

#LIFEHACKS

How to stay steady and focused during long Taraweeh prayers



The religious duties of Ramadan can be taxing, especially if you are unprepared. For many, taraweeh, or tarabi, does not become difficult during the prayer itself; it becomes tough before it even starts.



While many of us take pre-Ramadan measures for completing this ritual with due fervour, others try to approach it only when the month arrives. As a result, many face problems in continuing their responsibilities and soon quit, despite their sincerest intentions of participating in them throughout.

For a successful spiritual journey, preparations should start even before the crescent moon of Ramadan shows up in the sky. And perhaps, this year, it is not too late to make taraweeh-planning before the fasting begins.

Make adjustments to your routine

Successful participation in the prayers will require significant adjustment to your daily routine. If you intend to take part in a congregation, make sure you inform your peers. Let them know beforehand

that you will be unavailable, even to pick up the phone, for a good three to four hours every evening after iftar.

Your family and friends should support you in this endeavour, and so should your colleagues.

Taraweeh is meant to bring peace, reflection, and closeness to the Almighty. When approached with balance and honesty, it becomes something to look forward to, night after night.

Select a mosque with which you are familiar. Make sure it is close to you because commuting long distances WILL pose a



problem.

Faster recitation is not always better if it leaves you struggling physically or mentally halfway through. Our religion allows flexibility, and that flexibility exists for a reason. Listening to the demands of your body is not weakness but wisdom. If possible, engage yourself in some late-night prayers before the start of Ramadan to familiarise yourself with the routine.

When the month finally arrives, approach the prayers one day at a time. Make a mental note, and be sure to tick your accomplishment after the completion of an evening's prayer. This way, even before you realise, taraweeh will become a habit!

The month of Ramadan is more about spiritual enlightenment and cleansing of the soul rather than Eid festivities. So, if necessary, complete your Eid shopping

beforehand. If you miss one night's congregation for any reason, make sure you cover it up by praying alone and return to the mosque with the purest of intentions and a heart full of repentance the next evening.

Preparing the body before the prayer begins

A heavy iftar may feel satisfying in the moment, but it almost always works against you during long prayers. Hydration matters just as much, but timing matters more. A 15–20-minute pause after the iftar meals, sitting quietly or lying down, allows the body to recover from the fast and prepares the mind for sustained worship.

Approaching taraweeh calmly, rather than rushing into it exhausted, sets the tone for the night. Between rak'ahs, brief pauses are opportunities. Stretching the legs slightly or relaxing the shoulders can prevent stiffness from building up silently.

After the prayer ends

Many people treat the end of the congregation as the finish line, but recovery matters too.

Rehydrating after prayer helps the body reset, especially after long standing. If hunger returns, a light snack is usually enough. Fruit, yoghurt, or a small portion of dates replenishes energy without heaviness.

Equally important is how the night winds down. Avoiding screens immediately after taraweeh preserves the calm that the prayer creates. Silence, reflection, or quiet supplication allows the spiritual effect of the prayer to settle.

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