



# Ramadan Reminders

To educate, guide and  
support families respond to  
contemporary challenges

[www.MuslimFamilyInitiative.org](http://www.MuslimFamilyInitiative.org)

[www.ProtectYourMuslim.Family](http://www.ProtectYourMuslim.Family)

During Ramadan 2025, we delivered bite-size reminders for parents on essential topics to model and discuss with their children. These topics included purpose, social media, family, raising strong Muslim children, gratitude, repentance, accountability, desires, instant gratification, the mouldability of behaviour, the normalisation of immorality, death, identity, the collective spirit of Islam, the Ummah mindset, and the importance of the Qur'an as divine guidance.

We have compiled these reminders into an accessible e-book, especially for those who supported our work during Ramadan. We pray that you find it beneficial.

**Yusuf Patel**

**Muslim Family Initiative**





When people stop believing in God, they fill the emptiness with temporary, materialistic pleasures—such as drugs, money, fame, promiscuous relationships, or even 'LGBTQ' identities—that ultimately leave them unfulfilled. Only by submitting to Allah can mankind find true tranquillity in this life and success in the next.

**Only in the Remembrance of Allah do hearts find rest." [Ar-Ra'ad 13:28]**

**DONATE NOW**

[muslimfamilyinitiative.org](http://muslimfamilyinitiative.org)  
[protectyourmuslim.family](http://protectyourmuslim.family)



They say it is far-fetched that there is an all-powerful Creator of people and the world. Yet they're content to believe that the created world has no Creator, and that life has no clear purpose. They are filled with confusion.

**Were they created by nothing, or are they their own creators? Or did they create the heavens and the earth? In fact, they have no certainty." At-Tur 36-37**

**DONATE NOW**

[muslimfamilyinitiative.org](https://muslimfamilyinitiative.org)  
[protectyourmuslim.family](https://protectyourmuslim.family)





Countless signs around us decisively point to the need for a Creator of this created world. The breadth and beauty of creation, the organisation of the natural world, and the rules that govern it are but a few of the clear indications that a Creator is necessary.

**Indeed, in the creation of the heavens and the earth, and in the alternation of night and day, there are signs for those who possess understanding. Surah Al-Imran 3:190**

**DONATE NOW**

[muslimfamilyinitiative.org](http://muslimfamilyinitiative.org)  
[protectyourmuslim.family](http://protectyourmuslim.family)



People don't know what's truly best for them. When faced with a choice between short-term pleasure and long-term reward, most people prioritise personal fulfilment over what's best for others or society. Many will happily compromise their 'deeply held' principles for financial gain.

**Indeed, you prefer the life of this world. And the life of this world is nothing but play and amusement, while the home of the Hereafter is best for those who fear Allah. Will you not then use reason? Surah Al-An'am 6:32**

**DONATE NOW**

[muslimfamilyinitiative.org](https://muslimfamilyinitiative.org)  
[protectyourmuslim.family](https://protectyourmuslim.family)



Just as the inventor of a product knows how to optimise its performance, the Creator of people and the world knows what is best for us. Allah subhanahu wa ta'aala understands us intimately and is fully aware of what benefits and harms us. What He legislates is timeless, superior wisdom that truly benefits us.

**It may be that you dislike a thing which is good for you, and that you like a thing which is bad for you. And Allah knows, while you know not. Surah Al-Baqarah 2:216**

**DONATE NOW**

[muslimfamilyinitiative.org](https://muslimfamilyinitiative.org)  
[protectyourmuslim.family](https://protectyourmuslim.family)





Many people see accountability as just someone watching over them, which can lead to doing whatever one can get away with. But as Muslims, we hold ourselves to a higher standard, knowing that every action, good or bad—whether done in secret or in public—will be laid bare before us on the Day of Accountability (Yawm al-Hisāb).

**On that Day, the people will emerge in droves, to be shown their works. Whoever has done an atom's weight of good will see it. And whoever has done an atom's weight of evil will see it. Surah Al-Zalzalah 99:6-8**

**DONATE NOW**

[muslimfamilyinitiative.org](https://muslimfamilyinitiative.org)  
[protectyourmuslim.family](https://protectyourmuslim.family)



Most people often live without a clear sense of purpose. Failing to recognise the profound reason for their creation. If we want to shape the behaviour of our children we must instil within them a deep conviction that our Creator, Allah subhanahu wa ta'aala, created us for a lofty and noble purpose. When this understanding takes root, it transforms a Muslim's thinking, behaviour, and priorities, fostering a life of intentionality, clarity, and spiritual fulfilment.

**And I did not create the jinn and mankind except to worship Me. Adh-Dhariyat 51:56**

**DONATE NOW**

[muslimfamilyinitiative.org](https://muslimfamilyinitiative.org)  
[protectyourmuslim.family](https://protectyourmuslim.family)





Most people rarely contemplate their true purpose. Instead, they allow societal norms to dictate their goals, and without divine guidance, they end up following their base desires. Without the guidance of God, purpose becomes nothing more than the pursuit of animalistic pleasure.

**Have you seen the one who takes as his god his own desire? Then would you be responsible for him? Or do you think that most of them hear or reason? They are just like cattle. Rather, they are [even] more astray in [their] way. Al-Furqan 25:43-44**

**DONATE NOW**

[muslimfamilyinitiative.org](http://muslimfamilyinitiative.org)  
[protectyourmuslim.family](http://protectyourmuslim.family)



If we reflect on the countless blessings Allah bestows upon us, we are reminded of His immense generosity. Consider the everyday gifts we often take for granted—the ability to breathe, the days to make amends and do good, the shelter over our heads, and the food we have when we break our fast. We can never repay Allah for His many gifts. But the pinnacle of gratitude is to recognise that He is deserving of our worship and our obedience. So excel in His worship and obedience.

**And if you tried to enumerate the favours of God, you will not be able to count them. God is Forgiving and Merciful.**

**An-Nahl 16:18**

**DONATE NOW**

[muslimfamilyinitiative.org](https://muslimfamilyinitiative.org)  
[protectyourmuslim.family](https://protectyourmuslim.family)



Knowing we falter, Allah provided the perfect remedy - tawbah (repentance). While we strive to obey, our human desires can lead us astray through dishonesty, indulgence, or harm. Teaching our children tawbah is vital—it disrupts the normalisation of sin, prompting us to seek Allah’s forgiveness and repent for our disobedience.

**O son of Adam, so long as you call upon Me and ask of Me, I shall forgive you for what you have done, and I shall not mind. O son of Adam, were your sins to reach the clouds of the sky and you then ask forgiveness of Me, I would forgive you. [Tirmidhi]**

**DONATE NOW**

[muslimfamilyinitiative.org](https://muslimfamilyinitiative.org)  
[protectyourmuslim.family](https://protectyourmuslim.family)





During Ramadan, we intentionally refrain from permissible acts—such as eating and drinking during daylight hours—as a form of worship and obedience to Allah. Acts of self-restraint are often dismissed as outdated or overly strict, while modern liberal values tend to celebrate the uninhibited pursuit of personal desires. By practicing fasting, we teach our children that they are living the life for which they were created—temporarily in this world, restraining and channelling our desires with the ultimate goal of pleasing Allah and attaining the eternal bliss of Jannah.

**"O young people, whoever among you can afford to get married, let him do so, for it is more effective in lowering the gaze and guarding one's modesty; and whoever cannot, then let him fast, for it will be a restraint for him." [Agreed Upon]**

**DONATE NOW**

[muslimfamilyinitiative.org](https://muslimfamilyinitiative.org)  
[protectyourmuslim.family](https://protectyourmuslim.family)



If Satan, our avowed enemy warns us that giving in charity leads to poverty and encourages us to engage in immoral acts. Whilst Allah promises that charity increases beyond what is given such that it exponentially leads to greater and greater reward. Whilst our Prophet reminds us that charity does not diminish wealth. If we had to choose between a lying enemy and our truthful Lord and His noble Messenger, which call should be heeded and which should be ignored?

**Satan threatens you with poverty and orders you to immorality, while Allah promises you forgiveness from Himself and bounty. And Allah is all-Encompassing, All-Knowing. Al-Baqarah 2:268**

**DONATE NOW**

[muslimfamilyinitiative.org](http://muslimfamilyinitiative.org)  
[protectyourmuslim.family](http://protectyourmuslim.family)



If we were to reflect on all the blessings Allah bestows upon us unconditionally, it would evoke immense gratitude towards Him. Consider for a moment some of the everyday gifts you receive from Allah—the ability to breathe, which we often take for granted; the days granted to make amends and do good; the shelter over our heads; and the food on our table at the time of breaking fast. Indeed, we can never repay Allah for His immeasurable gifts, nor does He expect us to.

Yet the pinnacle of gratitude lies in recognising that He is worthy of our worship, and so we must worship Him, and that He is deserving of our obedience, and so we must obey Him.

**And if you tried to enumerate the favours of God, you will not be able to count them. God is Forgiving and Merciful. An-Nahl 16:18**

**DONATE NOW**

[muslimfamilyinitiative.org](http://muslimfamilyinitiative.org)  
[protectyourmuslim.family](http://protectyourmuslim.family)





Shaytan swore an oath before Allah that he would not rest until every descendant of Adam is led astray. He is a master strategist, working in subtle, incremental steps to divert us from our true purpose—the worship and obedience of Allah.

One of his modern-day tactics is social media. These platforms are designed to waste our time and distract us, enticing us into endless clicking and scrolling so that companies earn money off our attention. In doing so, we lose a blessing, which once lost is gone forever: our time.

**There are two blessings that many people are deceived into losing: health and free time.**

**Sahih Bukhari**

**DONATE NOW**

[muslimfamilyinitiative.org](https://muslimfamilyinitiative.org)  
[protectyourmuslim.family](https://protectyourmuslim.family)





The rise in dissatisfaction of people with their lives is on the rise. This is partly driven by social media influencers who show the brief snapshots of their lives where they feign happiness through materialistic pursuits. When we seek contentment in the accumulation of material possessions we will never be satisfied, as there'll always be people who have more than we do. But if we re-frame our perspective and contemplate the lives of those who have much less than us, this will remind us to be grateful of the many blessings that Allah has given us.

**Look at those below you and do not look at those above you, lest you belittle the favours of Allah. Muslim**

**DONATE NOW**

[muslimfamilyinitiative.org](https://muslimfamilyinitiative.org)  
[protectyourmuslim.family](https://protectyourmuslim.family)



A hallmark of Western liberalism is its strong emphasis on individualism, where individuals are encouraged to prioritise their own interests. This contrasts with the Islamic philosophy, which teaches us to give precedence to the needs of others over ourselves. While Western liberalism champions individual freedom, Islamic teachings remind us that our personal rights are intertwined with our responsibilities towards others. Although individual rights are recognised, there is a greater emphasis on responsibility, mutual support, and selflessness.

If we wish for our children to embrace a spirit of selflessness, it is imperative that we lead by example in our own lives.

**None of you truly believes until he loves for his brother what he loves for himself. Agreed Upon**

**DONATE NOW**

[muslimfamilyinitiative.org](https://muslimfamilyinitiative.org)  
[protectyourmuslim.family](https://protectyourmuslim.family)



At Badr, the Muslim army was outnumbered 3 to 1, yet Allah delivered the believers a decisive victory over the idolaters of Makkah. This momentous win illustrates that numerical strength or material superiority are not the ultimate determinants of victory. Instead, it underscores the importance of relying on Allah, calling upon Him for deliverance in our most challenging times. When victory comes from Allah, it is unstoppable—no human, whether friend or foe, can stand in its way.

Let this lesson remind us to place our trust in Allah, to unify our ranks, seek His guidance, increase in His worship and obedience, and depend on His support to overcome our current trials.

**Whoever relies on God—He will suffice him.**

**At-Talaq, 65:3**

**DONATE NOW**

[muslimfamilyinitiative.org](https://muslimfamilyinitiative.org)  
[protectyourmuslim.family](https://protectyourmuslim.family)





The occupation of Palestine has been a gaping wound in the Ummah for **77 years**. While we feel powerless to intervene, we do whatever we can—through boycotts, charity, or du'a. Though the situation may seem insurmountable, there are two reasons to remain hopeful. Firstly, Israel's survival does not depend on American support; rather, Allah subhanahu wa ta'aala is in control of all affairs, and with His help, oppression will end. Secondly, in history, Palestine was once occupied by the Crusaders for nearly **90 years**, yet it was liberated under the leadership of Salahuddeen al-Ayyubi In Ramadan, the decisive Battle of Hattin was won, proving that no occupation lasts forever. Today, the Israeli regime has lost the propaganda war. With steadfastness, unity, and trust in Allah, justice will prevail.

**So do not lose heart, nor fall into despair, for you will surely triumph if you are true believers.** Ale Imran 3:139

**DONATE NOW**

[muslimfamilyinitiative.org](https://muslimfamilyinitiative.org)  
[protectyourmuslim.family](https://protectyourmuslim.family)



Prophet Lut was sent to a people engaged in immorality who reacted arrogantly to his condemnation of their sinful disobedience. Lut did not simply accept their actions as inherent to their nature; he recognised that base desires and a failure to understand their true purpose drove them to commit an act no people had committed before them. His wife allied with the disobedient, and both faced divine retribution as their town was turned upside down and they were crushed under its weight.

This narrative teaches that when Allah forbids something, it is truly harmful. We must prefer His divine guidance to shifting societal norms, when determining right from wrong for ourselves and our children.

**If you were to obey most of those on earth, they would divert you from God's path. They follow nothing but assumptions, and they only conjecture. Al-An'am, 6:116**

**DONATE NOW**

[muslimfamilyinitiative.org](http://muslimfamilyinitiative.org)  
[protectyourmuslim.family](http://protectyourmuslim.family)





Ramadan is a blessed time to strengthen family ties. In an age where we're often taught to distance ourselves from 'toxic family', let's remember the emphasis Allah and His Messenger place on maintaining these bonds beyond the artificial construct of the 'nuclear family'. This month, make a concerted effort to forgive those who have wronged you and seek forgiveness from those you've hurt. Visit relatives you haven't seen for a while—your actions send a powerful message to your children about the values to embrace. Let your kindness and commitment to family be the legacy you pass on.

**The best among you are those who are best to their families,  
and I am the best of you to my family.  
at-Tirmidhi and Ibn Majah**

**DONATE NOW**

[muslimfamilyinitiative.org](https://muslimfamilyinitiative.org)  
[protectyourmuslim.family](https://protectyourmuslim.family)



Often, worship is seen in a one-dimensional light, fostering an individualistic, insular view of our responsibilities as Muslims and towards others. This narrow perspective can obscure our broader obligations—obligations that extend well beyond personal acts of worship. Easing the pain of another Muslim, offering support in times of need, and lending a helping hand are not extra deeds; they are natural expressions of our iman. Such acts are integral to our life as Muslims and carry immense reward, reinforcing that true worship embraces both our relationship with Allah and our duty to care for one another.

**That I walk with a brother regarding a need is more beloved to me than that I seclude myself in this masjid (I'tikāf) in Madina for a month. Tabarānī**

**DONATE NOW**

[muslimfamilyinitiative.org](https://muslimfamilyinitiative.org)  
[protectyourmuslim.family](https://protectyourmuslim.family)





Ramadan is the month in which the Qur'an was revealed, so it is natural that we pay special attention to it during this blessed time.

However, if our engagement is limited to mere recitation and memorisation, we miss the Qur'an's true power—divine guidance meant to shape our lives. True reflection (tadabbur) goes beyond simply reciting; it is the state that arises from deliberate contemplation and internalising the meanings, so that the Qur'an becomes a living part of our daily existence. Make it a habit to reflect on the Qur'an daily, going beyond recitation to truly transform your life.

**Do they not then reflect on the Quran? Or are there locks upon their hearts? Muhammad, 47:24**

**DONATE NOW**

[muslimfamilyinitiative.org](https://muslimfamilyinitiative.org)  
[protectyourmuslim.family](https://protectyourmuslim.family)



As we near the end of Ramadan, now is the time to think practically about how to utilise what we've achieved as a springboard to improve our relationship with Allah. Ramadan offers a glimpse of what is possible—it shows us that we can restrain our desires, stand in prolonged prayer, recite and deeply contemplate the Qur'an, give generously to charity, and make heartfelt du'a and tawbah. Resolve to take some of these achievements beyond Ramadan. Focus on small, realistic goals integrated into your daily routine. Plan specifically: decide what you'll do, how you'll do it, and when. Doing this as a family can help cement these habits and encourage everyone to embrace positive change long after Ramadan has passed.

**The most beloved deed to Allah is the most regular and constant, even if it were little. Bukhari and Muslim**

**DONATE NOW**

[muslimfamilyinitiative.org](https://muslimfamilyinitiative.org)  
[protectyourmuslim.family](https://protectyourmuslim.family)





In a world that prioritises instant gratification, it's crucial we guide our children to value long-term benefits over fleeting pleasures. Fasting offers a powerful lesson: by withholding something we love—like food—for a greater goal, the pleasure of Allah, we remember this life isn't our ultimate purpose. The mere act of delaying food and skipping meals until iftar helps train us in the essential act of self-restraint.

**Whoever fasts will have two occasions of joy: one when he breaks his fast, and one when he meets his Lord.**  
at-Tirmidhi

**DONATE NOW**

[muslimfamilyinitiative.org](https://muslimfamilyinitiative.org)  
[protectyourmuslim.family](https://protectyourmuslim.family)



We were all born at a single point in time and we will all die at another single, unknown point. Allah created death as a sign for humanity to reflect and take action. Though our lifespans vary—some die as children and others in old age—when we die is beyond our control. What truly matters is what we do between birth and death. Do we live the purpose for which we were created or tirelessly invest in the business of a temporary world, the returns of which we will never take with us. What matters are the deeds we take with us—so invest in what truly counts.

**Every soul will have a taste of death, and you will receive your recompense on the Day of Resurrection. Whoever is swayed from the Fire, and admitted to Paradise, has won. The life of this world is merely enjoyment of delusion.**

**Ali Imran, 3:185**

**DONATE NOW**

[muslimfamilyinitiative.org](https://muslimfamilyinitiative.org)  
[protectyourmuslim.family](https://protectyourmuslim.family)





26



In today's secular liberal society, ideas, behaviours, and values are being normalised in our children's minds through repetitive messages on TV, in films, and among their peers. Unless they see a clear, convincing alternative, they will adopt society's default values. As parents and community members, we must model the pristine values of Islam—values defined by the Creator that are superior to shifting societal norms. By providing a strong, alternative example, we can help safeguard our children's Islamic identity and ensure they live by a purpose that transcends temporary worldly influences.

**Each of you is a shepherd and is responsible for his flock.**

**Bukhari and Muslim**

**DONATE NOW**

[muslimfamilyinitiative.org](https://muslimfamilyinitiative.org)  
[protectyourmuslim.family](https://protectyourmuslim.family)



Islam is not focused solely on the individual. While we will all stand alone to account on the Day of Judgment, our actions in this life are deeply connected to serving others. We are one Ummah—the pain of Muslims in Gaza, Syria, East Turkistan, the Rohingya, Yemen, Kashmir, and elsewhere is our pain, and it demands our collective attention. We worship together, make du'a for one another, and strive for the best for our fellow Muslims. Our charity, activism, and support for one another demonstrate our shared responsibility. When we teach Islam to our children, we must embody and pass on this essential, collective spirit of our Deen.

**“The believers, in their mutual love, mercy, and sympathy, are like one body; if one part of it is in pain, the whole body responds with sleeplessness and fever.”**

**Sahih Muslim**

**DONATE NOW**

[muslimfamilyinitiative.org](https://muslimfamilyinitiative.org)  
[protectyourmuslim.family](https://protectyourmuslim.family)





Social media poses many challenges—it's designed to be addictive, to waste our time, and to keep us hooked so that we buy things we do not truly need. More importantly, it normalises behaviours that conflict with Islamic behaviour. It creates a make-believe world that encourages people, especially children, to act in ways they wouldn't in "the real world." This can lead Muslim children to adopt habits such as lying, swearing, and other indecent actions that are deemed acceptable online. We must educate our children about social media, ensuring they understand that the Islamic concepts of accountability, responsibility, and consequences apply online just as they do offline.

**And do not occupy yourself with what you have no knowledge of. The hearing, and the sight, and the heart—all these will be questioned. Al-Isra, 17:36**

**DONATE NOW**

[muslimfamilyinitiative.org](https://muslimfamilyinitiative.org)  
[protectyourmuslim.family](https://protectyourmuslim.family)





The atmosphere of worship, obedience, and unity we experience during Ramadan is truly inspiring. The race to perform good deeds and adjust our routines to maximise the worship of Allah is infectious, urging us to dig deeper and improve ourselves. Yet, while Ramadan is a powerful catalyst for growth, we must remember that Allah is the Lord of every day of the year—not just Ramadan. He deserves our continuous worship and obedience. Let's use the spirit of Ramadan to reframe our lives and purpose, ensuring that our devotion and good deeds extend throughout the year.

**Every day in which Allah is not disobeyed is an Eid. Every day the believer spends in obedience, servitude, remembrance, and gratitude is an Eid.**

**Hasan al-Basri**

**DONATE NOW**

[muslimfamilyinitiative.org](https://muslimfamilyinitiative.org)  
[protectyourmuslim.family](https://protectyourmuslim.family)



When we raise our children as mothers and fathers, we're not merely fulfilling a mundane act—we're shaping the next generation. What we do matters, not only in this world but also as a responsibility for which we will be held accountable. Often, child-rearing is framed in secular terms—focusing on equipping our children with a good education so all they become are the doctors, lawyers, and engineers of tomorrow.

However, this mustn't be at the expense of raising believers who glorify Allah and submit to His commands. True success lies in nurturing children who, as adults, seek the pleasure of their Lord above all else.

**O people! Be conscious of your Lord, and dread a Day when no parent can assist his child, nor can a child assist his parent, in anything. The promise of God is true. Therefore, do not let this life deceive you, nor let illusions deceive you regarding God.**

**Luqman, 31:33**

**DONATE NOW**

[muslimfamilyinitiative.org](https://muslimfamilyinitiative.org)  
[protectyourmuslim.family](https://protectyourmuslim.family)

## Muslim Family Initiative Plans 2025-26

Over the next year we will be rolling out two groundbreaking projects. Our **Toolkit programme** which will equip Muslim parents with essential guidance to navigate contemporary challenges to the Islamic identity of their children and our **Madrassa Programme** which will equip madaaris/makaatrib with the tools to safeguard our children.

### Toolkits

1

**Challenging Inappropriate Teaching in Schools**

2

**Supporting Your Child Discover their Life's Purpose**

3

**Strengthening Your Child's Emotional Resilience**

4

**Empowering Your Child to Navigate Social Media**

5

**Safeguarding Your Child from Sex Abuse**

6

**Empowering Your Child to Respond to 'LGBT' Ideology**

7

**Shaping Your Child's Attitudes to Sexual Relationships**

8

**Why Fathers Matter**



**9****Helping Your Child Navigate the 'Gender' Extremes****10****Developing Your Child's Critical Thinking Skills****11****Helping Your Child Reject Porn Culture****12****Three Fundamental Islamic Practices Your Child Needs to Nurture**

## **Madrassa Programme**

Madaaris and Makaatib are safe spaces in which most Muslim children attend. It therefore is an ideal place to support Muslim children explore the contemporary challenges. The programme will include 10 modules with accompanying session plans, resources, training for facilitators and a platform for madaaris to access regular support and provide real-time feedback to continually improve the programme. It will be a holistic, activity based programme which nurtures our children's foundations and provides them with guidance to navigate the contemporary challenges to their lives as Muslims.

Support Muslim Family Initiative to roll out these innovative programmes and invest in your children. Make a one-off donation or commit to a monthly amount to support our work:

[www.MuslimFamilyInitiative.Org](http://www.MuslimFamilyInitiative.Org)



[www.ProtectYourMuslim.Family](http://www.ProtectYourMuslim.Family)  
[linktr.ee/MuslimFamilyI](https://linktr.ee/MuslimFamilyI)  
[yusuf@MuslimFamilyInitiative.org](mailto:yusuf@MuslimFamilyInitiative.org)

