

Journey

Through
Quran

Ummu mariam minha

Understanding Quran

"(This is) a Book (the Qur'aan) which We have sent down to you, full of blessings, that they may ponder over its Verses, and that men of understanding may remember"
[Saad 38:29].

The believer should ponder the meanings, i.e., he should pay attention to reading and think about what it means; he should understand the meanings and thus he will benefit from it. If he does not understand the meaning perfectly, he will still understand many meanings. So let him read carefully and ponder and understand. This also applies to women. The reader should benefit from the words of his or her Lord and understand the meaning so that he may act upon it.

"Do they not then think deeply in the Qur'aan, or are their hearts locked up (from understanding it)?"

[Muhammad 47:24]

LIFE GOALS

P

PHYSICAL

Exercise, sleep and healthy food

E

EMOTIONAL

Mental health, mindfulness and self knowledge

I

INTELLECTUAL

Any goal that develops your intellect or learning ability

R

RELATIONAL

Romantic, friendly or family relationship goals

P

PROFESSIONAL

Career goals

GOALS FOR YOUR AKIRAH

list your goals

STAY BALANCED

ACTION BRAINSTORMING

ACTION BRAINSTORMING CAN HELP IDENTIFY WHAT THINGS ARE
HELPING OR STOPPING YOU FROM ACHIEVING YOUR GOALS.

MY GOAL:

TO UNDERSTAND AND ACT ACCORDING TO THE HOLY QUR'AN

STOP
DOING

DO
LESS OF

KEEP
DOING

DO
MORE OF

START
DOING



*What makes me feel negative
and stressed?*

☐
☐
☐
☐
☐
☐
☐



How to overcome?



The blessing of time is one of the greatest blessings that Allaah can bestow upon His slaves.

But most people are unaware of the importance of this blessing and are neglectful of their duties towards it, namely to fill it with acts of gratitude and obedience towards Allaah






Prophet (peace and blessings of Allaah be upon him) said: “Make the most of five things before five others: life before death, health before sickness, free time before becoming busy, youth before old age, and wealth before poverty.”
Saheeh al-Jaami’, no. 1077.

The Prophet (peace and blessings of Allaah be upon him) said: “There are two blessings which many people do not make the most of and thus lose out: good health and free time.”

Narrated by al-Bukhaari, 6412.

If time is so important, then the Muslim should not have any free time, for he should be going from one act of worship and obedience to another. If he cannot spend all his time going from one act of obedience and worship to another then, he may spend some of his time in permissible pursuits, in which he should ensure that his intention is correct, so that he may earn reward thereby,

How do you waste time?

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Abu Hurayrah narrated that the Messenger of Allah (peace and blessings of Allah be upon him) said: “Hasten to do good deeds before there come tribulations like pieces of a dark night, when a man will be a believer in the morning and a kafir by evening, or he will be a believer in the evening and a kafir by morning, selling his religious commitment for worldly gain.”

(Narrated by Muslim, 118)

“Whoever works righteousness — whether male or female — while he (or she) is a true believer (of Islamic Monotheism) verily, to him We will give a good life (in this world with respect, contentment and lawful provision), and We shall pay them certainly a reward in proportion to the best of what they used to do (i.e. Paradise in the Hereafter)”.

[al-Nahl 16:97]

Habit Tracker

[illegible]

date

DAILY PLANNER

to do list

How did you utilise your day?



Al-Tirmidhi (2914) and Abu Dawood (1464) narrated from ‘Abd-Allaah ibn ‘Amr that the Prophet (peace and blessings of Allaah be upon him) said: “It will be said to the companion of the Qur’aan: Recite and rise in status, recite as you used to recite in the world, for your status will be at the last verse that you recite.” This hadeeth was classed as saheeh by al-Albaani in al-Silsilah al-Saheehah, 5/218, no. 2240, after which he said:

Note that what is meant by the “companion of the Qur’aan” is the one who memorizes it by heart, as the Prophet (peace and blessings of Allaah be upon him) said, “The one who knows more Qur’aan should lead the people in prayer,” meaning the one who has memorized the most. The differentiation in status in Paradise will depend on how much was memorized in this world, not how much one will recite on that day as some people imagine. This clearly points to the virtue of the hafiz who has memorized the Qur’aan, but that is subject to the condition that he memorizes it for the sake of Allaah, not for worldly purposes or financial gain. Otherwise the Prophet (peace and blessings of Allaah be upon him) said: “Most of the hypocrites of my ummah are among those who have memorized Qur’aan.”



Quran journaling

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Verse:

Tafseer in short:

Relevant hadith:

Reflection:

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- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

DATE

IMPORTANT REMINDERS

NEW WORDS WITH MEANING

LESSONS LEARNT

IMAAAN LEVEL



WHAT DO YOU WANT TO CORRECT ABOUT YOURSELF?

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This image shows a single page from a notebook or ledger. It features ten horizontal rows, each defined by two parallel green lines. The space between the lines is white, providing a clear area for writing. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the page.

LESSONS LEARNT

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WHAT DO YOU WANT TO CORRECT ABOUT YOURSELF?



Write the verses that says: Allah is your creator!

NAMES OF ALLAH WITH MEANINGS

RATE YOUR LEVEL


LOVE									
HOPE									
BELIEF									
FEAR									
TAQWA									

How do you feel about
your creator?





Preparation for death


*Write down the deeds that you will want to do so
that you will be rewarded even after death.*

<input type="checkbox"/>	
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Queries: Dr.aishahaniyah@gmail.com



Tarbiyatul Aulad