The first Friday of Ramadan, begin with intention

The opening days of Ramadan carry excitement, but lasting benefit begins with intention, realistic worship and attention to the purpose of fasting.

CENTREPIECE Surah al-Baqarah 2:183-185

FIRST KHUTBAH

1. Fasting was prescribed to grow taqwa

Allah gives the purpose of the fast before describing its details: so that we may grow in taqwa (al-Baqarah 2:183). Hunger is part of the form. Greater awareness of Allah is the direction.

Source: Quran 2:183

2. Build a Ramadan that can survive a difficult day

Choose a Quran portion, prayer routine and act of generosity that fit real responsibilities. A plan that only works when energy is high will quickly become a source of guilt instead of guidance.

3. The month is tied to the Quran

Allah names Ramadan as the month in which the Quran was sent down as guidance (al-Baqarah 2:185). Give the Quran a protected place now, before the first week fills with invitations, work and tiredness.

Source: Quran 2:185

SECOND KHUTBAH

Invite people to begin without comparing their Ramadan with anyone else's. The private deed that can be sustained may carry more sincerity than an ambitious schedule announced to others.

Suggested closing: O Allah, accept our fasting and prayer, open the Quran to our hearts and help us begin this month with sincerity that lasts beyond its first days.

ONE ACTION FOR THIS WEEK

Write down three commitments for this Ramadan: one with Allah, one with the Quran and one act of service to another person.

PREPARATION NOTES

1. Read every cited verse or hadith in full before using it.
2. Add one example your own congregation will recognise.
3. Check questions of fiqh and recognised disagreement with a qualified local scholar.

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