



# Smart Muslim

SPECIAL EDITION

APRIL 2022

# Honouring RAMADHAN

Coming Back  
To Where You Belong

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# **SMART MUSLIM**

**Special Edition**

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# HONOURING RAMADHAN

## Coming Back To Where You Belong

*By Abdullahi Jamaa*

**G**lad tidings to noble believers, just as the Messenger of Allah (PBUH) said of them in a number of authentic narrations. Glad tidings to those who walk to Masjid in the dark, to those who sought forgiveness in the record of their deeds, to those who conduct their Salah in utmost humility, to those who do good deeds, to those who extend their hand in sincere charity and above all to the ones who worship Allah with love, loyalty and attestation.

To the above group of honorable believers, the graceful entry of Ramadan is an extension of endless spiritual opportunities, a dedication to their deen and unwavering fidelity to their creator. For them, the holy month is a harvest season that comes once in a year; having cultivated their land, they procure brimming blessings from their Lord in an awe-inspiring state of delight.

Believers have owned their religion with love and passion. The Masjid has been their stomping ground, the Quran a boon companion and now Ramadan comes in as a heavenly sanctuary. That is why during this noble month dedicated worshippers already feel at home, taking stock of their time while leaving nothing to chance.

### Religious ritual

Yet for the overwhelming majority of us, Ramadan is but a religious ritual; it comes and goes and again comes back without toting any meaningful value to our lives. Perhaps it is the only time we attend the Masjid or listen to weekly lectures, as though the rest of the months are for twiddling our fingers in downright vagueness.

We all know that we are not doing well in our deen. We are strangers in our own religion, acting like visitors either due to negligence or as a result of outright overconfidence; sometimes we give ourselves baseless excuses; and many times we utterly disregard the very fundamental tenets of our deen. This is a potent manifestation of our lack of spiritual discipline.

For a moment, think about the emptiness of our Masjids during non-fasting months. It tells a lot about our sheer slackness. It is only during this fasting month that one feels a sense of unity and brotherhood; the rest of the months are boring, with few people attending the house of Allah, the taste and value of our congregational prayer is indeed wanting.

One can validly ask where all these Muslims were before Ramadan. It points to two things; either many of us are not praying or we don't have time to attend the Masjid. Given the very authentic hadith of Messenger of Allah (PBUH) that praying in the Masjid is more rewarding as compared to praying at home, our Masjids should be full with or without Ramadan.

It is not about prayer only; we are religiously lagging behind in all facets of Ibadah. In our world of fantasy and forgetfulness, we have absconded our religious duties. Our true value as Muslims is lost because we have failed to practice and adore our blessed religion.

Our Ramadan spiritual respite is a consolation of knowing our weaknesses; a time to reflect and make corrections and spiritual amendments. We have no option but to take this month as a suitable bout for us to come back to where we belong.

Just how long shall we continue to dream that we are too young to be a better Muslim? Taking the deen too lightly and excusing ourselves from Ibadah is a spiritual tragedy. Our righteous predecessors said once you approach age 40, retreat to ibadah and repentance. It means your days are almost up and you don't have enough time to make the most out of your life.

*"Do men think that they will be left alone on saying 'We believe' and that they will not be tested"*  
(Quran 29:2)

While we struggle to earn a livelihood, we must not forget about our provision for the hereafter. When we sit at our work stations we must remember about our purpose in life, the untimely death, and the sod that will be our transient abode.

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# RAMADHAN IS LIKE A BOOT CAMP

*By Smart Muslim Team*

**W**e are lazy most of the time, unable to do things that matter in life yet watch our faith deteriorate further and further each passing year. We are not learning from our mistakes; we are in an endless game of procrastination.

It's Just 30 days. Don't go for easy targets. Challenge yourself. It is not all about hunger and thirst. If you are the type who fast and end up on bed the whole day, then you have lost this battle. Ramadan is the time to showcase your loyalty and dedication to Allah (the Most High)

This Ramadan, if all goes well, you must wake up from your deep slumber, tighten your belt and collect all the rewards that are up for grabs. Of course, you must compete with honorable believers in attaining a new feat of worship regimen.

We love believers who are disciplined in ibadah. They do things consistently with a lot of dedication even if it is a small tiny deed. They do it again and again. They are our role models.

Since the very first day of Ramadan, I have been observing with envy as honorable members of our community delivered Iftar to our local Masjid. Every day, few minutes to Iftar, they drop jars of juices, dozens of snacks, dates and bottled water as part of their iftar contributions.

Many of these people may not be worldly millionaire but indeed, as my other friend said of them, they could be heaven millionaires. They discovered simple formula to riches in the Hereafter. They are leaving no stone unturned in trying to earn all the offers of Ramadan.

In worldly standard, this particular charity could be costing the brothers a daily fortune in terms of financial and other resources but their reward in the sight of Allah is beyond our imagination. How about their families, those who supported them in cooking and putting everything into place. It is a dedicated family affair. United for Ibadah.

You can imagine thirty days of doing an act consistently. Isn't it like a military boot camp? Indeed, Allah

will count for them every drop of juice, every atom of flour and other ingredients for the snacks and every thread in the dates.

Allah is a just Lord. Everyone will get rewarded according to their efforts while the lazy guy will go home almost empty-handed after 30 days of hunger and thirst.

Again, last Ramadan, two friends of mine have set high targets for themselves in recitation of the magnificent Qur'an. They started with five Juzus a day, then increased to 10 Juzus and by the last ten days of Ramadan, they were doing 15 Juzus a day, meaning they were able to complete the entire Quran in only two days.

They read a total 6348 verses in 114 chapters within 48 hours. From the 320,015 letters of the holy Qur'an they could earn 3,200,150 rewards in just two days, because the Messenger of Allah (PBUH) said, reciting one letter of the Quran is equivalent to 10 rewards. Though 10 per letter is the bare minimum and could be multiplied up to 700 times over.

They have shown us the dust. May Allah reward them abundantly. These gentlemen are professionals like many of us, busy with the bane of life yet finding the courage and commitment to put their best foot forward. This is a potent manifestation of holding back from worldly desires and temptations.

## Act Now

Nothing is impossible when there is a strong will. Certainly, you can achieve a lot when you have an unparalleled commitment and dedication. Passion is what you need and discipline is what you must cultivate. Act now without hesitation.

Remember there are no shortcuts; it is all about your deeds. The road to eternal success is long and tedious, you must have a great sense of patience mixed with a powerful performance to arrive at your final home in Akhirah- Jannah.

And unless Allah (The Most High) makes it easy for us, the road to Jannah can be spiritually burdensome, mentally overwhelming and physically tiring. Despite this, we have an assurance from Allah that those who strive to do good will find their reward and a wholesome recompense that is far superior to their efforts.

That is why we need to challenge ourselves and strive to achieve a spiritual feat that can help us earn celestial accolades full of facilitation and rewards. The Messenger of Allah (PBUH) said: "Every doer of deed is facilitated in his action."

It is upon us to make concerted efforts in earning the facilitation of Allah through excellence in ibadah. The big question is; how can we challenge ourselves? And what is it about striving hard to accomplish some level of religious discipline that can help us achieve rewards for our hard work?

The most important thing we can do is to establish an awesome regimen of worship coupled with a religious discipline of performing deeds that will put us in the league of believers. We have to set a high target and compete for Jannah, the ultimate home for honorable believers.

This Ramadan, Insha'Allah, we have another chance

to prove that we are worthy of Jannah. The door is open today and soon it will close. Before that, we must work hard to attain some form of excellence in worship.

We have to discipline our life, control our desires and tame our soul. We can make an impressive U-turn for better, drop laziness and become active worshippers. Laziness they say is resting when you have some work to do. There is a lot on our desk.

Legendary scholar, Imam Ibn Qayim said:

"Buy success for yourself today, for the market still exists and the price is affordable, and goods are low-priced and do not wait until the market and the goods are inaccessible, in which Allah says:

*"That will be the Day of mutual loss and gain... (Qur'an 64:9)"*



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# Is It Food Or Money For Zakatul Fitr?

Compiled by Abdullahi Jamaa

Zakatul Fitr also referred to as Sadaqatul-Fitr is an obligatory charity that is done at the conclusion of the fasting month of Ramadan. This form of charity is due on every person who has sufficient means to maintain himself and his family beyond the day and night of Eid and it must be paid on behalf of every member of one's family including infants.

## The purpose?

According to the teachings and sayings of our beloved prophet (SAW), the fulfilment of the obligation of Zakatul Fitr is intended to serve two main purposes:

The first is to help compensate for the deficiencies in our fasts. As weak human beings we often make mistakes in our acts of worship. Our actions may undermine the rewards of fasting and so we need to make up for our intended or unintended slipups.

The famous scholar Wakee' ibn al-Jarraah is reported to have said: *"Zakaat al-fitr for the month of Ramadaan is like two sajdahs of sahw for the prayer. It makes up for any shortcomings in the fast as the prostrations make up for any shortcomings in the prayer."*

Secondly, Islam is a religion of compassion and mercy, Zakatul Fitr allows the poor amongst the community to celebrate the day of Eid with assurance of food on the table at least for this important day when every Muslims' face is beaming with elation and happiness.

Ibn 'Abbas (RA) narrated that "The Messenger of Allah (SAW) prescribed Zakatul Fitr in order to cleanse those who were fasting from (damages done to their fasts due to indulgence in) lewdness or obscenities, as well as a means of providing food for the poor; so, if someone pays it before the Salah, it is considered Zakah, and if someone pays it after, it is a form of charity" (Dawud)

## Who must pay?

Zakatul Fitr is considered obligatory on every Muslim, male or female, young or old. It is incumbent upon a Muslim who possess more than a day's food requirement. It means therefore that both the rich and the poor are obligated to offer this charity.

Narrated Ibn Umar: *"Allah's Apostle enjoined the payment of one Sa' of dates or one Sa' of barley as Zakat-ul-Fitr on every Muslim slave or free, male or female, young or old, and he ordered that it be paid before the people went out to offer the 'Id prayer."* (Bukhari)

A Muslim is obligated to give on his own behalf and on behalf of those on whom he spends, such as wives and relatives, if they cannot give it on their own behalf. If they are able to, it is better for them to give it themselves, because the command is addressed to them in the first place.

## Food or money?

It's clear that the majority of scholars have preferred food to money. Imams Shafii, Maliki and Hanbali strongly supported the idea of giving out food for Zakatul Fitr. It is reported that they have flatly rejected the use of money in this matter.

Imam Hanafi in his part highly recommended giving out food as Zakatul Fitr, although he allowed money as a possible substitute when and if necessary. This is a powerful indication that food is preferred to money when it comes to fulfilling this important obligatory charity.

Based on the directions of both the previous and contemporary Islamic scholars, the standard ruling of the majority of scholars is that Zakatul Fitr is to be paid in staple foods rather than in cash.

## What amount of Food?

Narrated Abu Said: *"We used to give one Sa' of barley as Sadaqatul-Fitr (per head)"* (Bukhari). *Sa' has been the standard unit of measurement of grains during the early years of Islam, especially in Madinah.*

A question arises: What is a sa'? Scholars say that it was comparable to four mudds; a mudd is what an average person can hold when he cups his hands.

There are varied rulings on the equivalence of this type of measurement with regards to contemporary units of measurement. The weight of the sa' varies according to the type of food concerned, so when giving zakatul Fitr by weight, one must make sure that what is given is equivalent to a sa' of that type of food.

# Is It Food Or Money For Zakatul Fitr?

Currently Islamic scholars are giving the equivalence of a Sa' at a minimum of 2.5 Kilograms or 3 to 3.5 kilograms at Maximum. It's a preferred Islamic tradition to offer the maximum while there is no harm in offering the bare minimum in Zakatul Fitr.

## When to pay?

Zakatul Fitr must be paid before Eid Salah. According to Islamic jurists, it has been a highly cherished practice to offer it on the night before Eid day. Or according to available narrations, it is permissible to give Zakatul Fitr one or two days before Eid.

Narrated Ibn 'Umar: *"The Prophet (SAW) ordered the people to pay Zakat-ul-Fitr before going to the 'Idd prayer"* (Bukhari)

Refer also to the previous hadith when the prophet (SAW) said, *"If someone pays it before Eid Salah, his charity will be considered Zakah. If someone pays it after the Salah, it is reckoned only as a regular form of charity"*

Scholars agree that it is haraam to delay giving it for no good reason, because this defeats the purpose which is to save the poor from having to ask on the day of joy. If a person delays giving it with no excuse, he has committed a sin but he still has to make it up.



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# Fasting Ramadan – Nourishment of the Soul

*By Professor Shahul Hameed*

**B**efore the commandment for fasting came, Prophet Muhammad (peace be upon him) had advised his followers to fast for three days in a month, and this was optional.

It was in the second year of Hijrah that the verse about the obligatory fast of Ramadan was revealed. Ramadan is the month of hunger, hardship, and patience. And yet for believers, it brings great happiness and contentment too.

Ramadan offers a golden opportunity to Muslims for immense spiritual attainments that can earn them their Paradise, the hardship of leaving food, drink, and sex gets them the happy promise that their efforts are sure to be accepted by the All Merciful.

## The Goal of Taqwa

The result of sincere fasting is piety, which one acquires through the training course of fasting:

*O you who believe! Fasting is prescribed to you as it was prescribed to those before you, that you may learn piety. (2:183)*

Piety (taqwa) is a diligence and watchfulness that help us suppress our inclination to yield to temptations. Piety is the opposite of avarice and selfishness. It is a constant struggle to give a wide berth to all that is glamorous on the outside and rotten inside. Piety enables us to keep our passions under control, and discipline them. Piety is the fear of none but Allah. The strength of piety comes from Allah and Allah alone.

Ramadan is a month of the year meant for the purification of our minds and souls. It is a special time to grow closer through our faith and deeds to Allah, as well as to each other. It is also a time for reflections upon Allah's infinite blessings through piety, self-discipline, and patience.

Ramadan is the time to seek Allah's forgiveness and

for each Muslim to forgive each other by settling differences that arose during the past year. In this month, believers not only abstain from food and drink during day time, but also hold back all tendencies for quarrel and confrontation.

During Ramadan, people take particular care to spend more time with family and friends, to be kind and considerate to all, and to overlook people's faults and forgive them for their lapses.

Fasting is an effective lesson in moderation and will-power. It helps us to be adaptable to new situations. It enables us to overcome the unpredictable hardships of life. It generates in us the real spirit of social belonging, of unity and brotherhood, and of equality before Allah as well as before the law.

This is because when we fast, we are joining Muslims all over the world in observing the same duty in the same manner with the same objective.

## A Month of Training

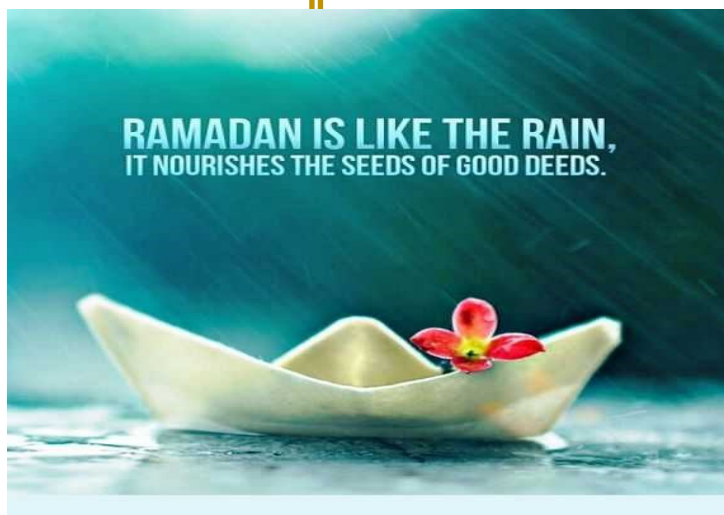
During Ramadan, a believer refuses to indulge his body, but feeds his soul instead. A fasting person lowers his gaze, restrains his wandering mind and reins in his tongue.

Fasting trains a person to flee from the prurient and the obscene. Through the remembrance of Allah, through the recitation of the Quran, and through the night vigil prayers, a

Muslim nourishes his soul.

Fasting prepares a Muslim to confront the trials of life with patience and fortitude. It helps him or her to calmly endure the physical pangs of hunger and thirst, as well as the mental pain of facing the misdeeds of others.

Fasting is a good course in anger management as well. It gives a person the strength to rise above common weaknesses and remain steadfast in truth and justice.



# Fasting Ramadan – Nourishment of the Soul

It instills into a person compassion for his fellow beings as regards their needs, concerns and anxieties. Ramadan makes Muslims charitable and generous to the unfortunates who have fallen by the wayside in their journey of life.

## Unity of Muslims

Ramadan fosters unity among the believers, and instills into their hearts a spirit of sacrifice. During Ramadan, Muslims experience hunger and thirst — the common lot of the poor — with an equal temper of mind.

During this month, the reward for giving charity to the poor and the orphans is among the best of deeds, and our good deeds are multiplied during this blessed month. Generosity to the needy brings mercy from the Lord. Ramadan enables the rich among the believers to feel the sufferings of the poor and be one with them.

Indeed, the Muslims of the world become a genuine “Ummah”, or united body of believers, during the Ramadan.

Fasting lifts a person from the mere mundane sphere of life to a lofty level of the spirit. The selfless worship of Allah during Ramadan rises almost to the level of the ceaseless worship of the angels of the Most High.

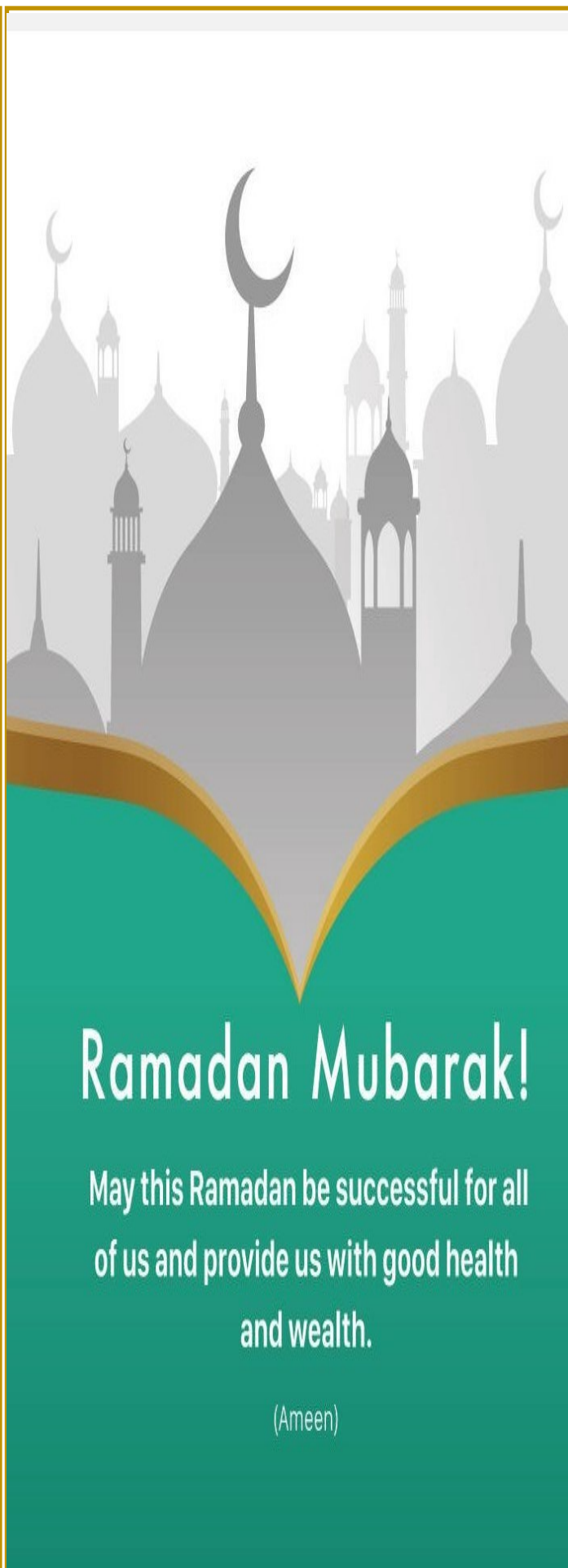
Across cultures and peoples, the principles of Ramadan are the same: self-control and the cleansing of the body and mind. In Islam, religion and spirituality are not confined to the private sphere. The principles that direct the private lives of Muslims shine through social obligations and rights.

Let us pray to Allah the All-Merciful to make this year’s Ramadan the most spiritually rewarding Ramadan we have ever had.

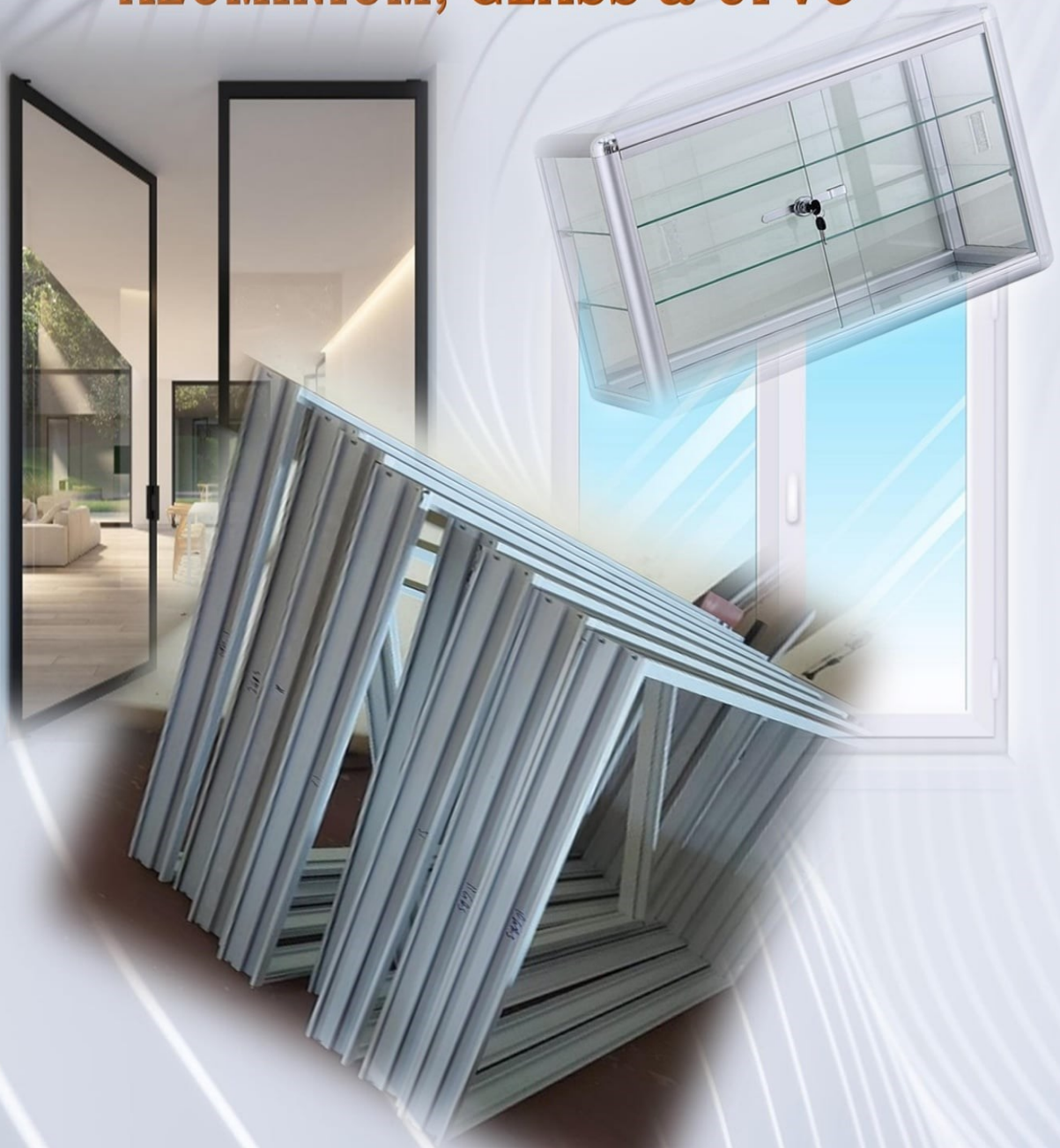
To this end, let us switch off our TV, internet, radio, cell phone, and so on, and focus on the worship of Allah to the extent we can.

May Allah reward us with piety in this life and Paradise in the life to come!

*(From AboutIslam)*



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# How To Stay Productive In Ramadhan

*By Abdullahi jamaa*

It is not just rewarding but also honourable to earn a livelihood. It is more rewarding to work for yourself, your family and the community while putting yourself behind the duty of religion. That means being productive in all spheres of life.

We are in the noble month of Ramadan which requires a motivated approach to raise our spiritual rank while taking care of our worldly affairs in a meticulous way. For professionals it means remaining true to the culture of productivity while observing a month of religious significance.

An honourable believer must hold the correct nod not just for the hereafter but also for worldly success and fulfilment. Our professional daily work is an act of worship when there is a sincere intention behind it. Working for ourselves and our families is considered a religious deed.

The messenger of Allah (peace be upon him) said: "Whatever you spend seeking thereby the Pleasure of Allah, will have its reward, even the morsel which you put in the mouth of your wife". (Bukhari and Muslim)

Fasting is a challenging experience especially for the working professionals; but it is also an awesome spiritual activity that tends to give us clues on how to be at our best in everything. The secret is learning how to be effective in staying true to our work while performing Islamic obligations.

## Be organized

Ramadan requires that you don't miss out on its spiritual whiff and its breeze of veneration while adorning your body and soul with righteous deeds. But it also requires that you perform your daily professional work diligently, honestly and productively.

Winning the game of productivity while fasting is all about organizing yourself, keeping track of every activity and checking the clock constantly in case you miss an important work. Islam is a religion of excellence requiring its adherents to be the most beneficial to themselves and to society at any given time.

The author of the book 'Don't be Sad' Sheikh Aidh Ibn Abdullah al-Qarni said:

"Organise the hour of your day, so that you make years out of minutes and months out of seconds. In this day you should be balanced in your affairs, satisfied with your allotted portion, concerned with your appearance and health."

Every deed counts, every effort is blessed and rewarded

handsomely during Ramadan. It is imperative to plan for your day. Use time efficiently and concentrate all of your efforts on achieving something pleasant in every single day of Ramadan.

## Blessed mornings

The early morning hours are blessed as told by the Messenger of Allah (peace be upon him) who said "O Allah, bless my nation in their early morning." (Tirmithi)

Steal sometime between Suhoor and Fajr and between Fajr and sunrise to handle your daily Ramadan target; because once you get out for work it may be difficult to get that time to recite your daily Qur'an portion.

People are different: some are active in hunger others become too lazy to move an inch; it is only wise to finish your extra Ramadan Ibadah before your energy saps and this can only be achieved if you handle your morning routine with a lot of care.

Most importantly concern yourself with remembrance of Allah early in the morning. This is the most vital thing to start the day with. Sitting in the morning and submitting yourself fully to the will of Allah while fasting is the most honourable thing.

When Ibn al-Qayyim asked his teacher, Ibn Taymiyyah, how he managed to accomplish so much in a single day: writing books, articles, giving darsa, helping Muslims, training, looking after the community, Ibn Taymiyyah said that after fajr, he goes and spends some time alone with Allah until sunrise.

This is the time to ask for a day full of blessings, health, wealth, courage, comfort, success and victory, forbearance and above all acceptance of your Ibadah. Make it count.

## Little deeds

As you are a busy person and always on the move do not burden yourself with a lot of Ramadan daily targets that you can never achieve; this will only frustrate you and make you a failure of some sort. The best solution for you is to find out little deeds with mountains of rewards.

The messenger of Allah (peace be upon him) was asked, "What deeds are loved most by Allah?" He said, "The most regular constant deeds even though they may be few." He added, 'Don't take upon yourselves, except the deeds which are within your ability.' (Bukhari)

Wish you all the best in your Ramadan and may Allah (the Most High) make it easy for us all.

# Tips On Exercising During Ramadan



**By Rushdhi Ismail**

Does exercise in Ramadan seem unnecessary or unwise to you? One of the main reasons most Muslims avoid exercising during Ramadan is this: many assume that they don't have the energy to exercise while fasting while others even think doing exercise will bring hardship to their fasting.

Basically, it's a 'mental shackle' that prevents many Muslims from doing any exercise during Ramadan. So, if you can overcome this mental shackle, you will realise that doing 15-30 minutes of exercise at the right time will not kill you, rather benefit you immensely. Exercise has the potential not only to reenergise your body and mind but also to increase your productivity during the day and night as well.

## **Here are some benefits:**

=Exercising while fasting forces your body to shed your excess body fat effectively.

=It boosts your cognitive function (i.e. you'll be able to think and focus better) and prevents depression.

=It could trigger your genes and growth factors, which recycle and rejuvenate your brain and muscle tissues.

=Exercising while fasting can improve your body composition dramatically. This is because exercising while fasting increases the body's metabolic rate, reduces your body fat, improves your insulin sensitivity and increases the percentage of your lean muscle mass.

What could be more awesome than that lean and healthy body? However, to enjoy all these great benefits, there is a condition you need to meet – you have to first fix your diet. This means, if you are not eating properly you'll most probably not reap these benefits.

So the quality of your suhoor and iftar meals play a crucial

role in getting things right in Ramadan. For the first three days of Ramadan, don't do any weightlifting or highly intense exercises. Let your body adapt to fasting. It is best to take it easy and instead stick to walking for 15-30 minutes or to doing some recreational and easy exercises. If you are totally exhausted with no energy left, then skip the workouts and go for a relaxing walk

There is a lot of discussion surrounding the best type of exercises to do whilst fasting. Some swear on cardio exercises while others don't go beyond strength training. There are lots of opinions floating around but I don't want to bore you with details. So let me just tell you what you need to know:

The prime time for working out during Ramadan is 30 – 60 minutes before iftār. There are multiple reasons why I encourage doing workouts just before iftār: After 12-16 hours fast, your body is forced to use your body fat for energy. So working out just before iftār increases your fat loss. A post-workout meal is essential for your muscles and body to rejuvenate. So getting your meal within 1 to 2 hours after your workout is important

Doing workouts while fasting will certainly make you thirsty. So working out just before iftār means you don't need to stay thirsty for long

A good workout just before iftār gives you a real kick of energy for worshipping during the night, bi'dnillah.

Working out after iftār brings numerous problems. You could develop lethargy after iftār and work out late at night will mess with your sleep quality. This will then make waking up for suhoor harder. But most, importantly the time after iftār is meant for some real worship – not for workouts

Source: Book Title: Health Guide: healthy hacks for an awesome Ramadan.

# RAMADHAN TIMETABLE 2022/1443

O you who have believed, decreed upon you is fasting as it was decreed upon those before you that you may become righteous (Qur'an 2:183)

		Nairobi		Mombasa		Kisumu		Garissa		Mandera		Wajir		Moyale	
April/May	Ramadhan	Suhoor ends	Iftar	Suhoor ends	Iftar	Suhoor ends	Iftar	Suhoor ends	Iftar	Suhoor ends	Iftar	Suhoor ends	Iftar	Suhoor ends	Iftar
2/3	1/2	5:23	6:40	5:14	6:29	05:32	6:50	05:13	6:30	05:03	06:22	05:11	6:29	05:14	6:34
3	2	5:23	6:40	5:14	6:28	05:32	6:50	05:13	6:30	05:03	06:21	05:10	6:29	05:13	6:34
4	3	5:23	6:40	5:13	6:28	05:32	6:49	05:12	6:29	05:03	06:21	05:10	6:29	05:13	6:34
5	4	5:23	6:39	5:13	6:28	05:31	6:49	05:12	6:29	05:02	06:21	05:09	6:29	05:13	6:33
6	5	5:22	6:39	5:13	6:27	05:31	6:49	05:12	6:29	05:01	06:21	05:09	6:28	05:12	6:33
7	6	5:22	6:39	5:13	6:27	05:31	6:48	05:11	6:29	05:01	06:21	05:09	6:28	05:12	6:33
8	7	5:22	6:38	5:13	6:26	05:30	6:48	05:11	6:28	05:00	06:21	05:08	6:28	05:11	6:33
9	8	5:21	6:38	5:12	6:26	05:30	6:48	05:11	6:28	05:00	06:20	05:08	6:28	05:11	6:33
10	9	5:21	6:37	5:12	6:25	05:30	6:48	05:10	6:28	05:00	06:20	05:07	6:27	05:10	6:32
11	10	5:21	6:38	5:12	6:26	05:29	6:47	05:10	6:27	04:59	06:20	05:07	6:27	05:10	6:32
12	11	5:21	6:37	5:12	6:25	05:29	6:47	05:10	6:27	04:59	06:20	05:07	6:27	05:09	6:32
13	12	5:20	6:37	5:11	6:25	05:29	6:47	05:09	6:27	04:58	06:20	05:06	6:27	05:09	6:32
14	13	5:20	6:36	5:11	6:24	05:28	6:47	05:09	6:27	04:58	06:20	05:06	6:27	05:09	6:32
15	14	5:20	6:36	5:11	6:24	05:28	6:46	05:09	6:26	04:57	06:19	05:06	6:26	05:08	6:32
16	15	5:19	6:36	5:11	6:23	05:28	6:46	05:08	6:26	04:57	06:19	05:05	6:26	05:08	6:32
17	16	5:19	6:36	5:11	6:23	05:27	6:46	05:08	6:26	04:57	06:19	05:05	6:26	05:07	6:31
18	17	5:19	6:35	5:10	6:23	05:27	6:46	05:08	6:26	04:56	06:19	05:04	6:26	05:07	6:31
19	18	5:19	6:35	5:10	6:23	05:27	6:45	05:07	6:25	04:56	06:19	05:04	6:26	05:07	6:31
20	19	5:18	6:35	5:10	6:22	05:27	6:45	05:07	6:25	04:55	06:19	05:04	6:26	05:06	6:31
21	20	5:18	6:35	5:10	6:22	05:26	6:45	05:07	6:25	04:55	06:19	05:03	6:25	05:06	6:31
22	21	5:18	6:35	5:10	6:22	05:26	6:45	05:07	6:25	04:50	06:19	05:03	6:25	05:05	6:31
23	22	5:18	6:34	5:09	6:21	05:26	6:45	05:06	6:25	04:54	06:18	05:03	6:25	05:05	6:31
24	23	5:17	6:34	5:09	6:21	05:25	6:44	05:06	6:24	04:54	06:18	05:02	6:25	05:05	6:31
25	24	5:17	6:34	5:09	6:21	05:25	6:44	05:06	6:24	04:54	06:18	05:02	6:25	05:04	6:31
26	25	5:17	6:34	5:09	6:21	05:25	6:44	05:06	6:24	04:53	06:18	05:02	6:25	05:04	6:30
27	26	5:17	6:34	5:09	6:20	05:25	6:44	05:05	6:24	04:53	06:18	05:01	6:25	05:03	6:30
28	27	5:16	6:33	5:09	6:20	05:24	6:44	05:05	6:24	04:52	06:18	05:01	6:25	05:03	6:30
29	28	5:16	6:33	5:08	6:20	05:24	6:44	05:05	6:24	04:52	06:18	05:01	6:24	05:03	6:30
30	29	5:16	6:33	5:08	6:20	05:24	6:44	05:05	6:24	04:51	06:18	05:01	6:24	05:02	6:30
1 May	30	5:16	6:33	5:08	6:19	05:24	6:43	05:04	6:23	04:51	06:18	05:00	6:24	05:02	6:30

Timings prepared by the Da'wah Department Jamia Mosque, Nairobi P. O. Box 100786-00101 Nairobi Tel: 2243504/5 Email: jamiamajlis@gmail.com and Young Muslim Association

"...and eat and drink until the white thread (light) of dawn appears to you distinct from the black thread (darkness of night)" (Quran, 1:187)

The Messenger of Allah (peace and blessings be upon him) said, "Bilal gives the adhaan at night, so eat and drink until Ibn Umm Maktum calls for prayer [for Fajr]." (Bukhari)

Supplication for breaking the fast: ذَهَبَ الظَّمْأُ، وَأَبْطَلَتِ الْعُرْوَةُ، وَتَبَّتِ الْأَجْرُ إِنَّ شَاءَ اللَّهُ "Dhahaba Adh-Dhama'u wabtallati-urooqu wa thabatal-ajr insha'Allah (The thirst has gone and the veins are quenched, and reward is confirmed, if Allah wills. (Abu Dawud)