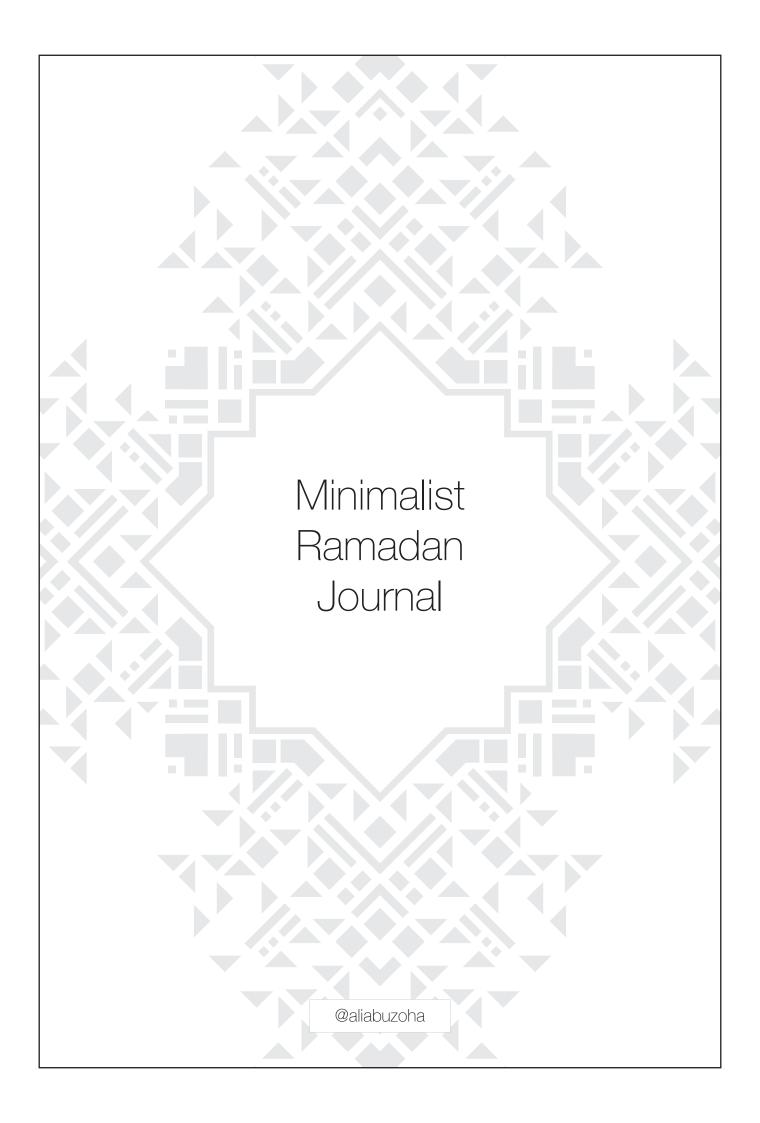
## RAMADAN journal











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### Why Do Muslims Fast

Ramadan is the 9th month on the Islamic Lunar Calendar and is the month in which the Holy Quran was sent down as a guide for mankind through Prophet Muhammad (Peace Be Upon Him). The "Night of Power" (or Lailatul Qadr) is also celebrated during the month of Ramadan and is the holiest night of the holiest month in the calendar

### 1. Pillar of Islam

Islam is divided into 5 pillars. The 5 pillars of Islam are mandatory acts of worship for every Muslim. The first pillar is the 'shahadah', the statement every Muslim should profess, "There is no God but Allah and Muhammad is the messenger of Allah". The second pillar is the five daily obligatory prayers. The third is the act of charity (or Zakat). The fourth pillar of Islam is fasting during days on which they are compulsory. There are many situations where fasting becomes compulsory in Islam, one of which is fasting during the month of Ramadan. The fifth and final pillar of Islam is the holy pilgrimage to Mecca.

### 2. Spiritual Healing

During the holy month of Ramadan, Muslims are encouraged to practice patience and avoid getting upset or angry. The anger may lead to hurting others, whether verbally or physically, which may nullify the fast for that day. Doing so, one must pay back the fast after the month of Ramadan.

### 3. Gratitude

The month of Ramadan is also where Muslims give thanks through prayer for whatever they have achieved and received throughout the year. During the month of Ramadan, Muslims also tend to get more appreciative of their lives especially during the breaking of the fast at dusk. Every Muslim family around the world break their fasts differently. There may be families who can afford a great feast while some may not have a proper meal

### 4. Rebuilding and Renewing Ties with Loved Ones

Ramadan also allows families to get together for the breaking of fast as advised by Prophet Muhammad (Peace Be Upon Him). As Muslims, we often take this opportunity

to rebuild and renew ties with our loved ones and close friends by spending more time with each other.

### 5. Focus and Resisting Temptations

In today's modern society, Muslims living as a minority in several countries may have to go through a rather common struggle, temptations. Focus then comes into play to stray away from these unavoidable distractions and temptations. Reading the Quran and performing acts of worship during fasting would allow us to focus on our fast and shun away the temptations.

### 6. Empathy

As Muslims perform their fast during Ramadan, they must spare a thought or two for those who don't enjoy the same privilege. As Muslims, we're advised to help those in need and those who are less fortunate, even more so during the month of Ramadan.

### 7. Detox

Detox during Ramadan is to abstain from bad habits which may harm a Muslim spiritually and literally. Here's an example, Muslim smokers must abstain from smoking during their fast, which may be a starting point for them to kick their habit and carry on beyond Ramadan.

### 8. Health

Fitness enthusiasts would agree that fasting is beneficial for the digestive system and aids in muscle recovery and body purification, ridding the body of toxins. This is provided we don't overeat during sahur (pre-dawn meal) and iftar (break fast meal)

Source: https://www.havehalalwilltravel.com/reasons-why-muslims-fast-ramadan









### Day Quran Reader

Day 2 1.1 - 2.202 Day 1

2,203 - 3,92

3.93 - 4.87

Day 7

Day 6

8,41 - 10,25

7,1 - 8,40

10,26 - 12,52

Day 12

Day 11

18,75 - 21,112

18.75 - 21.112

41,47 - 48,17 Day 17

37,145 - 41,46

Day 16

Day 4

Day 3

Day 5

4.88 - 5.81

5.82 - 6.165

Day 9

Day 8

Day 10

12,53 - 16,50

16,51 - 18,74

Day 14

**Day 13** 

**Day 15** 

28,51 - 33,30

25.21 - 28.50

33,31 - 37,144

Day 19

Day 18

Day 20

58.1 - 71.28

48,18 - 57,29

72.1 - 114.6

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### 30 Day Quran Reader

Day 1	Day 2	Day 3	Day 4	Day 5
1:1	2.142	2.253	3.93	4.24
2.141	2.252	3.92	4.23	4.147
Day 6	Day 7	Day 8	Day 9	Day 10
4.148	5.82	6.111	7.88	8.41
5.81	6.110	7.87	8.40	9.92
Day 11	Day 12	Day 13	Day 14	Day 15
9.93	11.6	12.53	15.1	17.1
11.5	12.52	14.52	16.128	18.74
			101120	1017
Day 16	Day 17	Day 18	Day 19	Day 20
	Day 17			
Day 16	,	Day 18	Day 19	Day 20
Day 16  18.75	21.1	Day 18	Day 19 25.21	Day 20 27.56
Day 16  18.75 20.135	21.1 22.78	Day 18 23.1 25.20	Day 19 25.21 27.55	Day 20 27.56 29.45
Day 16  18.75 20.135  Day 21	21.1 22.78 Day 22	Day 18  23.1 25.20  Day 23	Day 19  25.21 27.55  Day 24	Day 20  27.56 29.45  Day 25
Day 16  18.75 20.135  Day 21  29.46	21.1 22.78 Day 22	Day 18  23.1 25.20  Day 23  36.28	Day 19  25.21 27.55  Day 24  39.32	Day 20  27.56 29.45  Day 25  41.47
Day 16  18.75 20.135  Day 21  29.46 33.30	21.1 22.78 Day 22 33.31 36.27	Day 18  23.1 25.20  Day 23  36.28 39.31	Day 19  25.21 27.55  Day 24  39.32 41.46	Day 20  27.56 29.45  Day 25  41.47 45.37

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## TOMORROW I WILL... TODAY I AM GRATEFUL FOR...









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### DAY 2 SIMITIWIUIFIS

## PRAYER TRACKER FAJR DHUHR ASR MAGHRIB ISHA TARAWEEH QIYAM

C	URAN '	TRACKER	
	SURAH		
	VERSE		
	-	TO	
	SURAH		
	VERSE		

Holy Quran Reading Tracker 30 Days and 20 Days Options

30D Sura 2, v.142 to Sura 2, v.252

20D Sura 2, v.203 to Sura 3, v.92

### GOOD DEEDS

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TOMORROW I WILL	

### A REMINDER

When it comes to the materialistic world, one should look to those who have less than them in order to be thankful to Allah for what he has given us. However, when it comes to that which is with Allah, one MUST look to those who were higher so that they can strive to attain it. As a sage said, "Always look to the stars! For you may never reach their lofty status, but in the darkness of the ocean, those stars will guide your way home!"

<ul> <li>Research and insert a verse that speaks about the above</li> </ul>	
<ul> <li>Research and insert a hadith that speaks about the above</li> </ul>	

### DUA

رَبَّنَا وَاجْعَلْنَا مُسْلِمَيْنِ لَكَ وَمِن ذُرِّيَّتِنَا أُمَّةً مُّسْلِمَةً لَّكَ وَأَرِنَا مَنَاسِكَنَا وَتُبْ عَلَيْنَآ إِنَّكَ أَنتَ التَّوَّابُ الرَّحِيمُ |البقرة :128|

Our Lord! Make of us Muslims, bowing to Thy (Will), and of our progeny a people Muslim, bowing to Thy (will); and show us our place for the celebration of (due) rites; and turn unto us (in Mercy); for Thou art the Oft-Returning, Most Merciful |2:128|

### **HADITH**

"The condition of the believer is worthy of envy and admiration, because every state they are in is a cause of benefit. Such a quality is unique to the believer: When they are delighted, they praise (Allah) and this is a benefit; when they suffer harm, they show patience and this is also a benefit." [Muslim, Dhuhd (Observance of Devotions), 64; Darim, Riqaq, 61]

### ROLE MODELS...

### Khadijah bint Khowaylid / Umm AlMu'mineen

In Makkah, she was one of the wealthiest in business, sending out caravans and hiring men to manage the sales. Twice married, many had asked for her hand in marriage. She had all the qualities one would hope for in a spouse. She would turn down the requests, until the day she met a man whose nobility and trustworthiness was known to all. She asked to marry him. He accepted. She became the wife of Rasul Allah, sal Allahu alayhi wa sallam. On the night he met Jibreel, alayhis salam, she was there wrapping him in blankets and comforting him. She was the first woman to accept Islam. One day, as Angel Jibreel sat with Allah's Messenger, sal Allahu alayhi wa sallam, she came knocking and Jibreel told him to give her the blessed news of a palace in paradise

TODAY I AM GRATEFUL FOR









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### DAY 3 S|M|T|W|U|F|S

## PRAYER TRACKER FAJR DHUHR ASR MAGHRIB ISHA TARAWEEH QIYAM

QURAN TRA	CKER
SURAH	
VERSE	
TO	
SURAH	
VERSE	

Holy Quran Reading Tracker 30 Days and 20 Days Options

30D Sura 2, v.253 to Sura 3, v.92 20D Sura 3, v.93 to Sura 4, v.87

### GOOD DEEDS

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### A REMINDER

No matter how big our hopes are, we cannot achieve those dreams if we are tired and sapped of energy most of the time. Lack of energy comes from not following the sunnah of Allah's Messenger, sal Allahu alayhi wa sallam, in regards to his eating and sleeping and exercise habits. One of the keys to maintaining spiritual and physical health is through fasting! Enjoy.

– Nesearch and insert a verse that speaks about the above	
<ul> <li>Research and insert a hadith that speaks about the above</li> </ul>	

### DUA

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ |البقرة :201|

Our Lord! Grant us good in this world and good in the hereafter, and save us from the chastisement of the fire |2:201|

### **HADITH**

"The one who helps widows and poor people is like a warrior fighting for Allah's Cause or like a person who fasts during the day and prays all the night." [Bukhari, Nafaqah (Alimony), 1; Muslim, Dhuhd (Observance of Devotions), 41; Tirmidhi, Birr (Piety), 4; Nasa'ee, Zaqah (Poor-due), 78]

### ROLE MODELS...

### Abu Bakr / Khaleefat Rasul Allah

Successful, wealthy, and of high character. Before the revelation began, Abu Bakr was always the close friend of Allah's Messenger, sal Allahu alayhi wa sallam. Many successful and wealthy arabs lived at his time, but Abu Bakr, radi Allahu 'anhu, was destined to become something much more.

The first man to accept Islam. When he heard of the message, he did not ask a single question. He replied by bearing witness that there is no god but Allah, and that Muhammad was his messenger. He was with Rasul Allah, sal Allahu alayhi wa sallam, in the cave during the Hijra. And upon the Prophets' death, sal Allahu alayhi wa sallam, he fought to bring the entire Ummah back to their deen. May Allah be pleased with him.

OMORROW I WILL	TODAY I AM GRATEFUL FOR

Ql	JRAN	TRACKER	
	SURAH		
	VERSE		
	-	TO	
	SURAH		
	VERSE		

**QIYAM** 

Holy Quran Reading Tracker 30 Days and 20 Days Options

30D Sura 3, v.93 to Sura 4, v.23 20D Sura 4, v.88 to Sura 5, v.81

### GOOD DEEDS

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Because perfection cannot be achieved by any human being. Perfection belongs to Allah alone! Thus, if this is your standard, you will never achieve it, and then you will just give up. Instead, focus on what you are doing right, and keep growing that plant. And when, not if, when you do something wrong, something displeasing to Allah, bounce back immediately in Tawbah to Allah. Quickly come back and make things better. Those kind of people, those who come back to Allah the fastest, are

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- Research and insert a verse that speaks about the above
Research and insert a hadith that speaks about the above

### DUA

### رَبَّنَا أَفْرِغْ عَلَيْنَا صَبْراً وَثَبِّتْ أَقْدَامَنَا وَانصُرْنَا عَلَى القَوْمِ الكَافِرِينَ |البقرة :250|

Our Lord! Bestow on us endurance, make our foothold sure, and give us help against the disbelieving folk |2:250|

### **HADITH**

"Faith is composed of 70 odd branches; of which the highest is belief in 'La llaha Illallah' [There is no God but Allah] and the lowest is the removal of a hindrance from the road, and the sense of modesty is an important branch of Faith." [Bukhari, Iman (Faith), 3; Muslim, Iman (Faith), 57-58]

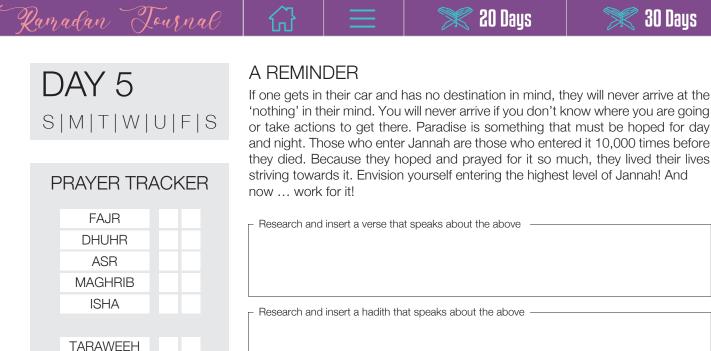
### ROLE MODELS...

### Fatima bint Muhammad / Sayyidat Nisaa' Ahl AlJannah

A young girl growing up in Makkah. Her mother was Khadijah, radi Allahu 'anha, and her father was Allah's chosen one. At the age of 5 her father came home to tell her that he had become a Messenger of Allah. By his side, although she was still a child, she followed his instruction and defended him again and again.

Her father, sal Allahu alayhi wa sallam, married her to Ali, radi Allahu 'anhu, who was only a few years older then her. Together, the young couple gave birth to AlHasan, and then later, AlHusain, the grandsons of Allah's Messenger, sal Allahu alayhi wa sallam. Her walk and speech reminded you of her fathers, sal Allahu alayhi wa sallam. Rasul Allah, sal Allahu alayhi wa sallam, said about her that she is the sayyidah of all the women of paradise.

TOMORROW I WILL	TODAY I AM GRATEFUL FOR



### **QURAN TRACKER SURAH VERSE** TO **SURAH VERSE**

**QIYAM** 

Holy Quran Reading Tracker 30 Days and 20 Days Options

30D Sura 4, v.24 to Sura 4, v.147 20D Sura 5, v.82 to Sura 6, v.165

### GOOD DEEDS

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### TOMORROW I WILL...

'nothing' in their mind. You will never arrive if you don't know where you are going or take actions to get there. Paradise is something that must be hoped for day and night. Those who enter Jannah are those who entered it 10,000 times before they died. Because they hoped and prayed for it so much, they lived their lives striving towards it. Envision yourself entering the highest level of Jannah! And

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Research and insert a verse that speaks about the above
Research and insert a hadith that speaks about the above

### DUA

### رَبَّنَا لاَ تُؤَاخِذْنَا إِن نَّسينَا أَوْ أَخْطَأْنَا |البقرة :286|

Our Lord! Condemn us not if we forget or fall into error |2:286|

### HADITH

"Avoid the 7 great destructive sins." The Muslims enquired, "O Messenger of Allah! What are they? "He said, "To join others in worship along with Allah (shirk), to practice sorcery (magic), to kill the life which Allah has forbidden except for a just cause(according to Islamic law) (murder), to eat up Ribah (usury) (interest), to eat up an orphan's wealth (usurp), to give back to the enemy and fleeing from the battlefield at the time of fighting (cowardice), and to accuse chaste women, who has never thought of anything touching her chastity and are good believers (false accusation)." [Bukhari, Wasayah, 23; Tıbb (Medicine), 48; Muslim, Iman (Faith), 1441

### ROLE MODELS...

### Umar ibn AlKhattab / Ameer ul Mu'mineen

He was one of the most harshest against the Muslims. Not only would he torture his servants, but he would volunteer to inflict punishment on others who had accepted the message of Islam. Because of the way he and others treated the Muslims, they had to leave their homes and family and possessions so that they could worship Allah in peace. Who would have known?

The Prophet, sal Allahu alayhi wa sallam, made dua for his guidance and Allah accepted. The day he became Muslim it was a conquest for the believers. After the death of Abu Bakr, radi Allahu 'anhu, he became the Khaleefah. His rule was blessed with mercy to humanity. Many of us are Muslim today because of the countries conquered under his rule. If you speak about Umer, you speak about justice. He was promised paradise.

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TODAY I AM GRATEFUL FOR...

TOMORROW I WILL...

## QURAN TRACKER SURAH VERSE TO SURAH VERSE

Holy Quran Reading Tracker 30 Days and 20 Days Options

30D Sura 5, v.82 to Sura 6, v.110 20D Sura 8, v.41 to Sura 10, v.25

### GOOD DEEDS

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### DUA

رَبَّنَا وَلاَ تُحَمِّلْنَا مَا لاَ طَاقَةَ لَنَا بِهِ وَاعْفُ عَنَّا وَاغْفِرْ لَنَا وَارْحَمْنَا أَنتَ مَوْلاَنَا فَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ |البقرة :286|

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Our Lord! Lay not on us a burden greater than we have strength to bear. Blot out our sins, and grant us forgiveness. Have mercy on us. Thou art our Protector; Help us against those who stand against faith |2:286|

### **HADITH**

"Talebearers shall not be admitted to the Paradise (unless they have suffered their due penalty or are forgiven)." [Muslim, Iman (Faith), 168; Tirmidhi, Birr (Piety), 79]

### **ROLE MODELS...**

### Uthman ibn Affan / The source of two lights

Everyone in makkah absolutely adored him. He was successful in business, with the most upright of character. When he became Muslim, there was no one to abuse him because of his noble status in society. But it was his own uncle that took it upon himself to inflict the punishment. Fleeing with his wife, he left his family, wealth and possessions in order to worship Allah in peace in Habasha. Allah's Messenger, sal Allahu alayhi wa sallam, married him to his daughter. And when she passed away, he married her to his other daughter. With the wealth that Allah granted him, he purchased the well of Roma and prepared the army of alUsrah. In both cases, he was promised paradise in return. One cannot read about sadaqah anywhere without reading about the example of Uthman.

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TOMORROW I WILL...

TODAY I AM GRATEFUL FOR...

### QURAN TRACKER SURAH VERSE TO SURAH

**QIYAM** 

Holy Quran Reading Tracker 30 Days and 20 Days Options

30D Sura 7, v.88 to Sura 8, v.40

20D Sura 12, v.53 to Sura 16, v.50

### GOOD DEEDS

**VERSE** 

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### DUA

رَبَّنَا إِنَّكَ جَامِعُ النَّاسِ لِيَوْمٍ لاَّ رَيْبَ فِيهِ إِنَّ اللَّهَ لاَ يُخْلِفُ الْمِيعَادَ |آل عمران :9|

Our Lord! Thou art He that will gather mankind Together against a day about which there is no doubt; for Allah never fails in His promise. |3:9|

### **HADITH**

"Your smiling in the face of your (Muslim) brother is charity; enjoining the good and forbidding the evil is charity; your guiding a man that has lost his way is charity; and your removing of stones, thorns, and bones from people's paths is charity for you." [Tirmidhi, Birr (Piety), 36]

### ROLE MODELS...

Khalid ibn al-Walid - Sayf Allah (Sword of Allah)

It was the son of AlWaleed, one of the strictest tyrants against the Muslims. When the drums of war against the Muslims began to beat, Khalid was the leader of the disbelieving army. In the battle of Uhud, he saw the strategic mistakes some of the Muslims made and he capitalized on it. Over 70 companions of the prophet were killed Shaheed that day. Hamzah, the uncle of the Prophet, being one of them. radi Allahu 'anhum.

He accepted Islam and became a force for Allah, the sword of Allah. Never did he lose a battle, not before, nor after his Islam. When Abu Bakr, radi Allahu 'anhu, sent him out in the apostate wars and then the subsequent battles in Iraq, Khalid, radi Allahu 'anhu, became a legend of what true Muslim leadership is all about. After all the battles he fought in, he passed away on his bed. He advised men to always be courageous for truly one never knows where they shall die.

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TODAY I AM GRATEFUL FOR...

TOMORROW I WILL...

## QURAN TRACKER SURAH VERSE TO SURAH VERSE

**QIYAM** 

Holy Quran Reading Tracker 30 Days and 20 Days Options

30D Sura 9, v.93 to Sura 11, v.5

20D Sura 18, v.75 to Sura 21, v.112

### GOOD DEEDS

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TOMORROW I WILL...

### DUA

رَبَّنَا آمَنَّا مِمَا أَنزَلَتْ وَاتَّبَعْنَا الرَّسُولَ فَاكْتُبْنَا مَعَ الشَّاهِدِينِ |آل عمران :53|

Our Lord! We believe in what Thou hast revealed, and we follow the Messenger. Then write us down among those who bear witness |3:53|

### HADITH

The Prophet of Allah, sallallahu alayhee wa alehee wasalam said: "Religion is sincerity." We said: "To whom, O the Prophet of Allah?" He said: "To Allah, His Book, His Messenger, to the leaders of the Muslims and their common folk." [Muslim, Iman (Faith), 95]

### ROLE MODELS...

### Bilal ibn Abi Rabah / The Mu'adhdhin of the Prophet's Masjid

An Abyssinian slave in Makkah. It was a society that paid no moral heed to the slave class. They were bought and sold and bought again. They were not considered to be of higher intellect and had no wealth of their own. And rarely were they able to marry. Bilal was one of them.

After accepting Islam, he was tortured in a way that few people could comprehend how he survived. He only called on one for assistance: Allah. Abu Bakr, radi Allahu 'anhu, freed him and he later migrated to Madinah. In Madinah, he became the Mu'adhdhin of Allah's Messenger, calling people to prayer five times a day. The Prophet once heard in a dream the footsteps of Bilal in Paradise.

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### DAY 12 SIMITIWIUIFIS

## FAJR DHUHR ASR MAGHRIB ISHA TARAWEEH QIYAM

QURAN TRA	ACKER
SURAH	
VERSE	
TO	
SURAH	
VERSE	

Holy Quran Reading Tracker 30 Days and 20 Days Options

30D Sura 11, v.6 to Sura 12, v.5220D Sura 22, v.1 to Sura 25, v.20

### GOOD DEEDS

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TOMORROW I WILL...

### A REMINDER

Do you have full conviction that Allah has the power to guide your heart to achieve it's goal here? If you are feeling a little doubtful, then silence the doubt, raise your hands, and make dua to Allah to grant you the favor of achieving your heart's goal. Trust in Allah, following the footsteps of all the Messengers of Allah, and Allah will be all the strength you need.

riesearch and insert a verse that speaks about the above
- Research and insert a hadith that speaks about the above

### DUA

ربَّنَا اغْفِرْ لَنَا ذُنُوبَنَا وَإِسْرَافَنَا فِي أَمْرِنَا وَثَبِّتْ أَقْدَامَنَا وانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينِ |آل عمران :147|

Our Lord! Forgive us our sins and anything We may have done that transgressed our duty: Establish our feet firmly, and help us against those that resist Faith |3:147|

### HADITH

"None of you will have true faith till he wishes for his (Muslim) brother what he likes for himself." [Bukhari, Iman (Faith), 7; Muslim, Iman (Faith), 71]

### ROLE MODELS...

Sa'd ibn Mu'aadh / Our Sayyid

He was from the aristocrats of Madinah. A chief, a leader, a noble. When he proposed to a family, they married him. If he requested something, the Madinan community followed. If he dislike something else, everyone held their hands from it. It is power like this that normally blinds a person. But not in this case.

When Mu'adh, radi Allahu 'anhu, came to Madinah to call people to Islam, Sa'd stood in his way. After listening to the blessed da'wah of Mu'adh, Sa'd himself became Muslim and that night not every home in Madinah turned off their candles with the Shahadah in their hearts. He fought alongside the Prophet, sal Allahu alayhi wa sallam, and was killed Shaheed in Madinah.

TODAY I AM GRATEFUL FOR

## QURAN TRACKER SURAH VERSE TO SURAH VERSE

**QIYAM** 

Holy Quran Reading Tracker 30 Days and 20 Days Options

30D Sura 12, v.53 to Sura 14, v.52

### 20D Sura 25, v.21 to Sura 28, v.50

### GOOD DEEDS

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### DUA

رَبَّنَا مَا خَلَقْتَ هَذَا بَاطِلاً سُبْحَانَكَ فَقِنَا عَذَابَ النَّارِ |آل عمران :191

Our Lord! Not for naught Hast Thou created (all) this! Glory to Thee! Give us salvation from the penalty of the Fire |3:191|

### **HADITH**

On the authority of Adiyy ibn Hatim (may Allah be pleased with him), who said: "Facilitate things to people (concerning religious matters), and do not make it hard for them and give them good tidings and do not make them run away (from Islam)." [Bukhari, Ilm (Knowledge), 12; Muslim, Jihad (Holy Struggle), 6]

### ROLE MODELS...

### Maryam / AsSiddeeqah

Her mother was praying for a boy. When she gave birth to a girl, she did not lose hope. She placed her trust in Allah and prayed that Allah would protect her daughter Maryam and her offspring from the accursed Shaytaan. She grew up as a shining light of modesty and worship of Allah. And it was her that Allah chose to carry in her womb his Messenger: Eesa, alayhis salam.

Sent an angel, she was given the glad tidings of a son even though no man had touched her. This was the will of Allah. Her son Eesa, alayhis salam, spoke in the crib declaring his mission as a Messenger of Allah. Although many women lived at her time, it was Maryam that became one of the most God-fearing women to walk this earth. May the peace of Allah be upon her and her son.

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OMORROW I WILL	TODAY I AM GRATEFUL FOR

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## TOMORROW I WILL... TODAY I AM GRATEFUL FOR...

**VERSE** TO SURAH **VERSE** 

Holy Quran Reading Tracker 30 Days and 20 Days Options

30D Sura 17, v.1 to Sura 18, v.74

20D Sura 33, v.31 to Sura 37, v.144

### GOOD DEEDS

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Our Lord! We have heard the call of one calling (Us) to Faith, 'Believe ye in the Lord,' and we have believed. |3:193|

### **HADITH**

"What people, animals or birds eat of the fruit of those trees or crops planted or raised by a Muslim is a charity for him." [Bukhari, Adab (Manners), 27; Muslim, Musaqah, 7, 10]

### **ROLE MODELS...**

### An-Najaashee / An-Najaashee

He was the king of Abyssinia. As a Christian, he and his bishops considered Eesa ibn Maryam to be the son of God. Subhanah. The power he possessed would normally blind a person, as it did the king of Persia when he received the invitation of Islam, as well as the king of the Romans. But An-Najaashee was sincere in his belief in Allah.

When the Muslims migrated to Abyssinia, a delegation from Makkah was sent out to hunt them and bring them back. They stood before An-Najaashee and pleaded their case. Upon hearing what they had to say about Easa ibn Maryam, An-Najaashee began to weep. He gave protection to all the Muslims. When he died, Jibreel brought the news to Allah's Messenger, sal Allahu alayhi wa sallam, and the Sahabah prayed Janazah over his absent body.

### TOMORROW I WILL...

### TODAY I AM GRATEFUL FOR...

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# shouted to them all, "I am your Lord Most High!" Subhanah. The punishment of Musa and Bani Israel continued, and the punishment of Allah rained down. Final Fir'own allowed them to leave, but with the intention to slaughter every may woman and child amongst them. It was there at the sea that Allah snatcher Fir'own and punished him for everything. TOMORROW I WILL... TODAY I AM GRATEFUL FOR... ramadanjournal.co

### SURAH VERSE

Holy Quran Reading Tracker

30 Days and 20 Days Options

30D Sura 21, v.1 to Sura 22, v.78

### 20D Sura 41, v.47 to Sura 48, v.17

### GOOD DEEDS

**SURAH** 

**VERSE** 

1 2 3 4 5 رَبَّنَا وَآتِنَا مَا وَعَدتَّنَا عَلَى رُسُلِكَ وَلاَ تُخْزِنَا يَوْمَ الْقِيَامَةِ إِنَّكَ لاَ تُخْلِفُ الْمِيعَاد |آل عمران :194|

Our Lord! Grant us what Thou didst promise unto us through Thine apostles, and save us from shame on the Day of Judgment: For Thou never breakest Thy promise |3:194|

### HADITH

"A believer is not bitten twice from the same hole." (A believer is not mistaken twice with the same fault). [Bukhari, adab (Manners), 83; Muslim, Dhuhd (Adherence to Devotions), 63]

### ROLE MODELS...

### Aasiyah / An example for all believers

Most mother's dream of marrying their daughter to someone rich and famous. Assiyah was given to Fir'own as a wife. She bore no children, and so on the day a little baby boy washed up on her palace shore, she beseeched Fir'own to spare his life. He submitted.

When the message of Musa, alayhis salam, was revealed she believed in Allah in the palace of a man who claimed that he was 'the' Lord, most High. For what she believed in, she was tortured until death . She had no one to turn to, except Allah! And so she prayed, "My Lord, build a home for me beside you in Paradise. And save me from Fir'own and his deeds, and save me from the tyrants."

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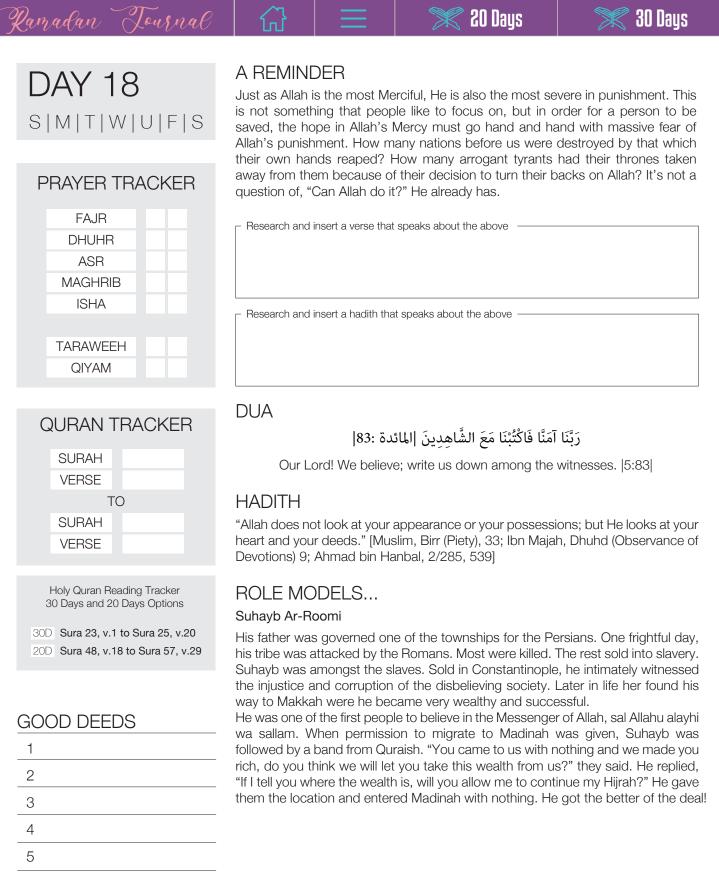
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## TOMORROW I WILL... TODAY I AM GRATEFUL FOR...

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# then subsequently freed by Allah's Messenger, sal Allahu alayhi wa sallam. She met up with her brother and insisted that he join the Muslims. He set out to meet with Allah's Messenger, sal Allahu alayhi wa sallam. He saw the weak of society speaking to him and he witnessed the simplicity of his life, sallahu alayhi wa sallam. He knew this was no king. The Prophet promised him the a time would come when the treasures of Persia would belong to the Muslim Adiyy became Muslim, and he lived the conquest of Persia. TOMORROW I WILL... TODAY I AM GRATEFUL FOR...

Holy Quran Reading Tracker 30 Days and 20 Days Options

30D Sura 27, v.56 to Sura 29, v.45

20D Sura 72, v.1 to Sura 114, v.6

### GOOD DEEDS

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"It is incumbent upon you to be always truthful, for truthfulness guides to absolute piety and piety leads to Paradise. A man who always tells the truth and pursues the truth is written with Allah as a truthful one. Refrain from lying, for lying guides to sinfulness and sinfulness leads to Hellfire. A man continues to tell lies and pursues lies until he is written with Allah as a liar." [Bukhari, Adab (Manners), 69; Muslim, Birr (Piety), 103, 104]

### ROLE MODELS...

### Asmaa' bint Abi Bakr / Dhat-un-Nitaagayn

She was the daughter of Allah's Messenger, sal Allahu alayhi wa sallam, best friend. She was the older sister of Aisha who would later become Umm AlMu'mineen. She was a young girl in Makkah and was one of the first people to follow Allah's Messenger, sal Allahu alayhi wa sallam.

During the Hijrah, she was honored for her assistance of Allah's Messenger and her father. She was married to AzZubayr, radi Allahu 'anhu, the Hawaree of Allah's Messenger, sal Allahu alayhi wa sallam. Her son, Abdullah ibn Zubair, was-was the Khaleefah of the Muslims for a short period of time. She was a blessed mother, with the most noblest characteristics of patience and strength.

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# and assist your slaves. And make An-No'man the first martyr today in the path this Deen's nobility and the assistance of your slaves" That day he was martyred. TOMORROW I WILL... TODAY I AM GRATEFUL FOR...

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### TOMORROW I WILL... TODAY I AM GRATEFUL FOR...









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### **DAY 23** S|M|T|W|U|F|S

### PRAYER TRACKER **FAJR DHUHR ASR MAGHRIB** ISHA **TARAWEEH QIYAM**

C	URAN '	TRACKER	1
	SURAH		
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Holy Quran Reading Tracker 30 Days and 20 Days Options

30D Sura 36, v.28 to Sura 39, v.31 20D

### GOOD DEEDS

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TOMORROW I WILL...

### A REMINDER

The purpose of Islam is to raise the human being to become the most noblest creation of Allah. Nobility comes from Tagwa and upright character. Allah's messenger, sal Allahu alayhi wa sallam, lived the Qur'an every single day through his actions. How much of the character taught in the Quran do we know? And how much of that are we living on a daily and hourly basis? The beautiful thing is that there is so much happiness that awaits in taking this path. Enjoy!

- Research and insert a verse that speaks about the above	
<ul> <li>Research and insert a hadith that speaks about the above</li> </ul>	
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### DUA

### رَبَّنَا أَفْرِغْ عَلَيْنَا صَبْرًا وَتَوَفَّنَا مُسْلِمِينَ |الأعراف: 126|

Our Lord! Pour out on us patience and constancy, and take our souls unto thee as Muslims (who bow to thy will)! |7:126|

### **HADITH**

"The eyes of 2 people that will never witness the fire of Hell: the eyes of a soldier who keeps guard at frontiers and on battlefields, and of those whose awe of Allah causes them to cry." [Tirmidhi, Fadha'il Al-Jihad (Virtues of War), 12]

### ROLE MODELS...

### Abdul-Shams / Abu Hurayrah

He was from the tribe of Dows. When At-Tofayl, radi Allahu 'anhu, became Muslim and returned to his tribe of Dows to inform them, Abdul-shams was one of the first to answer the call and travel with At-Tofayl to visit the Prophet, sal Allahu alayhi wa sallam. He was single, without a wife or children, and his financial situation was destitute. Add to that, his own mother furiously cursed the Messenger of Allah. The Prophet, sal Allahu alayhi wa sallam, changed his name to AburRahman (Abu Hurayrah) and later prayed for his mother. That same day she became Muslim. He began narrating the sayings of Allah's Messenger, sal Allahu alayhi wa sallam, so much so that he became the foremost narrator of hadith. Later in life he was blessed with a wife, children and wealth and was appointed a governor at the time of Umer, radi Allahu 'anhu.

TODAY I AM GRATEFUL FOR	
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### **QURAN TRACKER SURAH VERSE** TO **SURAH VERSE**

Holy Quran Reading Tracker 30 Days and 20 Days Options

30D Sura 39, v.32 to Sura 41, v.46 20D

### GOOD DEEDS

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TOMORROW I WILL...

While money is a fundamental part of charity, it is not the end all. Charity is a much larger term that includes visiting the sick, speaking kind words to people, smiling in people's face, and so much more. For every limb and joint of our body, every day, we must thank Allah. How do we thank Allah? Through the charity of just being outstanding with Allah's creation. And in doing so, we would be winning

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- Research and insert a verse that speaks about the above
Research and insert a hadith that speaks about the above

### DUA

Our Lord! Make us not a trial for those who practise oppression; And deliver us by Thy Mercy from those who reject (Thee) |10:85-86|

### **HADITH**

"Whoever sees something evil should change it with his hands (unless by doing this it creates a bigger evil). If he cannot, then with his tongue; and if he cannot do even that, then in his heart, which is the weakest degree of faith." [Muslim, Iman (Faith), 78; Aboo Dawood, Salah (Prayers), 248]

### ROLE MODELS...

### Mus'ab ibn Umayr / Mus'ab AlKhayr

His family was amongst the affluent of Makkah. Dressed in exquisite clothing, the handsome young Mus'ab was admired by many. The expensive perfumes that he wore would linger in the air after he passed. In the midst of his youth and financial ability, Rasul Allah, sal Allahu alayhi wa sallam, announced that He was a prophet sent from Allah.

Infuriated, when his mother heard the news that he became Muslim, she stripped him of everything. Physical torture. After many years of this, he was sent to Yathrib as the "ambassador" of the Prophet, sal Allahu alayhi wa sallam. Most of the Ansar became Muslim at his hands. He was martyred in Uhud, they did not have a garment long enough to cover his entire body. radi Allahu 'anhu

TODAY I AM GRATEFUL FOR

## PRAYER TRACKER FAJR DHUHR ASR MAGHRIB ISHA

TARAWEEH QIYAM

## QURAN TRACKER SURAH VERSE TO SURAH VERSE

Holy Quran Reading Tracker 30 Days and 20 Days Options

30D Sura 41, v.47 to Sura 45, v.37 20D

### GOOD DEEDS

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TOMORROW I WILL...

### A REMINDER

There are two weapons, if you use them, no one and nothing can harm your emotions. They are: thankfulness and patience. Patience, true patience, is that time, as soon as the calamity befalls, that someone holds back, and praises Allah. Immediately they are blessed with a calm that carries them through the calamity, a gift from Allah. Not only is that moment blessed, but that which comes after it becomes even more blessed because of the patience. Imagine life as a truly patient servant of Allah.

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Research and insert a verse that speaks about the above	
Research and insert a hadith that speaks about the above	

### DUA

O our Lord! Truly Thou dost know what we conceal and what we reveal: for nothing whatever is hidden from Allah, whether on earth or in heaven |14:38|

### HADITH

"In everybody there is a piece of flesh, if it is healthy, the whole body is healthy, and if it is sick, the whole body is sick. Beware! It is the heart!" [Bukhari, Iman (Faith), 39; Muslim, Musaqah, 107]

### ROLE MODELS...

### Abu Ayyub AlAnsaari

He was blessed with a privilege that many of the Ansar wished they had. When the Prophet, sal Allahu alayhi wa sallam, came to Madinah, he left his camel to stop wherever it wished and there he would stay until his own residence was built. The camel stopped at the home of Abu Ayyub AlAnsari.

Even at the age of 80 years old, Abu Ayyub participated in the conquests at the time of the Khulafaa'. In the battle against Constantinople, Abu Ayyub was critically hit. He said told the others, "I urges you to penetrate deeply into the territory of the enemy as far as you can go, carry me with you and bury me under your feet at the walls of Constantinople." And then he was martyred.

TODAY I AM GRATEFUL FOR

### GOOD DEEDS

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polite manner, so much so that I thought that he would order (me) to make them

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He was tall and strikingly handsome. There were few who had the kind of respect and influence in Makkah like him. He was one of the first people to accept the message of Islam at the hands of Abu Bakr. He lived through all the torture and trials of life in Makkah. In Badr, his own father followed him everywhere to kill him. Yet it was Abu Ubaydah who killed his father. The greatest test.

During Uhud, it was Abu Ubaydah who lost his teeth in his attempt to extract the metal that pierced the face of Allah's Messenger, sal Allahu alayhi wa sallam. At the time of the Khulafa, he was the Ameer of the Muslim army in AsShaam. During the plague of Omwas, he was martyred. At the time of Umer's death, radi Allahu 'anhu, he said that had he been alive, he would have appointed Abu Ubaydah to be the next khalifah.

OMORROW I WILL	TODAY I AM GRATEFUL FOR

Holy Quran Reading Tracker 30 Days and 20 Days Options

30D Sura 51, v.31 to Sura 57, v.29 20D

GOOD DEEDS

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believer is one in whom people place their trust in regard to their life and wealth." [Tirmidhi, Iman (Faith), 12; Nasa'ee, Iman (Faith), 8]

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### ROLE MODELS...

### Salman AlFaarisi

Born to a fire-worshipping family, he ran away to join the Christians in AshShaam. From Christian mentor to Christian mentor, he served and learned the discipline of praying to God. Finally, the last of his mentors told him of a Prophet to soon come. Salman set out to find this Prophet, but on his way he was sold into slavery. He eventually was sold to someone in Yathrib.

When the Messenger of Allah, sal Allahu alayhi wa sallam, migrated to Madinah, Salman was ready. After seeing the truthfulness, he became Muslim. The Muslims assisted him in freeing him from slavery. When others would show off their lineage, he would say, "Islam is my father! I have no other father!" Known for his knowledge and wisdom, some say it resembled that of Lugman

OMORROW I WILL	TODAY I AM GRATEFUL FOR

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# alayhi wa sallam, he was later known as the "living martyr". He was nominated a the time of Umer to be the next Khalifah. After the murder of Uthman, Talha felt so grieved that he said, "lin what happened in the affair of Uthman, I did not think Allal would forgive me unless my blood was spilled in the path of avenging his blood. He was martyred in this path. TOMORROW I WILL... TODAY I AM GRATEFUL FOR... ramadanjournal.co

### SURAH VERSE

TO SURAH

**VERSE** 

Holy Quran Reading Tracker 30 Days and 20 Days Options

30D Sura 67, v.1 to Sura 77, v.50 20D

### GOOD DEEDS

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### رَبَّنَا إِنَّنَا نَخَافُ أَن يَفْرُطَ عَلَيْنَا أَوْ أَن يَطْغَى |طه :45|

Our Lord! We fear lest he hasten with insolence against us, or lest he transgress all bounds |20: 45|

### **HADITH**

"Making a motion of his index and middle fingers our Prophet said, 'Whoever supports an orphan from among his own or any other family will be as close to me in Heaven as these fingers are close to each other." [Bukhari, Talaq (Divorce), 25; Adab (Good Manners), 24; Muslim, Dhuhd (Observance of Devotions), 42]

### ROLE MODELS...

### AbdurRahman ibn 'Owf

He was promised Jannah during his life. He became Muslim on 2 days after Abu Bakr, radi Allahu 'anhum. It was the Prophet, sal Allahu alayhi wa sallam, who changed his name to AbdurRahman. He was tortured physically in Makkah and, because of that, was amongst the companions who fled to Abyssinia to worship Allah in peace.

He returned in time to migrate with the Prophet, sal Allahu alayhi wa sallam, to Madinah. There he was offered half his Ansari brothers wealth, but he chose instead to build his own. His business flourished immensely. He fought in Badr and Uhud, matching both physical andfinancial. In the battle of Tabuk, he gave everything he owned After the Prophets death, sal Allahu alayhi wa sallam, he supported the wives of the Prophet financially.

### TOMORROW I WILL...

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### **TARAWEEH QIYAM**

QURAN TRACKER
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VERSE
TO
SURAH
VERSE

Holy Quran Reading Tracker 30 Days and 20 Days Options

30D Sura 78, v.1 to Sura 114, v.6 20D

### GOOD DEEDS

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## TOMORROW I WILL...

after 30 days. The Lord of Ramadan is the Lord of all months. Worship of Allah only ends at death. What awaits after that is the trial: is Allah pleased with me so that I may rejoice like no human has ever rejoiced? Or should I regret like no human has regretted, perhaps Allah is displeased with me? Perhaps my intentions weren't for Him alone? It is with constant fear and hope, fear and hope, that we'll find our way back to Allah! May Allah accept your noble work this month!

**30 Days** 

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Research and insert a verse that speaks about the above
Research and insert a hadith that speaks about the above

### DUA

### رَبَّنَا آمَنَّا فَاغْفِرْ لَنَا وَارْحَمْنَا وَأَنتَ خَيْرُ الرَّاحِمِينَ |المؤمنون:109|

Our Lord! We believe; then do Thou forgive us, and have mercy upon us: For Thou art the Best of those who show mercy |23: 109|

### **HADITH**

"Anybody who believes in Allah and the Last Day should not harm his neighbour, and anybody who believes in Allah and the Last Day should entertain his guest generously and anybody who believes in Allah and the Last Day should talk what is good or keep quiet." [Bukhari, Adab (Manners), 31, 85; Muslim, Iman (Faith), 74, 75]

### ROLE MODELS...

### Sa'd ibn Abi Waggas

He was a handsome and strong young man growing up in Makkah. Early twenties. From a rich and aristocrat family, he would spend his time practicing archery. Because of his strength, people used to call him the young lion. He found no worth to the idol worshipping that surrounded him, so on the day that Abu Bakr told him about the message of Islam, he became Muslim.

He was known as the uncle of the Prophet, sal Allahu alayhi wa sallam. His mother challenged his Islam and—as much as he loved her—he chose Islam over her, even if it meant she would take her life. He participated in Badr; And in Uhud he was one of the few that stood defending the Prophet, sal Allahu alayhi wa sallam. In the battle of AlQadisiyyah, he led the Muslim army to one of the most decisive victories over the 150k Persian army.

TODAY	I AM G	RATEFU	L FOR		

"And your Lord said, invoke me and I will respond to your invocation."

| 40:60 |

