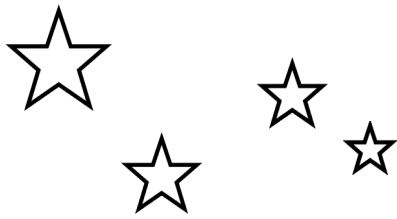


_____ my _____

Ramadhan

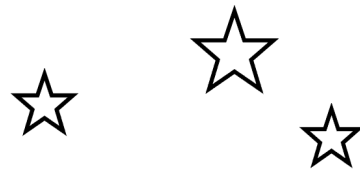
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Name:



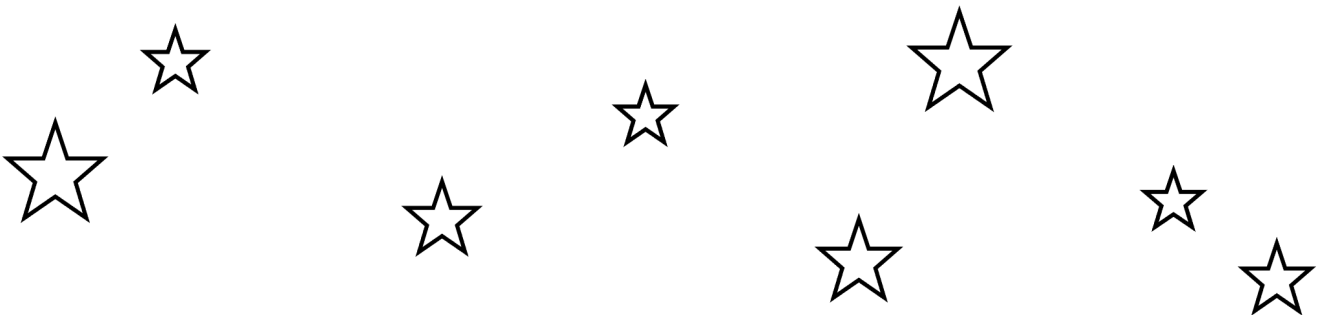
This reflective journal aims to provide sources of inspiration, encourage reflection and promote action in order to help us get closer to Allah (swt).

Please recite Surah al-Fatihah for all those souls who have completed the journey of this world and have returned to their Lord.



Contents

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>Welcome Ramadhan <<<<



“O people! The month of Allah with blessings, mercy and pardon has come to you.”



Prophet Muhammad (saw) - sermon welcoming the month of Ramadhan

In his sermon welcoming the month of Ramadhan, Prophet Muhammad (saw) gave us an insight into the unique status and blessings of this holy month and the opportunities we have been given to purify and improve ourselves through it.

Guest of Allah (swt) for a spiritual feast!

“It is the month in which you have been invited by the Lord for a feast, and have been selected as the recipient of this special favour.”

“Your selves are mortgaged against your deeds and therefore, by means of repentance, make yourself free.”

An opportunity to free our souls from the burden of our sins,

through repentance and prostration.

“Your backs have become much too heavy due to sins; by prolongation of your prostration make yourself light-burdened.”

“With your thirst and hunger remind yourself about the thirst and hunger of the Day of Judgement.”

A reminder of our condition on the Day of Judgement.

Paradise is open and Hell is closed!

“O people! The doors of Paradise are opened in this month, beseech Allah that they should not be closed upon you. The doors of Hell are closed, and ask Allah that they are not opened upon you.”

“... the most unfortunate and wretched one is the one who remains deprived from Allah's pardon during this great month.”

And a stark warning to all believers.

Ramadhan Planner



“The month of Ramadhan is that in which the Qur’an was revealed, a guidance to men and clear proofs of the guidance and the distinction...”



Al-Baqarah:185

“It (Ramadhan) is the month, whose beginning is mercy...”

1 2:2	2 2:153	3 3:5	4 3:104	5 4:79
6 5:55	7 6:32	8 7:42	9 8:2	10 Wafat of Lady Khadija (as) 9:78

...its middle forgiveness...

11 10:55	12 11:90	13 14:7	14 16:79	15 Wiladat of Imam Hasan ibn Ali (as) 18:23
16 19:4	17 Victory of the Muslims at Badr 21:107	18 23:52	19 Attack on Imam Ali (as) in Masjid Kufa 26:83	20 Conquest of the city of Makkah 29:41

...and its end, emancipation from the fire (of hell).”

21 Wafat of Imam Ali ibn Abu Talib (as) 30:60	22 35:5	23 Layl al Qadr (the Night of Destiny) 36:58	24 40:60	25 42:29
26 49:13	27 57:11	28 63:9	29 70:5	30 82:19

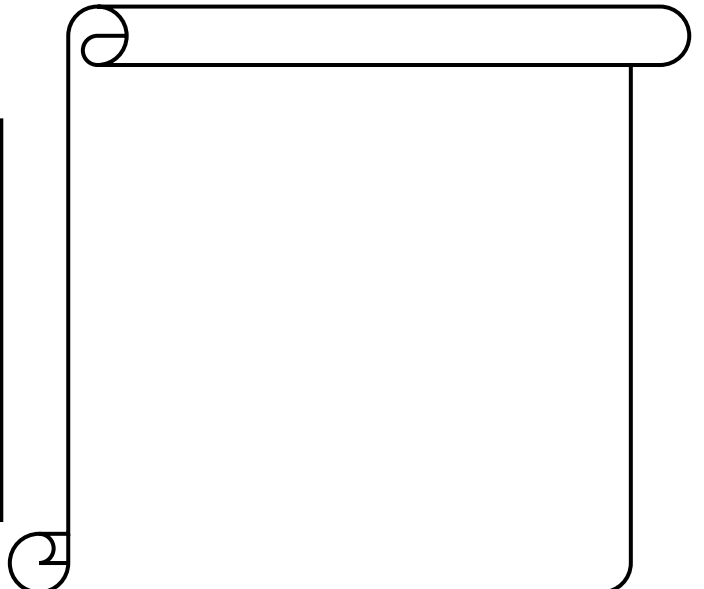
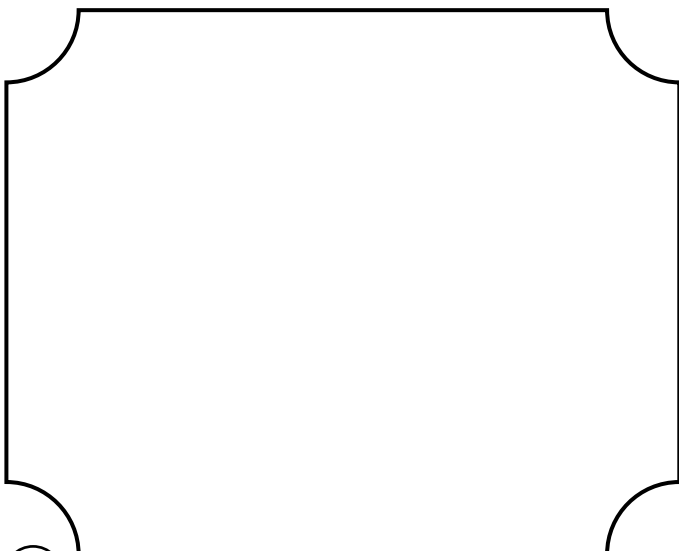
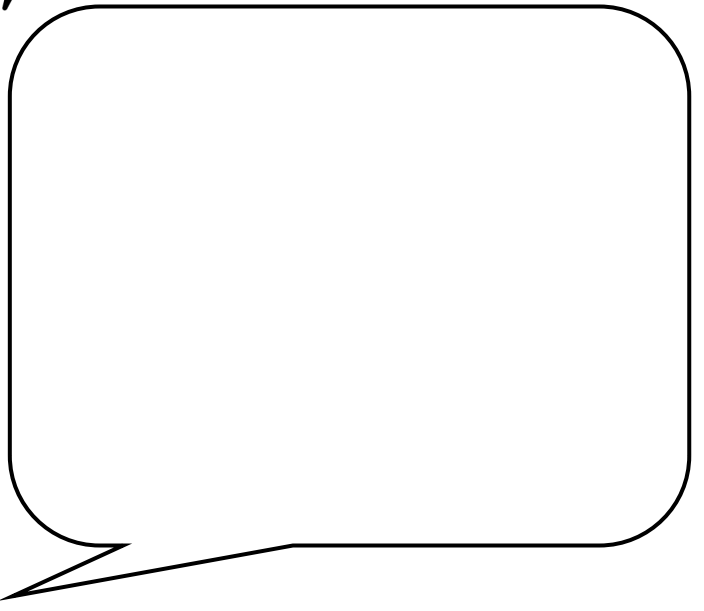
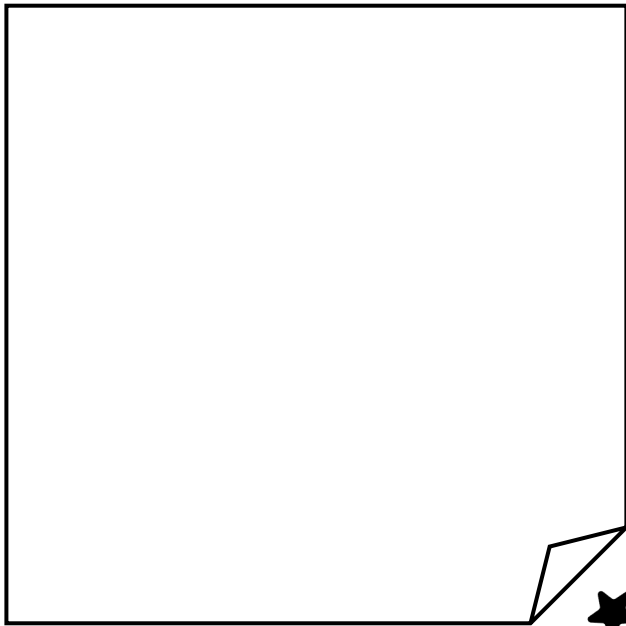


Each of the boxes contains a Qur’anic reference taken from the juz’ of the same number for you to look up, read and reflect on.

»»» Inspiration «««









These are the verses of the Qur'an, ahadith and quotes that will help motivate me to achieve my goals in this month Insha Allah!















Self-Reflection



For each of these categories, what am I doing well and what could I do better? Are there areas I need to prioritise and focus on? Write my reflections and a mark out of ten for each category here and specific actions on the next page.

<p>reflection</p> <p></p> <p>Worship</p>	<p>reflection</p> <p></p> <p>Qur'an</p>	<p>reflection</p> <p></p> <p>Ahl al-Bayt (as)</p>
<p>reflection</p> <p></p> <p>12th Imam (ajtf)</p>	<p>reflection</p> <p></p> <p>Knowledge</p>	<p>reflection</p> <p></p> <p>Contemplation</p>
<p>reflection</p> <p></p> <p>Family</p>	<p>reflection</p> <p></p> <p>Community</p>	<p>reflection</p> <p></p> <p>Charity</p>
<p>reflection</p> <p></p> <p>Health</p>	<p>reflection</p> <p></p> <p>Exercise</p>	<p>reflection</p> <p></p> <p>Environment</p>

My Goals

<p><i>action</i></p>  <p>Worship</p>	<p><i>action</i></p>  <p>Qur'an</p>	<p><i>action</i></p>  <p>Ahl al-Bayt (as)</p>
<p><i>action</i></p>  <p>12th Imam (ajtf)</p>	<p><i>action</i></p>  <p>Knowledge</p>	<p><i>action</i></p>  <p>Contemplation</p>
<p><i>action</i></p>  <p>Family</p>	<p><i>action</i></p>  <p>Community</p>	<p><i>action</i></p>  <p>Charity</p>
<p><i>action</i></p>  <p>Health</p>	<p><i>action</i></p>  <p>Exercise</p>	<p><i>action</i></p>  <p>Environment</p>

“O Allah, include us with those who intend and carried out their intentions, and do not include us with those who are unhappy due to their laziness or with those who depend upon unreal hopes.”

Du'a for the first night of the month of Ramadhan

My Daily Timetable



Planning my time wisely will help me make the most of this holy month. Remember to also include time to eat, relax and sleep.



Time	Activity	Time	Activity
12am		12pm	
1am		1pm	
2am		2pm	
3am		3pm	
4am		4pm	
5am		5pm	
6am		6pm	
7am		7pm	
8am		8pm	
9am		9pm	
10am		10pm	
11am		11pm	

The Complete Fast



“Fasting is just as much keeping away from prohibited things as it is keeping away from food and drink.”



Imam Ali ibn Abu Talib (as) - Mizan al-Hikmah, H. 1208

How well have I maintained my fast each day by keeping away from prohibited things?
 Reflect at the end of each day and mark myself out of ten to track my progress.

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3	0 1 2 3 4 5 6 7 8 9 10	<input type="text"/>
4	0 1 2 3 4 5 6 7 8 9 10	<input type="text"/>
5	0 1 2 3 4 5 6 7 8 9 10	<input type="text"/>
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7	0 1 2 3 4 5 6 7 8 9 10	<input type="text"/>
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14	0 1 2 3 4 5 6 7 8 9 10	<input type="text"/>
15	0 1 2 3 4 5 6 7 8 9 10	<input type="text"/>

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19	0 1 2 3 4 5 6 7 8 9 10	<input type="text"/>
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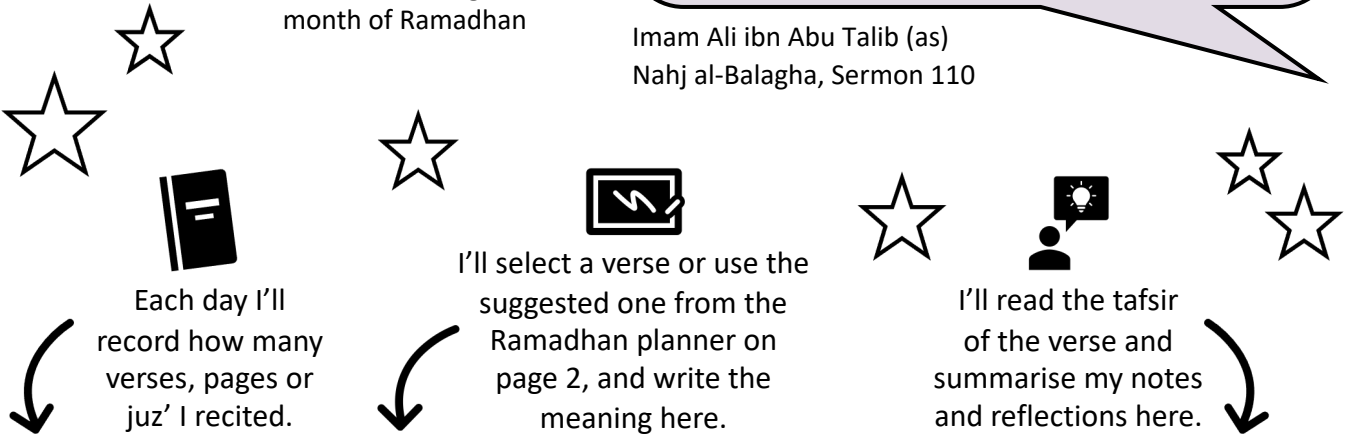
My Qur'an Log

Whoever recites one single verse of the Holy Qur'an during this month, will be bestowed the reward of finishing the entire Holy Qur'an in other months.

Prophet Muhammad (saw)
Sermon welcoming the month of Ramadhan

Learn the Qur'an, for it is the best of narrations, and understand it thoroughly, for it is the best blossoming of the hearts. Seek cure with its light, for it is the cure of the hearts. Recite it beautifully, for it is the most beneficial of narrations.

Imam Ali ibn Abu Talib (as)
Nahj al-Balagha, Sermon 110



Day 1	Selected verse:	Notes and reflections:
Qur'an recited:		
Day 2	Selected verse:	Notes and reflections:
Qur'an recited:		
Day 3	Selected verse:	Notes and reflections:
Qur'an recited:		

<p>Day 4</p> <p>Qur'an recited:</p>	<p>Selected verse:</p>	<p>Notes and reflections:</p>
<p>Day 5</p> <p>Qur'an recited:</p>	<p>Selected verse:</p>	<p>Notes and reflections:</p>
<p>Day 6</p> <p>Qur'an recited:</p>	<p>Selected verse:</p>	<p>Notes and reflections:</p>
<p>Day 7</p> <p>Qur'an recited:</p>	<p>Selected verse:</p>	<p>Notes and reflections:</p>
<p>Day 8</p> <p>Qur'an recited:</p>	<p>Selected verse:</p>	<p>Notes and reflections:</p>
<p>Day 9</p> <p>Qur'an recited:</p>	<p>Selected verse:</p>	<p>Notes and reflections:</p>

Day 10	Selected verse:	Notes and reflections:
Qur'an recited:		
Day 11	Selected verse:	Notes and reflections:
Qur'an recited:		
Day 12	Selected verse:	Notes and reflections:
Qur'an recited:		
Day 13	Selected verse:	Notes and reflections:
Qur'an recited:		
Day 14	Selected verse:	Notes and reflections:
Qur'an recited:		
Day 15	Selected verse:	Notes and reflections:
Qur'an recited:		

<p>Day 16</p> <p>Qur'an recited:</p>	<p>Selected verse:</p>	<p>Notes and reflections:</p>
<p>Day 17</p> <p>Qur'an recited:</p>	<p>Selected verse:</p>	<p>Notes and reflections:</p>
<p>Day 18</p> <p>Qur'an recited:</p>	<p>Selected verse:</p>	<p>Notes and reflections:</p>
<p>Day 19</p> <p>Qur'an recited:</p>	<p>Selected verse:</p>	<p>Notes and reflections:</p>
<p>Day 20</p> <p>Qur'an recited:</p>	<p>Selected verse:</p>	<p>Notes and reflections:</p>
<p>Day 21</p> <p>Qur'an recited:</p>	<p>Selected verse:</p>	<p>Notes and reflections:</p>

<p>Day 22</p> <p>Qur'an recited:</p>	<p>Selected verse:</p>	<p>Notes and reflections:</p>
<p>Day 23</p> <p>Qur'an recited:</p>	<p>Selected verse:</p>	<p>Notes and reflections:</p>
<p>Day 24</p> <p>Qur'an recited:</p>	<p>Selected verse:</p>	<p>Notes and reflections:</p>
<p>Day 25</p> <p>Qur'an recited:</p>	<p>Selected verse:</p>	<p>Notes and reflections:</p>
<p>Day 26</p> <p>Qur'an recited:</p>	<p>Selected verse:</p>	<p>Notes and reflections:</p>
<p>Day 27</p> <p>Qur'an recited:</p>	<p>Selected verse:</p>	<p>Notes and reflections:</p>

Day 28	Selected verse:	Notes and reflections:
Qur'an recited:		
Day 29	Selected verse:	Notes and reflections:
Qur'an recited:		
Day 30	Selected verse:	Notes and reflections:
Qur'an recited:		



What did I learn?

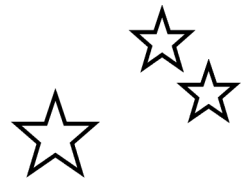


My top three lessons from my reflections are:

1

2

3



To implement them into my life I will:

1

2

3

»»» Du'a Iftitah «««



Du'a Iftitah is usually recited every night of the month of Ramadhan.
Read the translation and make notes under each of the key themes below.

Universal praise of Allah (swt)

"O Allah, I begin the glorification of You with praising You..."

Seeking our needs from Allah (swt)

"O Allah, I beseech You for little from much..."

Admitting our ignorance and poor conduct

"I have never seen such a Noble Master more accommodating to such a dissatisfied servant..."

»»» Du'a Iftitah «««

Salutations to the Holy Prophet (saw)

"O Allah, send blessings to Muhammad, Your Servant, Messenger..."

Salutations to the Prophet's household (as)

"O Allah, send blessings to Ali, the Commander of the Believers..."

Special salutations to Imam al-Mahdi (ajtf)

"O Allah, send blessings to... the Awaited Establisher of justice..."

May Allah (swt) hasten the reappearance of our awaited saviour, Imam al-Mahdi (ajtf)!



Iftar Du'a



“...and eat and drink until the whiteness of the day becomes distinct from the blackness of the night at dawn, then complete the fast till night...”



Al-Baqarah:187

A fasting person has two sources of joy: his joy when he opens his fast and his joy at meeting his Lord.

Imam Ja'far as-Sadiq (as)
Mizan al-Hikmah, H. 1200

Verily Allah, Blessed and Most High, says, 'The fast is solely for Me and I am its reward'.

Imam Ja'far as-Sadiq (as)
Mizan al-Hikmah, H. 1198

In the evening of every day of the month of Ramadhan, Allah frees a million souls from hellfire at the time of Iftar.

Prophet Muhammad (saw)
Al-Amali, H. 3

At the time of iftar:

اللَّهُمَّ لَكَ صُيَّمْتُ وَعَلَى رِزْقِكَ أَفْطَرْتُ وَعَلَيْكَ تَوَكَّلْتُ

“O my Allah, for You I fast and with the food You give me I break the fast, and I rely on You.”

بِسْمِ اللَّهِ اللَّهُمَّ لَكَ صُيَّمْنَا وَعَلَى رِزْقِكَ أَفْطَرْنَا فَتَقَبَّلْ مِنَّا إِنَّكَ أَنْتَ السَّمِيعُ الْعَلِيمُ

“In the Name of Allah, O Allah, for You we fast and with the food You give us we break the fast, an obligation we fulfil, and You are The Hearer, The Knower.”

When taking the first bite:

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ يَا وَاسِعَ الْمَغْفِرَةِ اغْفِرْ لِي

“In the Name of Allah, the Beneficent, the Merciful. O He whose indulgence is boundless, forgive me.”

At iftar time it is good to recite Surah al-Qadr

And to give some charity in the Name of Allah (swt)

It is also recommended to break the fast with dates

Don't forget to pray for all of the believers

And to add to the blessings by reciting salawat

1st Ramadhan



3 words to describe how I feel today:

Three speech bubble shapes for writing words, with a star icon below them.



How will I reflect this Name of Allah (swt)?

Three horizontal dotted lines for writing a reflection.



How has my day been? How were my thoughts, words and actions?

A large dashed rectangular box for writing a reflection on the day.



What progress have I made towards achieving my goals?

A large dashed rectangular box for writing about progress towards goals.



What am I grateful for today?

Three horizontal dotted lines for writing things to be grateful for.



Extract from today's du'a:

"O Allah... awaken me in it from the sleep of the heedless..."



The sermon of Prophet Muhammad (saw) welcoming the month of Ramadhan:

"O people! The month of Allah with blessings, mercy and pardon has come to you."

2nd Ramadhan



The Peace



How will I reflect this Name of Allah (swt)?

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.....



3 words to describe how I feel today:

Three speech bubble shapes for writing words.



How has my day been? How were my thoughts, words and actions?

Large dashed rectangular box for writing.



What progress have I made towards achieving my goals?

Large dashed rectangular box for writing.



What am I grateful for today?

.....
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Extract from today's du'a:

"O Allah... grant me the opportunity to recite Your verses (of the Qur'an)..."



The sermon of Prophet Muhammad (saw) continued:

"A month which is the best month among all months before Allah."

3rd Ramadhan



How will I reflect this Name of Allah (swt)?

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.....

3 words to describe how I feel today:

Three speech bubble shapes for writing words, with a star icon below them.



How has my day been? How were my thoughts, words and actions?

Large dashed rectangular box for writing a reflection on the day.

What progress have I made towards achieving my goals?

Large dashed rectangular box for writing about progress towards goals.

What am I grateful for today?

Three horizontal dotted lines for writing things to be grateful for.



Extract from today's du'a:

"O Allah... keep me away from foolishness and pretention..."



The sermon of Prophet Muhammad (saw) continued:

"Its days are the best days, its nights are the best nights and its hours are the best hours."

4th Ramadhan




How will I reflect this Name of Allah (swt)?


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.....

 3 words to describe how I feel today:



 How has my day been? How were my thoughts, words and actions?

 What progress have I made towards achieving my goals?


 What am I grateful for today?

.....

.....

.....



 Extract from today's du'a:

“O Allah... let me taste the sweetness of Your remembrance...”




The sermon of Prophet Muhammad (saw) continued:
 “It is the month in which you have been invited by the Lord for a feast, and have been selected as the recipient of this special favour.”

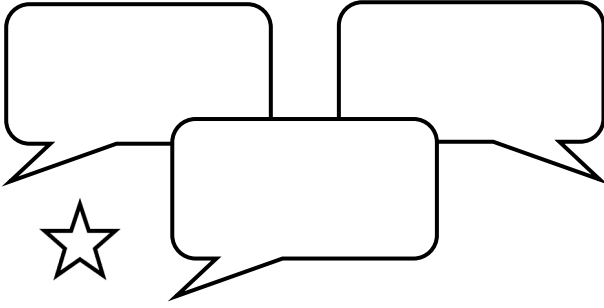
5th Ramadhan




How will I reflect this Name of Allah (swt)?

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 3 words to describe how I feel today:

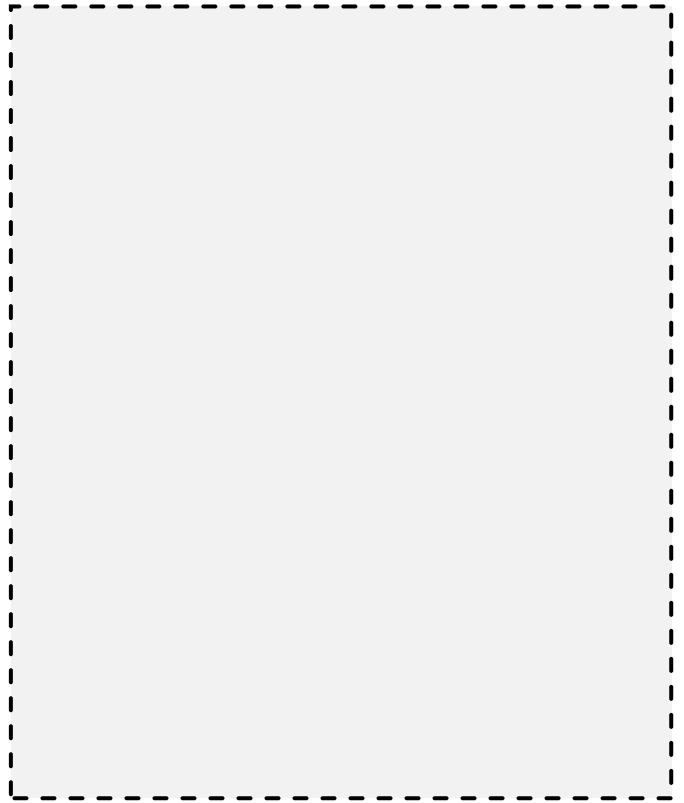





 How has my day been? How were my thoughts, words and actions?




 What progress have I made towards achieving my goals?



 What am I grateful for today?

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.....



 Extract from today's du'a:

"O Allah... place me among those who seek forgiveness..."



The sermon of Prophet Muhammad (saw) continued:

"Your breathing merits the reward of praise, while your sleeping in this month earns the reward of worship."

6th Ramadhan



How will I reflect this Name of Allah (swt)?

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3 words to describe how I feel today:

Three empty speech bubble shapes for writing words.



How has my day been? How were my thoughts, words and actions?

Large dashed rectangular box for writing a reflection on the day.

What progress have I made towards achieving my goals?

Large dashed rectangular box for writing about progress towards goals.

What am I grateful for today?

Three horizontal dotted lines for writing things to be grateful for.



Extract from today's du'a:

"O Allah... keep me away from the causes of Your anger..."



The sermon of Prophet Muhammad (saw) continued:


"In this month your deeds are accepted and prayers are granted."

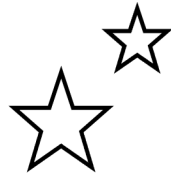
7th Ramadhan





How will I reflect this Name of Allah (swt)?


.....

 3 words to describe how I feel today:




 How has my day been? How were my thoughts, words and actions?

 What progress have I made towards achieving my goals?

 What am I grateful for today?

.....



 Extract from today's du'a:

"O Allah... keep me away from mistakes and sins of the day..."



The sermon of Prophet Muhammad (saw) continued:
 "Therefore, with true intention and pure hearts beseech the Lord to bestow upon you His special favour to be able to observe fasting and recite the Holy Qur'an."

8th Ramadhan



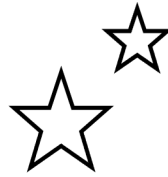
How will I reflect this Name of Allah (swt)?

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3 words to describe how I feel today:

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How has my day been? How were my thoughts, words and actions?

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What progress have I made towards achieving my goals?

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What am I grateful for today?

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Extract from today's du'a:

"O Allah... let me have mercy on the orphans and feed [the hungry]..."



The sermon of Prophet Muhammad (saw) continued:
"Because the most unfortunate and wretched one is the one who remains deprived from Allah's pardon during this great month."

9th Ramadhan



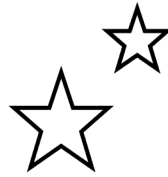
How will I reflect this Name of Allah (swt)?

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3 words to describe how I feel today:

Three speech bubble shapes for writing words.



How has my day been? How were my thoughts, words and actions?

Large dashed rectangular box for writing a reflection.



What progress have I made towards achieving my goals?

Large dashed rectangular box for writing progress.



What am I grateful for today?

.....
.....
.....



Extract from today's du'a:

“O Allah... guide me towards Your shining proofs...”



The sermon of Prophet Muhammad (saw) continued:

“With your thirst and hunger remind yourself about the thirst and hunger of the Day of Judgement.”

10th Ramadhan



How will I reflect this Name of Allah (swt)?

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.....

3 words to describe how I feel today:

Three speech bubble shapes for writing words.



How has my day been? How were my thoughts, words and actions?

Large dashed rectangular box for writing a reflection on the day.

What progress have I made towards achieving my goals?

Large dashed rectangular box for writing about progress towards goals.

What am I grateful for today?

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Extract from today's du'a:

"O Allah... place me among those who are near to You..."



The sermon of Prophet Muhammad (saw) continued:


"Pay charity to the poor and destitute people, pay respect to elders, be kind towards youngsters."

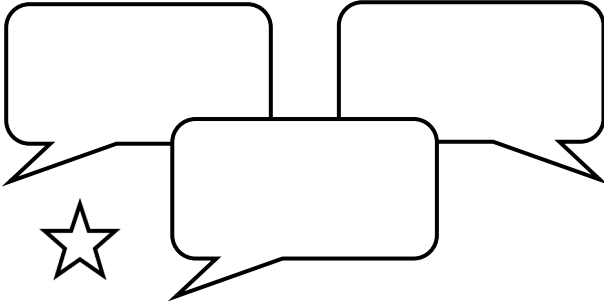
11th Ramadhan

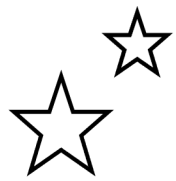



How will I reflect this Name of Allah (swt)?

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 3 words to describe how I feel today:

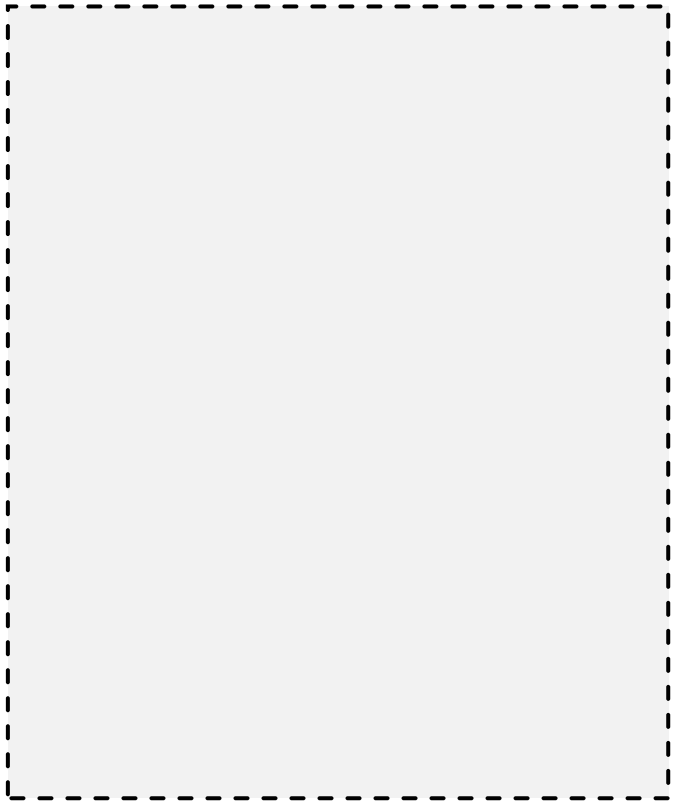





 How has my day been? How were my thoughts, words and actions?




 What progress have I made towards achieving my goals?



 What am I grateful for today?

.....
.....
.....



 Extract from today's du'a:

"O Allah... make me love goodness and dislike corruption..."



The sermon of Prophet Muhammad (saw) continued:
"Watch your tongues, cover your eyes from seeing forbidden objects and prevent your ears from hearing forbidden affairs."

12th Ramadhan



اللَّطِيف

The Gentle



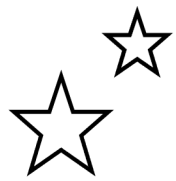
How will I reflect this Name of Allah (swt)?

.....
.....
.....



3 words to describe how I feel today:

Three speech bubble shapes for writing words.



How has my day been? How were my thoughts, words and actions?

Large dashed rectangular box for writing a reflection on the day.



What progress have I made towards achieving my goals?

Large dashed rectangular box for writing about progress towards goals.



What am I grateful for today?

Three dotted lines for writing things to be grateful for.



Extract from today's du'a:

"O Allah... cover me with the clothes of contentment..."



The sermon of Prophet Muhammad (saw) continued:

"Be kind to the orphans of the people so that others are kind towards your orphans."

13th Ramadhan



الْحَلِيم
The Forbearing

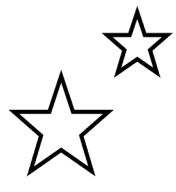
How will I reflect this Name of Allah (swt)?

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.....
.....



3 words to describe how I feel today:

Three speech bubble shapes for writing words, with a star icon below them.



How has my day been? How were my thoughts, words and actions?

Large dashed rectangular box for writing a reflection on the day.



What progress have I made towards achieving my goals?

Large dashed rectangular box for writing about progress towards goals.



What am I grateful for today?

Three horizontal dotted lines for writing things to be grateful for.



Extract from today's du'a:

"O Allah... make me patient over events that are decreed..."



The sermon of Prophet Muhammad (saw) continued:


"Repent for your sins and at the time of prayer raise your hands upward, because these hours are the best hours in which Allah looks towards mankind with mercy and compassion."

14th Ramadhan





How will I reflect this Name of Allah (swt)?


.....

 3 words to describe how I feel today:




 How has my day been? How were my thoughts, words and actions?

 What progress have I made towards achieving my goals?

 What am I grateful for today?

.....



 Extract from today's du'a:

"O Allah... do not make me a target for afflictions and troubles..."




The sermon of Prophet Muhammad (saw) continued:
 "Your selves are mortgaged against your deeds and therefore, by means of repentance, make yourself free."

15th Ramadhan





How will I reflect this Name of Allah (swt)?


.....

 3 words to describe how I feel today:




 How has my day been? How were my thoughts, words and actions?

 What progress have I made towards achieving my goals?

 What am I grateful for today?

.....



 Extract from today's du'a:

"O Allah... grant me the obedience of the humble..."



The sermon of Prophet Muhammad (saw) continued:
 "Your backs have become much too heavy due to sins;
 by prolongation of your prostration make yourself light-burdened."

16th Ramadhan



How will I reflect this Name of Allah (swt)?

.....
.....
.....

3 words to describe how I feel today:



How has my day been? How were my thoughts, words and actions?

What progress have I made towards achieving my goals?

What am I grateful for today?

.....
.....
.....



Extract from today's du'a:

"O Allah... grant me compatibility with the good..."



The sermon of Prophet Muhammad (saw) continued:
"Know that Allah has taken the oath of His Majesty and Splendour that He will not punish those who offer prayers and bow down in prostration."

17th Ramadhan



How will I reflect this Name of Allah (swt)?

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.....
.....

3 words to describe how I feel today:

Three speech bubble shapes for writing words.



How has my day been? How were my thoughts, words and actions?

Large dashed rectangular box for writing a reflection.

What progress have I made towards achieving my goals?

Large dashed rectangular box for writing progress.

What am I grateful for today?

Three horizontal dotted lines for writing.



Extract from today's du'a:

"O Allah... guide me towards righteous actions..."



The sermon of Prophet Muhammad (saw) continued:

"Whoever in this month will make arrangements for the iftar of a believer will be bestowed upon the reward equal to freeing of a slave and all his past sins shall be pardoned."

18th Ramadhan



How will I reflect this Name of Allah (swt)?

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3 words to describe how I feel today:

Three speech bubble shapes for writing words, with a star icon below them.



How has my day been? How were my thoughts, words and actions?

Large dashed rectangular box for writing a reflection on the day.



What progress have I made towards achieving my goals?

Large dashed rectangular box for writing about progress towards goals.



What am I grateful for today?

Three horizontal dotted lines for writing things to be grateful for.



Extract from today's du'a:

“O Allah... awaken me with the blessings of its early mornings...”



The sermon of Prophet Muhammad (saw) continued:

“Whoever makes his conduct better in this month on the Judgement Day will be bestowed upon the permit for crossing over the Sirat.”

19th Ramadhan

Turn to page 47 and 48 for inspiration and a planner for the Night of Qadr



3 words to describe how I feel today:



How will I reflect this Name of Allah (swt)?

.....



How has my day been? How were my thoughts, words and actions?



What progress have I made towards achieving my goals?



What am I grateful for today?

.....



Extract from today's du'a:

"O Allah... ease my path towards [the day's] bounties..."




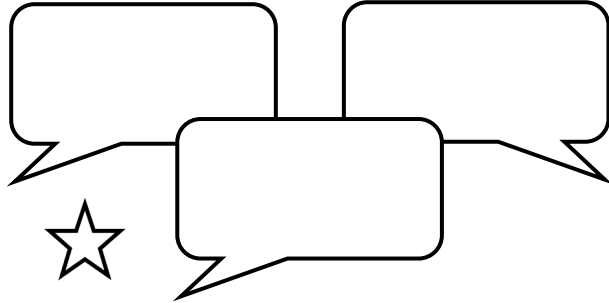
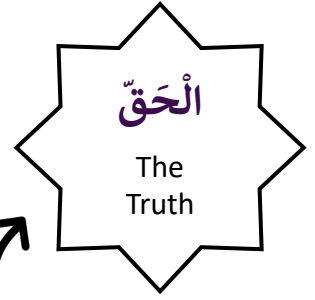
The sermon of Prophet Muhammad (saw) continued:

"Whoever will open the knots of difficulties of people's affairs in this month, the Lord on the Judgement Day will make the accounting of his deeds easier."

20th Ramadhan


Just 10 days left of this holy month – turn to page 49 to review progress so far

 3 words to describe how I feel today:





How will I reflect this Name of Allah (swt)?


.....

 How has my day been? How were my thoughts, words and actions?



 What progress have I made towards achieving my goals?



 What am I grateful for today?

.....



Extract from today's du'a:

“O Allah... open for me the doors of the heavens...”



The sermon of Prophet Muhammad (saw) continued:

“Whoever makes people immune from his mischief, Allah on the Judgement Day will make him immune from His wrath.”

21st Ramadhan



How will I reflect this Name of Allah (swt)?

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3 words to describe how I feel today:

Three speech bubble shapes for writing words.



How has my day been? How were my thoughts, words and actions?

Large dashed rectangular box for writing a reflection.

What progress have I made towards achieving my goals?

Large dashed rectangular box for writing progress.

What am I grateful for today?

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Extract from today's du'a:

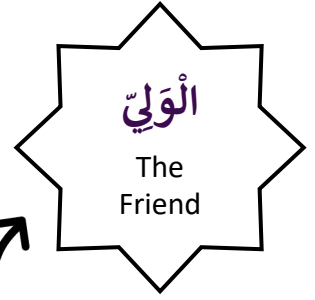
"O Allah... make paradise an abode and a resting place for me..."



The sermon of Prophet Muhammad (saw) continued:

"Whoever treats an orphan with respect, on the Judgement Day Allah will treat him with honour."

22nd Ramadhan



How will I reflect this Name of Allah (swt)?

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3 words to describe how I feel today:

Three speech bubble shapes for writing words, with a star icon below.



How has my day been? How were my thoughts, words and actions?

Large dashed rectangular box for writing a reflection on the day.

What progress have I made towards achieving my goals?

Large dashed rectangular box for writing about progress towards goals.

What am I grateful for today?

Three horizontal dotted lines for writing things to be grateful for.



Extract from today's du'a:

“O Allah... help me towards the causes of Your mercy...”



The sermon of Prophet Muhammad (saw) continued:

“Whoever takes care to strengthen family bonds with relatives, Allah will extend His blessings upon him on the Judgement Day.”

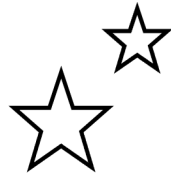
23rd Ramadhan



How will I reflect this Name of Allah (swt)?

.....

3 words to describe how I feel today:



How has my day been? How were my thoughts, words and actions?

What progress have I made towards achieving my goals?

What am I grateful for today?

.....



Extract from today's du'a:

"O Allah... wash away my sins, purify me from all flaws..."



The sermon of Prophet Muhammad (saw) continued:
 "And whoever will cut off his family ties, Allah too will deprive him from His blessings on the Judgement Day."

24th Ramadhan

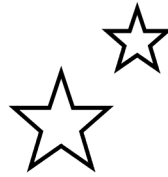


How will I reflect this Name of Allah (swt)?

.....



3 words to describe how I feel today:



How has my day been? How were my thoughts, words and actions?



What progress have I made towards achieving my goals?



What am I grateful for today?

.....



Extract from today's du'a:

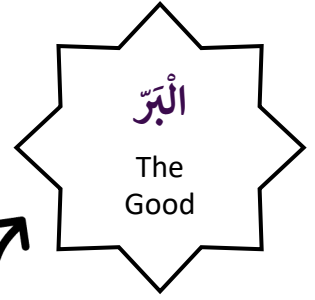
"O Allah... I ask You for what pleases You..."



The sermon of Prophet Muhammad (saw) continued:

"Whoever offers supererogatory prayers in this month, Allah will register for him immunity from the fire."

25th Ramadhan



How will I reflect this Name of Allah (swt)?

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3 words to describe how I feel today:

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How has my day been? How were my thoughts, words and actions?

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What progress have I made towards achieving my goals?

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What am I grateful for today?

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Extract from today's du'a:

"O Allah... make me among those who love Your friends..."



The sermon of Prophet Muhammad (saw) continued:
"Whoever performs a compulsory deed in this month, will be bestowed the reward of seventy compulsory deeds performed in other months."

26th Ramadhan



How will I reflect this Name of Allah (swt)?

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3 words to describe how I feel today:

Three speech bubble shapes for writing words, with a star icon below them.



How has my day been? How were my thoughts, words and actions?

Large dashed rectangular box for writing a reflection.



What progress have I made towards achieving my goals?

Large dashed rectangular box for writing progress towards goals.



What am I grateful for today?

Three horizontal dotted lines for writing things to be grateful for.



Extract from today's du'a:

“O Allah... make my efforts worthy of appreciation...”



The sermon of Prophet Muhammad (saw) continued:

“Whoever offers a lot of salutations upon [the Prophet] in this month, on the Judgement Day, Allah will make the balance of his righteous deeds heavier.”

27th Ramadhan



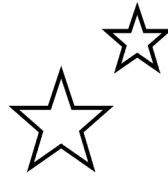
How will I reflect this Name of Allah (swt)?

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.....



3 words to describe how I feel today:

Three speech bubble shapes for writing words, with a star icon below them.



How has my day been? How were my thoughts, words and actions?

Large dashed rectangular box for writing a reflection on the day.



What progress have I made towards achieving my goals?

Large dashed rectangular box for writing progress towards goals.



What am I grateful for today?

Three horizontal dotted lines for writing things to be grateful for.



Extract from today's du'a:

"O Allah... change my affairs from (being) difficult to easy..."



The sermon of Prophet Muhammad (saw) continued:

"Whoever recites one single verse of the Holy Qur'an during this month will be bestowed the reward of finishing the entire Holy Qur'an in other months."

28th Ramadhan



How will I reflect this Name of Allah (swt)?

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3 words to describe how I feel today:

Three speech bubble shapes for writing words.



How has my day been? How were my thoughts, words and actions?

Large dashed rectangular box for writing a reflection.



What progress have I made towards achieving my goals?

Large dashed rectangular box for writing about progress.



What am I grateful for today?

Three horizontal dotted lines for writing.



Extract from today's du'a:

"O Allah... make closer the means to approach You from all the means..."



The sermon of Prophet Muhammad (saw) continued:
"O people! The doors of Paradise are opened in this month, beseech Allah that they should not be closed upon you."

29th Ramadhan



How will I reflect this Name of Allah (swt)?

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.....
.....



3 words to describe how I feel today:

Three speech bubble shapes for writing words, with a star icon below them.



How has my day been? How were my thoughts, words and actions?

Large dashed rectangular box for writing a reflection on the day.



What progress have I made towards achieving my goals?

Large dashed rectangular box for writing progress towards goals.



What am I grateful for today?

Three horizontal dotted lines for writing things to be grateful for.



Extract from today's du'a:

"O Allah... purify my heart from the darkness of false accusations..."



The sermon of Prophet Muhammad (saw) continued:

"The doors of Hell are closed, and ask Allah that they are not opened upon you."

30th Ramadhan



How will I reflect this Name of Allah (swt)?

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.....
.....



3 words to describe how I feel today:

Three speech bubble shapes for writing words, with a star icon below them.



How has my day been? How were my thoughts, words and actions?

Large dashed rectangular box for writing a reflection on the day.



What progress have I made towards achieving my goals?

Large dashed rectangular box for writing progress towards goals.



What am I grateful for today?

Three horizontal dotted lines for writing things to be grateful for.



Extract from today's du'a:

"O Allah... make my fasts worthy of appreciation and acceptance..."



The sermon of Prophet Muhammad (saw) continued:

"The devils are chained in this month, ask Allah not to allow them to take over your control."

»»» The Night of Qadr «««



“The best of the months is the month of God - the month of Ramadhan - and the heart of the month of Ramadhan is the Night of Qadr.”



Imam Ja'far as-Sadiq (as) - Bihar al-Anwar, V. 93, P. 386

There is a night in it [Ramadhan], which is worthier than a thousand months, whoever misses it he is indeed deprived.

Prophet Muhammad (saw)
Al-Amali, H. 2

In the Night of Qadr is decreed everything - pleasant and unpleasant, obedience and disobedience, birth and death, and livelihood... until the next Night of Qadr.

Imam Muhammad al-Baqir (as)
Al-Kafi, V. 4, P. 157

This is a night in which I can make major progress towards my goals!

The decrees made in the Night of Qadr will affect my entire year ahead!

I need to plan my time wisely and include time for reflection and introspection, seeking forgiveness and supplication.

We don't know exactly which night is the Night of Qadr, however emphasis is placed on the 19th, 21st and 23rd nights of the month of Ramadhan:

“The ordainment is during the night of the 19th...”

and the confirmation is during the night of the 21st...

and the accomplishment is during the night of the 23rd.”

Imam Ja'far as-Sadiq (as) - Al-Kafi, Ch. 69, V. 4, H. 93

The Night of Qadr comes every year and that night the command for the whole year descend down. To receive that command are the Leaders with Divine Authority after the Messenger of Allah.

Imam Ali ibn Abu Talib (as)
Al-Kafi, Ch. 126, V. 1, H. 11

Imam al-Mahdi (ajtf) receives the command for the whole year for me, based on my actions. Will he be pleased or will he be disappointed with what he sees?

Prophet Muhammad (saw) was asked what to supplicate in the Night of Qadr and replied:

“O Allah, verily You are All Pardoning and You love to pardon, so pardon me.”

اللَّهُمَّ إِنَّكَ عَفُوٌّ تُحِبُّ الْعَفْوَ، فَاعْفُ عَنِّي

Mizan al-Hikmah, H. 2975

»»» The Last Ten Nights «««



“If the servant was to fathom the worth of Ramadhan, he would wish that Ramadhan lasted the whole year.”

Prophet Muhammad (saw) - Mizan al-Hikmah, H. 3350



“I seek the protection of the Majesty of Your Honourable Face against that the month of Ramadhan elapses or dawn puts an end to this night, but there is still an offense or a sin for which I am still liable and for which You will punish me.”

أَعُوذُ بِجَلَالِ وَجْهِكَ الْكَرِيمِ
أَنْ يَنْقُضِي عَنِّي شَهْرَ رَمَضَانَ
أَوْ يَطْلُعَ الْفَجْرُ مِنْ لَيْلَتِي هَذِهِ
وَلَكَ قَبْلِي تَبَعَةٌ أَوْ ذَنْبٌ تُعَذِّبُنِي عَلَيْهِ

Have I spent these days
and nights wisely?



Have I made progress
towards the goals I set?

What will I do in the
remaining time?

»»» Farewell Ramadhan «««



What progress did I made in the month of Ramadhan in relation to each of the categories below? Give myself a new mark out of ten for each category. Has there been any improvement? What could I do to keep improving?

<p>evaluation</p> <p></p> <p>Worship</p>	<p>evaluation</p> <p></p> <p>Qur'an</p>	<p>evaluation</p> <p></p> <p>Ahl al-Bayt (as)</p>
<p>evaluation</p> <p></p> <p>12th Imam (ajtf)</p>	<p>evaluation</p> <p></p> <p>Knowledge</p>	<p>evaluation</p> <p></p> <p>Contemplation</p>
<p>evaluation</p> <p></p> <p>Family</p>	<p>evaluation</p> <p></p> <p>Community</p>	<p>evaluation</p> <p></p> <p>Charity</p>
<p>evaluation</p> <p></p> <p>Health</p>	<p>evaluation</p> <p></p> <p>Exercise</p>	<p>evaluation</p> <p></p> <p>Environment</p>

»»» Eid al-Fitr «««



“Eid is for the one whose fasts have been accepted by Allah and whose worship has been appreciated by Allah. Every day in which you do not disobey Allah is a day of Eid.”



Imam Ali ibn Abu Talib (as) - Nahj al-Balagha, H. 428

A beautiful hadith about Eid

And when the day of al-Fitr dawns, Allah sends His angels to every part of the earth, so they descend and stand at the opening of every lane, saying:

“O Ummah of Muhammad, proceed towards the Benevolent Sustainer, for He (alone) gives in abundance and forgives the grievous sins.”

So when they advance towards the prayers, Allah, Most High and Mighty, addresses the angels:

“O My angels, what is the reward of a hired one when he has completed his task?”

They reply:

“O our Lord and our Master, the reward is to pay him full for his labour.”

Then Allah, Most High and Mighty, would say:

“Be My witness, O My angels, that as a reward for their fasts and prayers during the month of Ramadhan, they have earned My pleasure and forgiveness.”

Then He would say:

“O My servants, seek from Me whatever you wish, for by My Honour, there is nothing which you will seek for the sake of your hereafter or for this world, but that it will be granted. And by My honour, I shall conceal your shameful parts, the way you guarded them for My sake. By My honour, I shall save you and shall not put you to shame before the people of eternity. Go, with all your sins forgiven, for you have indeed pleased Me, and I am pleased with you.”

Prophet Muhammad (saw) - Al-Amali, H. 3

Final Thoughts



This page is for my notes having completed the month of Ramadhan. How has the month changed my relationship with Allah (swt), with the holy Qur'an and with Imam al-Mahdi (ajtf)? What specific changes can I see in myself?



Finally, I do not know if I will be able to experience the month of Ramadhan again, but if I do, is there any advice I want to give myself for next year?

