



inspiration - reflection - action

“O you who believe! Fasting is prescribed for you, as it was prescribed for those before you, so that you may guard (against evil).”

Holy Qur'an (2:183)

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Inspiration:

“If the month of Ramadhan remains safe and sound (with respect to sins), the (entire) year shall remain so (too); the month of Ramadhan is the beginning of the year.”

Imam Ja'far al-Sadiq (as)

Wasail al-Shia'h vol. 10, pg. 311

Reflection:

- How am I going to make the most of this opportunity to safeguard my entire year?
- Which particular sins do I want to address and remove from my life?

Action:

- Write out your Ramadhan resolutions and put them somewhere you can see them.
- Review them every morning and evaluate against them every evening.

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Inspiration:

“It (Ramadhan) is the month, whose beginning is mercy, its middle forgiveness and its end, emancipation from the fire (of hell).”

Prophet Muhammad (saw)

Bihar al-Anwar vol. 93, pg. 342

Reflection:

- Consider all the things I am dependent upon Allah (swt)'s mercy for and what my state would be without His mercy.
- Am I reflecting this divine quality and being merciful to those around me?

Action:

- Adopt a 'state of mercy' today:
Thoughts: do not be judgemental; give others the benefit of the doubt.
Words: be kind in all of your speech.
Actions: at least one act of kindness.

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Inspiration:

“Whosoever among you gives iftar to a fasting believer during this month, his rewards with Allah will be releasing of his neck [from hell] and forgiveness for his past sins.”

Prophet Muhammad (saw)

'Uyun Akhbar al-Ridha vol. 2, pg. 265

Reflection:

- Why is there immense reward for giving iftar to someone who is fasting?
- How can I ensure that my guests receive nourishment for their souls in addition to food for their bodies?

Action:

- Prepare and send food to others or invite people to your house for iftar.
- Share a verse of the Qur'an or a hadith with your iftar invitation, so you can discuss it together after the meal.

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Inspiration:

- “It is a month in which you have been invited to be guests of Allah, and you have been made in it the people who have honour of Allah.”

Prophet Muhammad (saw)

‘Uyun Akhbar al-Ridha vol. 2, pg. 265

Reflection:

- What does it mean to be the guest of Allah (swt)? What are the special favours given to me in this month?
- What lasting effect will being the guest of Allah (swt) have on me?

Action:

- Make a list of words you would use to describe the characteristics and conduct of a guest of Allah (swt).
- Choose three of those characteristics to reflect throughout the day.

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Inspiration:

- “The best deed for this month is abstinence from that which is forbidden by Allah, The Mighty, The Glorious.”

Prophet Muhammad (saw)

Bihar al-Anwar vol. 42, pg. 190

Reflection:

- Why is not doing that which Allah (swt) has forbidden the best deed for this holy month?
- As the guest of Allah (swt), does it benefit me to go against His commands?

Action:

- Evaluate your day in the evening and count any sins you have committed, writing that number down.
- Each day, see if you can reduce the number from the previous day.

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Inspiration:

- “Someone who recites one verse from the Book of Allah... in the month of Ramadhan, is like one who has recited the entire Qur’an in the other months.”

Imam Ali al-Ridha (as)

Bihar al-Anwar vol. 93, pg. 344

Reflection:

- What was my relationship with the Qur’an like before the month of Ramadhan and what is it like now?
- How much guidance have I taken from the Qur’an in this month so far?

Action:

- Choose a verse a day to memorise with its translation and discuss as a family.
- Set a daily recitation target of verses of Qur’an you have memorised and can recite while you do other things.

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Inspiration:

- “And it (the month of Ramadhan) is the month of patience, and surely, the reward of patience is paradise.”

Prophet Muhammad (saw)

Al-Kafi vol. 4, pg. 66

Reflection:

- Am I patient with the events of my life and with family, friends and others?
- Are there particular situations where I find it difficult to be patient? What role does my own ego play in these cases?

Action:

- Write out and display the verse 2:153 - “Surely Allah is with the patient”.
- Underneath list ten of the blessings Allah (swt) has granted you, to think about if you’re getting impatient.

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Inspiration:

“When you fast, let your ears, your eyes, your hair, your skin and all your body fast too. Do not let your fasting day be the same as non-fasting ones.”

Prophet Muhammad (saw)

Bihar al-Anwar vol. 96, pg. 292

Reflection:

- Is my fasting day the same as one outside this month?
- When I am so careful not to consume haram food, am I also careful not to see or hear anything haram?

Action:

- Make a list of pure things that you want to see and hear when you fast.
- At the end of the day, review what you saw and heard against the list. What areas do you need to improve on?

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Inspiration:

“With the advent of the month of Ramadhan, Imam Ali ibn al-Hussain (as) would cease to speak about anything except du’a, tasbeeh, istighfar and takbir.”

Imam Ja’far al-Sadiq (as)

Al-Kafi vol. 4, pg. 88

Reflection:

- What kind of things do I find myself speaking about in this month?
- Am I keeping my tongue busy with words of worship such as du’a, tasbeeh, istighfar and takbir?

Action:

- Select any whispered prayer from al-Sahifa al-Sajjadiyya to read today.
- Carry a tasbeeh counter with you throughout the day to remind you to recite as many tasbeeh as you can.

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Inspiration:

“Allah shall ward off seventy kinds of calamities from one who gives charity in the month of Ramadhan.”

Imam Ja’far al-Sadiq (as)

Wasail al-Shia vol. 9, pg. 404

Reflection:

- How charitable am I? How can I get to the level described in the Qur’an 3:92?
- As well as donating financially towards good causes, do I also use my time and specific skills to help others?

Action:

- Make a donation to charity today and dedicate it to Imam al-Mahdi (ajtf).
- Choose a charity and plan ways in which you can support it using the skills you have been blessed with.

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Inspiration:

“Surely, the month of Ramadhan has been named so because it scorches away the sins.”

Prophet Muhammad (saw)

Kanz al-Ummal, H. 23688

Reflection:

- These are the days of forgiveness, how will I purify my soul from sins?
- My Lord does not want me to despair of His Mercy (Qur’an 39:52) - what should my conduct be as His servant?

Action:

- Read the translation of Du’a Tawba, imploring Allah (swt) for forgiveness.
- Make amends to anyone you have hurt or wronged, and forgive anyone who has hurt or wronged you.

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Inspiration:

“One, who performs in it a single act from amongst the wajib (obligatory) acts of Allah, would be like one who has performed seventy wajib acts in other months.”

Prophet Muhammad (saw)

Wasail al-Shia vol. 10, pg. 307

Reflection:

- Do my prayers keep me away from evil as they are intended to (Qur'an 29:45)?
- How can I improve my wajib acts so that they go beyond mere duties and actually bring me closer to Allah (swt)?

Action:

- Make a list of any qadha wajib acts you have and focus on completing them.
- Create a special prayer area in your house and keep a translation of salat there to reflect on before you pray.

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Inspiration:

“With the advent of the month of Ramadhan, the Messenger of Allah (saw) would increase his prayers; I also increase mine and so (you) increase yours (too).”

Imam Ja'far al-Sadiq (as)

Wasail al-Shia vol. 10, pg. 311

Reflection:

- Do I regularly offer any recommended prayers alongside my wajib prayers?
- Am I still praying in the basic way I was taught to as a child or have I refined and beautified my prayers?

Action:

- Make sure the place you pray is free of distractions so you can really focus.
- Offer a mustahab prayer such as salat al-walidayn, salat al-ghufaylah or salat al-istighfar after a wajib prayer.

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Inspiration:

“Whoever among you improves the ties with his relatives (in this month), will be rewarded by Allah including him in His mercy.”

Prophet Muhammad (saw)

Al-Amali al-Saduq pg. 84

Reflection:

- Do I have a good relationship with my relatives? What can I do to improve my relationship with them in this month?
- Do I love my family members for the sake of Allah (swt) and pray for them?

Action:

- Go through your contacts and reach out to a family member you haven't been in touch with for a while.
- Make a list of your relatives so you can mention each one by name in du'a.

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Inspiration:

“Whoever fasts ten consecutive months of Ramadhan will enter paradise.”

Imam Hassan (as)

Al-Khisal Al-Saduq pg. 445

Reflection:

- What spiritual progress did I make in the month of Ramadhan last year?
- Have I now achieved paradise, or do I sabotage my efforts each year by reverting to my old ways after Eid?

Action:

- Recite Surah al-Fatiha for the departed souls who were with us last year.
- Imagine if you knew this was your last month of Ramadhan - make a list of what you would focus on achieving.

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Inspiration:

- “Ask Allah your Lord, therefore, with sincere intentions and pure hearts to enable you to fast during it (the month of Ramadhan) and to recite His book...”

Prophet Muhammad (saw)

Al-Amali al-Saduq pg. 84

Reflection:

- When I fast, read Qur'an and perform other acts of worship, do I have a sincere intention and pure heart?
- How much of my worship is done on autopilot or to impress others?

Action:

- Before you do any good deed, reflect over your true intention so that you can make sure your worship is sincere.
- Say 'Bismillah' before everything, to help purify your intentions and actions.

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Inspiration:

- “One who perceives the month of Ramadhan and (does not strive in it and hence) is not forgiven, Allah distances him from Himself.”

Prophet Muhammad (saw)

Bihar al-Anwar vol. 74, pg. 74

Reflection:

- What efforts have I made so far to purify my soul in this month?
- Have I been able to rid myself of my bad habits and worldly distractions and become closer to Allah (swt)?

Action:

- Watch your thoughts today to see if they are generally spiritual or worldly.
- Do things that maintain your spiritual focus, such as being in wudhu, reciting dhikr and thinking about the hereafter.

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Inspiration:

- “Whoever among you improves his character (khulq) in this month, he shall have the pass for going over the sirat (bridge) on the day (of judgment) when the feet shall slip.”

Prophet Muhammad (saw)

'Uyun Akhbar al-Ridha vol. 2, pg. 265

Reflection:

- Have I tried to reflect the qualities of the Holy Prophet (saw) who had an “exalted character” (Qur'an 68:4)?
- Is my heart free of hate, envy, conceit, pride and other egotistic tendencies?

Action:

- Read the translation of Du'a Makarim al-Akhlaq (the noble characteristics) from al-Sahifa al-Sajjadiyya.
- List which of the qualities in the du'a you still need to develop in yourself.

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Inspiration:

- “Bring to mind, by means of your hunger and thirst in it (the month of Ramadhan), the hunger and thirst of the Day of Judgement.”

Imam Ali (as)

Bihar al-Anwar vol. 93, pg. 356

Reflection:

- Have I lived a life that I want to be held account for on the Day of Judgement?
- What will be my state on the day when only those with “a heart free from evil” (Qur'an 26:89) will be saved?

Action:

- List the sins that you need to seek forgiveness for in the nights of Qadr.
- Read the translation of Munajat Imam Ali (as) and seek Allah (swt)'s mercy as you visualise the Day of Judgement.

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Inspiration:

- “The best of the months is the month of God - the month of Ramadhan - and the heart of the month of Ramadhan is the Night of Qadr.”

Imam Ja'far al-Sadiq (as)

Bihar al-Anwar vol. 93, pg. 386

Reflection:

- With two thirds of the month over already, have I improved myself yet?
- I am in the best of months and one of these nights is the heart of the month. Am I making the most of this time?

Action:

- Read the translation of the du'a of the last ten nights of Ramadhan.
- Make a plan of what you would like to do in the last ten nights, including repentance, charity and reflection.

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Inspiration:

- “One, who performs the ghusl on the Night of Qadr and remains awake in it (engaged in worship) shall have all his sins forgiven.”

Imam Musa al-Kadhim (as)

Wasail al-Shia vol.10, pg. 358

Reflection:

- What is the link between physical and spiritual purification?
- Is my soul awake or am I like a sleeping traveller whose journey continues? (See hadith 64 of Nahj al-Balagha).

Action:

- As you do ghusl for the Night of Qadr, ask Allah (swt) to cleanse your soul.
- Make sure you are truly awake on the Night of Qadr by reflecting on and understanding each act of worship.

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Inspiration:

- “The Torah was revealed on the sixth day of the month of Ramadhan, the Bible on the twelfth night, the Psalms on the eighteenth night and the Qur'an on the Night of Qadr.”

Imam Ja'far al-Sadiq (as)

Al-Kafi vol. 4, pg. 157

Reflection:

- Is the Qur'an guidance for me or do I recite it without understanding?
- How much of my time is dedicated to the pursuit of knowledge? Do I learn something useful to me every day?

Action:

- Make a list of three books that you will read to increase your knowledge.
- Write down some of the ahadith of the Ma'sumeen (as). Ponder over them and write down your own reflections.

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Inspiration:

- “In the Night of Qadr is decreed everything - pleasant and unpleasant, obedience and disobedience, birth and death, and livelihood... until the next Night of Qadr.”

Imam Muhammad al-Baqir (as)

Al-Kafi vol.4, pg. 157

Reflection:

- What do I want to achieve in the next year? What do I need to focus on to help me achieve my full potential?
- Do I also remember family, friends and those around the world in my prayers?

Action:

- Read the translation of the Ziyarat of Imam Hussain (as) and list the qualities that you would like to emulate.
- Find out about the state of Muslims globally and what you can do to help.

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Inspiration:

- “If only you knew what you may gain in the month of Ramadhan, you would have remembered Allah much, thankfully.”

Prophet Muhammad (saw)

Wasail al-Shia vol.10, pg. 243

Reflection:

- My generous Lord gives me everything I need and then grants me even more. Do I appreciate the blessings I have?
- Have I been thankful to Allah (swt) for the unique blessings of this month?

Action:

- Start a list of the blessings you have been granted. Display it so everyone in the family can gradually add to it.
- Read the translation of the whispered prayer of the thankful from al-Sahifa.

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Inspiration:

- “It is incumbent upon you to seek forgiveness and supplicate excessively in the month of Ramadhan.”

Imam Ali (as)

Al-Kafi vol.4, pg. 88

Reflection:

- Have I genuinely repented for my sins in this month and supplicated to Allah (swt) with presence of mind?
- What guidance have I taken from the supplications I have recited?

Action:

- Read a section of Du'a Abu Hamza Thumali and write down some of the verses to repeat in your own prayers.
- Choose a du'a to read, reflect on and take lessons from with your family.

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Inspiration:

- “A faster is worshipping Allah even if he is asleep in his bed, as long as he does not back-bite any Muslim.”

Prophet Muhammad (saw)

Bihar al-Anwar vol. 75, pg. 249

Reflection:

- Do I give others the benefit of the doubt or am I judgemental instead?
- How do I treat those around me? Do I know the rights of others and my responsibilities towards them?

Action:

- Think before you speak and make sure your words are kind and truthful.
- Choose three relationships you would like to improve and read the advice in al-Rislah al-Huquq about them.

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Inspiration:

- “Whoever sends frequently salawat on me (in this month), Allah will make his positive account increased when it is going to be decreased.”

Prophet Muhammad (saw)

Bihar al-Anwar vol. 96, pg. 342

Reflection:

- How often do I send salawat as decreed by the Qur'an (33:56)?
- Can I genuinely seek blessings for the Prophet (saw) and Ahl al-Bayt (as) without following their pure example?

Action:

- Set a weekly salawat goal for you and your family to achieve together.
- Send salam daily to Imam al-Mahdi (ajtf) and think about what you can do to become one of his true followers.

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Inspiration:

- “The Almighty Allah says: For every good deed there are ten to seven hundred times reward, save fasting. For fasting is for Me and I am the reward of it.”

Prophet Muhammad (saw)

Al-Mahajja al-Baydha vol. 2, pg. 121

Reflection:

- Have I become closer to my Lord though my fasting and other worship?
- What improvements have I made to myself in the month of Ramadhan? How will I maintain them?

Action:

- Spend time looking at nature today, admiring Allah (swt)’s perfect creation.
- Review the Ramadhan resolutions you made on the first day of the month - have you been able to fulfil them all?

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Inspiration:

- “Surely when it (the month of Ramadhan) approaches you, it does so with blessings and mercy and when it turns away from you, it does so with forgiveness of sins.”

Prophet Muhammad (saw)

Wasail al-Shia vol. 10, pg. 312

Reflection:

- How will I protect my soul from the temptation of sins going forward?
- What can I do to maintain some of the peace, spirituality and blessings of the month of Ramadhan after it ends?

Action:

- Surround yourself with good people and fill your time with good deeds.
- Create a reflection area in your house where you can display verses of Qur’an and ahadith to reflect on and discuss.

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Inspiration:

- “Ordain not this month of Ramadhan to be the last one for my fasts. But should You ordain it to be so, then make me blessed and leave me not deprived (of Your mercy).”

Prophet Muhammad (saw)

Badaabi az Qur’an pg. 398

Reflection:

- None of us know if this is the last time we will see the month of Ramadhan.
- Do I live in a way that reflects the fact that I do not know when my time in this world will end?

Action:

- Give some sadqa and recite a Surah al-Fateha for all of the Marhumeen.
- Visit the graveyard and reflect on my final journey and what my state will be when I return to Allah (swt).

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Inspiration:

- “Eid is for the one whose fasts have been accepted by Allah and whose worship has been appreciated by Allah. Every day in which you do not disobey Allah is a day of Eid.”

Imam Ali (as)

Nahj al-Balagha, H. 428

Reflection:

- How can I make sure every day is Eid for me according to this definition?
- Do I bid farewell to the month with a heart filled with peace, inspiration and resolve to fulfil my true potential?

Action:

- Make an Eid card to give to a friend with this hadith of Imam Ali (as) on it.
- Start a spiritual diary to evaluate your thoughts, words and actions each day to see if it counts as a “day of Eid”.

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