



1447H 2026
Ramadan Journal



**ISLAMIC
RELIEF
AUSTRALIA**

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WELCOMING THE MONTH OF MERCY

Ramadan arrives each year as a gift from Allah, a time for renewal and sincere reflection. It is a month in which the heart softens, the mind becomes more aware, and the soul draws closer to its Creator. Allah [SWT] reminds us of its purpose in the Qur'an:

"O you who believe. Fasting has been prescribed for you as it was prescribed for those before you, so that you may attain taqwa."
Surah Al-Baqarah 2:183

Taqwa, or God-consciousness, becomes the guiding light of Ramadan. Every fast, every prayer, and every moment of patience helps to nurture a deeper awareness of Allah's presence.

The Prophet Muhammad [SAW] described the arrival of Ramadan with great hope and mercy:

"When Ramadan begins, the gates of Paradise are opened, the gates of Hell are closed, and the devils are chained."
Sahih al-Bukhari

He also encouraged believers by saying:

"Whoever fasts Ramadan with faith and seeking reward, his previous sins will be forgiven."
Sahih al-Bukhari and Sahih Muslim

This journal has been prepared to support your spiritual journey during these blessed days and nights. It is a space for reflection, intention setting, gratitude, personal growth, and mindful worship. Use each page to pause, to observe your inner state, and to strengthen your relationship with Allah.

May Allah bless your efforts, purify your heart, and grant you a Ramadan filled with tranquility, forgiveness, and closeness to Him.

Bismillah. Let your journey begin.



Scan to download
our FREE prayer
times calendar!



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| 26 | 27 | 28 | 29 | 30 |

INTENTION AND GOAL SETTING

The Prophet Muhammad [SAW] taught that:
“Actions are judged by intentions.”
Sahih al-Bukhari and Sahih Muslim

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|------------------------|--------------------|--------------------------|
| <div>QURAN</div> | <div>SADAQAH</div> | <div>RELATIONSHIPS</div> |
| <div>FORGIVENESS</div> | <div>ACTIONS</div> | <div>HABITS</div> |

DUA TO REACH RAMADAN

Allahumma Ballighna Ramadan

اللَّهُمَّ بَلِّغْنَا رَمَضَانَ

“Oh Allah let us reach Ramadan.”

DUA FOR BEGINNING THE FAST

Wa bisawmi ghadinn nawaiytu min shahri ramadan

وَيَصُومُ عَدِ تَوَيْتُ مِنْ شَهْرِ رَمَضَانَ

“I intend to keep the fast for tomorrow in the month of Ramadan.”

Sunan Abi Dawud

DUA FOR BREAKING YOUR FAST

Dhahaba al-zama'u, wa'btallat al-'urooqu, wa thabata al-ajru insha'Allah.

ذَهَبَ الظَّمَأُ، وَابْتَلَّتِ الْعُرُوقُ، وَتَبَتِ الْجَزَاءُ إِنْ شَاءَ اللَّهُ

“The thirst has gone, the veins are moistened and the reward is assured, if Allah wills.”

Sunan Abi Dawud

DUA FOR THE ONE WHO INVITES YOU FOR IFTAR

Aftara 'indakum as-sa'imun wa-akala ta'amakum al-abrar wa-sallat 'alaykum al-mala'ika

أَفْطَرَ عِنْدَكُمْ الصَّائِمُونَ وَأَكَلَ طَعَامَكُمْ الْبَرَارُ وَصَلَّتْ عَلَيْكُمْ الْمَلَائِكَةُ

“May those who have fasted break their fast with you, may the pious eat your food, and may the angels pray for you.”

Sunan Ibn Majah

DUA FOR LAYLATUL QADR

Allaahumma innaka 'afuwwan tuhibb ul-'afwa fa'fu 'anni.

اللَّهُمَّ أَنْتَ عَفُوفٌ، تُحِبُّ الْعَفْوَ فَاعْفُ عَنِّي

“O Allah, You are Most Forgiving, and You love forgiveness; so forgive me.”

Tirmidhi

DUA FOR THIS WORLD AND THE NEXT

Rabbana atina fid-dunya hasanatan wa fil 'akhirati hasanatan waqina 'adhaban-nar

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

“Our Lord! Give us in this world that which is good and in the Hereafter that which is good, and save us from the torment of the Fire!”

Al-Baqarah, 2:201

DUA FOR THE UMMAH

Allahumma aslih Ummata Muhammad. Allahumma farrij 'an Ummati Muhammad. Allahumma Rham Ummata Muhammad [sallallahu alayhi wasalam]

اللَّهُمَّ أَصْلِحْ أُمَّةَ مُحَمَّدٍ اللَّهُمَّ فَرِّجْ عَنْ أُمَّةِ مُحَمَّدٍ اللَّهُمَّ ارْحَمْ أُمَّةَ مُحَمَّدٍ

“O Allah! Improve [help] the state of the Ummah of Muhammad. O Allah! Grant ease to the Ummah of Muhammad. O Allah! Have mercy on the Ummah of Muhammad.”

Hilyat al-Awliya

AYAT AL KURSI

Allahu la ilaha illa Huwa-l-hayyul-qayyum. La ta'khuduhu sinatun wa la nawm. Lahu ma fissamawati wa ma fil-ard. Man dhalladhi yashfa'u 'indahu illa bi-idhnih. Ya'lamu ma bayna aydihim wa ma khalfahum wa la yuhituna bishay'in min 'ilmihi illa bimasha'. Wasi'a kursiyyuhus-samawati wal-ard wa la ya'uduhu hifdhuhuma wa Huwal-'aliyyul-'azim.

اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ لَا تَأْخُذُهُ سِنَّةٌ وَلَا نَوْمٌ لَهُ مَا فِي السَّمَاوَاتِ وَمَا فِي الْأَرْضِ مَنْ ذَا الَّذِي يَشْفَعُ عِنْدَهُ إِلَّا بِإِذْنِهِ يَعْلَمُ مَا بَيْنَ أَيْدِيهِمْ وَمَا خَلْفَهُمْ وَلَا يُحِيطُونَ بِشَيْءٍ مِنْ عِلْمِهِ إِلَّا بِمَا شَاءَ وَسِعَ كُرْسِيُّهُ السَّمَاوَاتِ وَالْأَرْضَ وَلَا يَئُودُهُ حِفْظُهُمَا وَهُوَ الْعَلِيُّ الْعَظِيمُ

"Allah! There is no deity except Him, the Ever-Living, the Sustainer of [all] existence. Neither drowsiness overtakes Him nor sleep. To Him belongs whatever is in the heavens and whatever is on the earth. Who is it that can intercede with Him except by His permission? He knows what is before them and what will be after them, and they encompass not a thing of His knowledge except for what He wills. His Kursi extends over the heavens and the earth, and their preservation tires Him not. And He is the Most High, the Most Great."

[Surah Al-Baqarah 2:255]

DU'A FOR ADMISSION TO PARADISE X3

Radhitsu billahi Rabba, wa bil-islami dina, wa bi Muhammadin-sallallahu 'alayhi wa sallama Nabiyya

رَضِيتُ بِاللَّهِ رَبًّا ، وَبِالْإِسْلَامِ دِينًا ، وَبِمُحَمَّدٍ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ نَبِيًّا

"I am pleased with Allah as my Lord, with Islām as my religion and with Muhammad as my Prophet."

[Ibn Majah]

THE 3 QULS X3

Qul Huwa-Ilahu Ahad. Allahu-s-Samad. Lam yalid wa lam yulad. Wa lam yakul-lahu kufuwan ahad.

قُلْ هُوَ اللَّهُ أَحَدٌ ، اللَّهُ الصَّمَدُ ، لَمْ يَلِدْ وَلَمْ يُولَدْ ، وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ

In the name of Allah, the All-Merciful, the Very Merciful.

"Say, He is Allah, the One, the Self-Sufficient Master, Who has not given birth and was not born, and to Whom no one is equal."

[Surah Al-Ikhlās]

Qul a'udhu bi-Rabbi-l-falaq. Min sharri ma khalaq. Wa min sharri ghasiqin idha waqab. Wa min sharri-n-naffathati fi-l-uqad. Wa min sharri hasidin idha hasad.

قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ ، مِنْ شَرِّ مَا خَلَقَ ، وَمِنْ شَرِّ غَاسِقٍ إِذَا وَقَبَ ، وَمِنْ شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ ، وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ

"Say, I seek protection of the Lord of the daybreak, from the evil of what He has created, and from the evil of the darkening night when it settles, and from the evil of the blowers in knots, and from the evil of the envier when he envies."

[Surah Al-Falaq]

Qul a'udhu bi-Rabbi-n-nas. Maliki-n-nas. Ilah-hin-nas. Min sharri-l-waswasi-l-khannas. Al-ladhi yuwaswisu fi suduri-n-nas. Mina-l-jinnati wa-n-nas.

قُلْ أَعُوذُ بِرَبِّ النَّاسِ ، مَلِكِ النَّاسِ ، إِلَهِ النَّاسِ ، مِنْ شَرِّ الْوَسْوَاسِ الْخَنَّاسِ ، الَّذِي يُوَسْوِسُ فِي صُدُورِ النَّاسِ ، مِنَ الْجِنَّةِ وَالنَّاسِ

"Say, I seek protection of the Lord of mankind, the King of mankind, the God of mankind, from the evil of the whisperer who withdraws, who whispers in the hearts of mankind, whether they be Jinn or people."

[Surah An-Nas]

GET YOUR SINS FORGIVEN X100

Subhana-Ilahi wa bi hamdihi.

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ

"Glory is to Allah and praise is to Him."

DU'A FOR SEEKING FORGIVENESS AND REPENTING X100

Astaghfiru-l-laha wa atubu ilayhi.

أَسْتَغْفِرُ اللَّهَ وَأَتُوبُ إِلَيْهِ

"I seek Allah's forgiveness and turn to Him in repentance."

DU'A FOR DECLARING TAWHID X100

La ilaha illallahu wahdahu la sharika lahu, lahu-l-mulku wa lahu-l-hamdu wa Huwa 'ala kulli shay'in qadir.

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

"There is no deity worthy of worship except Allah, alone, without partner. To Him belongs all sovereignty and praise, and He is over all things omnipotent."

DU'A FOR KNOWLEDGE, INCREASED PROVISION AND ACCEPTED DEEDS

Allahumma inni as'aluka 'ilman naafi'an, wa rizqan tayyiban, wa 'amalan mutaqabbalan.

اللَّهُمَّ إِنِّي أَسْأَلُكَ عِلْمًا تَافِعًا وَرِزْقًا طَيِّبًا وَعَمَلًا مُتَقَبَّلًا

"O Allah, I ask You for beneficial knowledge, goodly provision, and acceptable deeds."

[Ibn Majah]

SAYYID AL-ISTIGHFAR

Allahumma anta Rabbi la ilaha illa anta, Khalaqtani wa ana 'Abduka, wa ana 'ala 'ahdika wa wa'dika mastata'tu, A'udhu bika min Sharri ma sana'tu, abu'u Laka bini'matika 'alaiya, wa abu'u laka bidhanbi faghfir lee fa innahu la yaghfiru adhdhunuba illa anta.

اللَّهُمَّ أَنْتَ رَبِّي لَا إِلَهَ إِلَّا أَنْتَ، خَلَقْتَنِي وَأَنَا عَبْدُكَ، وَأَنَا عَلَى عَهْدِكَ وَوَعْدِكَ مَا اسْتَطَعْتُ، أَعُوذُ بِكَ مِنْ شَرِّ مَا صَنَعْتُ، أَبُوءُ لَكَ بِنِعْمَتِكَ عَلَيَّ وَأَبُوءُ لَكَ بِذُنُوبِي، مَا غَفِرَ لِي فَاغْفِرْ لِي فَإِنَّهُ لَا يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ

O Allah, You are my Lord. There is no god worthy of worship except You. You have created me, and I am Your slave, and I am under Your covenant and pledge [to fulfil it] to the best of my ability. I seek Your protection from the evil that I have done. I acknowledge the favours that You have bestowed upon me, and I admit my sins. Forgive me, for none forgives sins but You.

SENDING SALAWAT UPON THE PROPHET X10

Allahumma salli 'ala Muhammad wa 'ala ali Muhammad, kama sallayta 'ala Ibrahima wa 'ala ali Ibrahim, innaka Hamidu-l-Majid. Allahumma barik 'ala Muhammad, wa 'ala ali Muhammad, kama barakta 'ala Ibrahima wa 'ala ali Ibrahim, innaka Hamidu-l-Majid.

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ، كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ، إِنَّكَ حَمِيدٌ مَجِيدٌ، اللَّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ، كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ، إِنَّكَ حَمِيدٌ مَجِيدٌ

"O Allah, honour and have mercy upon Muhammad and the family of Muhammad as You have honoured and had mercy upon Ibrāhīm and the family of Ibrāhīm. Indeed, You are the Most Praiseworthy, the Most Glorious. O Allah, bless Muhammad and the family of Muhammad as You have blessed Ibrāhīm and the family of Ibrāhīm. Indeed, You are the Most Praiseworthy, the Most Glorious."

"Remember Allah much that you may be successful."

[8:45]

Habit: _____

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Habit: _____

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Habit: _____

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M T W T F S S

DATE: _____

QURAN TRACKER

Verse:

Surah:

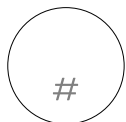
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TARAWEEH TRACKER

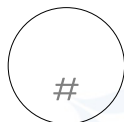
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PRAYER TRACKER

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| <input type="radio"/> Dhuhr | <input type="radio"/> Sunnah |
| <input type="radio"/> Asr | <input type="radio"/> Sunnah |
| <input type="radio"/> Maghrib | <input type="radio"/> Sunnah |
| <input type="radio"/> Isha | <input type="radio"/> Sunnah |



TARAWEEH



QIYAM



Actions are judged by intentions.

[Bukhari & Muslim]

DEED OF THE DAY

Share a beneficial video, article, or document to inspire loved ones.

TO-DO LIST

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- ☐ _____

DAILY CHECKLIST

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| <input type="radio"/> Prayed on time | <input type="radio"/> Practised patience | <input type="radio"/> Avoided gossip or negative talk |
| <input type="radio"/> Ate mindfully at iftar | <input type="radio"/> Sought forgiveness | <input type="radio"/> Smiled at someone |
| <input type="radio"/> Made dhikr | <input type="radio"/> Gave charity | <input type="radio"/> Made du'a for someone else |

NOTES & REFLECTION

I AM GRATEFUL FOR

1. _____
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7. _____

M T W T F S S

DATE: _____

QURAN TRACKER

Verse:

Surah:

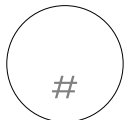
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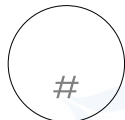
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PRAYER TRACKER

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| <input type="radio"/> Asr | <input type="radio"/> Sunnah |
| <input type="radio"/> Maghrib | <input type="radio"/> Sunnah |
| <input type="radio"/> Isha | <input type="radio"/> Sunnah |



TARAWEEH



QIYAM



Verily, in the
remembrance of Allah do
hearts find rest.

[13:28]

DEED OF THE DAY

Send a thoughtful
message to check in on
someone.

TO-DO LIST

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DAILY CHECKLIST

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| <input type="radio"/> Prayed on time | <input type="radio"/> Practised patience | <input type="radio"/> Avoided gossip or negative talk |
| <input type="radio"/> Ate mindfully at iftar | <input type="radio"/> Sought forgiveness | <input type="radio"/> Smiled at someone |
| <input type="radio"/> Made dhikr | <input type="radio"/> Gave charity | <input type="radio"/> Made du'a for someone else |

NOTES & REFLECTION

I AM GRATEFUL FOR

1. _____
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M T W T F S S

DATE: _____

QURAN TRACKER

Verse:

Surah:

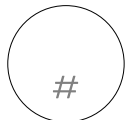
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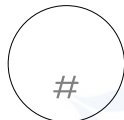
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PRAYER TRACKER

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| <input type="radio"/> Dhuhr | <input type="radio"/> Sunnah |
| <input type="radio"/> Asr | <input type="radio"/> Sunnah |
| <input type="radio"/> Maghrib | <input type="radio"/> Sunnah |
| <input type="radio"/> Isha | <input type="radio"/> Sunnah |



TARAWEEH



QIYAM



The best of you are those
with the best character.

[Tirmidhi]

DEED OF THE DAY

Make an effort to smile
and greet people warmly
throughout the day.

TO-DO LIST

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DAILY CHECKLIST

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| <input type="radio"/> Prayed on time | <input type="radio"/> Practised patience | <input type="radio"/> Avoided gossip or negative talk |
| <input type="radio"/> Ate mindfully at iftar | <input type="radio"/> Sought forgiveness | <input type="radio"/> Smiled at someone |
| <input type="radio"/> Made dhikr | <input type="radio"/> Gave charity | <input type="radio"/> Made du'a for someone else |

NOTES & REFLECTION

I AM GRATEFUL FOR

1. _____
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M T W T F S S

DATE: _____

QURAN TRACKER

Verse:

Surah:

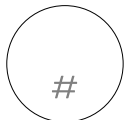
Juz:

TARAWEEH TRACKER

... / 7 days

PRAYER TRACKER

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| <input type="radio"/> Fajr | <input type="radio"/> Sunnah |
| <input type="radio"/> Dhuhr | <input type="radio"/> Sunnah |
| <input type="radio"/> Asr | <input type="radio"/> Sunnah |
| <input type="radio"/> Maghrib | <input type="radio"/> Sunnah |
| <input type="radio"/> Isha | <input type="radio"/> Sunnah |



TARAWEEH



QIYAM



Whoever relies upon
Allah – He is sufficient
for him.

[65:3]

DEED OF THE DAY

Make sincere du'a for
someone else, without
telling them or expecting
anything in return.

TO-DO LIST

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DAILY CHECKLIST

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M T W T F S S

DATE: _____

QURAN TRACKER

Verse:

Surah:

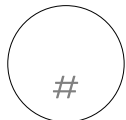
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TARAWEEH TRACKER

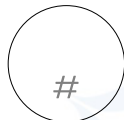
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PRAYER TRACKER

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| <input type="radio"/> Fajr | <input type="radio"/> Sunnah |
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| <input type="radio"/> Asr | <input type="radio"/> Sunnah |
| <input type="radio"/> Maghrib | <input type="radio"/> Sunnah |
| <input type="radio"/> Isha | <input type="radio"/> Sunnah |



TARAWEEH



QIYAM

“
Speak good or remain
silent.

[Bukhari & Muslim]

DEED OF THE DAY

Set aside time to read
at least one page of the
Qur'an with presence and
focus.

TO-DO LIST

- ☐ _____
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- ☐ _____
- ☐ _____
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- ☐ _____

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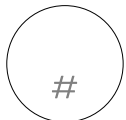
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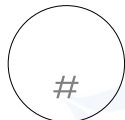
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| <input type="radio"/> Isha | <input type="radio"/> Sunnah |



TARAWEEH



QIYAM



If you are grateful, I will surely increase you.

[14:7]

DEED OF THE DAY

Give charity today, even if it is a small amount given quietly.

TO-DO LIST

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
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- ☐ _____

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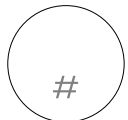
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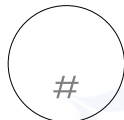
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| <input type="radio"/> Isha | <input type="radio"/> Sunnah |



TARAWEEH



QIYAM



Allah loves those who are
patient.

[3:146]

DEED OF THE DAY

Help someone with a task
or responsibility without
waiting to be asked.

TO-DO LIST

- ☐ _____
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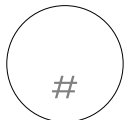
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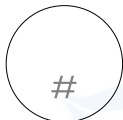
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| <input type="radio"/> Isha | <input type="radio"/> Sunnah |



TARAWEEH



QIYAM



Your Lord is Near and
Responsive.

[11:61]

DEED OF THE DAY

Pause and control your
reaction in a difficult
moment.

TO-DO LIST

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- ☐ _____
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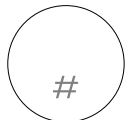
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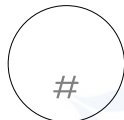
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| <input type="radio"/> Isha | <input type="radio"/> Sunnah |



TARAWEEH



QIYAM



A kind word is charity.

[Bukhari]

DEED OF THE DAY

Avoid gossip and negative talk for the day.

TO-DO LIST

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- ☐ _____
- ☐ _____
- ☐ _____
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- ☐ _____

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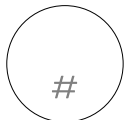
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TARAWEEH TRACKER

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TARAWEEH



QIYAM



Allah does not burden a
soul beyond its capacity.

[2:286]

DEED OF THE DAY

Say something kind or
encouraging to someone.

TO-DO LIST

- ☐ _____
- ☐ _____
- ☐ _____
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- ☐ _____
- ☐ _____

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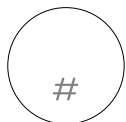
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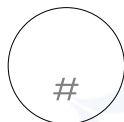
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TARAWEEH



QIYAM



The most beloved
deeds are those done
consistently.

[Bukhari & Muslim]

DEED OF THE DAY

Pray all five daily prayers
on time.

TO-DO LIST

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
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- ☐ _____

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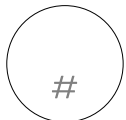
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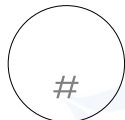
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TARAWEEH



QIYAM



And whoever does good
equal to an atom's
weight will see it.

[99:7]

DEED OF THE DAY

Make dhikr during a busy
or distracting moment.

TO-DO LIST

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

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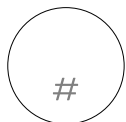
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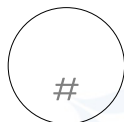
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TARAWEEH



QIYAM



Allah is Gentle and loves gentleness.

[Bukhari & Muslim]

DEED OF THE DAY

Forgive a small mistake or overlook an offence.

TO-DO LIST

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
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- ☐ _____

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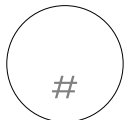
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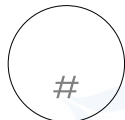
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TARAWEEH



QIYAM



Seek forgiveness from
your Lord.

[11:3]

DEED OF THE DAY

Thank someone sincerely
for their help or support.

TO-DO LIST

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
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- ☐ _____

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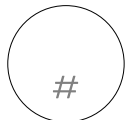
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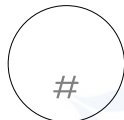
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TARAWEEH



QIYAM



Spread peace among
yourselves.

[Muslim]

DEED OF THE DAY

Eat mindfully at iftar and
avoid excess.

TO-DO LIST

- ☐ _____
- ☐ _____
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- ☐ _____

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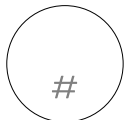
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TARAWEEH



QIYAM



Indeed, Allah is with the
doers of good.

[29:69]

DEED OF THE DAY

Lower your gaze and
practise modesty today.

TO-DO LIST

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- ☐ _____
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- ☐ _____

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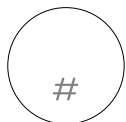
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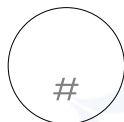
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TARAWEEH



QIYAM



Make things easy, not
difficult.

[Bukhari]

DEED OF THE DAY

Make intentional istighfar
with awareness.

TO-DO LIST

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
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- ☐ _____
- ☐ _____

DAILY CHECKLIST

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|--|--|---|
| <input type="radio"/> Prayed on time | <input type="radio"/> Practised patience | <input type="radio"/> Avoided gossip or negative talk |
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| <input type="radio"/> Made dhikr | <input type="radio"/> Gave charity | <input type="radio"/> Made du'a for someone else |

NOTES & REFLECTION

I AM GRATEFUL FOR

1. _____
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M T W T F S S

DATE: _____

QURAN TRACKER

Verse:

Surah:

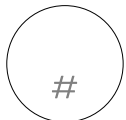
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TARAWEEH TRACKER

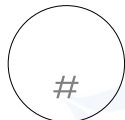
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PRAYER TRACKER

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| <input type="radio"/> Fajr | <input type="radio"/> Sunnah |
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| <input type="radio"/> Asr | <input type="radio"/> Sunnah |
| <input type="radio"/> Maghrib | <input type="radio"/> Sunnah |
| <input type="radio"/> Isha | <input type="radio"/> Sunnah |



TARAWEEH



QIYAM



Allah loves those who
repent.

[2:222]

DEED OF THE DAY

Pray two extra rak'ah
beyond the obligatory
prayers.

TO-DO LIST

- ☐ _____
- ☐ _____
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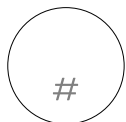
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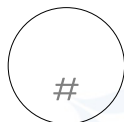
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| <input type="radio"/> Isha | <input type="radio"/> Sunnah |



TARAWEEH



QIYAM



So remember Me; I will
remember you.

[2:152]

DEED OF THE DAY

Learn or reflect on one
new Islamic reminder.

TO-DO LIST

- ☐ _____
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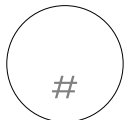
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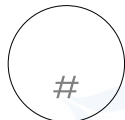
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TARAWEEH



QIYAM



Charity does not
decrease wealth.

[Muslim]

DEED OF THE DAY

Share food with someone
at home, work, or in the
community.

TO-DO LIST

- ☐ _____
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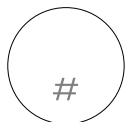
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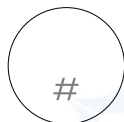
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| <input type="radio"/> Isha | <input type="radio"/> Sunnah |



TARAWEEH



QIYAM



The believers are
brothers.

[49:10]

DEED OF THE DAY

Step away from social
media for at least one
hour.

TO-DO LIST

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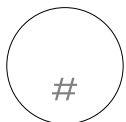
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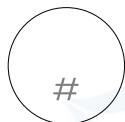
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TARAWEEH



QIYAM



Whoever guides to good
has a reward like the one
who does it.

[Muslim]

DEED OF THE DAY

Sleep with a good
intention and
remembrance of Allah.

TO-DO LIST

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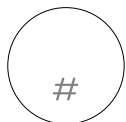
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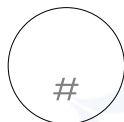
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TARAWEEH



QIYAM



Indeed, prayer restrains
immorality.

[29:45]

DEED OF THE DAY

Give salam first when
meeting others.

TO-DO LIST

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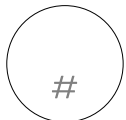
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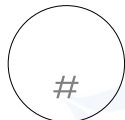
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TARAWEEH



QIYAM



Allah looks at your hearts
and actions.

[Muslim]

DEED OF THE DAY

Practise patience and
gentleness with family.

TO-DO LIST

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- ☐ _____
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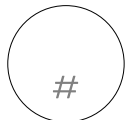
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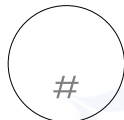
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TARAWEEH



QIYAM



And He is with you
wherever you are.

[57:4]

DEED OF THE DAY

Reflect on one blessing
you often overlook.

TO-DO LIST

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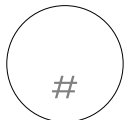
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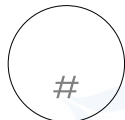
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TARAWEEH



QIYAM



The strong one controls
himself when angry.

[Bukhari]

DEED OF THE DAY

Give away something you
love for the sake of Allah.

TO-DO LIST

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- ☐ _____
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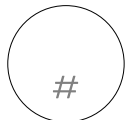
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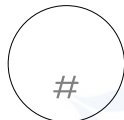
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TARAWEEH



QIYAM



Every good deed is
charity.

[Muslim]

DEED OF THE DAY

Spend a few minutes in
quiet reflection.

TO-DO LIST

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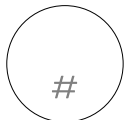
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TARAWEEH



QIYAM



And Allah loves those
who purify themselves.

[2:222]

DEED OF THE DAY

Encourage someone
toward a good deed.

TO-DO LIST

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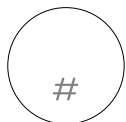
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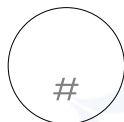
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TARAWEEH



QIYAM



Call upon Me; I will
respond to you.

[40:60]

DEED OF THE DAY

Read an ayah of the Qur'an
with its meaning.

TO-DO LIST

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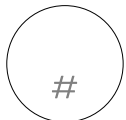
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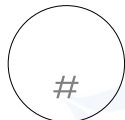
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| <input type="radio"/> Fajr | <input type="radio"/> Sunnah |
| <input type="radio"/> Dhuhr | <input type="radio"/> Sunnah |
| <input type="radio"/> Asr | <input type="radio"/> Sunnah |
| <input type="radio"/> Maghrib | <input type="radio"/> Sunnah |
| <input type="radio"/> Isha | <input type="radio"/> Sunnah |



TARAWEEH



QIYAM



The most beloved people
to Allah are those most
beneficial to others.

[Al-Tabarani]

DEED OF THE DAY

Renew your intention for
Ramadan and fasting.

TO-DO LIST

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

DAILY CHECKLIST

- | | | |
|--|--|---|
| <input type="radio"/> Prayed on time | <input type="radio"/> Practised patience | <input type="radio"/> Avoided gossip or negative talk |
| <input type="radio"/> Ate mindfully at iftar | <input type="radio"/> Sought forgiveness | <input type="radio"/> Smiled at someone |
| <input type="radio"/> Made dhikr | <input type="radio"/> Gave charity | <input type="radio"/> Made du'a for someone else |

NOTES & REFLECTION

I AM GRATEFUL FOR

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

OVERNIGHT OATS

Ingredients:

- 1 part Oats
- 1 part milk of choice
- Sweetener
- Toppings, fruits, nut butters

Method

- In a jar combine the milk, sweetener
- Add the oats and mix thoroughly
- Store in the fridge for at least 3 hours
- Serve with your choice of toppings



KAFTA ON BREAD

Ingredients:

- Kafta
- Flat bread
- Oil
- Greek yoghurt
- Mint
- 1 crushed garlic clove

Method

- Spread the Kafta on one side of the pita
- Cook Kafta side down in the oiled pan in medium heat for 1-2 minutes
- Flip and toast the bread side
- Combine the yoghurt, chopped mint and garlic into a dipping sauce



BAKED EGGS

Ingredients:

- Eggs
- Chopped tomatoes
- Spinach
- Mushrooms
- Feta
- Salt and pepper

Method

- Preheat your oven to 180
- Whisk all the ingredients together
- Pour into an oiled muffin tin or baking tray
- Bake for 20 minutes until golden



QUIZZES AND PUZZLES

In which year of Hijrah was fasting in Ramadan made obligatory?

2nd year of Hijrah

Which surah in the Quran mentions Ramadan by name?

Surah Al-Baqarah

Which night is described in the Quran as being better than a thousand months?

Laylatul Qadr

What is the main purpose of fasting in Ramadan?

Attaining taqwa

What is the minimum obligation for Zakat al-Fitr?

One sa' measure

What did the Prophet SAW use to break his fast?

Dates or water

Is completing the Quran in Ramadan obligatory?

Not obligatory

What is the charity given to purify wealth?

Zakat al-Maal

What form of charity compensates for unperformed fasts?

Fidyah

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| R | A | M | A | D | A | N | N | R | Y | L | W | U | M | Y | I | D | Q | H | Q |
| S | U | H | O | O | R | V | T | R | M | H | D | F | C | E | F | P | G | Z | A |
| B | K | T | L | X | M | T | A | R | A | W | E | H | B | X | T | W | J | N | D |
| M | L | R | A | L | P | Y | T | J | H | A | Y | D | I | F | A | B | Y | I | A |
| I | K | D | N | Q | E | O | I | J | H | P | I | N | L | Q | R | C | U | U | L |
| K | M | S | R | I | W | G | K | S | L | R | D | D | R | V | X | M | T | Q | Q |
| H | V | K | A | T | L | A | U | R | B | H | I | X | Y | Z | F | E | I | D | G |
| L | D | Q | R | I | A | W | H | A | Y | H | J | U | R | A | D | Y | Z | G | S |
| A | S | Q | Z | K | Y | H | S | F | J | E | Y | B | W | N | A | J | Z | A | L |
| S | T | W | A | A | L | Z | H | C | Q | U | R | A | N | M | S | E | D | N | A |
| U | M | L | K | F | A | E | E | Y | S | S | R | W | W | U | P | A | T | M | Y |
| J | C | M | A | G | H | R | I | B | J | G | U | N | X | B | Q | F | T | Y | L |
| D | U | A | T | A | U | U | H | Z | A | R | J | I | G | A | T | Y | V | A | A |
| M | V | A | R | X | L | A | S | Z | K | H | Y | G | H | I | A | B | C | W | T |
| I | Q | A | F | B | R | A | C | W | S | A | L | H | H | I | U | Q | X | A | U |
| H | T | L | J | A | A | B | G | W | G | Y | K | N | A | C | Q | B | H | T | L |
| G | D | T | F | D | D | I | G | T | K | Y | A | P | N | Z | V | T | X | I | Q |
| E | Y | F | G | A | R | J | Q | B | Y | I | H | C | N | T | A | K | A | Z | A |
| T | A | K | A | V | A | Z | A | G | Y | N | T | Z | A | F | V | J | K | A | D |
| K | L | W | W | B | Z | M | A | I | D | R | Y | Q | J | E | Z | I | Z | K | R |

WORD LIST

- | | | | |
|------------|-----------------|--------------|-------------|
| 1. RAMADAN | 6. DUA | 11. SADAQAH | 16. NIYYAH |
| 2. TAQWA | 7. TARAWEH | 12. FIDYAH | 17. MAGHRIB |
| 3. SUHOOR | 8. LAYLATULQADR | 13. KAFFARAH | 18. ITIKAF |
| 4. IFTAR | 9. IKHLAS | 14. QADA | 19. SABR |
| 5. QIYAM | 10. ZAKAT | 15. QURAN | 20. JANNAH |