

ECO RAMADAN

A Spiritual Guide

Kamran Shezad



“ *It was in the month of Ramadan that the Quran was revealed as guidance for mankind, clear messages giving guidance and distinguishing between right and wrong. So any one of you who is present that month should fast, and anyone who is ill or on a journey should make up for the lost days by fasting on other days later. Allah Almighty wants ease for you, not hardship. He wants you to complete the prescribed period and to glorify Him for having guided you, so that you may be thankful.* ”

Quran 2:185



Contents Page

Introduction – Eco Spirituality in Ramadan	04
The Prophet's Fast ﷺ	06
Food	10
Waste Management	12
Water	15
Transport	17
Charitable Giving	19
Ten Tips for an Eco Friendly Ramadan	21
The Power of Prayer	23
Dua for Our Common Home	24

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Introduction Eco Spirituality in Ramadan

Allah Almighty chose the blessed month of Ramadan to surround us with His countless blessings and for us to appreciate His bounties. Ramadan allows worshippers to focus their minds on the devotion to their faith through prayers, expressing gratitude, seeking forgiveness and helping the needy. In this month we have a greater urge and desire to perform good deeds.

“Which of your Lord’s favours will you deny?”

Quran 55:13

Fasting is an act of worship, as well as a way to learn patience and to break away from bad habits. However, in this era of modernity, the focus seems to have shifted from the vast benefits of fasting during the blessed month to a more materialistic outlook, for example, what to buy, where to eat and how much to eat.

In Ramadan, we tend to become more extravagant when it comes to food and the use of resources. Wastage levels can escalate due to a variety of factors ranging from a commercialisation of the holy month to the

generosity of hosts who produce too much food for events. We find that we are using more water than usual for wudu as we’re feeling more spiritual, and we tend to use our cars more for regular shopping trips.

Allah Almighty has gifted us the earth as a place to live, He has created each living organism for a precise purpose and created every natural process for a reason. When you are given a gift, it is not something which is discarded, rather it is treasured and you appreciate the giver of the gift.

In Islam, humans have been tasked by Allah to act as custodians of the earth;

“Now, behold! Your Lord said to the angels: I am placing upon the earth a human successor to steward it”.

(Quran 2:30).

As Muslims, we should work towards the conservation of Earth's ecosystems, ensuring the sustainability of natural resources for future generations while keeping a balance between humans and nature. The Prophet ﷺ emphasised to his followers that the act of giving up food and drink loses its significance without personal mindfulness and evaluation.

“How many fasting people are there whose fasts consist of nothing but hunger and thirst?”

(Ihya Ulum al Din – Book of fasting)

Essentially, Muslims are encouraged to reflect on this question: what is the point of the physical act of fasting if our actions and words go unchanged? While there are many values that Muslims strive to adhere to in their daily lives, the values of environmental consciousness and stewardship are particularly relevant during the blessed month of Ramadan.

Islam is a religion of self-reflection and one that advocates striving for Ihsaan (excellence) and best practice in our daily lives. We often talk of disciplining the soul, of matters related to the heart or the ills of our communities, and whilst these are imperative of course, green issues should be a core topic for our community also.

It is time for us to go back to the essence of the month of Ramadan, to preserve the bounties of Allah Almighty as His stewards on Earth.



The Prophet's Fast

The way in which the Prophet Muhammad ﷺ spent the month of Ramadan is a vast topic, justice cannot be done by discussing this focus area in just a few pages. This section only gives a tiny glimpse into his devotion and how he benefitted from this blessed month.

The Prophet Muhammad ﷺ spent Ramadan in full service and dedication to Allah Almighty, he spent day and night in dhikr and making dua for the Ummah. The Prophet's ﷺ relationship with Ramadan did not begin with the obligation to fast, he had a connection with this holy month long before. It was during the month of Ramadan that he would achieve seclusion in the Cave Hira at the outskirts of Makkah to connect with Allah Almighty, using this time as a source of tranquillity and focus. It was during the Prophet's ﷺ self-isolation that he received the gift of the Holy Quran, surrounded by nature on Mount Nur on the sublime hills of Makkah.

Suhoor

The Prophet ﷺ described the pre-dawn meal of suhoor as a wholly blessed meal (Sunnan Nisai). What meal could be more blessed than the one which helps and aids obedience to Allah Almighty. The Prophet ﷺ recommended suhoor with dates but not too many, Syeduna Huraira (may Allah be pleased with him) describes the prophet as saying:

“How good is the believers meal of dates shortly before dawn”
(Sunan Abi Dawud)

Syeduna Anas (may Allah be pleased with him) narrates:

“The prophet ordered me to prepare Sebri because he intended to fast, so I brought dates and a pan filled with water
(Nisai)

We should use the example of Rasulluah ﷺ and reflect on the amount of food we consume before closing our fast.

During The Day

Reading Quran

The Prophet's ﷺ deep relationship with the month of Ramadan and the Quran is very well known. The revelation of the Quran upon the sacred heart of Prophet Muhammad ﷺ began in this month and no one was more aware of this link than the prophet himself. Even though reciting the Quran was normal for him throughout the year, he would increase its recitation during this month.

The Prophet ﷺ would love to listen to others recite the Quran. It is narrated in numerous ahadith that he would ask companions to recite to him. In fact, he would also recite the Quran with the angel Jibreel (as) every Ramadan (Sahih Bukhari).

Try to read more Quran during the month of Ramadan, spend time learning and reciting with your family. Stay away from digital devices, conserve electrical energy and gain spiritual energy. The lesson we take from this is that we should try to read more.

Generosity

We all understand the importance and significance of charity in the month of Ramadan. The prophet Muhammad ﷺ set the standard for us. His generosity did not just begin after his announcement of prophethood but dates back to when he began dealing with people. Syeduna Khadija (may Allah be pleased with her) praises him and says:

“By Allah, he will never let you be worried, he looks after the guest, reduces other’s burdens, helps the helpless and gives support in the trials faced in the path of truth”

(Bukhari)

There are numerous wisdoms behind the increasing generosity in the month of Ramadan, everyone is fully aware, however, it cannot be stressed enough how much that would mean to people in these current times. Generosity should not be confined to material things such as money. For example, you can be generous with your time by volunteering to improve the environment in your neighbourhood.



Miswak

Every person of understanding knows well how much the Prophet Muhammad ﷺ loved the miswak. He even used it whilst fasting. There are countless hadith on this matter.

The Prophet Muhammad ﷺ:

“The Miswak (tooth-stick) cleanses and purifies the mouth and pleases the Lord.”

(Sunan An-Nasa'i)

Using miswak is a Sunnah and it's much more environmentally friendly than a plastic toothbrush and chemical based toothpaste.

The miswak's properties have been described as having antibacterial activity which can help control the formation and activity of dental plaque, they can be used effectively as a natural toothbrush for teeth cleaning. Such sticks are effective, inexpensive, common, available, and contain many medical properties.



Spirituality

Abu Huraira narrates that the Prophet (saw) said:

“Fasting is not just refraining from food and drink but is also refraining from useless and indecent talk”

(As Sunan Al Kubra)

An important lesson we can take from the Prophet ﷺ is to switch off from everything materialistic around you and focus on Allah Almighty during Ramadan.

Iftar

The items that the Prophet ﷺ preferred for Iftar were dates and water. Anas bin Malik (may Allah be pleased with him) narrates:

“The Prophet ﷺ performed iftar with fresh dates, if there weren't any, then with dried dates and if there weren't any then with water”

(Abu Dawood)



On most occasions, he would have dates and water for iftar but sometimes he would also have milk. Anas bin Malik (may Allah be pleased with him) also narrates:

“The Prophet performed Iftar with milk and Ajwa dates”

The Prophet ﷺ loved communal iftars and also opening his fast with the poor. It was one of the blessings of the prophet's teachings that his companions did not perform iftar alone but involved the poor and destitute of society.

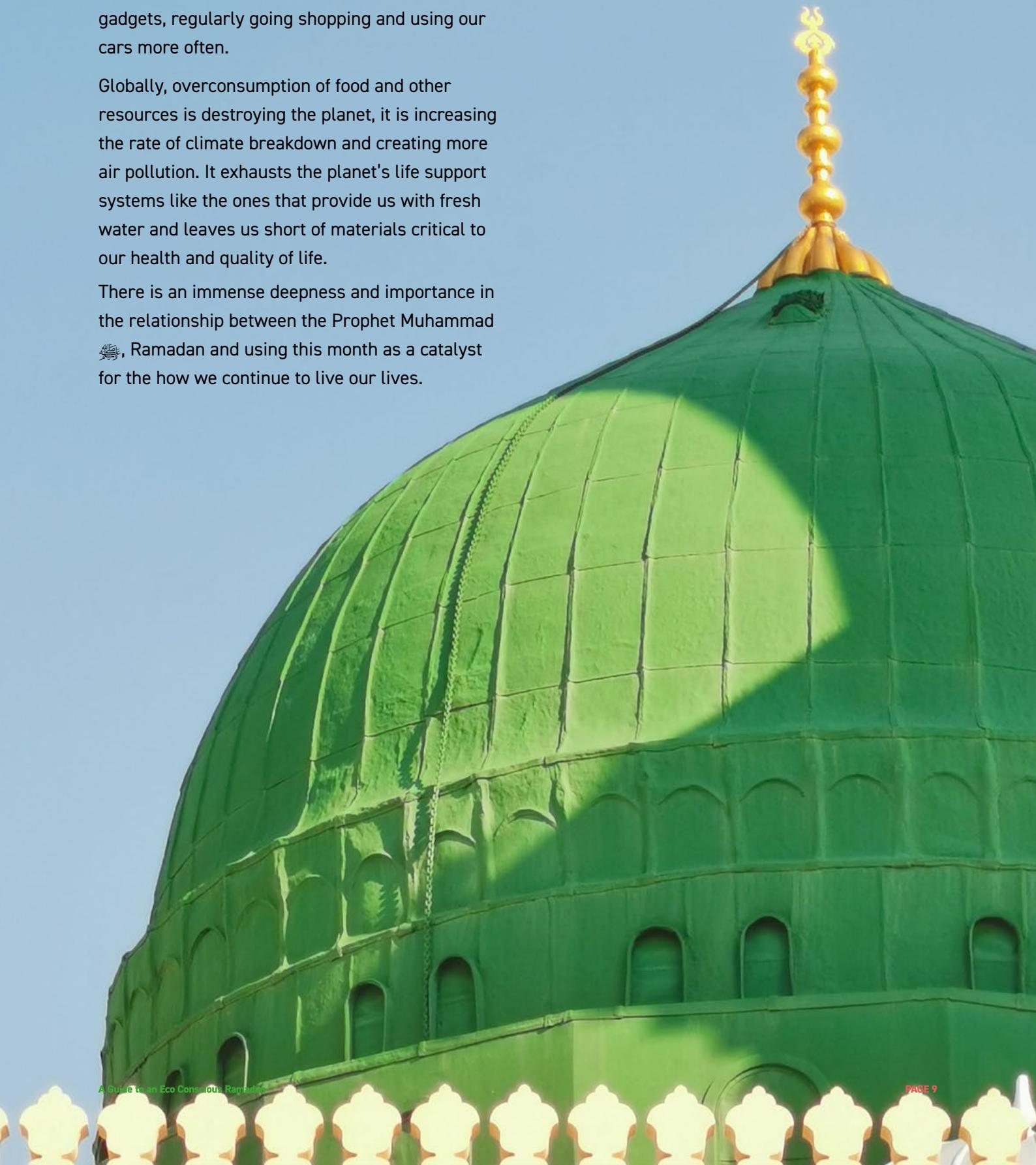
Furthermore, it was his practice that if a poor person ever came to him whilst he was eating, he would immediately give him his portion of food. The prophet has also said that the blessed dish is the one with the most hands in it (Ibn Hibban, Hasan)

In Reflection

In comparison to how our Prophet ﷺ fasted, we should reflect on our own fasting. We may spend the entire day refraining from food and water but in its place it is common practice that we end up cooking a lot more during Iftar times. It is also common occurrence to consume electronic gadgets, regularly going shopping and using our cars more often.

Globally, overconsumption of food and other resources is destroying the planet, it is increasing the rate of climate breakdown and creating more air pollution. It exhausts the planet's life support systems like the ones that provide us with fresh water and leaves us short of materials critical to our health and quality of life.

There is an immense deepness and importance in the relationship between the Prophet Muhammad ﷺ, Ramadan and using this month as a catalyst for the how we continue to live our lives.



FOOD

Food is a blessing from Allah Almighty. The Quran teaches us to not only enjoy the food He has provided for us but also to make sure we are not spreading 'corruption' on earth through our food habits.

“Eat and drink from the provision of Allah, and do not commit abuse on the earth, spreading corruption.”

Quran 2:60

This verse reminds us that we need to eat and drink moderately so as not to damage the earth. However, there is clear evidence today that the planet is being affected by our eating behaviours. Our demand for food, especially meat products, is damaging to our planet.

During the month of Ramadan, Iftars can often become an extravagant affair where excess food is prepared and consumed. Iftar is a meal with a spiritual experience attached to it, a time to make supplications. Prophet Muhammad ﷺ said:

“When the fasting person breaks his fast, his supplication is not turned away.”

(Ibn Majah)

Iftars are a time for practicing patience, simplicity and empathy. When we experience hunger in the daytime, we think about the importance of food and water which should help us reflect not only on those who lack access to it but also on where

our food comes from. We realise we cannot live without such sustenance and after this experience we should be filled with gratitude to Allah Almighty, who not only created us, but also provided with all our basic needs. Environmental degradation and climate change is having a huge impact on our food levels as a result of global over consumption.

During the month of Ramadan, self-restraint is the essence of fasting, refraining from food and water for a limited period is a form of training. Although this training is for a temporary period, it should enable us to lead our whole life in accordance with the spirit of simplicity in our way of living, it is an integral part of our religion.

As we have learnt from the previous chapter, extravagance of any kind is not the way of the Prophet ﷺ.

Ramadan Food Tips

- Don't over-purchase – Ramadan is not about how much food you can eat at Iftar, keep your meals simple, eat modestly.
- Be mindful of marketing and advertising techniques aimed at influencing you to buy more than you need. Commercialism in the run up to Ramadan is now a regular occurrence similar to Christmas, Easter and other religious festivals.
- Our iftars do not have to include meat! Take the opportunity of Ramadan to try new vegetarian dishes – meat is very high on the food chain and the more of it we eat, the more damage we do to the environment.
- The Prophet's ﷺ diet consisted mainly of grains, dates, water, milk, honey, fruit and vegetables, while meat was not a daily part of his diet.
- Try to eat local – food which is grown locally is generally more environmentally friendly and at the same time you're supporting local businesses which is even better!
- Keep in mind the hadith of filling 1/3 of your stomach with food, 1/3 with water, and leaving 1/3 empty (Tirmidhi)
- Use leftover food from iftar for Suhoor, and left over food from Suhoor for Iftar the following day.

And the earth He has put down (laid) for the creatures. Therein are fruits, date palms producing sheathed fruit stalks (enclosing dates). And also corn, with (its) leaves and stalks for fodder and sweet scented plants. Then which of the blessings of your Lord will you both (jinn and men) deny?

(Quran 55:10-16)



Waste Management

The waste we generate is damaging to our environment. Humans are generating too much rubbish and we cannot process it in a sustainable way.

The month of Ramadan is a time of reflection, spiritual re-focus and self-improvement. An opportunity to re-evaluate the way we live our lives and to think about bad habits we want to leave behind and new habits we want to embrace. Unfortunately, the month of Ramadan for many of us has become a month of wastage. In our endeavours to perform iftar, recite Quran, take part in prayers, we unintentionally create excess waste in food, water, energy and even time.

Eat and drink, but do not waste. Surely He does not like the wasteful

(Quran 7:31)



The key principle to managing your waste is to not generate waste in the first place, or try to minimise it as much as possible. Let us look at the lifestyle of the Prophet Muhammad ﷺ, his way of everyday life is described by his wife Aisha (may Allah be pleased with her):

“He was the most generous of people, who never kept a dinar or a dirham with him overnight. If he had anything left over and he could not find someone to give it to before night came, he would not go home until he had donated it to someone who needed it. He did not take anything from that which Allah Almighty had bestowed upon him except one year's supply of the simplest provisions, dates and barley, giving all of that for the sake of Allah Almighty. He was never asked for anything but he gave it, then he would go back to his annual supplies and donate from them to those who needed it more, then he might run out before the year ended. He used to repair his own sandals and mend his own clothes.”

(Sahih Muslim)

This hadith describes the 3Rs – Reduce, Reuse & Recycle. Our Prophet ﷺ led a sustainable lifestyle and his example shows us how we can live by sharing, caring and reducing the demands on our natural resources and reducing the amount of waste we generate.

Reduce plastics in your iftar gatherings

- Make an assessment of the plastics that would be used when holding an iftar. At this early stage you might be really surprised just how much plastic is involved.
- Begin thinking of the most obvious uses, the plastics you might use for the meal itself e.g. plates, drinking vessels and cutlery. You could then think of plastics used in the less obvious aspects of the meal e.g. the packaging of the food and/or its ingredients.
- The primary sources of plastics are the most important to your message of reducing waste at and Iftaar, as these are the visible differences people can see. This is your way to demonstrate that a plastic free iftar is possible and that one can break one's fast with others in a way that follows the example of the Prophet (PBUH).
- Think of alternatives to the plastics currently used. The idea is to try find alternatives that will eliminate the use of plastics all together. When attending an Iftar event or even attending the mosque, take your own water bottles so that plastic ones are not distributed.
- Reusable cutlery is a great way for everyone to get involved and help to clean up after. It gives an opportunity to create a community friendly environment.
- Keep a note of ways in which you have avoided plastic use in your iftar so that you can share good practice with others. Keep a record of the event so that you can share it and encourage others to do the same.
- Remember plastic is usually used for convenience. However, this convenience comes at a cost to the planet Allah created for us to take care of and live on. In Islam effort is rewarded and valued.





Other ways to reduce waste in Ramadan



Keep a close eye on expiry dates to make sure you are using up food before the time has run out.



Find your nearest foodbank to donate any unwanted supplies you have left in the cupboard.



Use overripe fruit and veg to make low sugar desserts, smoothies and soups for Iftar/Suhoor, be mindful of how much water you are using too.



Over the fasting period, you can plan your meals and freeze them, so that you're always using leftovers, rather than starting from scratch every evening.



Try to reduce the amount you discard in food preparation.



Be sparing with water when washing vegetables etc. or washing down surfaces.



Start a compost bin and ensure all fresh food not used is composted.



When visiting the shop, use reusable shopping bags.



Save electrical energy by avoiding digital devices. Spend more time reading a physical copy of the holy Quran and other books.

“Eat and drink but waste not by excess, for Allah does not love the wasters”

Quran 7:31



Water Conservation

Water is considered a mercy from Allah Almighty. We use the blessing of water as a source of growth, sustenance and purification.



“... And we send water down from the sky, in measure, and allocate it on Earth, and lo! We are also able to withdraw it.”

Qur'an (23:18)

As one of the most important elements in nature, water is needed and required for almost all life and everything we do relies upon this wonderful element. Until we actually stop to think about it, it can be easy to take this natural resource for granted. While we do not always see or realise just how much water we waste on a daily basis; it is still something very valuable to life and something that many people around the world are lacking in and praying for.

Whilst we refrain from food and drink during the day in the month of Ramadan, quite often we still use excess water without realising. This may be through excess food preparation, washing and even when performing ablution. Water is a finite resource that is under pressure everywhere. Water wastage has a detrimental effect on our environment.

There are many ways in which we can save water in our daily routines, especially in the month of Ramadan

- Turn the tap off whilst brushing our teeth before suhoor and after Iftar
- During Ramadan, we tend to find half empty plastic water bottles being left in the mosque at night after prayers for caretakers to dispose of. Try not to leave bottles behind and make a conscious effort to finish the water in those bottles.
- Opt for reusable water bottles to take with you to the mosque instead of single use plastic bottles.
- Only perform wudu when required and be mindful of water that may be wasted, only open the tap partially.



The Prophet's ﷺ Wudu

The Prophet Muhammad ﷺ was very conscious about wastage of water especially in performing wudu, in fact he warned about using excess water:

“A Bedouin came to the Prophet ﷺ to ask him about Wudu’, so he showed him how to perform Wudu’, washing each part three times, then he said: ‘This is Wudu’. Whoever does more than that has done badly, done to extremes and done wrong”

(Sunan Nisai)

He also advised us not to waste water “even if doing wudu on the banks of a fast-flowing river.”

“The Messenger of Allah ﷺ, passed by Sa’d while he was performing ablution. The Prophet ﷺ said, “What is this excess?” Sa’d said, “Is there excess with water in ablution?” The Prophet said, “Yes, even if you were on the banks of a flowing river.”

(Sunan Ibn Mājah)

The amount of water the Prophet ﷺ himself used whilst performing wudu is also mentioned:

“The Prophet would perform ghusl with one sā’ to five mudd of water, and wudū with one mudd of water.”

(Sahih Bukhari)

During the time of the Prophet ﷺ, modern measurements were not used, instead, measurements such as mudd and sā’ were used. There is difference of opinion amongst scholars concerning the volume of these measurements during current times.

It is approximated that that one mudd is approx. 700ml. A sā’ is four mudds which works out to be about 2800ml. So, the Prophet used to make wudhu with approximately 700ml of water and he used to use approximately 3 litres of water for bathing.

Transport

Modern transport is a major consumer of energy and fossil fuels, sadly this is damaging to the environment. Transport creates a great deal of air pollution, including nitrous oxides and particulates and is a major contributor to global warming through emission of carbon dioxide.

Air pollution contributes to approx. 40,000 death annually in the UK and 7 million deaths worldwide. Fumes from our cars are a significant factor in contributing to the poor quality of air around us. For example, plenty of studies suggest that school runs impact the health of children, causing all sorts of illnesses and in some places even shortening lives by 6 months.

We don't see it but our cars are an invisible danger to others. Fasting in the month Ramadan is important because it helps in cleansing our thoughts, our hearts, our minds, our bodies and our souls. If we are contributing towards polluting ours and other people's lungs, we lose the essence of what we are trying to achieve in this blessed month. Please take some time to consider the potentially harmful effects of our vehicles fumes every time we unnecessarily take our car to the mosque or to the shop.

■ Challenge yourself to use your car less this Ramadan. Just as refraining from eating and drinking is an act of ibadah, make intention that you will use your car less for the sake of other people health and Allah will reward you for it.

- Explore the feasibility of other forms of transport such as public transport or even riding a bike for short distances.
- Those who live close to the mosque could walk or cycle to prayers with their friends – saving energy, getting fresh air AND increasing their reward from Allah Almighty Almighty!

The Messenger of Allah ﷺ said:

“The people who will receive the greatest reward for prayer are those who walk the furthest distance to come and pray, then those who walk the next furthest.”

(Sahih Muslim)

- Use your walking time to make dhikr during the month of Ramadan.
- Many people attend the mosque every day for prayers – If you have to use a car, why not set up a carpool system so that people living in the same area can travel to the mosque together?
- Always check your tyre pressure – if this isn't correct, your car will use more fuel, therefore increasing air pollution around you and others.

“And We made the sky a protected ceiling, but they, from its signs, they are turning away”

Qur'an (21:32)



Charitable Giving

The month of Ramadan is associated with charitable giving and helping the needy. The good deeds we do are multiplied many folds during this blessed month

The Prophet ﷺ would give charity throughout the year but increase his sadaqa during Ramadan. Ibn Abbas (may Allah Almighty be pleased with him) said, “The Prophet ﷺ was the most generous of people, and he was most generous during Ramadan,”

(Sahih Muslim)

During Ramadan, Muslims support so many wonderful causes around the world to help those in need. However, although we give so much in charity, on the other hand our lifestyles are a significant factor in causing climate change. As a consequence of this, it is the poorest in the world who are suffering the most. Climate change causes floods, famines, droughts, displacement, disease and death for these people.

Giving charity should not be seen as an alternative to making change in your own life, it should go hand in hand.

The Prophet ﷺ said

“the best form of charity is an act of goodness”
(Sahih Bukhari)

■ Your actions are just as important as donating money. Reflect on your own lifestyle and try to reduce your consumption of food, transport, energy and other resources. Do this with the intention to preserve the environment which in turn provides services for the poor around the world. This itself is an act of ibadah.

- This year consider donating to charities that are delivering projects to tackle environmental degradation and climate change or those effected by the consequences of it.
- Consider planting a tree this Ramadan. Trees provide shelter, food medicine, resources and much more. They also purify the air of pollution and regulate the temperature within urban environments. They play a critical role in the quality of human life as well as the environmental well-being of our communities.

“There is none amongst the Muslims who plants a tree or sows seeds, and then a bird, or a person or an animal eats from it, but is regarded as a charitable gift for him.”

(Sahih Bukhari)

Planting trees is an act of charity and they are a source of sadaqah jaariya (continuous reward).



“When a person dies, all their deeds end except three: a continuing charity, beneficial knowledge and a child who prays for them,”

(Sahih Muslim)

Ten Tips for a Green Ramadan



1. Recite Quran in your garden

Recite Quran with your family in the garden whilst listening to the birdsong. If you don't have a garden then sit in front of an open window taking in fresh air. Enjoy Allah Almighty's blessings whilst reciting Quran.



2. Read a book and save energy

Read stories from the seerah or other Islamic historical characters in the traditional book form. Try to stay away from electronic devices which consume energy.



3. Save water when doing wudhu

The Prophet Muhammad ﷺ did wudhu using a vessel known as a 'mudd' which contains approx 350ml of water. Revive this Sunnah and save water.



4. Give to charitable causes

Ramadan is the month of charitable giving. Consider giving to causes tackling environmental issues. Poverty is heavily linked with the degradation of eco system services



5. Plant a tree or a flower pot

Plant a tree in your garden or plant some flowers. Plants are constantly doing dhikr of Allah Almighty and are a source of sadaqa jariya.



6. Buy less from the shop, only what you need

Only buy what you need, do not buy extravagant meals for suhoor and iftar. The Prophet Muhammad ﷺ ate very simply.



7. Eat less meat

Meat is one of the leading causes of climate change. Reduce your meat consumption during this month. The Prophet Muhammad ﷺ very rarely ate meat and there are numerous ahadith warning against the over consumption of meat.



8. Waste management

Apply the principles of Reduce, Reuse and Recycle with your waste. The emphasis should be on Reduce and Reuse which is the prophetic way.



9. Ask your local mosque/Imam to speak about environmental issues

Many Imams are now online and delivering sermons, call up your Imam and ask him to dedicate one of his talks to environmental issues. The Quran & Sunnah are full of eco references.



10. Make dua for the climate

The power of dua should never be underestimated. Please ensure that you keep biodiversity, nature and everyone affected by the impact of climate change in your prayers.

The Power of Prayer



Never underestimate the power of prayer. Dua is an incredible tool that not many of us fully comprehend. Sometimes our duas are answered immediately and sometimes they take much longer than we expect. However, when we turn to Allah Almighty and focus our duas, our prayers to Him can transform our lives and bring about incredible results. Allah Almighty promises us that He will always listen to our call:

“So remember Me; I will remember you. Be thankful to Me, and never be ungrateful.”
(Qur'an 2:152)

The month of Ramadan is full of prayers, it's the blessed month when we feel closest to Allah Almighty and turn to Him for all our needs. It is a month to seek forgiveness for our failings and to reflect upon the signs of His creation.

The Prophet ﷺ pointed out that the dua of a fasting person is not rejected in the court of Allah Almighty:

The dua of three people are not rejected, the just ruler, the fasting person at the time of iftar and the oppressed. The doors of mercy are opened for him and Allah proclaims “by my Honour, I will help you even if after some time”
(Tirmidhi/Ibn Majah)

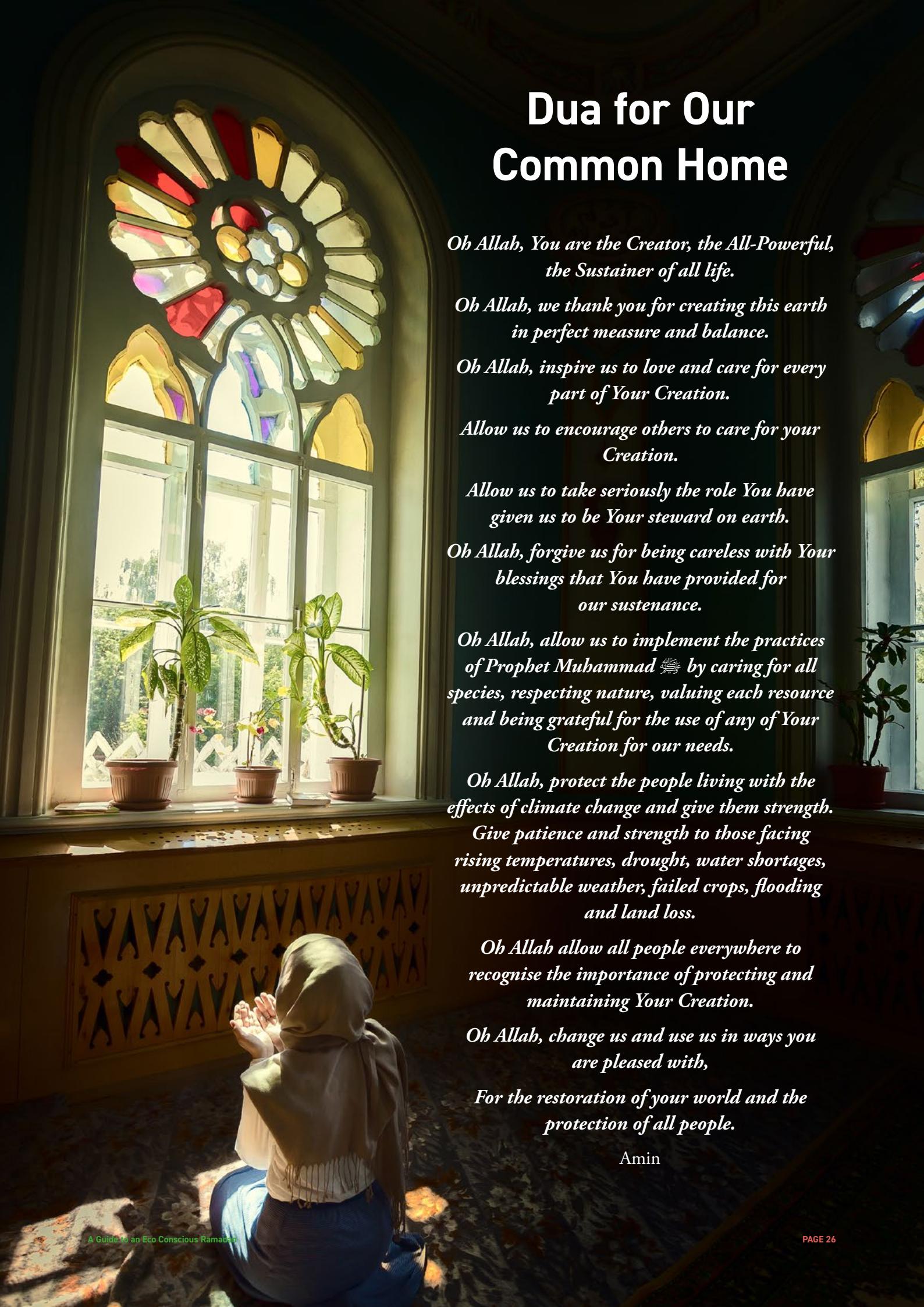
Quite often we pray for our worldly desires, we pray to Allah Almighty to give us success in our work, our families, we pray for people around us and even those who lack justice around the world. At a time when the earth is suffering from deforestation, melting ice caps, ocean pollution, loss of biodiversity, we should also remember that every living creature should also be remembered in your duas. Pray for the trees being cut down in greed, pray for the fish suffering in polluted oceans, pray for species that are on the brink of extinction. Also don't forget the poorest amongst us who are most impacted, those who are suffering as a result of famine and drought, affected by flooding and those who are displaced and forced to leave their homes as a result of climate change.

As Muslims we believe that Allah Almighty is the only deity worthy of raising our hands up for dua, ultimately it is the supremacy of Allah Almighty in both human and environmental affairs and we must turn to Him, knowing everything is in the Hands, of our Compassionate and Merciful Lord.

*“Verily your Lord is Generous and Shy.
If His servant raises his hands to Him
(in supplication) He becomes shy to return
them empty”.*

(Ahmad, Abu Dawood, Tirmidhi)





Dua for Our Common Home

Oh Allah, You are the Creator, the All-Powerful, the Sustainer of all life.

Oh Allah, we thank you for creating this earth in perfect measure and balance.

Oh Allah, inspire us to love and care for every part of Your Creation.

Allow us to encourage others to care for your Creation.

Allow us to take seriously the role You have given us to be Your steward on earth.

Oh Allah, forgive us for being careless with Your blessings that You have provided for our sustenance.

Oh Allah, allow us to implement the practices of Prophet Muhammad ﷺ by caring for all species, respecting nature, valuing each resource and being grateful for the use of any of Your Creation for our needs.

Oh Allah, protect the people living with the effects of climate change and give them strength.

Give patience and strength to those facing rising temperatures, drought, water shortages, unpredictable weather, failed crops, flooding and land loss.

Oh Allah allow all people everywhere to recognise the importance of protecting and maintaining Your Creation.

Oh Allah, change us and use us in ways you are pleased with,

For the restoration of your world and the protection of all people.

Amin



ECO RAMADAN

A Spiritual Guide

For further information, please visit
www.ecoramadan.earth