

THE ALL DULLES AREA MUSLIM SOCIETY
PRESENTS:

ramadan workbook

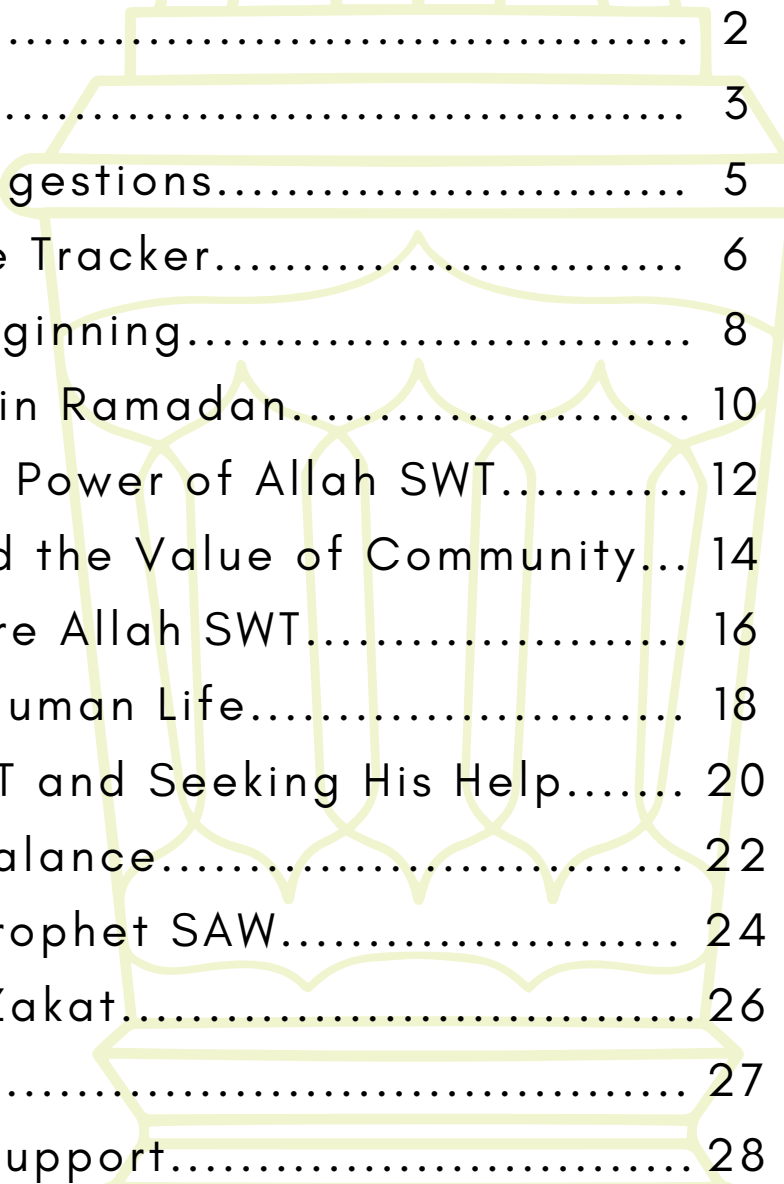
A GUIDE FOR INDIVIDUALS AND
FAMILIES FOR RAMADAN 2023

compiled and distributed by the ADAMS Center
Office of the Imam

PART ONE *(days 1-10)*



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Introduction

As Salamu Alaykum Dear ADAMS Community Members,

The blessed month of Ramadan is upon us, a month of celebrating, connecting with, and reflecting on the book of Allah. It is also a month of fasting, of giving, and of introspection and self-development.

This booklet aims to be a resource for individuals, couples, families, and even groups of friends, to all experience Ramadan together as a community. This year, our Ramadan programming will be centered around the theme "Living the Quran" and we encourage the creation of virtual discussion and support spaces among friends and family who live apart, especially for the most vulnerable and often left-behind among us (see page 29 for more support resources)

This booklet is the first installment of the Ramadan workbook, and will guide us through the first ten days of Ramadan. It is a guide, so feel free to take from it what you find of most benefit. It is a great opportunity to commit to a month-long project as a family, and even gather friends to join in with you for the #ADAMSRamadanChallenge.

We send you all much love and glad tidings as Ramadan arrives. We know these past few weeks have been difficult for so many of us, for a variety of different reasons. May Allah protect you, grant you ease in your difficulties, and allow this Ramadan to be blessed for us all.

Ramadan Kareem,

ADAMS Center Office of the Imam and #ADAMSRamadanChallenge Team

Overveiw

This workbook offers an interactive, community-tailored guide for the month of Ramadan. The workbook is contains a short section for each day of the month. Every day represents a *Juz* (1/30 of the Quran), and from each *Juz* we have selected a short series of *Ayat* (*verses of the Quran*), which illuminate a theme. That theme will guide the suggested activities for each day. Each day includes:

1. Daily Adhkar

For the each day of Ramadan, we have suggested a dhikr/dua (supplication and phrase of remembrance), to learn and practice. Some of you may already know these, for others, this may be the first time you learn them. Try and compound as many as you can over the course of the month, and allow these recitations to become a part of your daily routines as best as you can.

2. Daily Quranic Dua

One dua (supplication) from the Holy Quran will be suggested as the "dua of the day", and is recommended to be recited before *Fajr* (*suhoor time*), after *Fajr* or right before *Iftar* (late *Asr* time). These are blessed hours of the day.

3. Personal challenges

One personal challenge will be suggested. These personal challenges are opportunities to self-reflect, build new spiritual skills, and connect with the people you may be living with this month. We know all of us are on our own spiritual journeys, so feel free to modify and adapt them to best meet your own needs. If you are living alone or perhaps are the only one taking on the workbook in your home, feel free to connect with others digitally or even transform conversation-based challenges into moments of journaling or personal reflection.

4. *Iftar* activities

These activities are short, pre-*Iftar* or during-*Iftar* conversation starters. Think about them as opportunities to connect with one another, and to take a moment of focus before beginning to eat.

5. *Ayat* and recitation of the *Quran*

Every day, the selected *Ayat* from the *Juz* of the day will be included in the workbook, and we encourage everyone to try and read these verses out loud if you can. You can access the Arabic and English translations online (see page 28), if you do not have access to a physical *Quran*.

If you are able to read more, we recommend that you take advantage of the blessing of this month to do so. There will also be a live-streamed recitation of the *Juz* each night during the congregational *Taraweeh*, available online at youtube.com/@OfficialADAMSCenter/streams after *Isha* each night.

6. Discussion questions

Finally, each day will conclude with a short list of discussion/reflection questions around the theme of the day, and the selected *Ayat* from the *Quran*. These discussion questions are a wonderful opportunity to take time with your family before or after *Iftar* (or another time that may work for you), to have every member of the family share their responses to the suggested questions. You may also consider creating a virtual *halqa* space with friends and community members, where you can share your reflections as well. Find someone who can be the reliable leader for the space and who can ensure that everyone gets an opportunity to share.

These activities grant us an opportunity to feel the spirit of community as so many of us will be committing to working through this booklet together. If you and/or your family have chosen to adopt this booklet, share on social media and in your networks with **#ADAMSRamadanChallenge!** This booklet is free and able to be shared with anyone for whom it may be of benefit, even if you are not a member of the ADAMS community.

How to Use It: Tips and Suggestions

Step 1: Put together a **#ADAMSRamadanChallenge** Team. Your team may be your family, a group of friends, or even your own self as your support system. Your team is whoever you will be completing the booklet with.

Step 2: Go back and read the Introduction (page 2) and the Overview (page 3) if you have not already. If there are any words or terminology you do not understand, please head to the Glossary (page 27) in the back of the booklet.

Step 3: Head to the page for the first day of Ramadan. Read through the activities listed as well as the theme at the top of the page, written as the sub-header. That is the theme of the day, and a great grounding tool for reflection.

TIP:
If you are able, you may consider printing out the page for the day, and placing it in a common location in the house, so that household members can read through it on their own.

Step 4: Read through the Daily Dua and Dhikr for that day. If you live with members of your challenge team, decide if you would like to complete these activities together (recommended!). We also strongly encourage you to take the time this Ramadan to pray your daily prayers in congregation with the other members of your household.

Step 5: Read through the Personal Challenge for the day. Share it with the people in your family (most activities should be suitable for children above the age of 8, as well as adults), and come up with a plan to execute it. This may mean allocating collective time to working on it, or setting a deadline during the day to remind one another.

Step 6: If applicable, assign one person each day to be the iftar host and the discussion guide. The first person will lead or conduct the iftar activity for the family and second, the discussion activity. If you are not living with your Team, consider purchasing a notebook to serve as a Ramadan Journal or creating a virtual discussion space to connect.

TIP:
Consider creating a rotating list that includes all members of your household that are able to participate, even children! Make sure to allow space for everyone to contribute!

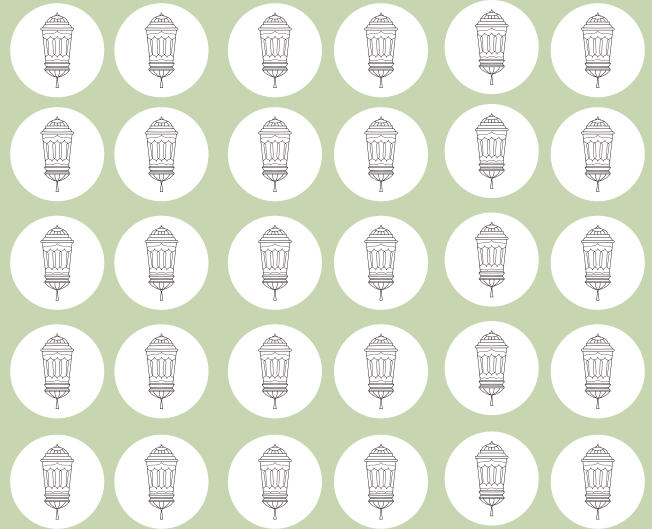
#ADAMSRamadanChallenge

T R A C K E R

Personal Challenges

Mark off the days whose personal challenge you have completed. If you would like to come up with a positive reinforcement for yourself, go for it!

Share your reflections and your progress on social media with #ADAMSRamadanChallenge to encourage others!



Iftar Activities

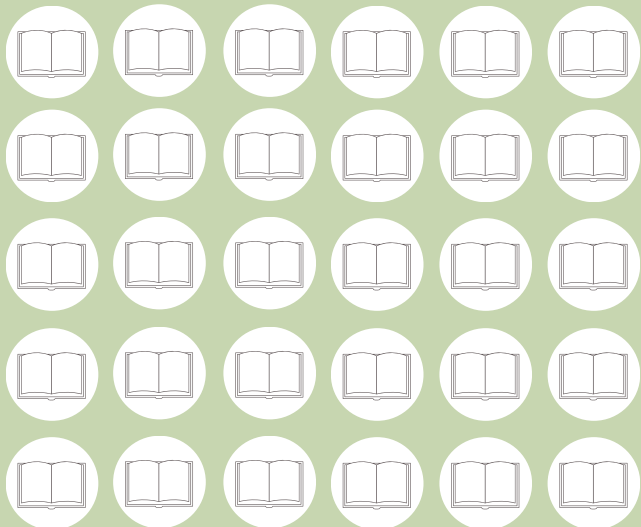
Mark off the days whose Iftar activities you have completed. If you would like to come up with a positive reinforcement for yourself, go for it!

Share your reflections and your experiences on social media with #ADAMSRamadanChallenge

Daily Ayat & Discussion Questions

Mark off the days whose discussion/reflection exercises you have completed. If you would like to come up with a positive reinforcement for yourself, go for it!

Share your reflections and your experiences on social media with #ADAMSRamadanChallenge



Day 1: The Opening, The Beginning

Juz 1: Selected Ayat:

Surah Fatiha, Ayahs 1-7

1: 1-7

Daily Dhikr:

عند الافطار

- اللَّهُمَّ لَكَ صُيِّمْتُ، وَعَلَى رِزْقِكَ أَفْطَرْتُ -
ذَهَبَ الظَّمَأُ، وَابْتَلَّتِ العُرُوقُ، وَثَبَّتَ -
الأجْرُ إِنْ شَاءَ اللهُ تَعَالَى

At time of breaking fast:

- Allah, for You I have fasted, and with
Your sustenance I break my fast
The thirst has gone and the veins are
quenched, and reward is confirmed,
if Allah wills.

Daily Quranic Dua:

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الآخِرَةِ
حَسَنَةً وَقِنَا عَذَابَ النَّارِ

*Rabbana atina fid dunya
hasanatan wa fil Aakhirati
hasanatan waqina 'adhaban-nar.*

"Our Lord, give us good in this world
and in the Hereafter, and
protect us from the torment of the
Fire." (Quran 2:201)

Personal Challenge:

Don't forget to share your responses and reflections with the community, using the hashtag [#ADAMSRamadanChallenge!](#)

Prepare your home to remind you of, and
celebrate, Ramadan's arrival

Examples include (but are not limited to): putting
up decorative lights, baking a special dessert,
playing Quran or Ramadan Nasheeds out loud
during the day, putting up a wreath on your door,
having the children in your home make paper
lanterns, deep clean a particular room, etc.

Try to designate a
prayer/reflection area in
your home that can remain
open to any member for
prayer and reflection
throughout the month. It
could even be a corner the
width of a prayer rug that is
dedicated to quietude.

Day 1: (Continued)

The Opening, The Beginning

Iftar Activity

Collectively:

Before or during dinner time, picking a leader and moving to the right, have each person briefly share one goal they have for themselves for the month of Ramadan.

OR

Individually:

Take some time during or before Iftar to come up with three Ramadan goals for yourself, and write them down in a journal, or post them somewhere visible in your home to remind yourself of your goals for the month

Discussion Questions on Selected Ayat of the Day (see previous page):

Discuss with your #Challenge Team or reflect individually on the following questions:

Surah Al-Fatiha is recited seventeen times in a day throughout the five daily prayers. It is an important Surah that we use in our everyday lives as Muslims. It is a Surah that is also a Dua to Allah SWT, given to us to recite by Allah Himself.

What do you feel when you hear or recite Surah Al-Fatiha? Picking one of the verses, how can you translate its general message, into a specific example in your own life (ex: "Guide us on the straight path" → keep me guided on my journey as I _____ (move to a new city, or start at a new school))?

Reflect on the Meaning of the word Rahma (Mercy) and the name of Allah, Ar-Rahman.

How have you experienced Rahma (Mercy) in your own life? What can you do to be a greater example of Rahma to both yourself and to others?¹

¹ Excerpted from the text, "Reflections on the Quran: A Ramadan Reader" By Imam Hag Magid and Hanaa Unus

Additional Acts of Worship:

Fluent Readers of Arabic:
Read the first Juz of the Quran

Intermediate Readers of Arabic:
Try reading two pages of the Quran, the two pages surrounding the selected Ayat for the day

Beginner Readers of Arabic:
Try reading the selected verses, or even a single verse in Arabic. Take as much time as you need!

Bonus:

Memorize the Dua, and/or Athkar from yesterday, and add them into your daily recitation of Dhikr and a collection of dua to recite before Fajr or after Maghrib.

Try Memorizing the Selected Ayat from yesterday and recite them in one of your salat today!



Day 2:

The Quran and Dua in Ramadan

Juz 2: Selected Ayat:

Surah Baqarah, Ayahs 183-186

2:183-186

Daily Dhikr:

قال رسول الله صلى الله عليه وسلم
"مَنْ صَلَّى عَلَيَّ صَلَاةً صَلَّى اللَّهُ عَلَيْهِ بِهَا
عَشْرًا"

إِنْ مِنْ أَفْضَلِ أَيَّامِكُمْ يَوْمَ الْجُمُعَةِ، فَأَكْثَرُوا
عَلَيَّ مِنَ الصَّلَاةِ فِيهِ، فَإِنَّ صَلَاتَكُمْ مَعْرُوضَةٌ عَلَيَّ

[Related to the sending of blessings on the Prophet Muhammad SAW] The Prophet SAW said:

"Whoever prays for Allah's blessings upon me once, will be blessed for it by Allah ten times"

"One of your best days is Friday, so pray for blessings upon me more on Fridays, for your blessings will be presented to me"

Daily Quranic Dua:

رَبَّنَا لَا تُؤَاخِذْنَا إِنْ نَسِينَا أَوْ أَخْطَأْنَا رَبَّنَا وَلَا
تَحْمِلْ عَلَيْنَا إِصْرًا كَمَا حَمَلْتَهُ عَلَى الَّذِينَ
مِنْ قَبْلِنَا رَبَّنَا وَلَا تُحَمِّلْنَا مَا لَا طَاقَةَ لَنَا بِهِ
وَاعْفُ عَنَّا وَارْحَمْنَا أَنْتَ مَوْلَانَا
فَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ

Rabbana la tu'akhidhna in-nasina aw akhta'na.
Rabbana wala tahmil alayna isran kama hamaltahu
'alal-ladheena min qablina. Rabbana wala tuhammilna
ma la taqata lana bihi wa'fu anna waghfir lana
wairhamna anta mawlana fansurna 'alal-qawmil
kafireen.

"Lord, do not take us to task if we forget or make mistakes. Lord, do not burden us as You burdened those before us. Lord, do not burden us with more than we have strength to bear. Pardon us, forgive us, and have mercy on us. You are our Protector, so help us against the disbelievers." (Quran 2:286)

Personal Challenge:

Don't forget to share your responses and reflections with the community, using the hashtag [#ADAMSRamadanChallenge!](#)

Send Salaams to the prophet throughout the day, and reflect on his love for the Ummah.

"Allah sends His Salat (Graces, Honours, Blessings, Mercy, etc.) on the Prophet (Muhammad SAW) and also His angels too (ask Allah to bless and forgive him). O you who believe!

Send your Salat on (ask Allah to bless) him (Muhammad SAW), and (you should) greet (salute) him with the Islamic way of greeting (salutation i.e. AsSalamu 'Alaikum)." (Quran, 33:56)

Repeat:

**Allahumma Sali Ala Sayyiduna
Muhammad Wa Ala Aalih**

200x in the day
(~ 40x after every prayer)

OR

100 times in the day
(~ 20x after every prayer)

OR

50 times in the day
(~10x after every prayer)

Day 2: (Continued)

The Quran and Dua in Ramadan

Iftar Activity

Collectively:

Start a group dua "chain", by picking a leader to begin sharing out loud one Dua to Allah SWT about anything, and then continue to the right with each person making dua for one thing.

OR

Individually:

Take some time during or before Iftar to make sincere dua to Allah SWT for something, while reflecting on the blessing of dua in this special month. You might even start a texting chain with some friends, where after every person's dua, the group says ameen out loud as they are reading the messages

Discussion Questions on Selected Ayat of the Day (see previous page):

Discuss with your #Challenge Team or reflect individually on the following questions:

As described by Allah SWT in these Ayat, Ramadan is the celebration of Allah's promise of Guidance to humanity, as the sacred Quran was revealed and connects us to our Lord.

How has the Quran been a guidance for you? In what ways do you want to improve your relationship with the Quran?

Allah SWT also mentions His nearness, the importance of calling upon Him, and His promise to respond to our Dua.

When do you feel Allah is most near to you? What do you think it means to truly believe in Allah's promise that whenever we call upon Him, He will respond to us? How has Allah responded to you?

Additional Acts of Worship:

Fluent Readers of Arabic:
Read the second Juz of the Quran

Intermediate Readers of Arabic:

Try reading two pages of the Quran, the two pages surrounding the selected Ayat for the day

Beginner Readers of Arabic:
Try reading the selected verses, or even a single verse in Arabic. Take as much time as you need!

Bonus:

Memorize the Dua, and/or Athkar from yesterday, and add them into your daily recitation of Dhikr and a collection of dua to recite before Fajr or after Maghrib.

Try Memorizing the Selected Ayat from yesterday and recite them in one of your salat today!



Day 3:

Ayatul Kursi and the Power of Allah

Juz 3: Selected Ayat:

Surah Baqarah, Ayahs 255-257

2: 255-257

Daily Dhikr:

قَبْلَ الْوُضُوءِ بِسْمِ اللَّهِ
بَعْدَ الْوُضُوءِ "أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ
لَهُ، وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ؛ اللَّهُمَّ اجْعَلْنِي
"مِنَ التَّوَابِينَ، وَاجْعَلْنِي مِنَ الْمُتَطَهِّرِينَ"

Before Wudu', Recite: Bismillah (In the name of Allah)

After Wudu', Recite:

I bear witness that none has the right to be worshipped except Allah, alone without partner, and I bear witness that Muhammad is His servant and Messenger. O Allah, make me of those who return to You often in repentance and make me of those who remain clean and pure.

Daily Quranic Dua:

رَبَّنَا لَا تُزِغْ قُلُوبَنَا بَعْدَ إِذْ هَدَيْتَنَا وَهَبْ لَنَا
مِنْ لَدُنْكَ رَحْمَةً إِنَّكَ أَنْتَ الْوَهَّابُ

Rabbana la tuzigh quloobana
ba'da idh hadaitana wa hab lana
milladunka rahmah innaka antal
Wahhab

"Our Lord, do not let our hearts deviate after You have guided us. Grant us Your mercy: You are the Ever Giving." (Quran 3:8)

Personal Challenge:

Don't forget to share your responses and reflections with the community, using the hashtag [#ADAMSRamadanChallenge!](#)

Select 5 names of the 99 names of Allah in Arabic and/or English and reflect on them.

For each of the names, write down/come up with 3 ways you have experienced that name of Allah in your own life.

Consider some of the names of Allah mentioned in the selected Ayat (see page 28 for a list of names)

Say, "Call upon Allah or call upon the Most Merciful. Whichever [name] you call – to Him belong the best names." (Quran 17:110)

Examples include:

Al Baseer: the All-Seeing and All Perceiving,
Al Karim: the Most Generous,
Ar Razaq: the Provider,
Al Wahabb: the Bestower of Gifts,
Al Ghaffar: the Great Forgiver

Day 3: (Continued)

Ayatul Kursi and the Power of Allah

Iftar Activity

Collectively:

Before dinner/*Iftar* time, select one person to make a Dua outloud thanking Allah for the food that you have been blessed with today. This will take place after the Sunnah dua to begin the meal.

Consider picking someone who doesn't often take the lead!

OR

Individually:

Make a personal Dua out loud or silently thanking Allah for the food and blessing you have received that day. Feel free to make in whatever language you are most comfortable in!

Discussion Questions on Selected Ayat of the Day (see previous page):

Discuss with your #Challenge Team or reflect individually on the following questions:

In the first, well-known and often recited Ayatul Kursi, Allah SWT describes the Greatness of Himself and His domain to us.

In moments of crisis such as the global pandemic we are witnessing today, why and how is it important to remember the vastness of Allah's SWT powers and ownership over all that happens? How can that awareness bring us comfort, and also guide our response to moments of uncertainty, grief, and difficulty?

In the second part of the selection, Allah SWT tells us that He is The One who brings those who believe from darkness into light.

How can you increase your reception to the "light" of Allah SWT in your own life? How do you aim to preserve and share that light with others?

Additional Acts of Worship:

Fluent Readers of Arabic:
Read the third Juz of the Quran

Intermediate Readers of Arabic:
Try reading two pages of the Quran, the two pages surrounding the selected Ayat for the day

Beginner Readers of Arabic:
Try reading the selected verses, or even a single verse in Arabic. Take as much time as you need!

Bonus:

Memorize the Dua, and/or Athkar from yesterday, and add them into your daily recitation of Dhikir and a collection of dua to recite before Fajr or after Maghrib.

Try Memorizing the Selected Ayat from yesterday and recite them in one of your salat today!



Day 4: Unity of Muslims and the Value of Community

Juz 4: Selected Ayat:

Surah Aly Imran, Ayahs 102-105

3:102-105

Daily Dhikr:

بعد الصلاة

إذا انصرف من صلاته استغفر ثلاثاً
(اسْتَغْفِرُ اللَّهَ)، وقال: "اللَّهُمَّ أَنْتَ السَّلَامُ،
وَمِنْكَ السَّلَامُ، تَبَارَكْتَ يَا ذَا الْجَلَالِ
وَإِلْكَرَامِ

After prayer recite:

I ask Allah for forgiveness (3x).

O Allah, You are As-Salam and from You is all peace, blessed are You, Lord of Majesty and Honor. (1x)

(As-Salam: The One Who is free from all defects and deficiencies.)

Daily Quranic Dua:

رَبَّنَا إِنَّا آمَنَّا بِأَعْيُنِنَا
وَقِنَا غَمَاتِ النَّارِ

Rabbana innana amanna faghfir
lana dhunuubana wa qinna
'adhaban-Naar

"Our Lord, we believe, so forgive us our sins
and protect us from suffering in the Fire."
(Quran 3:16)

Personal Challenge:

Don't forget to share your responses and reflections with the community, using the hashtag **#ADAMSRamadanChallenge!**

Make Dua after every prayer for yourself, family, friends, someone you are working on forgiving, and someone whose forgiveness you seek.

To climb the spiritual ladder, and to create healthier communities, we must invest in purifying our hearts from bitterness towards other people. Try and think of someone towards whom you may be holding a grudge, and work on making sincere dua for them. Reflect also on people whose forgiveness you have sought, and make sincere dua to Allah on their behalf as well.

The Prophet Muhammad (SAW) said, "Musa, the son of Imran once asked, "Oh my Lord! Who is the most honorable of Your servants? And He replied, the person who forgives even when he is in a position of power" (Baihaqi).

Day 4: (Continued)

Unity of Muslims and the Value of Community

Iftar Activity

Collectively:

Discuss your **Roses** (something that went well and that you enjoyed), **Thorns** (something that did not go as expected or that you need to reflect on), and **Buds** (something you are looking forward to) of the day, selecting a leader and moving to the right.

OR

Individually:

Take some time during or before Iftar to reflect on your **Rose, Thorn, and Bud** for the day. Thank Allah for what you have been blessed with, ask Him for patience for what you are struggling with, and ask Him for protection and guidance for what is before you.

Discussion Questions on Selected Ayat of the Day (see previous page):

Discuss with your #Challenge Team or reflect individually on the following questions:

“Ghaffla” or heedlessness, is an illness of the heart and causes significant injury to our spiritual health. In a state of Ghaffla, you may be knowledgeable and aware of Allah’s commandments, but no longer realize the gravity of your sins.

How can you avoid a sense of “carelessness” when it comes to the ways you practice Islam? What outside influences may have impacted the state of your heart, both beneficial and harmful?

Unaddressed divisions and tensions, whether it be differences across sects, races, nationalities, genders, or class, impede our success as a nation and an Ummah.

Do you hold any prejudices, biases, or grudges against people? How can you work to mend divisions and be of service first and foremost to your family, your social circle, and then the greater community?

Additional Acts of Worship:

Fluent Readers of Arabic:
Read the fourth Juz of the Quran

Intermediate Readers of Arabic:

Try reading two pages of the Quran, the two pages surrounding the selected Ayat for the day

Beginner Readers of Arabic:
Try reading the selected verses, or even a single verse in Arabic. Take as much time as you need!

Bonus:

Memorize the Dua, and/or Athkar from yesterday, and add them into your daily recitation of Dhikr and a collection of dua to recite before Fajr or after Maghrib.

Try Memorizing the Selected Ayat from yesterday and recite them in one of your salat today!



Day 5: Accountability Before Allah SWT

Juz 5: Selected Ayat:

Surah Al-Nisa, Ayahs 105-113

4:105-113

Daily Dhikr:

بعد الصلاة

لا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ، وَلَهُ
الْحَمْدُ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ؛ اللَّهُمَّ لَا مَانِعَ لِمَا
أَعْطَيْتَ، وَلَا مَعْطِي لِمَا مَنَعْتَ، وَلَا يَنْفَعُ ذَا الْجَدِّ
مِنْكَ الْجَدُّ

After prayer recite:

None has the right to be worshipped except Allah,
alone, without partner, to Him belongs all
sovereignty and praise, and He has power over all
things. O Allah, none can withhold what You have
granted; and none can grant what You withhold,
and the riches (wealth) or the rich do not avail them
against You" (1x)

Daily Quranic Dua:

رَبَّنَا اغْفِرْ لَنَا ذُنُوبَنَا وَإِسْرَافَنَا فِي أَمْرِنَا
وَتَبِّتْ أَقْدَامَنَا وَانصُرْنَا عَلَى الْقَوْمِ
الْكَافِرِينَ

Rabbana faghfir lana dhunoobana
wa israfana fi amrina wa thabbit
aqdamana wansurna 'alal qawmil
kafireen

"Our Lord, forgive us our sins and our
excesses. Make our feet firm, and give
us help against the disbelievers."

(Quran 3:147)

Personal Challenge:

Don't forget to share your responses and reflections with the community, using the hashtag **#ADAMSRamadanChallenge!**

What are your top 3 spiritual strengths?

You may consider: your consistency with your prayers, your
generosity, your willingness to forgive, your sincere moments of
repentance, etc.

What is at least one thing you need in your life to
maintain and continue to grow each of those
strengths? Spend at least 15 minutes writing
down your answers.

**When thinking about what you need
to maintain your strengths, you may
consider habits that you need to keep
up with, social circles you need to
maintain, or even certain resources
you would like to continue to have
access to (ex: masjid programming, or
a quiet space in your home).**

**Make an intention (and a plan!) to
work on sustaining the things you
have listed.**

Day 5: (Continued)

Accountability Before Allah SWT

Iftar Activity

Collectively:

Before or during dinner/*Iftar* time, have each member of the group thank the person to their right for something they have done recently, or in the past. Select a leader and rotate from the right.

OR

Individually:

Before or during dinner, think of a person who has done something meaningful for you that you haven't had a chance to thank, and reach out to them, over text message, a phone call, or even email, and thank them! Ask Allah to reward them for their actions.

Discussion Questions on Selected Ayat of the Day (see previous page):

Discuss with your #Challenge Team or reflect individually on the following questions:

Allah SWT reminds us that even if we conceal our wrong actions from others, Allah SWT is aware of all that we do. As a result, we must strive to hold ourselves accountable to the promises we have made to Allah SWT to be the best people we can be, and to avoid lying, deception, and other sins.

What are ways that you can enforce self-accountability for both the good deeds you seek to do, and the negative deeds you seek to avoid? How can you work to purify both your tongue and your ears from lying and negative speech, such as backbiting and gossip?

The Prophet Muhammad SAW was a man who stood strongly in the face of all injustices. He was a protector of his community, and obeyed the rules that Allah SWT set for him.

How can you stand for truth and justice in your life? What makes it hard to do so, and how can you work to address those obstacles?

Additional Acts of Worship:

Fluent Readers of Arabic:
Read the fifth Juz of the Quran

Intermediate Readers of Arabic:

Try reading two pages of the Quran, the two pages surrounding the selected Ayat for the day

Beginner Readers of Arabic:
Try reading the selected verses, or even a single verse in Arabic. Take as much time as you need!

Bonus:

Memorize the Dua, and/or Athkar from yesterday, and add them into your daily recitation of Dhikr and a collection of dua to recite before Fajr or after Maghrib.

Try Memorizing the Selected Ayat from yesterday and recite them in one of your salat today!



Day 6: The Importance of Human Life

Juz 6: Selected Ayat:

Surah Al-Maaidah, Ayahs 27-32

5:27-32

Daily Dhikr:

بعد الصلاة

لا إله إلا الله وحده لا شريك له، له الملك، وله الحمد، وهو على كل شيء قدير، لا حول ولا قوة إلا بالله، لا إله إلا الله، ولا نعبد إلا إيَّاه، له النعمة، وله الفضل، وله الثناء الحسن، لا إله إلا الله مخلصين له الدين ولو كره الكافرون

After prayer recite:

None has the right to be worshipped except Allah, alone, without partner, to Him belongs all sovereignty and praise, and He has power over all things. There is no might nor power except with Allah; there is no god except Allah, and we worship none but Him. To Him belongs all favor (bounties), grace, and glorious praise. None has the right to be worshipped except Allah, and we are sincere in faith and devotion to Him even if the disbelievers detest it. (1x)

Daily Quranic Dua:

رَبَّنَا إِنَّا سَمِعْنَا مُنَادِيًا يُنَادِي لِلْإِيمَانِ أَنْ
آمَنُوا بِرَبِّكُمْ فَآمَنَّا رَبَّنَا فَاغْفِرْ لَنَا ذُنُوبَنَا
وَكَفِّرْ عَنَّا سَيِّئَاتِنَا وَتَوَفَّنَا مَعَ الْأَبْرَارِ * رَبَّنَا
وَاتِنَا مَا وَعَدْتَنَا عَلَى رُسُلِكَ وَلَا تُخْزِنَا يَوْمَ
الْقِيَامَةِ إِنَّكَ لَا تُخْلِفُ الْمِيعَادَ

Rabbana innana sami'na munadiyany-yunadi lil-imani an aminu bi Rabbikum fa'aamanna. Rabbana faghfir lana dhunoobana wa kaffir 'ana sayyi'aatina wa tawaffana ma'al Abrar. Rabbana wa 'atina ma wa'adtana 'ala rusulika wa la tukhzina yawmal-Qiyamah innaka la tukhliful mi'aad

"Our Lord! We have heard someone calling us to faith—" Believe in your Lord"— and we have believed. Our Lord! Forgive us our sins, wipe out our bad deeds, and grant that we join the righteous when we die. * Our Lord! Bestow upon us all that You have promised us through Your messengers— do not humiliate us on the Day of Resurrection— You never break Your promise." (Quran 3:193-194)

Personal Challenge:

Don't forget to share your responses and reflections with the community, using the hashtag [#ADAMSRamadanChallenge!](#)

What are your top 3 spiritual **weaknesses**?

You may consider sins and acts of disobedience that you struggle with, or even acts of obedience that you have a difficult time connecting with or improving upon.

What is at least one thing you need in your life to begin to address and combat each of those weaknesses? Spend at least 15 minutes writing down your answers.

Possible solutions might include:

Spending time with friends that remind you of Allah, scheduling time to reconnect with your family, increasing your *saqadah* to the community in both money and time, setting apart time to read and reflect on the Quran, joining a Halaqa or a class, or even seeking out professional help in some cases.

Day 6: (Continued)

The Importance of Human Life

Iftar Activity

Collectively:

Set a timer for a two minute silent Dua before Iftar, encouraging every person to spend it quietly thanking Allah for the blessing of the day, and the blessings He has gifted them throughout their lives. See how many things you can list until the time is up!

OR

Individually:

Take some time during or before Iftar to set a timer for a two minute silent Dua, quietly thanking Allah for the blessing of the day, and the blessings He has gifted you throughout your life. See how many things you can list until the time is up!

Discussion Questions on Selected Ayat of the Day (see previous page):

Discuss with your #Challenge Team or reflect individually on the following questions:

The story of Cain and Able (the sons of prophet Adam AS) is a powerful one, and one that teaches us many lessons.

What resonated the most with you in this story? What lesson here (if you have heard the story before), do you think we might often overlook? Is there anything about the specific language used by Allah SWT that reveals something to you?

The final verse in this selection, is one that has been used very often to condemn violence in the name of Islam. But there is another key aspect to the verse, that in the eyes of Allah, saving one life, is as if you have saved all of humanity. We live in a very interconnected world, where the economic, political, and environmental choices of each of us can affect the lives of people all around the world.

What is an area of your global footprint that you would like to improve on? How can you participate in the blessings of saving a life?

Additional Acts of Worship:

Fluent Readers of Arabic:
Read the sixth Juz of the Quran

Intermediate Readers of Arabic:
Try reading two pages of the Quran, the two pages surrounding the selected Ayat for the day

Beginner Readers of Arabic:
Try reading the selected verses, or even a single verse in Arabic. Take as much time as you need!

Bonus:

Memorize the Dua, and/or Athkar from yesterday, and add them into your daily recitation of Dhikr and a collection of dua to recite before Fajr or after Maghrib.

Try Memorizing the Selected Ayat from yesterday and recite them in one of your salat today!



Day 7: Relying on Allah SWT and Seeking His Help

Juz 7: Selected Ayat:

Surah Al-Anam, Ayahs 38-44

6:38-44

Daily Dhikr:

بعد الصلاة

أَنْ فُقِرَاءَ الْمُهَاجِرِينَ أَتَوْا رَسُولَ اللَّهِ -صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ- فَقَالُوا: ذَهَبَ أَهْلُ الدُّثُورِ (الْمَالُ الْكَثِيرُ) بِالدرجات العِلا، وَالنعميم المقيم، يُصَلُّونَ كَمَا نُصَلِّي، وَيصومون كما نصوم، ولهم فضل من أموال يحجون بها، ويعتَمرون، ويجاهدون، ويتصدقون، فقال: "أَلَا أَعْلَمُكُمْ شَيْئاً تُذَكِّرُونَ بِهِ مَنْ سَبَقَكُمْ وَتَسْبِقُونَ بِهِ مَنْ بَعْدَكُمْ، وَلَا يَكُونُ أَحَدٌ أَفْضَلَ مِنْكُمْ إِلَّا مَنْ صَنَعَ مِثْلَ مَا صَنَعْتُمْ؟" قالوا: بلى! يا رسول الله، قال: "تُسَبِّحُونَ وَتَحْمَدُونَ وَتُكَبِّرُونَ خَلْفَ كُلِّ صَلَاةٍ ثَلَاثًا وَثَلَاثِينَ
و في حديث: وَقَالَ تَمَامَ الْمَائَةِ: لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ، وَلَهُ الْحَمْدُ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

After prayer recite:

- Glory is to Allah (subhan Allah), and praise is to Allah (al-hamdulillah), and Allah is the Most Great (Allahu-akbar) [each said 33 times].
- For the 100th one say: None has the right to be worshipped except Allah, alone, without partner, to Him belongs all sovereignty and praise, and He has power over all things (1x)

Personal Challenge:

Don't forget to share your responses and reflections with the community, using the hashtag [#ADAMSRamadanChallenge!](#)

Increase your supererogatory (Nawaful) salat today:

Aim to fulfil your *Sunnah Prayers* (see page 27) along with all of your daily prayers

OR

Pray four *Rakat* of *Taraweeh* at home along with *Shafi' Witr*

OR

Pray *Tahajjud* or *Qiyam* tonight

Daily Quranic Dua:

رَبَّنَا ظَلَمْنَا أَنْفُسَنَا وَإِنْ لَمْ تَغْفِرْ
لَنَا وَتَرْحَمْنَا لَنَكُونَنَّ مِنَ
الْخَاسِرِينَ

Rabbana zalamna anfusina wa il lam tagfir lana wa tarhamna lana kulan minal-khasireen

"Our Lord, we have wronged our souls: if You do not forgive us and have mercy, we shall be lost." (Quran 7:23)

If you haven't ever completed these prayers before, start with one and work to build up. If you already pray these salat regularly, try and increase the duration of your prayers.

NOTE: If you are unable to pray during the day, consider making Dua to Allah SWT during one of the time frames mentioned on the left

Day 7: (Continued)

Relying on Allah SWT and Seeking His Help

Iftar Activity

Collectively:

During Iftar/dinner time, agree collectively to have a technology free iftar/dinner from Magrib until Isha

This means putting away phones, laptop computers, and television until the athan for Isha is called

OR

Individually:

From the time of Magrib until the time of Isha, try and commit to turning off all electronic devices and having a mindful iftar, where you are really able to focus on each bite of food, be aware of what you are eating, and reflect on the day.

Discussion Questions on Selected Ayat of the Day (see previous page):

Discuss with your #Challenge Team or reflect individually on the following questions:

In these Ayat, Allah SWT reminds us of peoples who came before us, who were tested by Allah SWT and failed that test. They failed that test by not humbling themselves and turning back to Allah in their time of suffering.

Why do you think it can be so difficult for some of us to humble ourselves before Allah SWT when we are in times of difficulty? How have recent, or other kinds of events in your own life revealed to you the importance of relying on and turning to Allah SWT in times of vulnerability?

Many of us turn to people and our community when we are in need of support, while also striving to rely on Allah SWT; it is a part of our designed human nature to seek out community.

How have you responded when people have come to you seeking support? How can you improve in the ways you support those around you, and seek support yourself in times of need?

Additional Acts of Worship:

Fluent Readers of Arabic:
Read the seventh Juz of the Quran

Intermediate Readers of Arabic:

Try reading two pages of the Quran, the two pages surrounding the selected Ayat for the day

Beginner Readers of Arabic:
Try reading the selected verses, or even a single verse in Arabic. Take as much time as you need!

Bonus:

Memorize the Dua, and/or Athkar from yesterday, and add them into your daily recitation of Dhikr and a collection of dua to recite before Fajr or after Maghrib.

Try Memorizing the Selected Ayat from yesterday and recite them in one of your salat today!



Day 8: Enjoying Life with Balance

Juz 8: Selected Ayat:

Surah Al-A'araaf, Ayahs 31-37

7:31-37

Daily Dhikr:

بعد الصلاة

يقرأ {قُلْ هُوَ اللَّهُ أَحَدٌ} و {قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ}، و {قُلْ أَعُوذُ بِرَبِّ النَّاسِ}

قبل النوم

زيقرأها ثلاثاً

After prayer:

Read Surah Ikhlas, Surah al-Falaq, and Surah an-Nas.

Before sleeping:

Read the surahs above again (3x)

Daily Quranic Dua:

رَبَّنَا لَا تَجْعَلْنَا فِتْنَةً لِلْقَوْمِ الظَّالِمِينَ *
وَنَجِّنَا بِرَحْمَتِكَ مِنَ الْقَوْمِ الْكَافِرِينَ

Rabbana la taj'alna ma'al qawwmi-dhalimeen wa najjina bi-Rahmatika minal qawmil kafiireen

"Our Lord, do not make us an object of persecution for the oppressors. * Save us, in Your mercy, from those who reject [Your message]." (Quran 10: 85-86)

Personal Challenge:

Don't forget to share your responses and reflections with the community, using the hashtag **#ADAMSRamadanChallenge!**

Start memorizing a new Surah from the Quran

Some good examples are in the following:

- Surah Al-Mulk
- Surah Al-Waqiah
- Surat Yaseen

(Note: every Friday at 6pm on ADAMS TV, there is a live class for the memorization and tafsir of Surah Yasin with Imam Magid and Shaykh Tidani)

Be gentle with yourself and take it slow! There is Barakah in working towards the goal of memorization, no matter how long it may take you!

SUPPORT & RESOURCES:

Shaykh Tidani offers regular Tajweed (or the method of reciting the Quran), courses through ADAMS TV. Feel free to tune in for support with your memorization skills.

Day 8: (Continued)

Enjoying Life with Balance

Iftar Activity

Collectively:

Before or during Iftar, select a leader, and then, moving from the right, have each individual share a compliment with the person sitting on their left. It could be something as simple as valuing their sense of humor, or even sharing that you appreciate a creative expression of theirs.

OR

Individually:

Before or during Iftar, think of someone in your intimate friend or familial circle and send them a compliment. It could be over the phone, over text message, or even email. Make Dua that Allah SWT preserves in that person the source of the goodness you have witnessed.

Discussion Questions on Selected Ayat of the Day (see previous page):

Discuss with your #Challenge Team or reflect individually on the following questions:

What does it mean to you to live a life of moderation and avoidance of excess? What are some aspects of your own life that you think are in good balance, and what are the other areas that you think could use improvement?

Allah SWT emphasizes in these Ayat the importance of obeying the boundaries set forth by Allah in order to gain His favour and protect ourselves in the next life.

What about the experience of Ramadan and fasting enables us to develop better ways to obey the boundaries of Allah in our own lives? What skills can you take from Ramadan into the rest of the months to follow regarding this topic?

Additional Acts of Worship:

Fluent Readers of Arabic:
Read the eighth Juz of the Quran

Intermediate Readers of Arabic:
Try reading two pages of the Quran, the two pages surrounding the selected Ayat for the day

Beginner Readers of Arabic:
Try reading the selected verses, or even a single verse in Arabic. Take as much time as you need!

Bonus:
Memorize the Dua, and/or Athkar from yesterday, and add them into your daily recitation of Dhikr and a collection of dua to recite before Fajr or after Maghrib.
Try Memorizing the Selected Ayat from yesterday and recite them in one of your salat today!



Day 9: Obedience to the Prophet SAW

Juz 9: Selected Ayat:

Surah Al-Anfaal, Ayahs 20-25

8:20-25

Daily Dhikr:

بعد الصلاة

من قرأ آية الكرسي في دبر الصلاة المكتوبة كان في ذمة الله إلى الصلاة الأخرى (فيه ضعف

(Quran 2: 255)

قبل النوم

إذا أويت إلى فراشك فاقراً آية الكرسي، فإنه لن يزال معك من الله تعالى حافظ، ولا يقربك شيطانٌ حتى تُصبح

After prayer: Read Ayat al-Kursi (Quran 2:255)

Before Sleep:

Whenever you go to your bed, recite the Verse of "Al-Kursi" for then a guardian from Allah will be guarding you, and Satan will not approach you till dawn

Daily Quranic Dua:

رَبِّ اجْعَلْنِي مُقِيمَ الصَّلَاةِ وَمِنْ ذُرِّيَّتِي رَبَّنَا
وَتَقَبَّلْ دُعَاءِ * رَبَّنَا اغْفِرْ لِي وَلِوَالِدَيَّ
وَلِلْمُؤْمِنِينَ يَوْمَ يَقُومُ الْحِسَابُ

Rabbi jalni muqimas salata wa min dhurriyyati rabbana wa taqabbal dua. Rabbana aghfirli waliwalidaiyya wa lil muminina yawma yaqumul hisab.

"Lord, grant that I and my offspring may keep up the prayer. Our Lord, accept my request. * Our Lord, forgive me, my parents, and the believers on the Day of Reckoning." (Quran 14: 40-41)

Personal Challenge:

Don't forget to share your responses and reflections with the community, using the hashtag **#ADAMSRamadanChallenge!**

The Prophet Muhammad SAW used to participate in household chores.

Collaborate with the members of your household who do not typically prepare dinner, to prepare the Iftar and dinner for the day. If you have children, find a way for them to be involved too.

OR

Take on the completion of another household chore typically done by another member of your household.

For Individuals:

**Our bodies have rights over us!
Make a healthier Suhoor, Iftar or dinner than what you typically consume and try to practice mindful eating with everything that goes in your stomach.**

OR

Try to take a walk before iftar if that is possible for you.

(see page 28 for more information)

Day 9: (Continued)

Obedience to the Prophet SAW

Iftar Activity

Collectively:

Before or during dinner/*Iftar* time, select a leader to share out loud with the group a favorite/happy memory that they had with the people present. Share about why it is a favorite/happy memory for you!

OR

Individually:

Before or during dinner, reflect on the last time you had a very happy experience. Who was there with you? Who helped to facilitate your feelings? Reach out to that person and share with them the impact of that moment. You could reach out over text message, a phone call, or even email.

Discussion Questions on Selected Ayat of the Day (see previous page):

Discuss with your #Challenge Team or reflect individually on the following questions:

In these verses, Allah SWT commands us to obey Him and His Messenger. This requires having an understanding of who the Prophet Muhammad SAW was and what he came to teach us.

In which aspects of the Prophet's story, character, or message connect do you see yourself the most? What can you do to increase your knowledge and appreciation of the Prophet? Why do you think is it important for you to do so?

Allah SWT also emphasizes the importance of truly listening and responding to the message of Allah and His prophet SAW for believers.

How have you actively listened and responded to the message of the Prophet SAW and his story in your own life? How has the example of the Prophet SAW influenced you? How can you seek to increase his influence in your own life?

Additional Acts of Worship:

Fluent Readers of Arabic:
Read the ninth Juz of the Quran

Intermediate Readers of Arabic:

Try reading two pages of the Quran, the two pages surrounding the selected Ayat for the day

Beginner Readers of Arabic:
Try reading the selected verses, or even a single verse in Arabic. Take as much time as you need!

Bonus:

Memorize the Dua, and/or Athkar from yesterday, and add them into your daily recitation of Dhikr and a collection of dua to recite before Fajr or after Maghrib.

Try Memorizing the Selected Ayat from yesterday and recite them in one of your salat today!



Day 10: The Importance of Zakat

Juz 10: Selected Ayat:

Surah At-Tawbah, Ayah 60

9: 60

Daily Dhikr:

بعد الصلاة:

عن معاذ رضي الله عنه، أن رسول الله -صلى الله عليه وسلم- أخذ بيده وقال: "يا مُعَاذُ! وَاللَّهِ إِنِّي لَأُحِبُّكَ" ثم قال: "أوصيك يا مُعَاذُ، لا تَدَعَنَّ فِي دُبُرِكُ كُلِّ صَلَاةٍ تَقُولُ: اللَّهُمَّ أَعِنِّي عَلَى ذِكْرِكَ وَشُكْرِكَ وحسن عبادتك"

'After prayer recite:

O Allah, assist me in remembering You, and in thanking You, and in worshipping you in the best of manner (1x)

Daily Quranic Dua:

رَبَّنَا آتِنَا مِنْ لَدُنْكَ رَحْمَةً وَهَيِّئْ لَنَا مِنْ أَمْرِنَا رَشَدًا

Rabbana 'atina mil-ladunka
Rahmataw wa hayyi lana min
amrina rashada

"Our Lord, grant us Your mercy, and find us a good way out of our ordeal."

(Quran 18: 10)

Personal Challenge:

Don't forget to share your responses and reflections with the community, using the hashtag **#ADAMSRamadanChallenge!**

Spend at least fifteen minutes reflecting on the past ten days.

What were you happy about? What goals did you meet? What was challenging? What will you try to do better in the next 10?

Create a list of goals for the next ten days of Ramadan and post them somewhere where you can be reminded of them

The Prophet Muhammad SAW described the first ten days of Ramadan as being filled with Mercy. How have you experienced Allah's mercy these past 10 days?

The Prophet Muhammad SAW also described the second ten days of Ramadan as being filled with forgiveness. How will you aim to seek Allah's forgiveness in the next ten days?

Day 10: (Continued)

The Importance of Zakat

Iftar Activity

Collectively:

Before or during Iftar, select a leader and then, moving from the right, have each person thank Allah SWT out loud for something. Have everyone say Ameen out loud at the conclusion of each person's mini-dua of thanks. Try to avoid any repetition among your answers.

OR

Individually:

Take some time during or before Iftar to think of three things you are grateful for, and then, thank Allah SWT out loud or silently, for them, and ask Him to preserve those blessings for you.

Discussion Questions on Selected Ayat of the Day (see previous page):

Discuss with your #Challenge Team or reflect individually on the following questions:

The idea of charity is a central concept in our faith. Zakat, charity, is the third pillar in Islam. It is an obligation upon us to alleviate the financial burdens of our most vulnerable, and as Allah tells us, the act of Zakat is of benefit to both the giver and the receiver.

In what ways does Zakat transform the communities we live in? How do the social, psychological, and physical products of Zakat manifest in your community? What would the consequences be for individuals and the community without the concept of Zakat?

In the work you do, whether professionally, through volunteering services, or in your home, how do you engage with others who may be in different circumstances than your own? What does it mean to you when Allah SWT tells us that Zakat is of benefit to the hearts those who give it? Why and how might that be true?

Additional Acts of Worship:

Fluent Readers of Arabic:
Read the tenth Juz of the Quran

Intermediate Readers of Arabic:
Try reading two pages of the Quran, the two pages surrounding the selected Ayat for the day

Beginner Readers of Arabic:
Try reading the selected verses, or even a single verse in Arabic. Take as much time as you need!

Bonus:
Memorize the Dua, and/or Athkar from yesterday, and add them into your daily recitation of Dhikr and a collection of dua to recite before Fajr or after Maghrib.
Try Memorizing the Selected Ayat from yesterday and recite them in one of your salat today!



Day 11: Reacting in the Time of Calamity

Juz 10: Selected Ayat:

Surah Yunus, Ayah 11-14

10: 11-14

Daily Dhikr:

إِذَا اسْتَيْقَظَ: "الْحَمْدُ لِلَّهِ الَّذِي
أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ
النُّشُورُ"

Upon waking up recite:

All praise is for Allah who gave us life
after taking it from us and to Him is
the resurrection

Daily Quranic Dua:

رَبَّنَا اصْرِفْ عَنَّا عَذَابَ جَهَنَّمَ إِنَّ
عَذَابَهَا كَانَ غَرَامًا

Rabbanas-rif 'anna 'adhaba
jahannama inna 'adhabaha kana
gharama innaha sa'at musta-
qarranw wa muqama

Our Lord, turn away from us the
suffering of Hell, for it is a
dreadful torment to suffer!

(25:65)

Personal Challenge:

Don't forget to share your responses and reflections with the community, using the hashtag **#ADAMSRamadanChallenge!**

Spend at least fifteen minutes reflecting on
the past ten days.

What were you happy about? What goals did you meet? What
was challenging? What will you try to do better in the next 10?

Create a list of goals for the next ten days of Ramadan and
post them somewhere where you can be reminded of them

The Prophet Muhammad SAW described the first ten days of Ramadan as being filled with Mercy. How have you experienced Allah's mercy these past 10 days?

The Prophet Muhammad SAW also described the second ten days of Ramadan as being filled with forgiveness. How will you aim to seek Allah's forgiveness in the next ten days?

Day 11: (Continued)

The Importance of Zakat

Iftar Activity

Collectively:

Before or during Iftar, select a leader and then, moving from the right, have each person thank Allah SWT out loud for something. Have everyone say Ameen out loud at the conclusion of each person's mini-dua of thanks. Try to avoid any repetition among your answers.

OR

Individually:

Take some time during or before Iftar to think of three things you are grateful for, and then, thank Allah SWT out loud or silently, for them, and ask Him to preserve those blessings for you.

Discussion Questions on Selected Ayat of the Day (see previous page):

Discuss with your #Challenge Team or reflect individually on the following questions:

The idea of charity is a central concept in our faith. Zakat, charity, is the third pillar in Islam. It is an obligation upon us to alleviate the financial burdens of our most vulnerable, and as Allah tells us, the act of Zakat is of benefit to both the giver and the receiver.

In what ways does Zakat transform the communities we live in? How do the social, psychological, and physical products of Zakat manifest in your community? What would the consequences be for individuals and the community without the concept of Zakat?

In the work you do, whether professionally, through volunteering services, or in your home, how do you engage with others who may be in different circumstances than your own? What does it mean to you when Allah SWT tells us that Zakat is of benefit to the hearts those who give it? Why and how might that be true?

Additional Acts of Worship:

Fluent Readers of Arabic:
Read the tenth Juz of the Quran

Intermediate Readers of Arabic:
Try reading two pages of the Quran, the two pages surrounding the selected Ayat for the day

Beginner Readers of Arabic:
Try reading the selected verses, or even a single verse in Arabic. Take as much time as you need!

Bonus:

Memorize the Dua, and/or Athkar from yesterday, and add them into your daily recitation of Dhikr and a collection of dua to recite before Fajr or after Maghrib.

Try Memorizing the Selected Ayat from yesterday and recite them in one of your salat today!



Glossary

Below you will find a list of Islamic and Arabic terminology used throughout this booklet.

AS: Alayhi As Salam, a blessing said after the name of a Prophet or other notable figure in the Islamic Tradition

Asr: The third required daily prayer in Islam

Ayah/Ayat: Verse/Verses of the Holy Quran. Each Ayah is marked with a numerical value in the written Quran.

Dhikir/Athkar: A recitation of the remembrance of Allah SWT

Dua: A supplication, or verbal prayer made to Allah SWT

Hadith: A recorded saying or action of the Prophet Muhammad SAW

Iftar: The breaking of the Islamic fast with the arrival of the Maghrib Athan

Magrib: The fourth required daily prayer in Islam, which denotes the conclusion of the day of fasting and the beginning of the night.

Qiyam: A supererogatory prayer performed in raka'at pairs after the conclusion of Isha, (and Taraweeh if you are performing it), but before the Shafi' Witr Salah.

Raka'at: One section of the Salah, Beginning with the recitation of Surah Fatiha and concluding with two prostrations. Taraweeh prayer, along with other sunnah prayers, is performed in Raka'at pairs, (two at a time).

Sadaqah: The supererogatory giving of charity, both monetarily and through service to others (even a smile is Sadaqah!)

Salah/Salat: Salah refers to any prayer, but when mentioned alone in this booklet, it refers to the obligatory five daily prayers. Salat is the plural of Salah.

Salawat: Salutations upon the Prophet Muhammad SAW

SAW: SalaAllahu Alayhi Wa Salam, Peace and Blessing be Upon him (In reference to the Prophet Muhammad SAW)

Shafi' Witr: The prayer performed after Isha salah (and taraweeh if you are performing it), which consists of either 1 or more Raka'at pairs and a final single Raka'ah.

Suhoor: The early morning meal before the start of the fast, which must conclude by the Athan for Fajr.

Sunnah (Nawful) Prayers: These prayers are supererogatory prayers taught to us by our Prophet Muhammad SAW. In this booklet the term references the prayers that may accompany the five Salat. They are as follows:

Fajr: 1 raka'at pair before Fajr

Dhuhur: 1 or 2 raka'at pairs before Dhuhur and 1 or 2 raka'at pairs after Dhuhur

Asr: 1 or 2 raka'at pairs before Asr

Maghrib: 1 or 2 raka'at pairs after Maghrib

Isha: 1 or 2 raka'at pairs before Isha and 1 or 2 raka'at pairs after Isha

SWT: Subhana Wa Ta'alah, Glorious and Exalted is He (said in reference to Allah SWT)

Tahajjud: A supererogatory prayer that takes place in the last third of the night, before the arrival of Fajr. It is prayed in raka'at pairs.

Tajweed: The method of reciting the Quran.

Taraweeh: The supererogatory nightly prayers special to Ramadan. They take place after Isha Salah. They can be performed at home in a group or individually, in raka'at pairs, traditionally up to 10 pairs (20 Raka'at total)

Zakat: Alms giving, or obligatory charity. Zakat is one of the five pillars of Islam.

Further Resources & Support

Below you will find a list of further resources, both for the overall content of this booklet, and then also for the supplementation of the personal challenges

Recommended Supplementary Books:

Reflections on the Quran: A Ramadan Reader by Imam Hag Magid and Hanaa Unus
<https://www.amazon.com/Reflections-Quran-Mohamed-Hag-Magid/dp/144990324X>

With the Heart in Mind by Mikaeel Smith
<https://www.qalam.institute/books/s037r03u4aydj6od4of47i4euvnz9>

Purification of the Heart by Hamza Yusuf
<https://sandala.org/products/purification-of-the-heart>

The Story of the Qur'an: Its History and Place in Muslim Life by Ingrid Mattson
<https://www.amazon.com/Story-Quran-History-Place-Muslim/dp/1405122587>

Recommended Supplementary Websites:

Online Text of the Quran and English Translation: www.quran.com

ADAMS Center Website: www.adamscenter.org.

ADAMS YouTube: www.youtube.com/@OfficialADAMSCenter

Supplementary Personal Challenge Resources:

Ramadan Decorations: <https://donpedrobrooklyn.com/ramadan-decorations/>

99 Names of Allah List with meanings: <https://99namesofallah.name/>

Healthy Ramadan Recipes: <https://feelgoodfoodie.net>

Journaling Tips: <https://journaltherapy.com/journal-cafe-3/journal-course/>

Mindful Eating: <https://foodinsight.org/mindful-and-intuitive-eating-the-perfect-pair/>

Resources for Children:

A list of children's books on Ramadan and Eid:

<https://coloursofus.com/childrens-books-ramadan/>

Islamic Children's Bookstore: <https://crescentmoonstore.com/>

Further Resources & Support

Support:

If you are in **need of food or other kinds of support** this month, please visit ADAMS Community Service on Facebook at <https://www.facebook.com/ADAMS-Community-Service-185460596854/> or reach out by email to ADAMS Zakat and Social Services at socialservices@adamscenter.org

If you are looking to financially support the work of ADAMS Community Service and Social Services in providing aid to those in need, please visit <https://adamscenter.my.salesforce-sites.com/GiveNowADAMSDynamicDonation> to make a donation!

If you are a **new Muslim** and looking to connect to resources and support, please reach out to ADAMS New Muslims Support Network by email at learn_islame@adamscenter.org

If you are a member of **ADAMS Youth** (ages 12-25) or a parent of a young person looking to connect to resources and support, please contact ADAMS Youth Coordinators Hicham.Halle@adamscenter.org or Mariam.Qureshi@adamscenter.org

If you have **questions regarding Islamic rituals** in the month of Ramadan, please feel free to send in your question to imame@adamscenter.org

Finally, if you have any **questions regarding the booklet**, the challenges, or other support related to the #ADAMSRamadanChallenge, please email yousef.abdeldaiem@adamscenter.org for support!

PLEASE SUPPORT THE WORK OF THE ADAMS CENTER DURING THIS MONTH OF RAMADAN IN BUILDING 3 NEW MASAJID IN LEESBURG, GAINESVILLE, AND SOUTH RIDING!

May Allah reward you for any amount you are able to donate. Please visit <https://content.adamscenter.org/adamsbigbuild/> to donate.