahead your goals and how you'll achieve them you'll increase your likelihood of success.

SINCERE REPENTANCE

Ramadan is not the time to start repairing your relationship with Allah, it is the time to deepen it and work on developing upon existing habits. Begin repentance early so Ramadan arrives to a heart already turning back to Allah.

Allah says:

***"O you who believe, turn to
Allah in sincere
repentance."***

– Surah at-Tahrim 66:8

REBUILDING THE DU'A HABIT

Du'a is the language of reliance and your direct line to Allah SWT. The scholars mention that the righteous would ask Allah for months to allow them to reach Ramadan and then ask for months after for acceptance.

طلع البدر علينا



PREPARING YOUR LIFESTYLE, NOT JUST YOUR WORSHIP

ENERGY, FOCUS AND MENTAL CLARITY

Rather than waiting for Ramadan to overwhelm your routine, simplify beforehand. Reduce commitments that do not serve your akhirah. Clear mental space so worship does not feel squeezed in. Introduce habit stacking, combine your new, planned acts of worship with your existing routine. A common example of this is reading 4 pages of quran with every prayer, making reading a chapter (juz) of Quran feel much more manageable.

**What acts of worship
can you stack with your
pre-existing routine?**

FAMILY AND HOME ALIGNMENT

Have intentional conversations with your household:

- What does Ramadan mean to us this year?
- How will we protect the atmosphere of the home?
- How can we worship together?
- How can we support one another in achieving our Ramadan goals or staying away from bad habits?

Homes that prepare together experience a different Ramadan.



TEN POWERFUL DU'AS FOR RAMADAN PREPARATION

1. REACHING RAMADAN

“اللهم بلغنا رمضان.”

Allahumma ballighna Ramadan.

O Allah, allow us to reach Ramadan.

2. ACCEPTANCE

“اللهم تقبل منا.”

Allahumma taqabbal minna.

O Allah, accept (our deeds) from us.

3. SINCERITY

“اللهم اجعل عملي خالصاً لوجهك.”

Allahumma aj'al 'amali khalisan li-wajhik.

O Allah, make my deeds purely for You.

4. FORGIVENESS

“اللهم اغفر لي ذنوبي كلها.”

Allahumma ighfir li dhunubi kullaha.

O Allah, forgive all of my sins.

5. LOVE OF THE QUR'AN

“اللهم اجعل القرآن ربيع قلبي ونور صدري

وجلاء حزني وذهاب همي.”

Allahumma aj'al al-Qur'ana rabi'a qalbi.

O Allah, make the Qur'an the spring of my heart.

6. CONSISTENCY

“اللهم أعني على ذكرك وشكرك وحسن عبادتك.”

Allahumma a'inni 'ala dhikrika wa shukrika wa husni 'ibadatik.

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

7. PROTECTION FROM DISTRACTION

“اللهم اصرف عني ما لا يرضيك.”

Allahumma isrif 'anni ma la yardik.

O Allah, turn away from me what does not please You.

8. STRONG INTENTIONS

“اللهم ارزقني صدق النية.”

Allahumma urzuqni sidq an-niyyah.

O Allah, grant me sincerity of intention.

9. A TRANSFORMED HEART

“اللهم لا تخرجني من رمضان إلا وقد غيرت

قلبي.”

Allahumma la tukhrajni min Ramadan illa wa qad ghayyarta qalbi.

O Allah, do not let me leave Ramadan without my heart being changed.

10. A GOOD END TO RAMADAN

“اللهم اختم لنا رمضان برضاك”

Allahumma ikhtim lana Ramadan bi-ridak.

O Allah, allow us to end Ramadan with Your pleasure.

A DU'A FOR THE OPPRESSED AND SUFFERING UMMAH

As we prepare for Ramadan it's important to ensure we're remembering our brothers and sisters across the world in need with both our duas and actions.

اللهم كن للمستضعفين في كل مكان ناصرًا
ومعينًا. اللهم فرّج عنهم كربهم، واكشف عنهم
همّهم، واربط على قلوبهم.
اللهم احفظهم بحفظك، وارحم ضعفهم،
واكتب لهم العافية والسلامة. اللهم كن لهم وليًا
ونصيرًا، وعونًا وظهيرًا.
اللهم اخص برحمتك أهل غزة، وأهل السودان،
وأهل اليمن، وأهل الكونغو وسائر
المستضعفين في الأرض.
اللهم اجعل لهم من كل ضيق مخرجًا، ومن كل
هم فرجًا.

*Allahumma kun lil-mustad'afeena fi kulli makaan naasiran wa mu'eenan
Allahumma farraj 'anhum karbahun, wakshif 'anhum hammahun, warbut 'ala
quloobihim. Allahumma ihfazhum bihifdhik, warham da'fahum, waktub
lahumul-'aafiyata was-salaamah. Allahumma kun lahum waliyyan wa naseeraa, wa
'awnan wa dhaheeraa. Allahumma ikhuss birahmatika ahla Ghazzah, wa ahlal-
Sudaan, wa ahlal-Yaman, wa ahlal-Kongo wa saa'iral-mustad'afeena fil-ard
Allahumma ij'al lahum min kulli dayqin makhrajaa, wa min kulli hammin farajaa.*

O Allah, be for the oppressed everywhere a supporter and a helper.

O Allah, relieve their distress, remove their worries, and strengthen their hearts.

O Allah, protect them with Your protection, have mercy on their weakness, and grant them wellbeing and safety.

O Allah, be for them a guardian, a supporter, a source of help and backing.

O Allah, grant Your special mercy to the people of Gaza, Sudan, Yemen and Congo, and to all oppressed people on the earth.

O Allah, grant them a way out from every hardship and relief from every worry.



CHARITY AS A CORE PART OF RAMADAN

The Prophet ﷺ was described as the most generous of people, and even more generous in Ramadan.

Charity in Ramadan is different. It's a time where you can relate to the hunger and thirst of those across the world who go hungry and thirsty every day due to lack of access to those resources, creating a deeper sense of understanding and empathy for those in need.

Supporting ongoing relief efforts through trusted organisations allows your charity to reach places you physically cannot, while still being written for you as sincere action.

"Whoever relieves a believer from a hardship of this world, Allah will relieve him from a hardship on the Day of Resurrection."

– Sahih Muslim

ABOUT MISSION RELIEF

Mission Relief UK is a UK-registered charity providing life-saving humanitarian aid and long-term support to vulnerable communities around the world. A key focus of its work is in Kenya, which is home to two of the largest refugee camps in the world, where families face prolonged displacement and hardship. Through its appeals, Mission Relief supports orphans and families with food aid, clean water, medical care, hygiene support, education initiatives, masjid iftars and emergency relief. With a commitment to transparency and meaningful impact, Mission Relief aims to restore dignity and hope to those facing hardship.

MISSION RELIEF RAMADAN APPEALS

CLEAN WATER APPEAL

Many communities in East Africa cannot access safe drinking water, especially in drought-affected regions where wells are not feasible. Mission Relief provides large 10,000-litre clean water tanks to communities that lack a reliable water source, helping reduce disease, ease daily hardship and support life.

£100 provides 10000 litres of clean safe drinking water.



www.missionrelief.org.uk/clean-water-project

FOOD PACK APPEAL

Support Families Facing Hunger in Kenya. Through our Food Pack Appeal, Mission Relief provides nutritious food parcels to families struggling to survive. Each pack contains staples such as rice, flour, cooking oil, lentils and dates, ensuring a family of five has food to break their fasts and sustain themselves for an entire month.

£40 feeds a family of five for a whole month.



www.missionrelief.org.uk/east-africa-hunger-crisis

MEDICAL CAMP APPEAL

Free Medical Care for Those Who Cannot Afford It. Access to healthcare is a basic human need, yet many rural communities cannot afford essential treatment. Mission Relief's Medical Camp appeal funds free consultations and prescriptions for those who otherwise would go without care, helping treat common and treatable conditions.

£50 provides free medical care to 5 people.



www.missionrelief.org.uk/medical-aid

ORPHAN FEEDING PROGRAMME

Nourishment for Vulnerable Children. Orphans often lack reliable access to food and basic nourishment. Mission Relief's Orphan Feeding Programme provides weekly nutritious meals designed to support physical health and wellbeing. A complete meal includes rice, meat, water and fruit, ensuring children have strength and sustenance.

Feed an orphan for just £3 a meal.



www.missionrelief.org.uk/feed-an-orphan

**JOIN OUR RAMADAN
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**BE THE
ANSWER.**



<https://fundraise.missionrelief.org.uk/ramadan-1k-challenge>

PRE-RAMADAN CHECKLIST

Here's a few things to get you started on your ramadan prep. Print this page to reference or share with your friends and family!

HEART & INTENTIONS

- ☐ Made sincere repentance
- ☐ Renewed intention for Ramadan
- ☐ Written personal du'a list
- ☐ Plan acts of worship for Ramadan

WORSHIP

- ☐ Established daily Qur'an reading
- ☐ Begun voluntary fasting
- ☐ Introduced or increase voluntary prayers
- ☐ Reintroduced night prayer

LIFE & ORGANISATION

- ☐ Simplified schedule
- ☐ Reduced distractions
- ☐ Allocated 'Screen-time'
- ☐ Set realistic Ramadan goals
- ☐ Speak to friends and family on supporting each others goals

CHARITY

- ☐ Planned sadaqah amounts
- ☐ Chosen causes to support
- ☐ Scheduled consistent giving





ABOUT MISSION RELIEF

Mission Relief is a UK-based charity dedicated to alleviating suffering through sustainable and emergency humanitarian aid. Their work includes feeding families, supporting orphans, medical relief, clean water projects and emergency response in regions facing hardship.

Learning about the needs of others and acting upon them is one of the most meaningful ways to honour Ramadan.

Visit missionrelief.org.uk to learn more or support our ongoing appeals.



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www.missionrelief.org.uk



admin@missionrelief.org.uk