RAMADAN JOURNAL

YEAR: 20__

HIJRI: ____

THIS JOURNAL BELONGS TO:

_____

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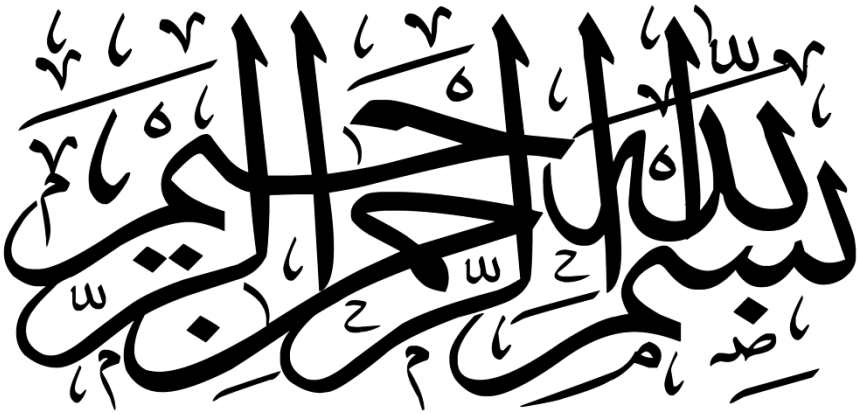

In the Name of Allāh, Most Compassionate, Most Merciful

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DAY 1:
Daily Checklist:

Prayed Fajr			
Prayed Ẓuhr			
Prayed ʿAṣr			
Prayed Maghrib			
Prayed ʿIshāʾ			
Ate Suḥūr			
Prayed Tarāwīḥ			
Read Qurʾān			

Keep track of your prayers and other good deeds using the table above.
Use the second column to list additional activities you participated in.

What are your goals for Ramaḍān? Discuss.

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DAY 2:
Daily Checklist:

Prayed Fajr			
Prayed Fajr			
Prayed Ẓuhr			
Prayed ʿAṣr			
Prayed Maghrib			
Prayed ʿIshāʾ			
Ate Suḥūr			
Prayed Tarāwīḥ			
Read Qurʾān			

Keep track of your prayers and other good deeds using the table above.
Use the second column to list additional activities you participated in.

Describe your first day of fasting. What were the challenges?

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DAY 3:
Daily Checklist:

Prayed Fajr			
Prayed Ẓuhr			
Prayed ʿAṣr			
Prayed Maghrib			
Prayed ʿIshāʾ			
Ate Suḥūr			
Prayed Tarāwīḥ			
Read Qurʾān			

Keep track of your prayers and other good deeds using the table above.
Use the second column to list additional activities you participated in.

Discuss the following ḥadīth: The Prophet (PBUH) said, "Whoever does not abandon falsehood in word and action, then Allāh has no need that he should leave his food and drink." (al-Bukhārī)

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DAY 4:
Daily Checklist:

Prayed Fajr			
Prayed Ẓuhr			
Prayed ʿAṣr			
Prayed Maghrib			
Prayed ʿIshāʾ			
Ate Suḥūr			
Prayed Tarāwīḥ			
Read Qurʾān			

Keep track of your prayers and other good deeds using the table above.
Use the second column to list additional activities you participated in.

What are some traditions your family implements in Ramaḍān? How will things be different this year?

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DAY 5:
Daily Checklist:

Prayed Fajr			
Prayed Ẓuhr			
Prayed ʿAṣr			
Prayed Maghrib			
Prayed ʿIshāʾ			
Ate Suḥūr			
Prayed Tarāwīḥ			
Read Qurʾān			

Keep track of your prayers and other good deeds using the table above.
Use the second column to list additional activities you participated in.

Do you watch TV during Ramaḍān? What kinds of programs are acceptable?

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DAY 6:
Daily Checklist:

Prayed Fajr			
Prayed Ẓuhr			
Prayed ʿAṣr			
Prayed Maghrib			
Prayed ʿIshāʾ			
Ate Suḥūr			
Prayed Tarāwīḥ			
Read Qurʾān			

Keep track of your prayers and other good deeds using the table above.
Use the second column to list additional activities you participated in.

What are some good deeds you can do during Ramaḍān?

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DAY 7:
Daily Checklist:

Prayed Fajr			
Prayed Ẓuhr			
Prayed ʿAṣr			
Prayed Maghrib			
Prayed ʿIshāʾ			
Ate Suḥūr			
Prayed Tarāwīḥ			
Read Qurʾān			

Keep track of your prayers and other good deeds using the table above.
Use the second column to list additional activities you participated in.

How does fasting make us closer to Allāh (SWT)?

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DAY 8:
Daily Checklist:

Prayed Fajr			
Prayed Ẓuhr			
Prayed ʿAṣr			
Prayed Maghrib			
Prayed ʿIshāʾ			
Ate Suḥūr			
Prayed Tarāwīḥ			
Read Qurʾān			

Keep track of your prayers and other good deeds using the table above.
Use the second column to list additional activities you participated in.

Do you use the Internet and social media during Ramaḍān? Do you think these activities should be limited? Why or why not?

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DAY 9:
Daily Checklist:

Prayed Fajr			
Prayed Ẓuhr			
Prayed ʿAṣr			
Prayed Maghrib			
Prayed ʿIshāʾ			
Ate Suḥūr			
Prayed Tarāwīḥ			
Read Qurʾān			

Keep track of your prayers and other good deeds using the table above.
Use the second column to list additional activities you participated in.

If someone is unable to visit the mosque during Ramaḍān, what are some other ways to stay connected to the community throughout the month?

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DAY 10:
Daily Checklist:

Prayed Fajr			
Prayed Ẓuhr			
Prayed ʿAṣr			
Prayed Maghrib			
Prayed ʿIshāʾ			
Ate Suḥūr			
Prayed Tarāwīḥ			
Read Qurʾān			

Keep track of your prayers and other good deeds using the table above.
Use the second column to list additional activities you participated in.

Some people sleep during the day and stay up all night during the month of Ramaḍān. What do you think about this practice?

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DAY 11:
Daily Checklist:

Prayed Fajr			
Prayed Ẓuhr			
Prayed ʿAṣr			
Prayed Maghrib			
Prayed ʿIshāʾ			
Ate Suḥūr			
Prayed Tarāwīḥ			
Read Qurʾān			

Keep track of your prayers and other good deeds using the table above.
Use the second column to list additional activities you participated in.

If you had a friend or family member who couldn't fast due to illness or another legitimate reason, what else could that person do during the month of Ramaḍān in order to benefit from the month's blessings? What advice would you offer that person?

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DAY 12:
Daily Checklist:

Prayed Fajr			
Prayed Ẓuhr			
Prayed ʿAṣr			
Prayed Maghrib			
Prayed ʿIshāʾ			
Ate Suḥūr			
Prayed Tarāwīḥ			
Read Qurʾān			

Keep track of your prayers and other good deeds using the table above.
Use the second column to list additional activities you participated in.

How would you respond if someone told you that fasting is an old-fashioned ritual that is no longer necessary in the 21st century?

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DAY 13:
Daily Checklist:

Prayed Fajr			
Prayed Ẓuhr			
Prayed ʿAṣr			
Prayed Maghrib			
Prayed ʿIshāʾ			
Ate Suḥūr			
Prayed Tarāwīḥ			
Read Qurʾān			

Keep track of your prayers and other good deeds using the table above.
Use the second column to list additional activities you participated in.

How does fasting in Ramaḍān help one develop feelings of compassion and empathy?

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DAY 14:
Daily Checklist:

Prayed Fajr			
Prayed Ẓuhr			
Prayed ʿAṣr			
Prayed Maghrib			
Prayed ʿIshāʾ			
Ate Suḥūr			
Prayed Tarāwīḥ			
Read Qurʾān			

Keep track of your prayers and other good deeds using the table above.
Use the second column to list additional activities you participated in.

Do you think that work and school hours should be reduced for Muslims in Ramaḍān? Why or why not?

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DAY 15:
Daily Checklist:

Prayed Fajr			
Prayed Ẓuhr			
Prayed ʿAṣr			
Prayed Maghrib			
Prayed ʿIshāʾ			
Ate Suḥūr			
Prayed Tarāwīḥ			
Read Qurʾān			

Keep track of your prayers and other good deeds using the table above.
Use the second column to list additional activities you participated in.

Ramaḍān is halfway over. Have you achieved any of the goals you wrote about on Day 1?

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DAY 16:
Daily Checklist:

Prayed Fajr			
Prayed Ẓuhr			
Prayed ʿAṣr			
Prayed Maghrib			
Prayed ʿIshāʾ			
Ate Suḥūr			
Prayed Tarāwīḥ			
Read Qurʾān			

Keep track of your prayers and other good deeds using the table above.
Use the second column to list additional activities you participated in.

Fasting makes me feel...

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DAY 17:
Daily Checklist:

Prayed Fajr			
Prayed Ẓuhr			
Prayed ʿAṣr			
Prayed Maghrib			
Prayed ʿIshāʾ			
Ate Suḥūr			
Prayed Tarāwīḥ			
Read Qurʾān			

Keep track of your prayers and other good deeds using the table above.
Use the second column to list additional activities you participated in.

Why do you think Allāh (SWT) wants us to fast one month each year?

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DAY 18:
Daily Checklist:

Prayed Fajr			
Prayed Ẓuhr			
Prayed ʿAṣr			
Prayed Maghrib			
Prayed ʿIshāʾ			
Ate Suḥūr			
Prayed Tarāwīḥ			
Read Qurʾān			

Keep track of your prayers and other good deeds using the table above.
Use the second column to list additional activities you participated in.

Do you ever feel tired of fasting? How do you motivate yourself each day?

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DAY 19:
Daily Checklist:

Prayed Fajr			
Prayed Ẓuhr			
Prayed ʿAṣr			
Prayed Maghrib			
Prayed ʿIshāʾ			
Ate Suḥūr			
Prayed Tarāwīḥ			
Read Qurʾān			

Keep track of your prayers and other good deeds using the table above.
Use the second column to list additional activities you participated in.

How does fasting help one become more disciplined? Are you more or less organized in your daily life during Ramaḍān?

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DAY 20:
Daily Checklist:

Prayed Fajr			
Prayed Ẓuhr			
Prayed ʿAṣr			
Prayed Maghrib			
Prayed ʿIshāʾ			
Ate Suḥūr			
Prayed Tarāwīḥ			
Read Qurʾān			

Keep track of your prayers and other good deeds using the table above.
Use the second column to list additional activities you participated in.

What is special about the last ten nights of Ramaḍān? What will you do differently during this time?

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DAY 21:
Daily Checklist:

Prayed Fajr			
Prayed Ẓuhr			
Prayed ʿAṣr			
Prayed Maghrib			
Prayed ʿIshāʾ			
Ate Suḥūr			
Prayed Tarāwīḥ			
Read Qurʾān			

Keep track of your prayers and other good deeds using the table above.
Use the second column to list additional activities you participated in.

How does fasting make one more grateful?

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DAY 22:
Daily Checklist:

Prayed Fajr			
Prayed Ẓuhr			
Prayed ʿAṣr			
Prayed Maghrib			
Prayed ʿIshāʾ			
Ate Suḥūr			
Prayed Tarāwīḥ			
Read Qurʾān			

Keep track of your prayers and other good deeds using the table above.
Use the second column to list additional activities you participated in.

Describe your favorite Ramaḍān memory. What made it so special?

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DAY 23:
Daily Checklist:

Prayed Fajr			
Prayed Ẓuhr			
Prayed ʿAṣr			
Prayed Maghrib			
Prayed ʿIshāʾ			
Ate Suḥūr			
Prayed Tarāwīḥ			
Read Qurʾān			

Keep track of your prayers and other good deeds using the table above.
Use the second column to list additional activities you participated in.

If someone told you fasting was too hard, how would you respond?

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DAY 24:
Daily Checklist:

Prayed Fajr			
Prayed Ẓuhr			
Prayed ʿAṣr			
Prayed Maghrib			
Prayed ʿIshāʾ			
Ate Suḥūr			
Prayed Tarāwīḥ			
Read Qurʾān			

Keep track of your prayers and other good deeds using the table above.
Use the second column to list additional activities you participated in.

Have you ever been to a mosque during Ramaḍān? Describe your experiences. If you have not ever been to a mosque, imagine what it would be like to pray there in Ramaḍān.

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DAY 25:
Daily Checklist:

Prayed Fajr			
Prayed Ẓuhr			
Prayed ʿAṣr			
Prayed Maghrib			
Prayed ʿIshāʾ			
Ate Suḥūr			
Prayed Tarāwīḥ			
Read Qurʾān			

Keep track of your prayers and other good deeds using the table above.
Use the second column to list additional activities you participated in.

Does fasting the month of Ramaḍān make it easier to give up bad habits? Why or why not?

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DAY 26:
Daily Checklist:

Prayed Fajr			
Prayed Ẓuhr			
Prayed ʿAṣr			
Prayed Maghrib			
Prayed ʿIshāʾ			
Ate Suḥūr			
Prayed Tarāwīḥ			
Read Qurʾān			

Keep track of your prayers and other good deeds using the table above.
Use the second column to list additional activities you participated in.

Brainstorm ways of sharing Ramaḍān with non-Muslims.

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DAY 27:
Daily Checklist:

Prayed Fajr			
Prayed Ẓuhr			
Prayed ʿAṣr			
Prayed Maghrib			
Prayed ʿIshāʾ			
Ate Suḥūr			
Prayed Tarāwīḥ			
Read Qurʾān			

Keep track of your prayers and other good deeds using the table above.
Use the second column to list additional activities you participated in.

How do you feel now that the month of Ramaḍān is almost over?

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DAY 28:
Daily Checklist:

Prayed Fajr			
Prayed Ẓuhr			
Prayed ʿAṣr			
Prayed Maghrib			
Prayed ʿIshāʾ			
Ate Suḥūr			
Prayed Tarāwīḥ			
Read Qurʾān			

Keep track of your prayers and other good deeds using the table above.
Use the second column to list additional activities you participated in.

What are some lessons you learned in Ramaḍān? How will you benefit from Ramaḍān during the rest of the year?

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DAY 29:
Daily Checklist:

Prayed Fajr			
Prayed Ẓuhr			
Prayed ʿAṣr			
Prayed Maghrib			
Prayed ʿIshāʾ			
Ate Suḥūr			
Prayed Tarāwīḥ			
Read Qurʾān			

Keep track of your prayers and other good deeds using the table above.
Use the second column to list additional activities you participated in.

What are your plans for the Eid (ʿĪd al-Fiṭr)? How will this Eid be different than last year?

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DAY 30:
Daily Checklist:

Prayed Fajr			
Prayed Ẓuhr			
Prayed ʿAṣr			
Prayed Maghrib			
Prayed ʿIshāʾ			
Ate Suḥūr			
Prayed Tarāwīḥ			
Read Qurʾān			

Keep track of your prayers and other good deeds using the table above.
Use the second column to list additional activities you participated in.

Ramaḍān is now over. What will you do differently next year?

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DAY ____:
Daily Checklist:

Prayed Fajr			
Prayed Ẓuhr			
Prayed ʿAṣr			
Prayed Maghrib			
Prayed ʿIshāʾ			
Ate Suḥūr			
Prayed Tarāwīḥ			
Read Qurʾān			

Keep track of your prayers and other good deeds using the table above.
Use the second column to list additional activities you participated in.

Today's Writing Prompt:

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