

# CONTINUE EARNING THE BLESSINGS OF RAMAḌĀN DURING MENSES, LOCHIA & SICKNESS



# BENEFITS OF RAMAḌĀN

- It is a month which we return ourselves to Allāh and the Qur'ān.
- Physically, we abstain from food and water, reminding the body of how little sustenance it needs to thrive.
- Morally, A Muslim works on improving their character abstaining from anger, backbiting and obscene language.
- Spiritually, it is a time of self- reformation and seeking purification from desires (*nafs*) to bring oneself closer to Allāh.
- We circulate lists of goals to be achieved, whether it is increased prayers, recitation of the Qur'ān or standing in the night prayer, seeking solace in the company of Allāh.

# THREE FACTORS THAT LEAD TO A PERSON UNABLE TO FAST & PRAY ṢALĀH:

1. Menstruation (Ḥayḍ)
2. Postnatal Bleeding After Child Birth- (Nifās)/Lochia
3. Sickness

# MENSTRUATION IS FROM ALLĀH Ta'ĀLĀ

It is mentioned in a *ḥadīth* in which 'Ā'ishah رَضِيَ اللَّهُ عَنْهَا said: "We set out with the sole intention of performing *Ḥajj* and when we reached Sarif, (a place six miles from Makkah) I got my menses. Allāh's Messenger ﷺ came to me while I was weeping. He said 'What is the matter with you? Have you got your menses?' I replied, 'Yes.' He said, 'This is a thing which Allāh has ordained for the daughters of Ādam.'"

(*Ṣaḥīḥ al-Bukhārī*)

# SICKNESS IS FROM ALLĀH Ta'ĀLĀ

- **Sickness and Health is both from Almighty Allāh.**
- **Do not be frustrated when sickness overcomes you. Understand it as the command of Allāh.**
- **Exercise patience when sickness overcomes you, if you are patient Allāh will reward you.**

**ḤADĪTH:**  
**FOR EVERY DIFFICULTY ALLĀH WILL REWARD YOU**

It is narrated by Abū Sa‘īd Al-Khudrī رضي الله عنه and Abū Hurayrah رضي الله عنه that The Prophet صلوات الله وسلامه said: “No fatigue, nor disease, nor sorrow, nor sadness, nor hurt, nor distress befalls a Muslim, even if it were the prick he receives from a thorn, but that Allāh expiates some of his sins for that.”

*(Ṣaḥīḥ al-Bukhārī)*

## ḤADĪTH

**DO NOT UNDERESTIMATE THE MERCY OF ALLĀH**

**If a person falls ill or travels, he should be credited with whatever good deeds he used to perform while at home and in good health.**

***(Ṣaḥīḥ al-Bukhārī)***

# WHAT CAN A PERSON IN MENSES/LOCHIA/SICKNESS DO TO BENEFIT SPIRITUALLY:

## 1. Renew Intention

Doing household work for example:  
Making *sahūr*, Preparing *iftār*,  
Cleaning clothes brings reward if  
one has a good intention.



# WHAT CAN A PERSON IN MENSES/LOCHIA/SICKNESS DO TO BENEFIT SPIRITUALLY:

## 1. Renew Intention

“The reward of deeds depends upon the intentions and every person will get the reward according to what he has intended...”

*(Ṣaḥīḥ al-Bukhārī)*

# WHAT CAN A PERSON IN MENSES/LOCHIA/SICKNESS DO TO BENEFIT SPIRITUALLY:

**2. Enter on One's prayer mat and focus on Allāh at every prayer time.**

In a *ḥadīth* narrated by Maymūnah رَضِيَ اللهُ عَنْهَا , the wife of the Prophet ﷺ : “During my menses, I never prayed, but used to sit on the mat beside the mosque of Allāh’s Apostle...”

(*Ṣaḥīḥ al-Bukhārī*)

**WHAT CAN A PERSON IN MENSES/LOCHIA/SICKNESS  
DO TO BENEFIT SPIRITUALLY:**

**3. Engaging In The Dhikr  
(Remembrance Of Allāh)**

**Allāh says in the Qur'ān "Verily in the remembrance of Allāh do hearts find rest/comfort."**

***(Ar-Ra'ḍ 13:28)***

WHAT CAN A PERSON IN MENSES/LOCHIA/SICKNESS  
DO TO BENEFIT SPIRITUALLY:

## 4. Engage in Du‘ā’

The Prophet ﷺ said: “Du‘ā’  
(supplication) is worship.”

*(Ṣaḥīḥ al-Bukhārī)*

# WHAT CAN A PERSON IN MENSES/LOCHIA/SICKNESS DO TO BENEFIT SPIRITUALLY:

## 4. Engage in Du‘ā’

Allāh says in the Qur‘ān: “And when My servants ask you concerning Me, indeed I am near. I respond to the invocation of the supplicant when he calls upon Me...”

{*Sūrah Baqarah 2:186*}

# WHAT CAN A PERSON IN MENSES/LOCHIA/SICKNESS DO TO BENEFIT SPIRITUALLY:

## 5. Seek Forgiveness (Istighfār)

It is reported by *Sayyidunā Abū Hurayrah* رضي الله عنه that he heard the Messenger of Allāh صلى الله عليه وسلم saying that I seek Allāh's Pardon and turn to him in repentance more than seventy times a day. (*Ṣaḥīḥ al-Bukhārī*)

**WHAT CAN A PERSON IN MENSES/LOCHIA/SICKNESS  
DO TO BENEFIT SPIRITUALLY:**

**6. Send Salutation (Ṣalawāt)**

Allāh's Messenger ﷺ said: "Whoever sends ṣalāh upon me, Allāh sends ṣalāh upon him ten times."

*(Ṣaḥīḥ al-Bukhārī)*

WHAT CAN A PERSON IN MENSES/LOCHIA/SICKNESS  
DO TO BENEFIT SPIRITUALLY:

**6. Send Salutation (Ṣalawāt)**

*Ḥazrat* Gangohī mentioned that every Muslim should try to at least read *durūd* 300 times a day.



## WHAT CAN A PERSON IN MENSES/LOCHIA/SICKNESS DO TO BENEFIT SPIRITUALLY:

### 7. Listening to Qur'ān Recitation

*Ramaḍān* is the month of the Qur'ān.

By listening to Qur'ān recitation, a woman on her menses would not feel like she has missed out on her connection with the Qur'ān.

# WHAT CAN A PERSON IN MENSES/LOCHIA/SICKNESS DO TO BENEFIT SPIRITUALLY:

## 7. Listening to Qur'ān Recitation

With the technology we have available today we can listen to Qur'ān recitation and follow the translation alongside easily using our cellphones and other electronic devices.

# WHAT CAN A PERSON IN MENSES/LOCHIA/SICKNESS DO TO BENEFIT SPIRITUALLY:

## 8. Reading Qur'ānic Tafsīr

While recitation of the Qur'ān itself is prohibited in *ḥayḍ*, a woman can read the tafsir to help her understand better what is being discussed within the pages of scripture.

# WHAT CAN A PERSON IN MENSES/LOCHIA/SICKNESS DO TO BENEFIT SPIRITUALLY:

## 8. Reading Qur'ānic Tafsīr

Some *tafsīr* literature books include: *Ma'āriful Qur'ān* by Muftī Shafi Uthmani رحمته الله and *Anwarul Bayān* by Mufti Muhammad Aashiq Elahi Muhajir Madani رحمته الله.

# WHAT CAN A PERSON IN MENSES/LOCHIA/SICKNESS DO TO BENEFIT SPIRITUALLY:

## 9. Reading Ḥadīth Commentary

The body of *ḥadīth* collections is an amazing way to get a glimpse at what life was like for the Beloved Messenger ﷺ.

They are also a source of legislative information for Muslims, giving detail and nuance on issues the Qur'ān does not directly address.

## WHAT CAN A PERSON IN MENSES/LOCHIA/SICKNESS DO TO BENEFIT SPIRITUALLY:

### 9. Reading Ḥadīth Commentary

There are many books on *ḥadīth* commentary such as: Provisions for the Seekers, Imām Nawawī's 40 Ḥadīth and Imām Bukhārī's *Al-'Adab al-Mufrad*.

# WHAT CAN A PERSON IN MENSES/LOCHIA/SICKNESS DO TO BENEFIT SPIRITUALLY:

## 10. Reading Islāmic Literature

There is an abundance and wealth of Islāmic literature available. There are books on the Companions of the Prophet ﷺ, Islāmic history, Islāmic law (*fiqh*) and theory, spirituality and the scholars of the past.

# WHAT CAN A PERSON IN MENSES/LOCHIA/SICKNESS DO TO BENEFIT SPIRITUALLY:

## 11. Reading Sīrah Books

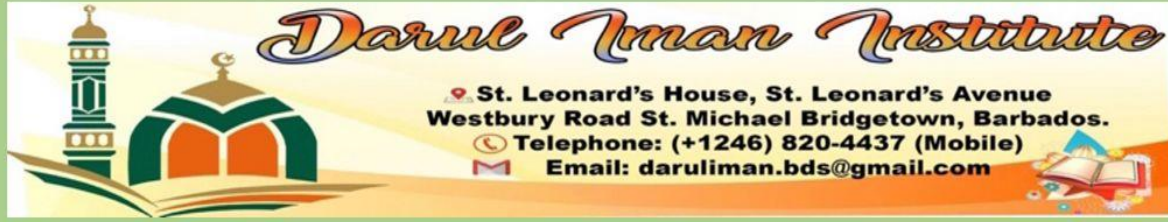
Reading books on Sīrah allows us to understand the events of Nabī's ﷺ beloved life and all the sacrifices he made, so we could receive and practice the religion (*dīn*) with such ease. When we learn about him ﷺ, we know him, and then we cannot help but love him ﷺ.



# WHAT CAN A PERSON IN MENSES/LOCHIA/SICKNESS DO TO BENEFIT SPIRITUALLY:

## 12. Feeding Those Who Are Fasting

- When we are not fasting and praying its a great time to cook extra to get the reward of other people's fasts.
- A woman in menstruation can prepare food for her extended family, local congregation, neighbours and those in need.



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# WHAT CAN A PERSON IN MENSES/LOCHIA/SICKNESS DO TO BENEFIT SPIRITUALLY:

## 13. Giving Charity

- *Ramaḍān* is the month of charity and it is mentioned that the Prophet ﷺ was the most generous in *Ramaḍān*.
- Remember that charity doesn't have to be monetary, helping others and even just smiling are forms of charity.

# WHAT CAN A PERSON IN MENSES/LOCHIA/SICKNESS DO TO BENEFIT SPIRITUALLY:

## 13. Giving Charity

It is narrated by Abū Dharr that the Messenger of Allāh ﷺ said:

"Your smiling in the face of your brother is charity, commanding good and forbidding evil is charity, your giving directions to a man lost in the land is charity for you. Your seeing for a man with bad sight is a charity for you, your removal of a rock, a thorn or a bone from the road is charity for you. Your pouring what remains from your bucket into the bucket of your brother is charity for you."

*(Sunan Tirmidhī #1956)*

May Allāh accept all of our fasting,  
standing in prayer, dhikr, recitation of  
the Qur'ān, charity, and make us among  
those who attained His Mercy,  
Forgiveness, and Deliverance from the  
fire. **Āmīn**

