

2026



# Ramadan

**Journal**

 **mimber**  
ACADEMY



2026



*Ramadan*  
Journal



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- Maktabas
- Classroom learning
- Home reflection
- Study circles
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Design layouts and visual elements were created using Canva.

#### Acknowledgement

With sincere gratitude to all those who supported and contributed to this effort with care and sincerity.

***May Allah place barakah in this work and make it a source of benefit for many hearts.***

***Aameen.***

#### Contact Us

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**This Ramadan journal belongs to**







# Introduction

You are not holding just a journal.  
You are beginning a conversation.

Ramadan is your opportunity to pause to step away from noise, distractions, and routine; and return to what truly anchors you: your relationship with Allah and His Book.

This journal is designed to help you build that connection intentionally. Not through rushed recitation, but through reflection. Not through checking boxes, but through awakening your heart.

At the center of this journey is the reflection on the first 10 verses of **Surah Al-Kahf** along with **Surah Ad-Dhuha** translation and learnings from the surah and a few other surahs in the form of Mind maps.

These verses introduce the Qur'an as a straight and powerful guide — one without distortion sent to warn, to give glad tidings, and to anchor believers in truth. They prepare your heart to understand trials, faith, youth, courage, and divine protection; themes that unfold throughout the surah.

Through guided mind maps, translation, and tafsir-based reflection, you will not only read these verses; you will see how they speak directly to your life.

Because the Qur'an is not distant from you.  
It addresses you.

Whether you are a teenager navigating identity and influence, or an adult seeking clarity and renewal, this journal invites you into deeper awareness.

## A Note to you

This journal was written with you in mind.

You might be starting strong.

You might be feeling distracted.

You might be hoping this Ramadan feels different.

Wherever you are; begin from there.

Be honest on these pages. Write what you really feel. Admit what you struggle with. Record what softens your heart. Let these reflections become conversations between you and Allah.

No one else needs to see these pages.

This is your private space for growth.

If, by the end of Ramadan, your heart feels lighter, your salah feels more present, and your awareness of Allah feels stronger; then this journey has succeeded.

May this Ramadan bring you closer to who you are meant to become!

# Welcome to My Ramadan Journey

Ramadan is not just about staying hungry and thirsty. It is a special month given by Allah to purify our hearts, improve our character, and grow closer to Him.

**Allah says in the Qur'an:**

**"O you who believe, fasting has been prescribed for you as it was prescribed for those before you, that you may become righteous."**

**(Surah Al-Baqarah 2:183)**

*This Ramadan, I choose to make it  
meaningful.*



# How to use this journal

This journal is meant to guide you not overwhelm you.

## **Begin with Intention**

Start by renewing your niyyah. Write down what you want from this Ramadan. Be honest. Be specific. Return to this intention often.

## **Use it daily (even if briefly)**

You do not need hours.

Spend 5-10 minutes daily:

- Reflect on one Verse
- Record your worship
- Write one lesson
- Note one improvement

## **Use the trackers with awareness**

The trackers are tools not pressure.

They help you stay mindful, not anxious. If you miss a day, restart gently.

Ramadan is about progress, not guilt. Growth is built through consistency, not perfection.

## **Reflect at the end of each Ashra**

Ramadan is divided into three stages: **Mercy, Forgiveness, and Salvation.**

Use the reflection pages to pause and evaluate:

- Has my understanding deepened?
- Has my sincerity improved?
- What still needs work?
- What distractions are holding me back?



## Engage with the mind maps

When studying surahs, use the mind map to:

- Identify key themes
- Connect ideas visually
- Understand cause and effect
- Reflect on how it applies to your life

This visual method strengthens understanding and long-term retention.

### Ask yourself

- Where do I see the “test” of this world in my life?
- What distractions make temporary things feel permanent?
- Am I seeking Allah’s mercy the way the youth of the cave did?
- If my deeds were weighed today, what would I want to change?

### Engage with Tafsir reflection

Go beyond translation. Think about

- Why does the surah begin with praise?
- Why emphasize that the Qur’an is straight?
- Why highlight youth choosing faith?

## Refining your character and reclaiming your focus

Use the Polishing My Akhlaq and Digital Detox pages to consciously refine your character and reduce distractions; choosing patience, kindness, and guarded speech while limiting unnecessary screen time so your heart can remain focused, sincere, and connected to Allah.

## Think beyond Ramadan

Use the Post-Ramadan Action Plan to ensure this month changes you long-term. The goal is not to finish Ramadan; it is to be transformed by it.





# Islamic Months

Muharram al-Haram

Safar al-Muzaffar

Rabi' al-Awwal

Rabi' al-Thani (Rabi' al-Akhir)

Jumada al-Ula

Jumada al-Thaniyah (Jumada al-Akhirah)

Rajab al-Murajjab

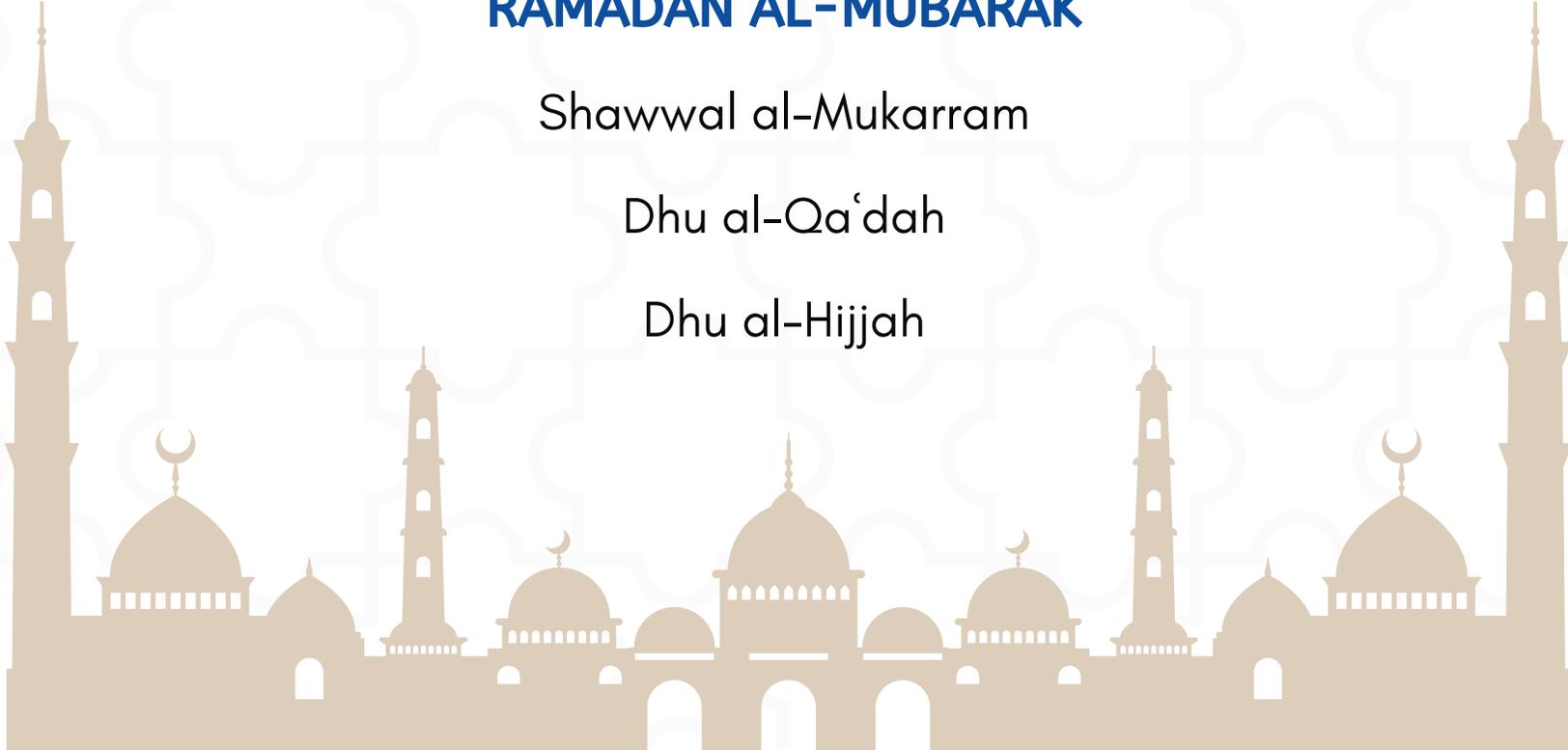
Sha'ban al-Mu'azzam

**RAMADAN AL-MUBARAK**

Shawwal al-Mukarram

Dhu al-Qa'dah

Dhu al-Hijjah



## Dua for Ramadan



اللَّهُمَّ سَلِّمْ لِي رَمَضَانَ وَسَلِّمْ رَمَضَانَ لِي وَتَسَلِّمْهُ مِنِّي مُتَقَبَّلًا

○ Allah! Preserve me for Ramadan, safeguard Ramadan for me and accept it from me.

Kitabud Du'a of Imam Tabarani, Hadith

## Dua for Moon Sighting

اللَّهُ أَكْبَرُ اللَّهُمَّ أَهْلُهُ عَلَيْنَا بِالْأَمْنِ وَالْإِيمَانِ وَالسَّلَامَةِ وَالْإِسْلَامِ وَالتَّوْفِيقِ  
لِمَا تُحِبُّ وَتَرْضَى، رَبُّنَا وَرَبُّكَ اللَّهُ

### **Moon sighting practice**

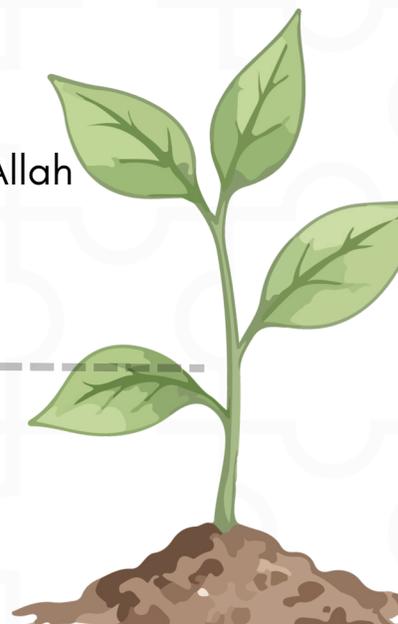
Go outdoors and attempt to sight the crescent moon. If it's not visible, simulate the experience using apps or videos of moon sightings.



# My Niyyah (Intention)

## This Ramadan, I intend to:

- To please Allah
- To strengthen my relationship with Allah
- To improve my character
- To control my nafs (desires)
- To become more grateful
- To increase my taqwa (God-consciousness / piety)
- To purify my heart
- To improve my salah
- To grow closer to the Qur'an
- To become a better person
- To prepare for the Hereafter
- To seek forgiveness for my sins
- To reduce distractions and focus on what matters
- To detach from social media and reconnect with Allah
- To make sincere tawbah (repentance)
- Others: \_\_\_\_\_



# My personal Ramadan goals

## Spiritual goals

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## Character goals

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## Good habits I want to build

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# My personal Dua for this Ramadan



**Ya Allah, this Ramadan I ask you for:**

Four horizontal dashed lines provided for writing a personal dua.



# Living the Qur'an, not just reading it



## Reflect, don't just recite

After reading, pause and ask:  
What is Allah teaching me here?

## Live one lesson daily

Pick one value from your reading  
and practice it that day.

## Engage your heart

Visualize Jannah, reflect on  
accountability, and feel the  
message.

## Apply it to modern life

Relate verses to friendships,  
social media, and daily  
struggles.

## Let it transform you

Success is not finishing pages, it  
is finishing Ramadan changed.

## Reset your intention

Read the Qur'an as a conversation  
with Allah, not just a task to  
complete.

## Study the meaning (Tafsir)

Choose one surah and understand  
its themes and message.

## Keep a reflection note

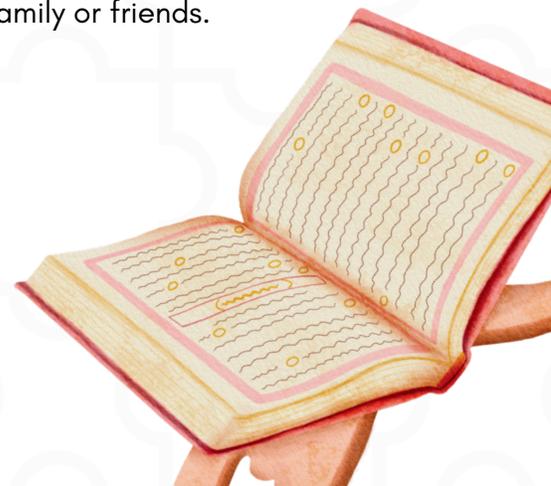
Write one ayah, one lesson, and  
one action.

## Memorise with understanding

Learn short passages and know  
what you are reciting.

## Discuss and share

Talk about one passage weekly  
with family or friends.



# My Quran Tracker



Juz 1 <input type="checkbox"/>	Juz 2 <input type="checkbox"/>	Juz 3 <input type="checkbox"/>	Juz 4 <input type="checkbox"/>	Juz 5 <input type="checkbox"/>	Juz 6 <input type="checkbox"/>
Juz 7 <input type="checkbox"/>	Juz 8 <input type="checkbox"/>	Juz 9 <input type="checkbox"/>	Juz 10 <input type="checkbox"/>	Juz 11 <input type="checkbox"/>	Juz 12 <input type="checkbox"/>
Juz 13 <input type="checkbox"/>	Juz 14 <input type="checkbox"/>	Juz 15 <input type="checkbox"/>	Juz 16 <input type="checkbox"/>	Juz 17 <input type="checkbox"/>	Juz 18 <input type="checkbox"/>
Juz 19 <input type="checkbox"/>	Juz 20 <input type="checkbox"/>	Juz 21 <input type="checkbox"/>	Juz 22 <input type="checkbox"/>	Juz 23 <input type="checkbox"/>	Juz 24 <input type="checkbox"/>
Juz 25 <input type="checkbox"/>	Juz 26 <input type="checkbox"/>	Juz 27 <input type="checkbox"/>	Juz 28 <input type="checkbox"/>	Juz 29 <input type="checkbox"/>	Juz 30 <input type="checkbox"/>

Handwriting practice area with three horizontal dashed lines.



# Responsibility awareness



Before Ramadan:

- I rarely gave charity
- I gave only occasionally
- I did not think much about the Ummah
- I helped only when asked
- I was unaware of others' struggles

My charity goal this Ramadan:

- Give from my allowance
- Volunteer time
- Help family consistently
- Make daily dua for the Ummah
- Support a cause



# My Charity Tracker



# Character self-check



I struggle with:

- Anger
- Backbiting
- Impatience
- Arguing
- Disrespectful tone
- Laziness
- Gossip
- Holding grudges

**The character trait I most need to improve:**

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**My Ramadan Akhlaq goal:**

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# Digital reset intention



I honestly assess myself

- I spend more than \_\_\_ hours daily on my phone
- I scroll without purpose
- I get distracted during salah
- I check my phone first thing in the morning
- I use social media before sleeping
- I compare my life to others online

My Digital goal for Ramadan

- Reduce screen time to \_\_\_ hours
- No phone 1 hour before sleep
- No phone after Fajr
- Follow only beneficial content
- Replace scrolling with Qur'an





# Three Ashras of Ramadan



Ramadan's three Ashras each carry a spiritual focus, with specific duas recommended for daily recitation to seek Allah's mercy, forgiveness, and protection.

This period emphasizes Allah's boundless mercy (Rahmah). Recite this dua often to invoke blessings and compassion.

رَبِّ اغْفِرْ وَارْحَمْ وَأَنْتَ خَيْرُ  
الرَّاحِمِينَ

Rabbighfir warham wa anta  
khayrur-raahimeen

My Lord, forgive and have  
mercy, and You are the best  
of those who show mercy.

First Ashra  
(Days 1-10)  
Mercy

Focus shifts to Maghfirah (forgiveness). Use this istighfar to repent sincerely for past sins.

أَسْتَغْفِرُ اللَّهَ رَبِّي مِنْ كُلِّ ذَنْبٍ  
وَأَتُوبُ إِلَيْهِ

Astaghfirullah Rabbi min  
kulli zanbin wa atubu ilayh

I seek forgiveness from  
Allah, my Lord, for every sin,  
and I repent to Him.

Second Ashra  
(Days 11-20)  
Forgiveness

The final phase seeks Nijat (freedom from Hellfire), especially vital during Laylatul Qadr.

اللَّهُمَّ إِنَّكَ عَفُوفٌ تُحِبُّ الْعَفْوَ فَاعْفُ  
عَنِّي

Allahumma innaka 'afuwwun  
tuhibbul 'afwa fa'fu 'anni

O Allah, You are Pardoning  
and You love to pardon, so  
pardon me.

Third Ashra  
(Days 21-End)  
Salvation

# Virtues of Ramadan



Ramadan holds immense spiritual rewards, including multiplied good deeds and forgiveness of sins when fasted with faith and hope in Allah's reward.

- **Outpourings of Allah's mercy:** Special divine mercy descends; seek it through constant good deeds, as per the Prophet ﷺ (Ṭabarānī).
- **Gates of Jannah open:** Paradise doors swing wide, inviting believers to enter via worship and restraint.
- **Shayateen chained:** Devils are locked away, easing obedience and reducing whispers of sin.
- **Sins forgiven:** Fasting with faith erases past sins; nightly, many are freed from Fire.
- **Quran's revelation:** Month of the Quran's descent—recite to earn rewards like standing 10,000 years in prayer.
- **Angels descend in abundance:** Hosts of angels come down to witness and support believers' worship, amplifying deeds (Hadith: Aḥmad).
- **Daily suhoor blessing:** Eating before dawn brings special divine favor and provision from Allah (Hadith: Ibn Ḥibbān).
- **Umrah equals Hajj:** Performing Umrah in Ramadan equals the reward of Hajj with the Prophet ﷺ (Hadith: Bukhari).
- Laylatul Qadr is one of Ramadan's greatest virtues, offering unparalleled spiritual rewards that can transform a teen's faith journey.

## Reflection question:

1. What does Ramadan mean to me?
2. How do I want to feel at the end of this month?
3. Which Ramadan virtue feels most personal to me right now, and what one small action will I take today to embrace it and draw closer to Allah?
4. If this was my last Ramadan, what would I do differently?

# Ramadan Journal



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Date .....

M T W T F S S

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- I avoided wasting time
- .....

## My Good deeds today

- Salah on time
- Taraweeh
- Helped someone
- Gave charity
- Other: .....

## Recitation

Surah

Verse

## Verse that touched my heart

## Salah tracker

- Fajr
- Dhuhur
- Asr
- Maghrib
- Isha
- Tahajjud

## Today's mood



## Reflection of the day

What did I struggle with today? .....

What am I grateful for today? .....

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Isha    Tahajjud

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😇    😄    🤪    😞    😭

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# First Ashra Reflection

## Days of Mercy (Rahmah)

Focus: Softening the heart, building consistency, starting strong.



How has my energy and mindset changed since Day 1?

In which moments did I feel Allah's mercy the most this week?

Am I managing my time wisely between worship, study, and rest?

What small good deed made my heart feel peaceful?

Have I been mindful of my words while fasting?

What is one area where I need more effort before the second Ashra begins?

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Surah

Verse

## Verse that touched my heart

## Salah tracker

- Fajr
- Dhuhr
- Asr
- Maghrib
- Isha
- Tahajjud

## Today's mood



## Reflection of the day

What did I struggle with today? .....

What am I grateful for today? .....

How can I improve tomorrow? .....

# Ramadan Journal



Ramadan Day .....

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- Taraweeh
- Helped someone
- Gave charity
- Other: .....

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What am I grateful for today? .....

How can I improve tomorrow? .....

# Second Ashra Reflection

## Days of Forgiveness (Maghfirah)

Focus: Accountability, repentance, self-awareness.



Have I sincerely asked Allah for forgiveness with full awareness?

What recurring mistake do I need to seriously work on?

Am I blaming others, or taking responsibility for my actions?

How has Ramadan changed my reactions in difficult situations?

Is my worship becoming more focused or more routine?

If Allah forgives me this Ramadan, what kind of person should I become afterward?

# Laylatul Qadr preparation

## Preparing for the Best Night



If this night is better than 1000 months, what will I ask Allah?

My Dua List for Laylatul Qadr:

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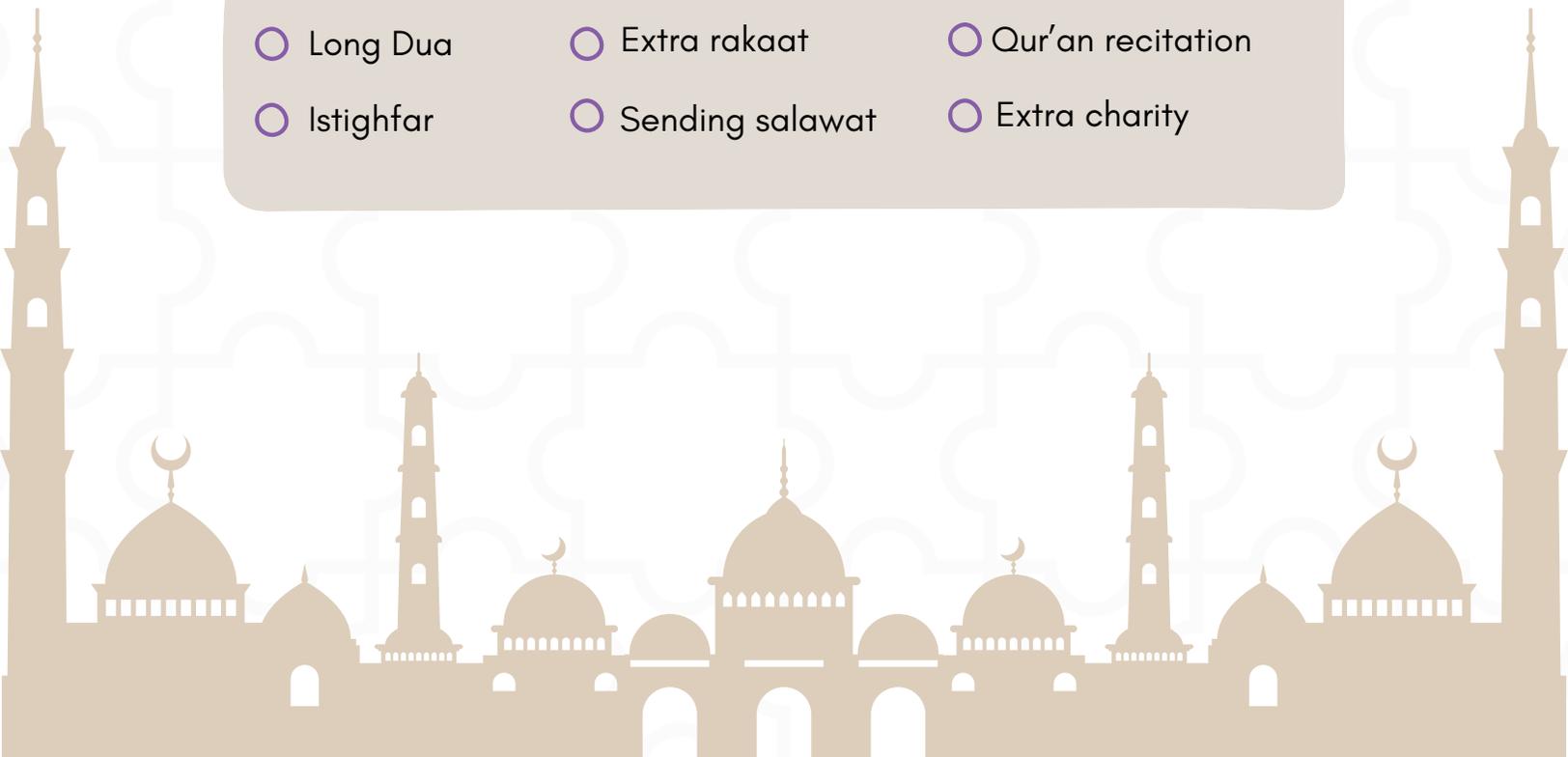
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### Acts of worship I will focus on

- Long Dua
- Extra rakaat
- Qur'an recitation
- Istighfar
- Sending salawat
- Extra charity



# Ramadan Journal



Ramadan Day .....

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## Today's mood



# Third Ashra Reflection

## Days of Salvation (Najat)

Focus: Urgency, sincerity, long-term transformation



Am I treating these last days as precious and limited?

What distractions still reduce the quality of my worship?

How sincere are my duas in these final nights?

If Laylatul Qadr was tonight, how would I do my worship?

What habit do I want to carry beyond Ramadan?

How has my understanding of my purpose in life deepened this month?

# Character evaluation



During Ramadan I:

- Controlled my anger better
- Reduced gossip/backbiting
- Spoke more gently
- Helped without being asked
- Apologized when wrong
- Showed more patience

## Reflection

**When was my character truly tested this Ramadan?**

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**What change in my behaviour did others notice?**

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**Which character habit will I protect after Ramadan?**

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# Digital growth evaluation



Reflect honestly..

- My screen time reduced
- I feel more focused in salah
- I became more mindful online
- I wasted less time
- I feel less attached to my phone
- I can control my scrolling better

## Reflection

**How did reducing digital distractions affect my heart?**

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**What digital habit will I continue after Ramadan?**

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# Responsibility growth check



This Ramadan I:

- Gave charity sincerely
- Helped others regularly
- Felt more empathy for those in need
- Became more grateful for my blessings
- Made dua for others consistently
- Took initiative to help

## Reflection

**How has my understanding of responsibility changed?**

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**What act of service felt most meaningful?**

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**How will I continue serving after Ramadan?**

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# Sadaqah ul Fitr



## What is Sadaqah ul-Fitr?

Narrated Abdullah ibn Abbas: The Messenger of Allah prescribed the sadaqah (alms) relating to the breaking of the fast as a purification of the fasting from empty and obscene talk and as food for the poor. If anyone pays it before the prayer (of Eid), it will be accepted as zakat. If anyone pays it after the prayer, that will be a sadaqah like other sadaqahs (alms).

(Sunan Abi Dawud 1609)

### Who must pay?

Sadaqah-ul-Fitr is required for every Muslim who has more than enough food and basic necessities for themselves and their dependents.

- The head of the household usually pays for everyone they are financially responsible for.
- Even newborn babies before Eid are included.

### Paid on behalf of

- Yourself
- Spouse
- Children
- Dependents under your care

### When should it be paid?

**Best time:** Before Eid salah

**Permissible:** 1-2 days before Eid

### Who can receive it?

Poor and needy Muslims. Those who cannot meet basic Eid needs.

### How much to pay?



Wheat

Half a Sa' = 1 Kg 6.33 gm



Barley

1 Sa' = 3 Kg 2.66 gm



Dates

1 Sa' = 3 Kg 2.66 gm



Raisins

1 Sa' = 3 Kg 2.66 gm

### How to calculate it:

- Number of people: \_\_\_\_\_
- Staple chosen: \_\_\_\_\_
- Rate per kg used: \_\_\_\_\_

### Cannot be given to:

Parents, grandparents, children, grandchildren, spouse

# Post-Ramadan action plan



Ramadan is training. Shawwal and beyond is the real test.

## 3 Habits I will continue

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## My Qur'an plan after Ramadan

- 1 page daily
- 10 minutes daily
- Weekly tafsir
- Memorization

## My salah commitment

---

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## Who do I want to be like by next Ramadan?

---

---

# Zakat: Purifying my wealth and heart



## What is Zakat?

Zakat is one of the five pillars of Islam. It is an obligation upon eligible Muslims to give a fixed portion of their wealth to those in need.

It is not just charity, it is purification.

- It purifies our wealth.
- It purifies our hearts from greed.
- It strengthens social bond.
- It reminds us that everything belongs to Allah.

*“Take from their wealth a charity by which you purify them and cause them increase.” (Qur’an 9:103)*

## Why is Zakat important?

- It builds compassion and empathy.
- It supports the poor and vulnerable.
- It creates economic balance in society.
- It teaches gratitude and accountability.

## Who must pay Zakat?

Zakat becomes obligatory if:

- ✓ You are a Muslim
- ✓ You own wealth above the Nisab (minimum threshold)
- ✓ One lunar year has passed over that wealth

Zakat is usually 2.5% of eligible savings and assets.

## Who can receive Zakat?

Zakat is given to specific categories mentioned in the Qur'an, including:

- The poor
- The needy
- Those in debt
- Stranded travelers
- Others eligible according to Islamic guidelines



### It cannot be given to:

- Parents or grandparents
- Children or grandchildren
- Spouse



## My Zakat check-in

### • Step 1: Calculate

- Savings: \_\_\_\_\_
- Gold/Silver: \_\_\_\_\_
- Business Assets: \_\_\_\_\_
- Other Zakatable Wealth: \_\_\_\_\_
- Total Wealth: \_\_\_\_\_
- Zakat (2.5%): \_\_\_\_\_

• **Step 2:** Minus debts + basic needs.

• **Step 3:** Net  $\geq$  nisab + held 1 year? Yes = pay 2.5%.

• **Step 4:** Example: \$5,000 savings = \$125 zakat.





## Reflection before giving

- Do I feel attached to my wealth?
- Am I giving with sincerity?
- Do I see this as loss, or purification?
- Have I researched where my Zakat will make real impact?

## Intention reset

Before paying Zakat, write your intention:

“I give this Zakat seeking the pleasure of Allah and purification of my wealth and heart.”

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

## Reflection after giving

How did I feel after fulfilling this obligation?

\_\_\_\_\_

Did giving increase my gratitude?

\_\_\_\_\_

What did I learn about trust in Allah through this act?

\_\_\_\_\_

How can I continue being socially responsible beyond Ramadan?

\_\_\_\_\_

# Allah's Names



- Ar-Raḥmān- The Most Compassionate
- Ar-Raḥīm - The Most Merciful
- Al-Malik - The King, The Sovereign
- Al-Quddūs - The Most Holy, The Most Pure
- As-Salām - The Source of Peace
- Al-Mu'min - The Giver of Security
- Al-Muḥaymin - The Protector, The Overseer
- Al-'Azīz - The Almighty
- Al-Jabbār - The Compeller
- Al-Mutakabbir - The Supreme
- Al-Khāliq - The Creator
- Al-Bāri' - The Originator
- Al-Muṣawwir - The Fashioner
- Al-Ghaffār - The Constant Forgiver
- Al-Qaḥḥār - The All-Dominant
- Al-Waḥḥāb - The Bestower
- Ar-Razzāq - The Provider
- Al-Fattāḥ - The Opener, The Judge
- Al-'Alīm - The All-Knowing
- Al-Qābiḍ - The Withholder
- Al-Bāsiṭ - The Expander
- Al-Khāfiḍ - The Abaser
- Ar-Rāfi' - The Exalter
- Al-Mu'izz - The Giver of Honour

- Al-Mudhill - The Giver of Dishonour
- As-Samī' - The All-Hearing
- Al-Baṣīr - The All-Seeing
- Al-Ḥakam - The Judge
- Al-'Adl - The Most Just
- Al-Laṭīf - The Most Subtle, The Most Gentle
- Al-Khabīr - The All-Aware
- Al-Ḥalīm - The Most Forbearing
- Al-'Azīm - The Most Great
- Al-Ghafūr - The Most Forgiving
- Ash-Shakūr - The Most Appreciative
- Al-'Aliyy - The Most High
- Al-Kabīr - The Most Great
- Al-Ḥafīẓ - The Preserver
- Al-Muqīt - The Sustainer
- Al-Ḥasīb - The Reckoner
- Al-Jalīl - The Majestic
- Al-Karīm - The Most Generous
- Ar-Raqīb - The Watchful
- Al-Mujīb - The Responsive
- Al-Wāsi' - The All-Encompassing
- Al-Ḥakīm - The Most Wise
- Al-Wadūd - The Most Loving
- Al-Majīd - The Most Glorious
- Al-Bā'ith - The Resurrector
- Ash-Shahīd - The Witness

# Allah's Names



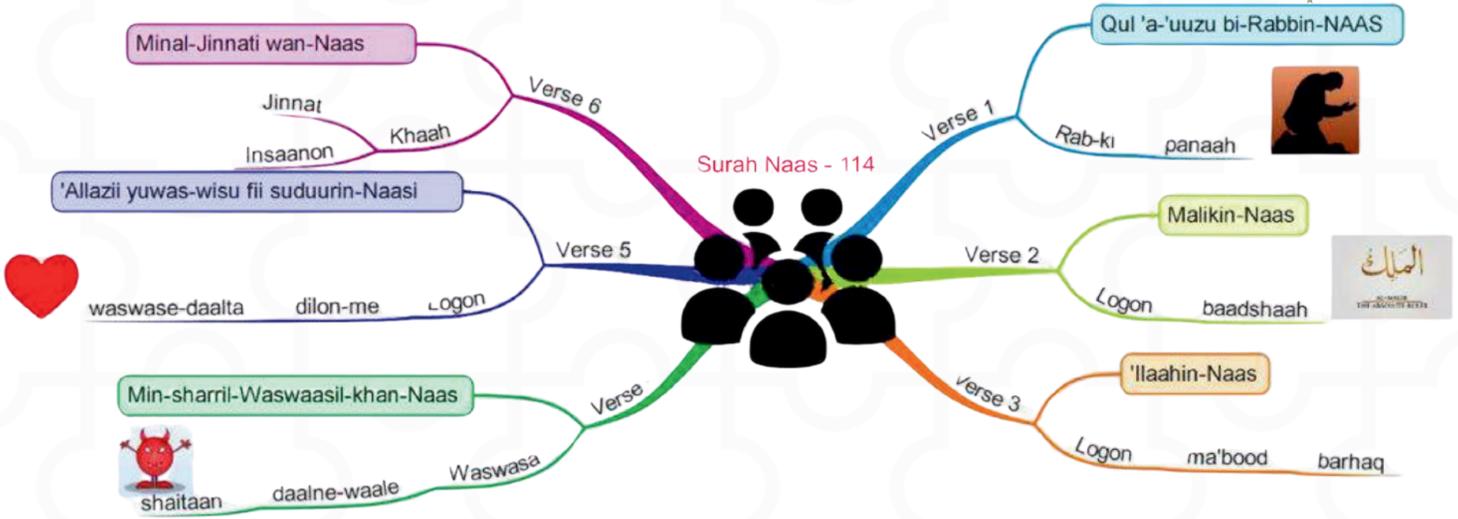
- Al-Ḥaqq - The Truth
- Al-Wakīl - The Trustee
- Al-Qawiyy - The Most Strong
- Al-Matīn - The Firm, The Steadfast
- Al-Waliyy - The Protecting Friend
- Al-Ḥamīd - The Praiseworthy
- Al-Muḥṣī - The All-Enumerating
- Al-Mubdi' - The Originator
- Al-Mu'īd - The Restorer
- Al-Muḥyi - The Giver of Life
- Al-Mumīt - The Creator of Death
- Al-Ḥayy - The Ever-Living
- Al-Qayyūm - The Sustainer of All
- Al-Wājid - The Perceiver
- Al-Mājid - The Illustrious
- Al-Wāḥid - The One
- Al-Aḥad - The Unique
- Aṣ-Ṣamad - The Eternal Refuge
- Al-Qādir - The All-Powerful
- Al-Muqtadir - The All-Determiner
- Al-Muqaddim - The Expediter
- Al-Mu'akhkhir - The Delayer
- Al-Awwal - The First
- Al-Ākhir - The Last
- Aṣ-Ẓāhir - The Manifest
- Al-Bāṭin - The Hidden
- Al-Wālī - The Governor
- Al-Muta'ālī - The Most Exalted

- Al-Barr - The Most Kind
- At-Tawwāb - The Acceptor of Repentance
- Al-Muntaqim - The Avenger
- Al-'Afuww - The Pardoner
- Ar-Ra'ūf - The Most Compassionate
- Mālik-ul-Mulk - Owner of Sovereignty
- Dhūl-Jalāli wal-Ikrām - Lord of Majesty and Honour
- Al-Muqsiṭ - The Most Just
- Al-Jāmi' - The Gatherer
- Al-Ghaniyy - The Self-Sufficient
- Al-Mughnī - The Enricher
- Al-Māni' - The Preventer
- Aḍ-Ḍārr - The Creator of Harm
- An-Nāfi' - The Creator of Good
- An-Nūr - The Light
- Al-Hādī - The Guide
- Al-Badī' - The Incomparable Originator
- Al-Bāqī - The Everlasting
- Al-Wārith - The Inheritor
- Ar-Rashīd - The Guide to the Right Path
- Aṣ-Ṣabūr - The Most Patient

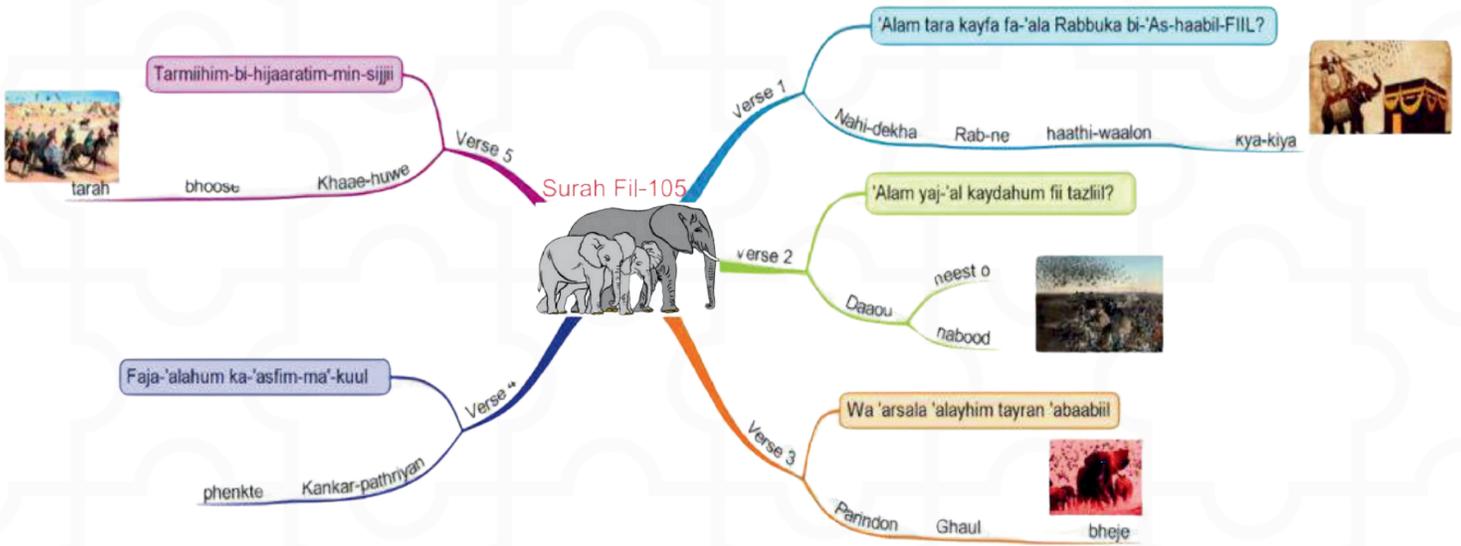
# Mind Maps



## Surah Naas



## Surah Fil



# Surah Al-Kahf - 18



## Surah details

- Verses - 110
- Ruku - 12
- Juz - 15 and 16
- Revelation - Makkah
- Meaning of the Surah - The Cave

## Meaning

1. Praise belongs to Allah who has sent down the Book to His servant, and allowed no crookedness in it,
2. a straightforward Book to warn of a severe punishment from Him, and to give the good news to the believers, who do righteous deeds, that they will have an excellent reward (Paradise)
3. in which they will dwell for ever,
4. and to warn those who have said that Allah has had a son,
5. while they have no knowledge about it, nor had their fathers. Grave is the word that comes out of their mouths. They say nothing but lie.
6. So, (O Prophet) perhaps you are going to kill yourself after them, out of grief, if they do not believe in this discourse.
7. Surely, We have made what is on earth an adornment for it, so that We test them as to who among them is better in deeds.
8. And surely, We are going to turn whatever is thereon into a barren land.
9. Do you think that the People of Kahf (the Cave) and Raqim (inscription) were unusual out of Our signs?
10. When the young men took refuge in the Cave and said, "Our Lord, bless us with mercy from Your own and provide us with guidance in our matters."

## Lessons from the Surah

**01** Quran guides as straight path and warning; Muhammad (ﷺ) delivers truth—balance tawhid, risalah, akhirah.

**02** Paradise for believers; Hour's denial refuted—strengthen iman in Allah's oneness.

**03** Prophet's grief for rejectors; dunya tests deeds via adornments, all perishes—focus akhirah.

**04** Youths seek cave refuge and mercy, pure faith turns to Allah in trials.



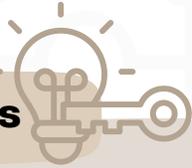
## How can we relate it?

- **Guidance and balance (Tawhid, Risalah, Akhirah):** Teenagers often struggle with confusion about identity, purpose, and values in a world full of distractions and conflicting messages. These verses remind them of a clear path, faith, truth, and balance which can anchor them amidst peer pressure and moral dilemmas.
- **Paradise for believers, denial of the Hour refuted:** Many youth face skepticism about religion or the afterlife, influenced by materialism and secular thought. These verses strengthen belief in accountability and hope, countering the “live only for now” mindset that fuels reckless behavior.
- **Prophet’s grief, dunya as a test:** Teens often feel overwhelmed by worldly comparisons; grades, looks, popularity, possessions. These verses remind them that worldly adornments are temporary, and trials are tests. It helps them reframe stress and avoid despair when they don’t “measure up.”
- **Youths seeking refuge in the cave:** Peer pressure, bullying, or feeling isolated when holding onto faith and values. The story of the youths shows that turning to Allah in trials brings mercy and protection. It reassures teens that choosing faith even if unpopular leads to strength and support.

# Surah Ad-Duhaa - 93



## Surah details



- Verses - 11
- Ruku - 1
- Juz - 30
- Revelation - Makkah
- Meaning of the Surah - The Morning Brightness

## Meaning

1. I swear by the forenoon,
2. and by the night when it becomes peaceful,
3. your Lord (O Prophet,) has neither forsaken you, nor has become displeased.
4. Surely the Hereafter is much better for you than the present life.
5. And of course, your Lord will give you so much that you will be pleased.
6. Did He not find you an orphan, and give you shelter?
7. And He found you unaware of the way (the Shariah ), then He guided you.
8. and He found you in need, then made you need-free.
9. Therefore, as for orphan, do not oppress him
10. and as for the beggar, do not scold him.
11. And about the bounty of your Lord, do talk.

## Lessons from the Surah

01

Even the Prophet sallallahu alayhi wasallam got sad.

02

In bad times remember the good that Allah has bestowed.

03

Ways out of the hole of depression, remove other people's worries.

04

Treat orphans with kindness and care. Do not scold anyone who comes to you with a question

## How can we relate it?

- **Normalizing emotions:** Teenagers often feel overwhelmed by exams, friendships, or family expectations. Knowing that sadness is part of human experience; even for the Prophet ﷺ helps them accept their feelings without shame.
- **Understanding triggers:** Teens can reflect on what specifically causes their stress (peer pressure, bullying, failure). Identifying triggers is the first step toward managing them, just as the Prophet ﷺ's sadness had reasons that were acknowledged.
- **Gratitude practice:** When teens feel stuck in negativity, recalling blessings (supportive friends, talents, opportunities) can shift perspective. Gratitude journals or daily reflection can help them balance struggles with positives.
- **Service and empathy:** Helping classmates, volunteering, or simply listening to a friend can give teenagers a sense of purpose. Serving others often lightens one's own emotional burden.
- **Accepting feelings of exclusion:** Teens often feel left out when they see peers enjoying events or opportunities they missed. Recognizing that sadness is natural helps them avoid self-blame and normalize the emotion.



You began this journal with intention.  
You close it with growth.

Some days were strong. Some days were difficult.  
But you kept returning to Allah.

You reflected. You tried.  
You chose to improve, even in small ways.

Ramadan was never about perfection. It was about awareness. It was about softening the heart and remembering who you want to become.

If your heart feels a little more mindful, a little more disciplined, a little more connected; then something beautiful has taken root.

Do not leave that version of yourself behind.

Carry forward the patience you practiced, the discipline you built, the kindness you showed, and the sincerity you discovered.

Your journey with Allah continues in your daily choices, your quiet struggles, and your sincere efforts.

Keep striving.  
Keep growing.  
Keep returning to Him.

*Eid Mubarak*

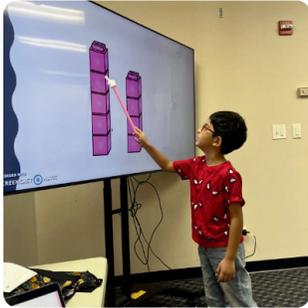
May Allah accept every fast, every dua, and every hidden effort of your heart and allow you to witness many more Ramadans with stronger faith.

Ameen.

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Teaching the Future of our Ummah

Guided by faith and informed by the needs of today's families, our school is designed to partner with parents in raising the next generation of thoughtful, compassionate, and principled leaders. Building on the strong foundation laid by our masjid, we look forward with purpose, and are excited to continue a legacy of service while shaping a vibrant future for our community, and the ummah abroad.



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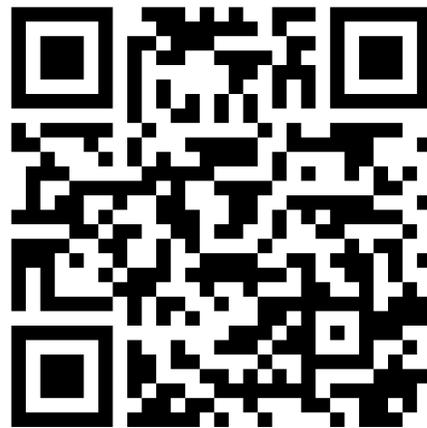




O you who have believed, spend from that which We have provided for you before there comes a Day in which there is no exchange and no friendship and no intercession. And the disbelievers - they are the wrongdoers.

Quran 2:254

Scan to donate and share in a lasting reward, In sha' Allah.



*Islamic Society of Northwest  
Suburbs of Chicago (ISNS)*