



Ramadan

Journal

Ramadan Journal

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the name of Allah The Most Gracious, The Most Merciful.

Ramadan Journal

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Surah Al-Baqarah

2:183

يَا أَيُّهَا الَّذِينَ ءَامَنُوا كُتِبَ عَلَيْكُمُ
الصِّيَامُ كَمَا كُتِبَ عَلَى الَّذِينَ مِن
قَبْلِكُمْ لَعَلَّكُمْ تَتَّقُونَ

① you who believe!

① Observing As-Saum (the fasting) is
prescribed for you as it was prescribed for
those before you, that you may become
Al-Muttaqun (the pious)

My Ramadan Goals...

Use this space to write some goals you would like to achieve in during Ramadan inshallah....

Fasts:

Salaah:

Qur'an:

Salaah:

Other:

Day 1

Fajr

Dhur

Asr

Maghrib

Isha

Colour in a flag for each Salaah you perform today. Did you do your Sunnah prayer too?

My goal today is: _____

How can I try to reach this goal inshallah? _____

My thoughts: _____



Colour in a star if you fasted today alhamdulillah!

The Prophet ﷺ said:
"The reward of deeds depends upon the intentions and every person will get the reward according to what he has intended..."

Day 2

Fajr

Dhur

Asr

Maghrib

Isha

Colour in a flag for each Salaah you perform today. Did you do your Sunnah prayer too?

My goal today is: _____

How can I try to reach this goal inshallah? _____

My thoughts: _____



Colour in a star if you fasted today alhamdulillah!

The Prophet ﷺ said:
"When the month of Ramadan starts, the gates of the Heaven are opened and the gates of the Hell are closed and the devils are chained." [2]

Day 3

Fajr

Dhur

Asr

Maghrib

Isha

Colour in a flag for each Salaah you perform today. Did you do your Sunnah prayer too?

My goal today is: _____

How can I try to reach this goal inshallah? _____

My thoughts: _____

part fast



half fast



most fast



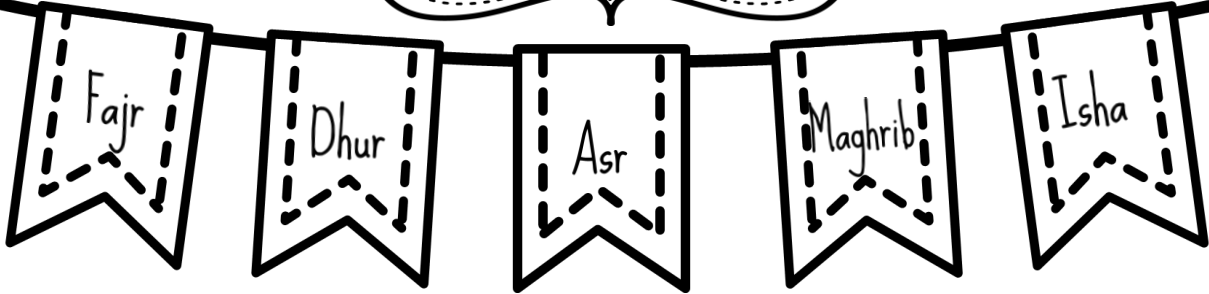
whole fast



Colour in a star if you fasted today alhamdulillah!

The Prophet ﷺ said:
"Take Sahur (predawn meal)
as there is a blessing in it." [3]

Day 4



Colour in a flag for each Salaah you perform today. Did you do your Sunnah prayer too?

My goal today is: _____

How can I try to reach this goal inshallah? _____

My thoughts: _____



Colour in a star if you fasted today alhamdulillah!

The Prophet ﷺ said:
"If somebody eats or drinks
forgetfully then he should
complete his Saum (fast), for
what he has eaten or drank,
has been given to him by
Allah." [4]

Day 5

Fajr

Dhur

Asr

Maghrib

Isha

Colour in a flag for each Salaah you perform today. Did you do your Sunnah prayer too?

My goal today is: _____

How can I try to reach this goal inshallah? _____

My thoughts: _____



Colour in a star if you fasted today allhamdulillah!

The Prophet ﷺ said:
"Whoever does not give up
lying speech (false
statements) and acting on
those lies and evil actions etc,
Allah is not in need of his
leaving his food and drink.
(Allah will not accept his saum)"[5]

Day 6

Fajr

Dhur

Asr

Maghrib

Isha

Colour in a flag for each Salaah you perform today. Did you do your Sunnah prayer too?

My goal today is: _____

How can I try to reach this goal inshallah? _____

My thoughts: _____

part fast



half fast



most fast



whole fast



Colour in a star if you fasted today alhamdulillah!

The Prophet ﷺ said:
"In Jannah there is a gate
which is called Ar-Raiyan,
through which only those who
observe Saum (fasting) will
enter on the Day of
Resurrection..." [6]

Day 7

Fajr

Dhur

Asr

Maghrib

Isha

Colour in a flag for each Salaah you perform today. Did you do your Sunnah prayer too?

My goal today is: _____

How can I try to reach this goal inshallah? _____

My thoughts: _____

part fast



half fast



most fast



whole fast



Colour in a star if you fasted today alhamdulillah!

The Prophet ﷺ said:
"He who observes fasting during the month of Ramadan with Faith while seeking its reward from Allah, will have his past sins forgiven." [1]

Day 8

Fajr

Dhur

Asr

Maghrib

Isha

Colour in a flag for each Salaah you perform today. Did you do your Sunnah prayer too?

My goal today is: _____

How can I try to reach this goal inshallah? _____

My thoughts: _____



Colour in a star if you fasted today alhamdulillah!

The Prophet ﷺ said:
"Observe Saum (fast) on sighting the crescent and terminate it on sighting it (the new moon), but if the sky is cloudy before you, then complete the number (30 days) of the month." [1]

Day 9

Fajr

Dhur

Asr

Maghrib

Isha

Colour in a flag for each Salaah you perform today. Did you do your Sunnah prayer too?

My goal today is: _____

How can I try to reach this goal inshallah? _____

My thoughts: _____



Colour in a star if you fasted today alhamdulillah!

The Prophet ﷺ said:
"Every slave of Allah who observes Saum (fasting) for one day for the sake of Allah, Allah will draw his face farther from the Hell-fire to the extent of a distance to be covered in 70 years." [9]

Day 10

Fajr

Dhur

Asr

Maghrib

Isha

Colour in a flag for each Salaah you perform today. Did you do your Sunnah prayer too?

My goal today is: _____

How can I try to reach this goal inshallah? _____

My thoughts: _____

part fast



half fast



most fast



whole fast



Colour in a star if you fasted today alhamdulillah!

The Prophet ﷺ said:

“The difference between our observance of Saum (fasting) and that of the people of the Scriptures is Sahur (predawn meal in Ramadan).” (10)

Day 11

Fajr

Dhur

Asr

Maghrib

Isha

Colour in a flag for each Salaah you perform today. Did you do your Sunnah prayer too?

My goal today is: _____

How can I try to reach this goal inshallah? _____

My thoughts: _____

part fast



half fast



most fast



whole fast



Colour in a star if you fasted today alhamdulillah!

The Prophet ﷺ said:
"People will continue to adhere
to good as long as they
hasten to break the Saum
(fasting)." ﷺ

Day 12

Fajr

Dhur

Asr

Maghrib

Isha

Colour in a flag for each Salaah you perform today. Did you do your Sunnah prayer too?

My goal today is: _____

How can I try to reach this goal inshallah? _____

My thoughts: _____

part fast



half fast



most fast



whole fast



Colour in a star if you fasted today alhamdulillah!

The Prophet ﷺ said:
"Allah the Most High says:
"From amongst my slaves,
the quicker the one is in
breaking the Saum (fasting),
the dearer he is to me" [2]

Day 13

Fajr

Dhur

Asr

Maghrib

Isha

Colour in a flag for each Salaah you perform today. Did you do your Sunnah prayer too?

My goal today is: _____

How can I try to reach this goal inshallah? _____

My thoughts: _____

part fast



half fast



most fast



whole fast



Colour in a star if you fasted today alhamdulillah!

The Messenger of Allah ﷺ used to break his Saum (fasting) before performing Maghrib prayer with 3 fresh dates; if there were no fresh dates, he will eat 3 dry dates; and if there were no dry dates, he would take 3 draughts of water. [13]

Day 14

Fajr

Dhur

Asr

Maghrib

Isha

Colour in a flag for each Salaah you perform today. Did you do your Sunnah prayer too?

My goal today is: _____

How can I try to reach this goal inshallah? _____

My thoughts: _____



Colour in a star if you fasted today alhamdulillah!

The Prophet ﷺ said:
"Whoever performed Salat (prayers) at night in it (the month of Ramadan) with sincere faith and hoping for a reward from Allah, then all his past sins will be forgiven."^[14]

Day 15

Fajr

Dhur

Asr

Maghrib

Isha

Colour in a flag for each Salaah you perform today. Did you do your Sunnah prayer too?

My goal today is: _____

How can I try to reach this goal inshallah? _____

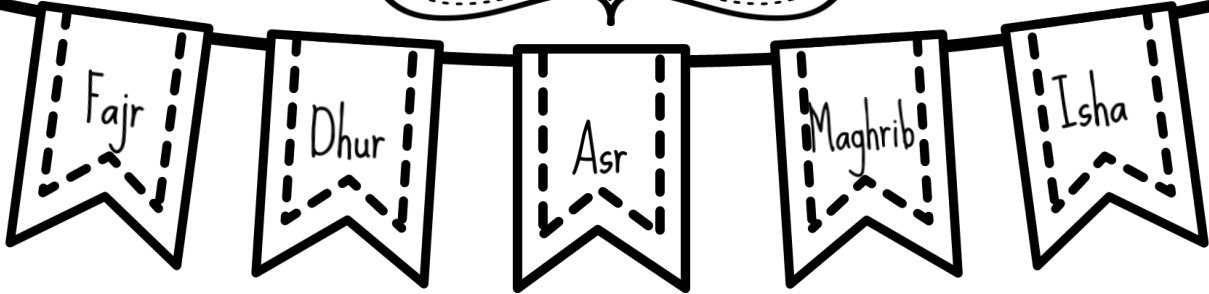
My thoughts: _____



Colour in a star if you fasted today alhamdulillah!

The Prophet ﷺ said:
"The most beloved of actions to Allah are those which are done persistently, even if they are little."...[15]

Day 16



Colour in a flag for each Salaah you perform today. Did you do your Sunnah prayer too?

My goal today is: _____

How can I try to reach this goal inshallah? _____

My thoughts: _____



Colour in a star if you fasted today alhamdulillah!

The Prophet ﷺ said:
"He who provides a fasting person something with which to break his fast, will earn the same reward as the one who was observing the fast, without diminishing in any way the reward of the latter." [16]

Day 17

Fajr

Dhur

Asr

Maghrib

Isha

Colour in a flag for each Salaah you perform today. Did you do your Sunnah prayer too?

My goal today is: _____

How can I try to reach this goal inshallah? _____

My thoughts: _____



Colour in a star if you fasted today alhamdulillah!

The Prophet ﷺ said:
When one of you breaks his Saum (fasting), let him break it on dates; if he does not have any, break his fast with water for it is pure. (in)

Day 18

Fajr

Dhur

Asr

Maghrib

Isha

Colour in a flag for each Salaah you perform today. Did you do your Sunnah prayer too?

My goal today is: _____

How can I try to reach this goal inshallah? _____

My thoughts: _____



Colour in a star if you fasted today alhamdulillah!

The Prophet ﷺ said:

"If one of you starts his day fasting, let him not engage in any obscene or ignorant speech, and if someone insults him say: 'I am fasting, I am fasting'" [18]

Day 19

Fajr

Dhur

Asr

Maghrib

Isha

Colour in a flag for each Salaah you perform today. Did you do your Sunnah prayer too?

My goal today is: _____

How can I try to reach this goal inshallah? _____

My thoughts: _____



Colour in a star if you fasted today alhamdulillah!

The Prophet ﷺ said:
"Look for the night of Qadr
in the last ten nights of
Ramadan; on the night when
nine or seven or five nights
remain out of the last ten
nights of Ramadan (ie. 21, 23,
25, 27, 29 respectively)" [1]

Day 20

Fajr

Dhur

Asr

Maghrib

Isha

Colour in a flag for each Salaah you perform today. Did you do your Sunnah prayer too?

My goal today is: _____

How can I try to reach this goal inshallah? _____

My thoughts: _____

part fast



half fast



most fast



whole fast



Colour in a star if you fasted today alhamdulillah!

With the start of the last ten days of Ramadan, the Prophet ﷺ used to tighten his waist belt (i.e. work hard) and used to keep awake all the night and perform salat and also used to keep his family awake for the salat. (20)

Day 21

Fajr

Dhur

Asr

Maghrib

Isha

Colour in a flag for each Salaah you perform today. Did you do your Sunnah prayer too?

My goal today is: _____

How can I try to reach this goal inshallah? _____

My thoughts: _____

part fast



half fast



most fast



whole fast



Colour in a star if you fasted today alhamdulillah!

The Prophet ﷺ said:

'Fasting is a shield.'⁽²¹⁾

Day 22

Fajr

Dhur

Asr

Maghrib

Isha

Colour in a flag for each Salaah you perform today. Did you do your Sunnah prayer too?

My goal today is: _____

How can I try to reach this goal inshallah? _____

My thoughts: _____

part fast



half fast



most fast



whole fast



Colour in a star if you fasted today alhamdulillah!

The Prophet ﷺ said:
"...the breath of the one
observing Saum is sweeter to
Allah than the fragrance of
musk..." [22]

Day 23

Fajr

Dhur

Asr

Maghrib

Isha

Colour in a flag for each Salaah you perform today. Did you do your Sunnah prayer too?

My goal today is: _____

How can I try to reach this goal inshallah? _____

My thoughts: _____

part fast



half fast



most fast



whole fast



Colour in a star if you fasted today alhamdulillah!

The Prophet ﷺ said:

“...The one who fasts, experiences two joys: he feels pleasure when he breaks the fast. He is joyful by virtue of his fast when he meets his Rabb.” (2:3)

Day 24

Fajr

Dhur

Asr

Maghrib

Isha

Colour in a flag for each Salaah you perform today. Did you do your Sunnah prayer too?

My goal today is: _____

How can I try to reach this goal inshallah? _____

My thoughts: _____



Colour in a star if you fasted today alhamdulillah!

"The Night of al-Qadr is better than a thousand months"

(i.e. worshipping Allah in that night is better than worshipping Him a thousand months - 83 years and 4 months) [24]

Day 25

Fajr

Dhur

Asr

Maghrib

Isha

Colour in a flag for each Salaah you perform today. Did you do your Sunnah prayer too?

My goal today is: _____

How can I try to reach this goal inshallah? _____

My thoughts: _____

part fast



half fast



most fast



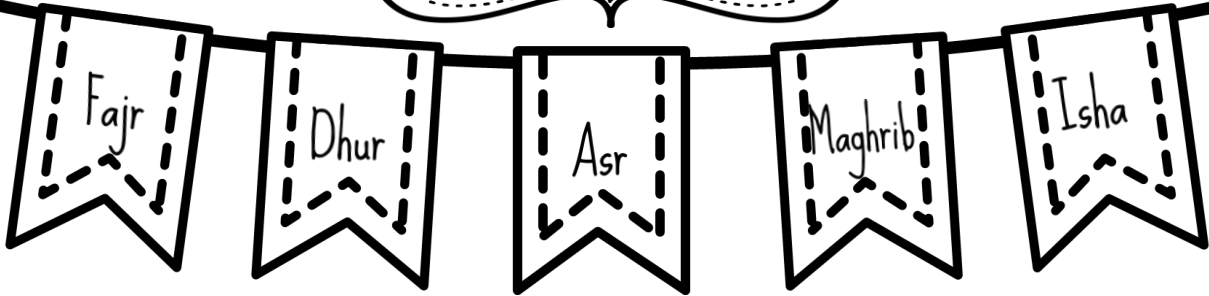
whole fast



Colour in a star if you fasted today alhamdulillah!

The Prophet ﷺ said:
"Whosoever performs Qiyam during Lailat-ul-Qadr, with Faith and being hopeful of Allah's reward, will have his former sins forgiven." [25]

Day 26



Colour in a flag for each Salaah you perform today. Did you do your Sunnah prayer too?

My goal today is: _____

How can I try to reach this goal inshallah? _____

My thoughts: _____



Colour in a star if you fasted today alhamdulillah!

The Messenger of Allah ﷺ used to strive more in worship during Ramadan than he strove in any other time of the year; and he would devote himself more (in the worship of Allah) in the last 10 nights of Ramadan than he strove the earlier part of the month. [26]

Day 27

Fajr

Dhur

Asr

Maghrib

Isha

Colour in a flag for each Salaah you perform today. Did you do your Sunnah prayer too?

My goal today is: _____

How can I try to reach this goal inshallah? _____

My thoughts: _____

part fast



half fast



most fast



whole fast



Colour in a star if you fasted today alhamdulillah!

‘Aisha asked: ‘O Messenger of Allah! If I realise Lailat-ul-Qadr what should I supplicate in it?’

He ﷺ replied, ‘You should supplicate:

اللَّهُمَّ إِنَّكَ عَفُوٌّ ، تُحِبُّ الْعَفْوَ فَاعْفُ عَنِّي

‘O Allah you are Most Forgiving, and you love forgiveness; so forgive me.’ [21]

Day 28

Fajr

Dhur

Asr

Maghrib

Isha

Colour in a flag for each Salaah you perform today. Did you do your Sunnah prayer too?

My goal today is: _____

How can I try to reach this goal inshallah? _____

My thoughts: _____

part fast



half fast



most fast



whole fast



Colour in a star if you fasted today alhamdulillah!

The Messenger of Allah ﷺ said: "Whoever died and he ought to have observed Saum (fast) (the missed days of Ramadan) then his guardians must observe Saum (fast) on his behalf." [28]

Day 29

Fajr

Dhur

Asr

Maghrib

Isha

Colour in a flag for each Salaah you perform today. Did you do your Sunnah prayer too?

My goal today is: _____

How can I try to reach this goal inshallah? _____

My thoughts: _____



Colour in a star if you fasted today alhamdulillah!

The Messenger of Allah ﷺ
said: "Whoever fasts
Ramadan then follows it with
six days of Shawwal, it is as
if he fasted a lifetime." [29]

Day 30

Fajr

Dhur

Asr

Maghrib

Isha

Colour in a flag for each Salaah you perform today. Did you do your Sunnah prayer too?

My goal today is: _____

How can I try to reach this goal inshallah? _____

My thoughts: _____

part fast



half fast



most fast



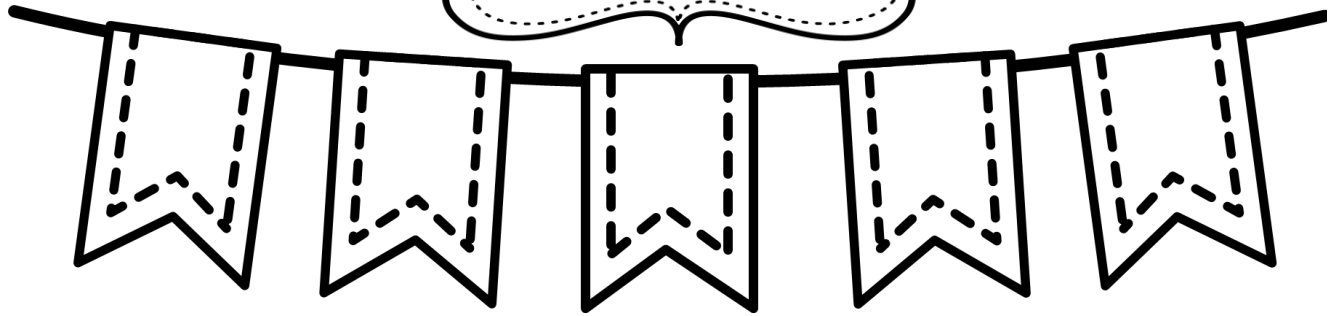
whole fast



Colour in a star if you fasted today alhamdulillah!

Allah's Messenger ﷺ never proceeded [for the salat (prayer)] on the Day of 'Eid-al-Fitr unless he had eaten some dates. ...the Prophet used to eat an odd number of dates. [30]

References



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- 8 - [Al-Bukhari and Muslim] Riyad-us-Saliheen, vol 2 #1221
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