

*Ramadhan Journal*

*2023 | 1444*



# Assalamualaikum & Ramadhan Kareem!

To use this journal you can use the 'fill and sign' option in Adobe Acrobat Reader DC or you can print it out. Feel free to also share it with family and friends.

I hope that you will find this journal helpful while reflecting during this holy month. I also pray that we all can fully take advantage of this year's Ramadhan to reap all the beneficial rewards and that we are kept healthy and safe. Amiin!

-Love, Nurul Shamsul

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# Making the Most Of Ramadhan



## Tips On Making The Most of Ramadhan:

1. Purify your heart and your thoughts before going into Ramadhan. Let go of things and learn to forgive others and even yourself so that you welcome a sacred month with contentment and clarity.
2. Set up a routine and set goals to strive for during Ramadhan. Ramadhan is the perfect time for self-reflection, spiritual renewal, and individual transformation. It is also a time to stop bad habits and to start new habits.
3. Read more of the Quran with the meanings. They say that the Quran is how God talks to you. You can also increase other acts of ibadah with dhikr (remembrance of Allah), pray more sunnah prayers and to give more zakat (charity).
4. If you are feeling anxious or blue, making more dhikr and doa to God could help you to put yourself more at ease. In times of uncertainty, trusting in God and hope is what keeps us going. Remember, we plan but Allah is the best of planners.
5. Do some light exercises an hour before iftar such as taking a walk or doing light stretches. Remember to eat healthy and nutritious foods such as fruits and vegetables and to eat in moderation.
6. Take advantage of the internet. The internet is full of (mostly free and accessible) Islamic knowledge such as videos, courses, blogs, podcasts, and social media accounts. You can also tune in to live online khutbahs or classes. Some of my favourite online platforms are Yaqeen Institute, Seekers Guidance, and Muslim Central podcasts.
7. Say Alhamdulillah every day and write down at least three things that you are grateful for.



**Quranic Verses  
& Hadith on  
Fasting &  
Ramadhan**

# Excellence of Ramadhan

1. REWARD FROM ALLAH  
(SAHIH AL- BUKHARI)
2. EXPIATION OF SINS &  
FORGIVENESS OF SINS  
(SAHIH MUSLIM)
3. NIGHT OF DECREE  
WHERE ONE NIGHT IS  
BETTER THAN A  
THOUSAND MONTHS  
(QURAN, 97: 1-5;  
MUSNAD AHMAD)
4. QURAN WAS REVEALED  
(QURAN, 2:185)
5. REDEMPTION EVERY  
NIGHT (SUNAN IBN  
MAJAH)



# Quranic Verses


*"The month of Ramadan (is the month) in which the Qur'an has been sent down as guidance for mankind containing clear signs which lead (to the straight road) and distinguishing (the truth from falsehood)"*  
(Quran 2:185)

*"Oh you who believe! Fasting is prescribed to you as it was prescribed to those before you, that you may learn piety and righteousness"*  
(Quran 2:183)

*"Fasting is prescribed for you as it was prescribed for those before you, that you may attain taqwa."*  
(Quran 2:183)

*"The most honored by Allah amongst you are those best in taqwa."*  
(Quran 49:13)

*"And it is better for you that ye fast, if ye only knew."*  
(Quran 2:184)



# Hadith

*The Messenger of Allah (saw) said, "When the month of Ramadan starts, the gates of the heaven are opened and the gates of Hell are closed and the devils are chained." (Imam Bukhari)*

*Narrated Abu Huraira(r.a): The Messenger of Allah (saw) said: "... whoever fasts during Ramadan out of sincere faith and hoping to attain Allah's rewards, then all his past sins will be forgiven." (Imam Bukhari).*

*"Fasting is a shield with which a servant protects himself from the Fire." [Imam Ahmad, Saheeh]*

*There are in the month of Ramadhan in every day and night those to whom Allah grants freedom from the Fire, and there is for every Muslim an supplication which he can make and will be granted." [al-Bazaar, Ahmad, Saheeh]*

*The Messenger of Allah (saw) said: He who gives food for a fasting person to break his fast, he will receive the same reward as him, except that nothing will be reduced from the fasting persons reward." [Ahmad, at-Tirmidhee, Ibn Maajah, Ibn Hibbaan, Saheeh].*







# Goals & Making it Happen

# Trust in Allah But Tie Your Camel

One day Prophet Muhammad (ﷺ) noticed a Bedouin leaving his camel without tying it. He asked the Bedouin,

*“Why don’t you tie down your camel?”*

*The Bedouin answered, “I placed my trust in Allah.”*

*At that, the Prophet (ﷺ) said, **“Tie your camel and place your trust in Allah”** (Tirmidhi)*

From this hadith, the lesson is that we need to use all resources available to us to solve our problems, and also have trust in Allah for the outcome as **“Allah will not change the condition of a people until they change what is in themselves.”** (Qur'an 13.11)

Ramadhan is the perfect opportunity for you to achieve new goals and habits. Firstly, you need to have the right intentions and then you can think about your goals and habits and how you will make it happen.

Whatever your goals or habits may be, make sure to be kind to yourself in the process. Remember, everything happens beautifully according to Allah's will and perfect timing but also make sure to tie your camel!



# My Intentions for Ramadhan

“AND HE WHO HAS COME WITH THE SINCERE (FAITH) AND HAS SINCERE FAITH IN IT,  
THOSE ARE THEY WHO ARE PIOUS.” (QURAN, 39:33)

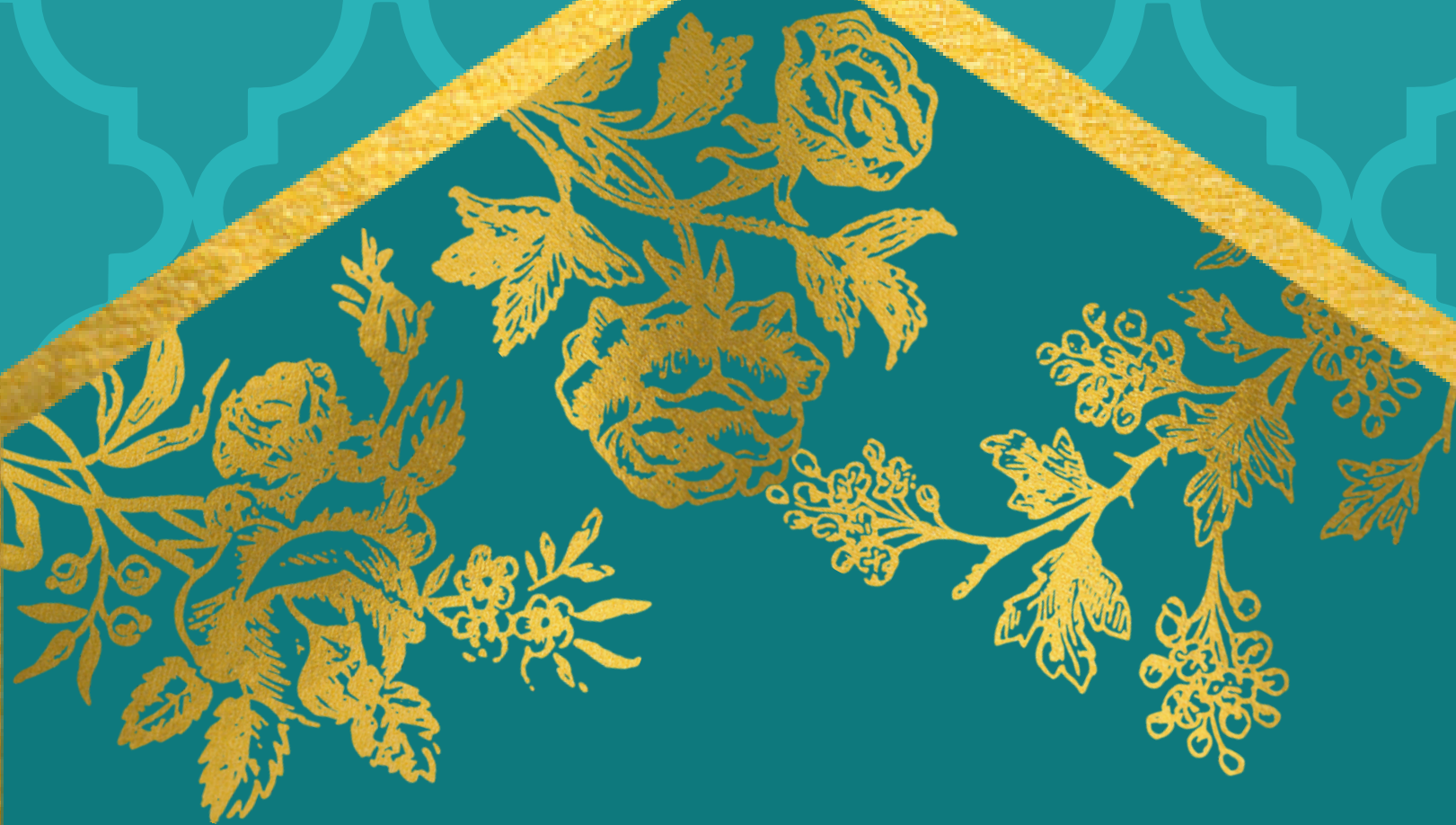
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**Goal**

**Action**

**Goal**

**Action**



With

# Dua

Anything is possible



Allah Most High has said in a Hadith  
Qudsi,

**“I am as My slave  
thinks of Me and  
I am with Him  
when he  
remembers Me.”**

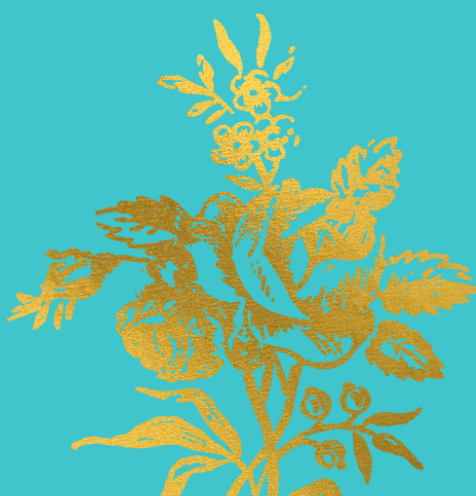
(Bukhari and Muslim)



# Best Times for Dua

There are certain times dua (supplication) is more likely to be accepted by Allah (SWT) as mentioned by Prophet (SAW). These times are as follows:

1. The Last Third Of The Night [Sahihal-Bukhari, Hadith Qudsi]
2. Late at night [Muslim]
3. Between Adhan and Iqamah [Agreed Upon]
4. An Hour On Friday [Sahih al-Bukhari]
5. While Prostrating [Agreed Upon]
6. When Waking Up at Night [Sahih al-Bukhari]
7. At The End Of The Obligatory Salat [at-Tirmidhi].
8. The Night Of 'Qadr' (Decree) [Surah al-Qadr, 97: 3]
9. During The Rain [Al-Hakim 2: 114, and Agreed Upon]
10. The One Who Is Suffering Injustice and Opression [Sahih Al-Bukhari and Muslim]
11. The Traveler [al-Bayhaqi, at-Tirmidhi - Sahih]
12. The Parent's Supplication for their Child [al-Bayhaqi, at-Tirmidhi - Sahih]
13. The dua of a Muslim for his absent brother or sister Muslim stemming from the heart.  
[Muslim]
14. Dua on the Day of Arafat [at-Tirmidhi and Malik]
15. Dua during the month of Ramadan [Agreed Upon]



# Etiquette of Dua

- HAVE TAWHEED IN ALLAH (AL-BAQARAH 2:186)
- SINCERITY TOWARDS ALLAH WHEN MAKING DUA (AL-BAYYINAH 98:5)
- START YOUR DUA WITH PRAISES FOR ALLAH (AL-TIRMIDHI)
- INVOKE ALLAH USING ALLAH'S BEAUTIFUL NAMES (AL-A'RAAF 7:180)
- SEND BLESSINGS UPON THE PROPHET (SAW) (AL-TABARNI)
- ONE SHOULD BE FIRM WHEN MAKING DUA (AL-BUKHARI AND MUSLIM)
- HAVING ABSOLUTE FAITH THAT ALLAH WILL RESPOND (TIRMIDHI)
- RAISING OF THE HANDS (ABU DAWOOD)
- FACING THE QIBLAH (MUSLIM)
- SAYING THE DUA QUIETLY AND NOT OUT LOUD (AL-ARAAF 7:55)(MARYAM 19:3)
- SAYING DUA THREE TIMES (AL-BUKHARI AND MUSLIM)
- ASKING FREQUENTLY AND NOT GIVING UP (AL-BUKHARI AND MUSLIM)
- BESEECHING HUMILTY, HOPE AND FEAR (AL- ANBIYA' 21:90)



# Duas of the Prophets

## Prohet Yunus A.S on Repentance

لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ

La ilaha illa anta subhanaka innee kuntu mina  
alththalimeena

No one has the right to be worshiped but You (O Allah),  
Glorified (and Exalted) are You. Truly, I have been of the  
wrong-doers." - Qur'an 21:87

## Prophet Musa A.S for Good

رَبِّ إِنِّي لِمَا أَنْزَلْتَ إِلَيَّ مِنْ خَيْرٍ فَقِيرٌ

Rabbi innee lima anzalta ilayya min khayrin faqeerun  
My Lord! Truly, I am in need of whatever good that  
You bestow on me! - Quran 28:24

## Prophet Ayub A.S during Calamity

إِنِّي مَسَّنِيَ الضُّرُّ وَأَنْتَ أَرْحَمُ الرَّاحِمِينَ

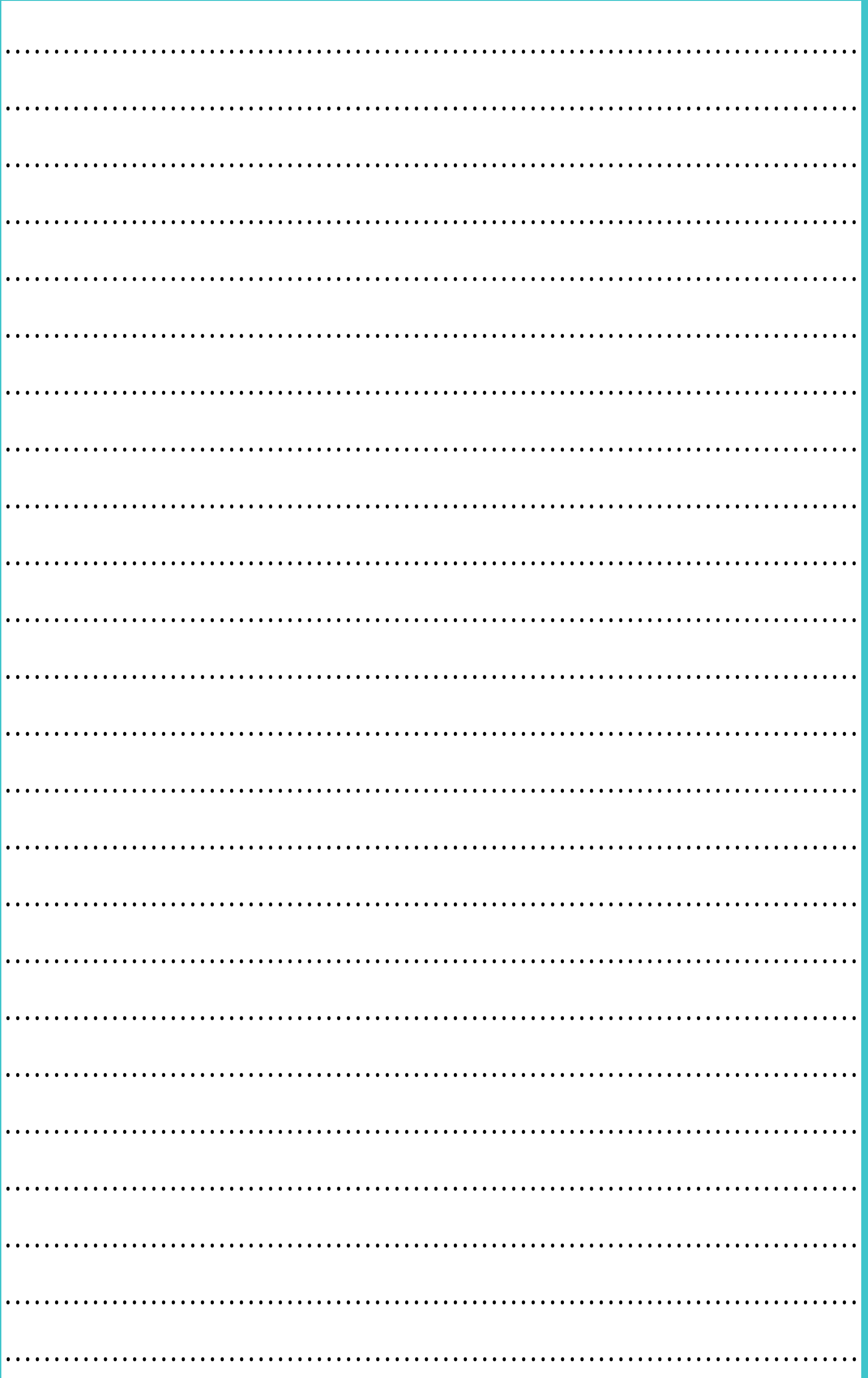
Annee massaniya alddurru waanta arhamu  
alrrahimeena

Verily, distress has seized me, and You are the Most  
Merciful of all those who show mercy. - Quran 21:83



# My Dua for Ramadhan

AND YOUR LORD SAYS "CALL UPON ME; I WILL RESPOND TO YOU." (QURAN 40:60)

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# Ramadhan

Month Overview



Notes	Monday	Tuesday	Wednesday
Period Dates:			
Other Days Missed:			
Zakat Paid To:			

Thursday

Friday

Saturday

Sunday

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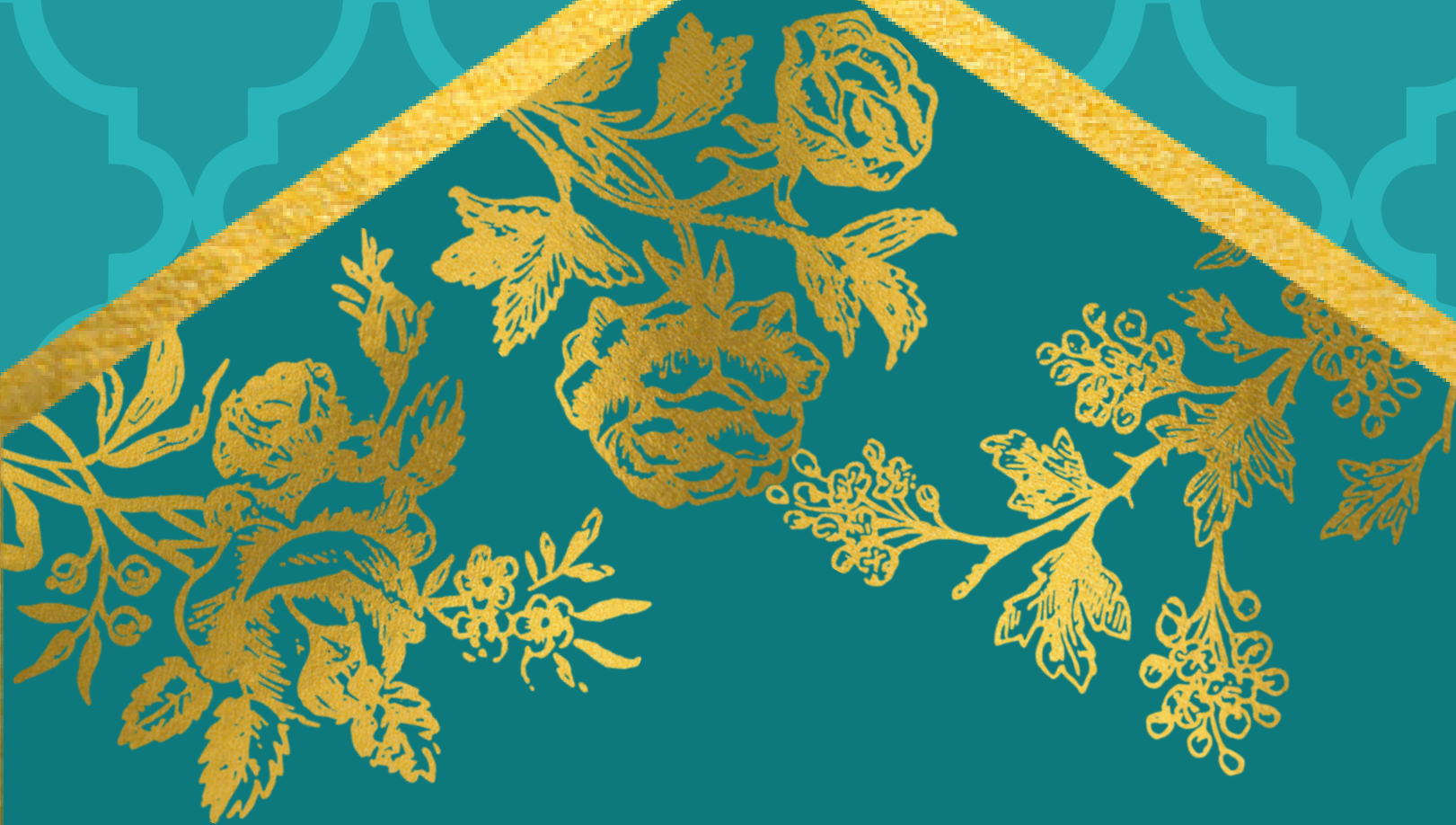
# Motivation During Menstruation

Don't let your menstruation stop you from making the most out of the beneficial month of Ramadhan. Period. You can still reap so many good rewards from other acts of ibadah and by working towards your iman.

## Things to do while on your period:

- Make dua and dhikir
- Make tawbah and istighfar
- Read the translation of the Quran
- Listen to the recitation of the Quran
- Read the hadith
- Give to charity
- Help your family or volunteer at a local organisation or mosque
- Listen to Islamic podcasts
- Watch Islamic lectures on Youtube
- Read Islamic books





*Acts of Ibadah to do during*

# Laylatul Qadr

The Night of Decree



# The Best Dua to Supplicate

Aisha (may Allah be pleased with her) reported: I asked: “O Messenger of Allah! If I realise Laylatul-Qadr (Night of Power), what should I supplicate in it?”

He (pbuh) replied, “You should supplicate:

**اللَّهُمَّ إِنَّكَ عَفُوٌّ تُحِبُّ الْعَفْوَ فَاعْفُ عَنِّي**

Allahumma innaka ‘afuwwun,  
tuhibbul-‘afwa, fa’fu ‘anni  
(O Allah, You are Most Forgiving,  
and You love forgiveness; so  
forgive me).”

[At-Tirmidhi]



# Things To Do

- STRIVE FOR FORGIVENESS
- READ MORE OF THE QURAN
- INCREASE IN DHIKIR
- I'TIKAF
- MAKE PLENTY OF DUA
- INCREASE IN CHARITY



The Prophet (pbuh) has also informed us that:

*"Whoever stands (in the voluntary night prayer of) Ramadan out of faith and in the hope of reward, his previous sins will be forgiven. And whoever spends the night of Laylatul-Qadr in prayer out of faith and in the hope of reward, his previous sins will be forgiven." [An-Nasa'i]*

A'ishah (may Allah be pleased with her) reports about the Prophet Muhammad (pbuh) that:

*"He used to perform Itikaf in the last ten days of Ramadan until Allah the Mighty & Majestic, took him." (Bukhari)*



# Prayer & Quran Log







# Verse

# Reflection

# Verse

# Reflection

# Verse

# Reflection



# Verse

# Reflection

# Verse

# Reflection

# Verse

# Reflection



# Alhamdulillah Journal

لَئِن شَكَرْتُمْ لَأَزِيدَنَّكُمْ وَلَئِن كَفَرْتُمْ

*"If you are Grateful,  
I will give you more"*

(Quran: 14:7)



# Alhamdulillah I am Grateful For

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