

The Heart of the One Who Observes Fast

*As-Salaam 'Alaykum wa Rahmatullaahi wa Barakaatuh.
Bismillah Walhamdulillah Was Salaatu Was Salaam 'ala Rasulillah*

The heart should be filled with humility and submissiveness to Allah throughout the month of fasting.

One Should:

- Show humility to Allah and petition him to guide you to perform the righteous deeds.
- Show humility to Allah and beg him to make you perform the deeds in accordance to the Sunnah (way) of the prophet.
- Show humility to Allah and plead with him to accept your good deeds.
- Show humility to Allah and ask him to grant you the power and strength to fast and perform the act of worship.

Do not rely on yourself, your power and might when performing any act of obedience. Your reformation is in Allah's hand.

Before performing any act of worship, invoke Allah; ask him for help, and after finishing the act of worship, ask Allah to accept your deeds

Supplicate profusely with the words which prophet Muhammad taught to Mu'adh:

“O Allah! Help me remembering you, thanking you and worshipping you in the proper way” [Abu Dawoud and an-Nasa'i]

Throughout the whole month of Ramadan, you should seek the help from Allah and ask him for his acceptance. According to what is established in the heart, our good deeds are raised to Allah and will be accepted.

“Rabbana aatina fi'l-dunya hasanah wa fi'l-aakhirah hasanah wa qina 'adhaab al-naar (Our Lord, give us that which is good in this world and that which is good in the Hereafter, and protect us from the torment of the Fire),” [al-Baqarah 2:201] aamin.

Subhanakal lahomma wabihamdik. Ash-hado alla-ilaha-illa ant. Astaghfiroka w'atoobo-ilayk.

Glory be to You, Oh Allah, and all praise! I testify that there is no deity but You. I seek Your forgiveness and to You, I do repent.

Donations and contributions can be made through:

- 1) Paypal Donation: [Donation Link](#)*
- 2) Paypal Email ID: <mailto:payment@nigerianmuslimscalgary.org>*
- 3) NCMCC website: <http://nigerianmuslimscalgary.com/donate.aspx>*

Mailing Address:

Nigerian Canadian Muslims Congregation, Calgary. P.O. Box 1553 Stn. M, Calgary, AB T2P 3B9.

Charitable Organization number: 84206 2804 RR0001

<http://www.nigerianmuslimscalgary.com/>