Ramadan Journal
Bismillah al-Rahman al-Rahim

In the name of Allah The Most Gracious, The Most Merciful.
O you who believe!

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)
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Day 1

Colour in a flag for each Salah 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:

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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..." ﷺ
Day 2

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

My goal today is: ___________________________________

How can I try to reach this goal inshallah?

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My thoughts:

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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.” (a)
Day 3

Colour in a flag for each Sallah 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:

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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:

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

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?

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My thoughts:

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The Prophet 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)"
Day 6

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

My goal today is: ___________________________________
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How can I try to reach this goal inshallah?
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My thoughts:
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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... (a)"
Colour in a flag for each Salaah you perform today. Did you do your Sunnah prayer too?

My goal today is: ___________________________________
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How can I try to reach this goal inshallah?
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My thoughts:

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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." [7]
Day 8

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: _____________________________________________

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

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: ____________________________

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." (1)

Colour in a star if you fasted today alhamdulillah!
Colour in a flag for each Salah 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:

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

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:

The Prophet ﷺ said:
“People will continue to adhere to good as long as they hasten to break the Saum (fasting).” [11]
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:

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The Prophet ﷺ said:

"Allah the Most High says: From amongst my salves, the quicker the one is in breaking the Saum (fasting), the dearer he is to me" [12]
Day 13

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?

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My thoughts:

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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

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:

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

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?

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My thoughts:

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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

Colour in a flag for each Salah 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:

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The Prophet 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.

[17]
Day 18

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? _________________________________________

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

Colour in a flag for each Salah 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: ____________________________________________

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 (i.e. 21, 23, 25, 27, 29 respectively)"[19]
Day 20

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

My goal today is:

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How can I try to reach this goal inshallah?

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My thoughts:

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With the start of the last ten days of Ramadan, the Prophet ﷺ used to tighten his wasit 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

Colour in a flag for each Salat 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:

**The Prophet ** said:
"Fasting is a shield." [2:1]
Day 22

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:

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The Prophet ﷺ said: 
"...the breath of the one observing Saum is sweeter to Allah than the fragrance of musk..." [22]
Day 23

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:

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 Rubb."[23]
Day 24

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?

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My thoughts:

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“The Night of al-Qadr is better than a thousand months”
(i.e. worshiping Allah in that night is better than worshipping Him a thousand months - 83 years and 4 months) (24)
Day 25

Colour in a flag for each Salah 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:

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 Sallah 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:

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The Messenger of Allah 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]
Colour in a flag for each Salah you perform today. Did you do your Sunnah prayer too?

My goal today is: ____________________________________________

How can I try to reach this goal inshallah?

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My thoughts:

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 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 replied, ‘You should supplicate:

اللَّهُمَّ اِنَّكَ عَفُوٌّ ، تُحِبُّ الْعَفْوَ فَاعْفُ عَنِّي

O Allah you are Most Forgiving, and you love forgiveness: so forgive me.’” (2:1)
Day 28

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?
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My thoughts:
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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]

Colour in a star if you fasted today alhamdulillah!
Day 29

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

My goal today is: ___________________________________

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How can I try to reach this goal inshallah?

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My thoughts: _______________________________________

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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." [2.1]
Day 30

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:

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

(All books listed are published by Darussalaam English version)

1 – Sahih al-Bukhari, vol 1 #1
2 – Sahih al-Bukhari, vol 3 #1899
3 – Sahih al-Bukhari, vol 3 #1923
4 – Sahih al-Bukhari, Vol 3 #1933
5 – sahih al-Bukhari, Vol 3 #1903
6 – [Al-Bukhari and Muslim] Riyad-us-Saliheen, vol 2 #1217
7 - [Al-Bukhari and Muslim] Riyad-us-Saliheen, vol 2 #1219
8 - [Al-Bukhari and Muslim] Riyad-us-Saliheen, vol 2 #1221
9 - [Al-Bukhari and Muslim] Riyad-us-Saliheen, vol 2 #1218
10 – [Muslim] Riyad-us-Saliheen vol 2 #1232
11 - [Al-Bukhari and Muslim] Riyad-us-saliheen, vol 2 #1233
12 – [At-Tirmidhi] Riyad-us-Saliheen, vol 2 #1235
13 - [At-Tirmidhi] Riyad-us-Saliheen, vol 2 #1239
14 - Sahih al-Bukhari, Vol 3 #2008
15 – Sahih Muslim, vol 2 #1830
16 -[At-Tirmidhi] Riyad-us-Saliheen, vol 2 #1265
17 – [Abu Dawud] Riyad-us-Saliheen, vol 2#1238
18 - Sahih Muslim, vol 3 #2703
19 – Sahih al-Bukhari, Vol 3 #2021
20 – Sahih al-Bukhari, Vol 3 #2024
21 - Sahih Muslim, vol 3 #2705
22 - [Al-Bukhari and Muslim] Riyad-us-Saliheen, vol 2 #1215
23 - [Al-Bukhari and Muslim] Riyad-us-Saliheen, vol 2 #1215
24 - Surah al-Qadr (97):2
25 - [Al-Bukhari and Muslim] Riyad-us-Saliheen, vol 2 #1189
26 – [Muslim] Riyad-us-Saliheen, vol 2 #1194
27 – [At-Tirmidhi] Riyad-us-Saliheen, vol 2 #1195
28 – Sahih al-Bukhari, Vol 3 #1952
29 – Sahih Muslim, Vol 3 #2758
30 - Sahih al-Bukhari, Vol 2 #953