

A Muslim Beginner's Guide to Ramadan Night Prayers (Taraweeh)

"Take a seat, read some Quran, journal some thoughts and make the most of your time in the Mosque."

Photographs taken by Israa Elmousa

Ramadan 2025 has begun, and suddenly, everyone is talking about Taraweeh prayers at the mosque. Your phone is going off with friends messaging, "Who's going to the mosque tonight?". TikTok videos of people putting together their Taraweeh outfits flood your 'For You Page'. Islam is one of the [fastest-growing religions](#), so every year, there are bound to be new followers who have never experienced these night prayers.

The long prayers may sound intimidating, but as someone who was new to the religion and went into Taraweeh blindly, I am here to give you some tips and tricks to make the most of your Taraweeh nights.

First Things First, What Is Taraweeh?

Taraweeh are the night prayers that are special to Ramadan; they are voluntary prayers that the Prophet Muhammad (May peace and blessings be upon him) prayed, and it's basically a chance to stack up blessings and rewards. The feeling after Taraweeh is unmatched, and we crave these nights all year round.

[The Prophet \(PABBUH\) said](#), "Whoever stands (in the voluntary night prayer of) Ramadan out of faith and in the hope of reward, his previous sins will be forgiven. And whoever spends the night of Lailat Al-Qadr in prayer out of faith and in the hope of reward, his previous sins will be forgiven." So yeah, it's a huge deal.

How Long Is It?



This is where things get interesting. Taraweeh can be as long as you want it to be, even if the mosque is doing up to 20 units. This may sound a bit overwhelming, but it's important to note that we are allowed to take breaks. If you're feeling a little lightheaded on the fourth unit, no judgment over here! Pray what you can; it's the intention that counts.



My advice to new Muslims is to do as many units as you feel comfortable and engaged in. If you're starting to feel a bit restless, take a seat, read some Quran, journal some thoughts and make the most of your time in the Mosque. Never feel pressured to overachieve; do what you know will benefit you the most.

My Top Tips

As soon as you have broken your fast, go to the mosque, even if that means you are an hour early. The mosque gets super busy for Taraweeh, and for your first time, you would want to secure a comfortable spot with air conditioning as it can get extremely hot. That reminds me, wearing loads of layers for Taraweeh is a rookie mistake; keep it light with the clothing. Stretch before you go – Yes, as you would before a workout in the gym, your legs will thank you.

What Should I Pack?

Now that we've gotten the scary stuff out of the way, here are some things you need to pack for Taraweeh.

- A tote bag
- A water bottle
- A small snack (Optional)
- A prayer mat
- A Quran

Final Thoughts

Taraweeh gets easier and more enjoyable over time. So, give it a go; worst case scenario, you get some sore legs; best case, you come out feeling spiritually refreshed.

Remember to enjoy your journey; take it one step at a time and remember, ["Surely with hardship comes ease."](#)



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