

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 TWO *(days 11-20)*

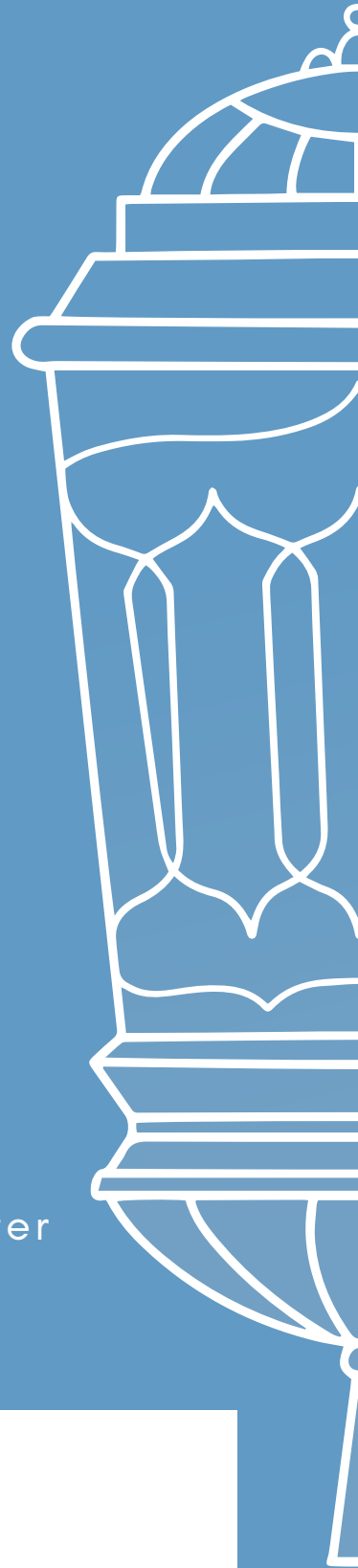
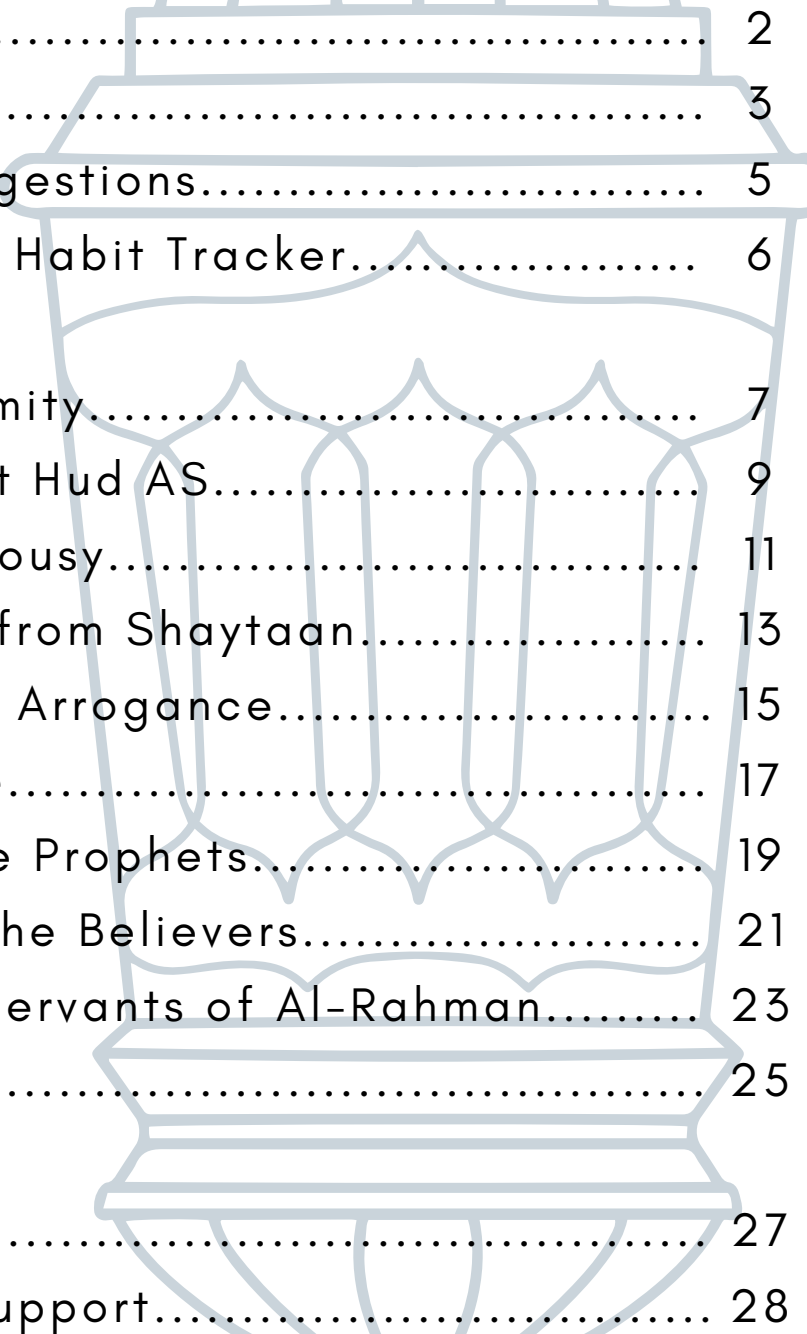


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Introduction

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 second 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 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 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

H A B I T T R A C K E R

this tracker has been designed for use with the Personal Challenge of Day 16, page 17

For every consecutive day that you maintain your habit (written above), mark off a star.
Make a note for yourself of anything related to your goal that you would like to remember.



notes



notes



notes



notes



notes



Day 11: Responding to Calamity

Juz 11: 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 اضْرِبْ 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!"

(Quran 25: 65)

Personal Challenge:

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

Write a letter to your future self

In this letter, write to a future you facing a calamity. What advice will you give yourself when it comes to your own response? How will you remind yourself to not only trust in Allah, but to never despair in Him, and find humility in a time of vulnerability? What are some real coping skills you can recommend to yourself to help you get through the difficulty in a state of spiritual, physical, and emotional health.

Once you write the letter, you may choose to place it in an envelope, and label it "for when times are tough".

The next time you are faced with a difficulty, open and read back the letter to yourself, and use it to help keep you grounded.

After time has passed, write a new letter or place the previous one back in a sealed envelope for another rainy day.

Day 11: (Continued) Responding to Calamity

Iftar Activity

Collectively:

Selecting a leader and moving to the right, have each person share how they would like to be comforted when they face calamity or are in their own time of need.

Possible answers: hugs, words of encouragement, sincere advice, personal space, alone time, being cheered up with humor/having fun, or being listened to as they talk it out

OR

Individually:

Before or after iftar/dinner, think about what you need from others in your life (family and friends), when you are faced with tough times. How would you like to be responded to? Reach out to someone you trust and share with them your reflection, so that they know how to best support you in your times of need.

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

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

As mentioned in the Ayat, Allah SWT is All-Seeing and All-Hearing and in times of affliction we are supposed to call on Him for help.

Do times of hardship make you feel closer or farther from Allah SWT? What about times of ease? How can you ensure you treat each adversity with contentment of Allah's decree?

In these verses, Allah SWT promises He will never place a burden on us that we can not bear.

What does that mean to you? When you are faced with moments of difficulty, how can you discover your capacity and strength promised by Allah SWT to be able to "bear" what has been placed upon you?

Additional Acts of Worship:

Fluent Readers of Arabic:
Read the eleventh 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 12: Story of Prophet Hud

Juz 12: Selected Ayat:

Surah Hud, Ayah 50-58

11: 50-58

Daily Dhikr:

عند دخول الخلاء: "اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ
الخبث والخبائث

إِذَا خَرَجَ مِنَ الْخَلَاءِ: "غُفْرَانَكَ، الْحَمْدُ لِلَّهِ الَّذِي
أَذْهَبَ عَنِّي الْأَذَى وَعَافَانِي"

Entering the bathroom recite:

O Allah, I take refuge with you from all evil and
evil-doers (or male and female devils)

Leaving the bathroom recite:

I seek Your forgiveness [Allah]. Praise be to Allah,
Who has removed from me impurity and given me
good health

Daily Quranic Dua:

رَبَّنَا هَبْ لَنَا مِنْ أَزْوَاجِنَا وَذُرِّيَّاتِنَا
قُرَّةَ أَعْيُنٍ وَاجْعَلْنَا لِلْمُتَّقِينَ إِمَامًا

Rabbana Hablana min
azwaajina wadhurriy-yatina,
qurrata 'ayioni wa-jalna lil-
muttaqeeena Imaama

"Our Lord, give us joy in our
spouses and offspring. Make
us good examples to those
who are aware of You." (Quran
25: 74)

Personal Challenge:

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

Read through the second *Hadith* in Imam An-Nawawi's collection of forty Hadith, and reflect on the description of *Ihsan*. Try and practice *Ihsan* throughout your days as best as you can. You may even consider a reminder written out on a sticky note, or set up on your cellphone.

At the end of the day, reflect on your experience. What can you do to improve? How can you work to make the awareness of Allah SWT a natural part of yourself?

(link to the Hadith can be found on page 28)

**Ihsan is described by the Prophet
SAW in the mentioned hadith as:**

**"It is that you should worship
Allah as though you could see
Him, for though you cannot see
Him yet (know that) He sees
you."**

(translation from 40hadithnawawi.com,
link on page 28)

Day 12: (Continued)

Story of Prophet Hud

Iftar Activity

Collectively:

Selecting a leader and moving to the right, have each person mention the name of an individual from Islamic or their own familial history that they are grateful for.

Make a silent dua for everyone who made a difference in you having the gift of Islam today. If you are the first in your family to accept Islam, think about the transformation Islam has brought to your life.

OR

Individually:

Reflect on the individuals in both our Islamic history or your own history who have made a difference in you having the gift of Islam today. Make a silent dua to Allah thanking Him for them. If you are the first in your family to accept Islam, think about the transformation Islam has brought to your life.

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

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

Prophet Hud AS decided to place his trust in Allah SWT despite his people turning against him and his followers. He did everything in his power to guide his people, and was confident in Allah's power and will as the The Guardian Over All Things to take care of the rest.

When should you accept the limitations of your humanity? How do you let go of things that are not in your control? Have you found comfort or is it difficult to trust that Allah SWT will take care of the rest?

In these Ayat, Allah SWT tells us that Prophet Hud AS and his followers who were brave enough to believe were spared from Allah's punishment in the end.

Why do you think it can be so difficult to break from the norm for the sake of Allah? How have you confronted peer pressure or social, political, and economic risks for adhering to your values?

Additional Acts of Worship:

Fluent Readers of Arabic:
Read the twelfth 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 13: Dangers of Jealousy

Juz 13: Selected Ayat:

Surah Yusuf, Ayah 1-18

12: 1-18

Daily Dhikr:

كان يقولُ عند الكرب: "لَا إِلَهَ إِلَّا اللَّهُ الْعَظِيمُ الْحَلِيمُ، لَا إِلَهَ إِلَّا اللَّهُ رَبُّ الْعَرْشِ الْعَظِيمِ، لَا إِلَهَ إِلَّا اللَّهُ رَبُّ السَّمَوَاتِ وَرَبُّ الْأَرْضِ رَبُّ الْعَرْشِ الْكَرِيمِ".

كان يقولُ عند الكرب: "لَا إِلَهَ إِلَّا اللَّهُ الْعَظِيمُ الْحَلِيمُ، لَا إِلَهَ إِلَّا اللَّهُ رَبُّ الْعَرْشِ الْعَظِيمِ، لَا إِلَهَ إِلَّا اللَّهُ رَبُّ السَّمَوَاتِ وَرَبُّ الْأَرْضِ رَبُّ الْعَرْشِ الْكَرِيمِ".

In times of distress/affliction, recite:

There is no god but Allah, the Great, the Forbearing. There is no god but Allah, the Lord of the Magnificent Throne. There is no god but Allah, the Lord of the Heaven and the earth, the Lord of the Edifying Throne.

- O Allah! Your mercy is what I hope for. Do not abandon me to myself for an instant, but put all my affairs in good order for me. There is no god but You.

Daily Quranic Dua:

رَبَّنَا وَسِعْتَ كُلَّ شَيْءٍ رَحْمَةً وَعِلْمًا فَاغْفِرْ لِلَّذِينَ تَابُوا وَاتَّبَعُوا سَبِيلَكَ وَقِهِمْ عَذَابَ الْجَحِيمِ * رَبَّنَا وَأَدْخِلْهُمْ جَنَّاتٍ عَدْنٍ الَّتِي وَعَدْتَهُمْ وَمَنْ صَلَحَ مِنْ آبَائِهِمْ وَأَزْوَاجِهِمْ وَذُرِّيَّاتِهِمْ إِنَّكَ أَنْتَ الْعَزِيزُ الْحَكِيمُ * وَقِهِمُ السَّيِّئَاتِ وَمَنْ تَقِيَ السَّيِّئَاتِ يَوْمَئِذٍ فَقَدْ رَحِمْتَهُ وَذَلِكَ هُوَ الْفَوْزُ الْعَظِيمُ

Rabbana wasi'ta kulla sha'ir Rahmatanw wa 'ilman faghfir lilladhina tabu wattaba'u sabilaka waqihim 'adhabal-Jahiim. Rabbana wa adhkhilhum Jannati 'adnini-lati wa'attahum wa man salaha min aba'ihim wa azwajihim wa dhuriyyatihim innaka antal 'Azizul-Hakim, waqihimus sayyi'at wa man taqis-sayyi'ati yawma'idhin faqad rahimatahu wa dhalika huwal fawzul-'Adheem

"Our Lord, You embrace all things in mercy and knowledge, so forgive those who turn to You and follow Your path. Save them from the pains of Hell (*) And admit them, Lord, to the lasting Gardens You have promised to them, together with their righteous ancestors, spouses, and offspring: You alone are the Almighty, the All Wise. (*) Protect them from all evil deeds: those You protect on that Day from [the punishment for] evil deeds will receive Your mercy- that is the supreme triumph." (Quran 40: 7-9)

Personal Challenge:

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

Create a prayer list.

Write down five (or more) people in your life who have experienced successes, or have received blessings in their lives, and make sincere dua to Allah SWT to protect their blessing(s), to bring them what is best for them in this life and the next, and to multiply the barakah upon them.

If you find difficulty in your heart while making the dua, keep repeating it over and over again, renewing your intentions, until you can find some ease in your heart.

This is a good exercise to help combat jealousy towards others we might not even be aware we are holding.

Day 13: (Continued)

Dangers of Jealousy

Iftar Activity

Collectively:

Selecting a leader and moving to the right, have each person "call in" someone to your Iftar that you are thinking of (could be alive or have passed away) that is not able to be there with you.

To call in someone, say something like, "I would like to call in my grandmother, I miss her and wish she was here to celebrate Ramadan with us."

OR

Individually:

"Call in" as many people as you want during your iftar or dinner, and make dua for them. If possible, send them a text message, a phone call, or an email to remind them that they are in your thoughts. If they have passed away, make a dua for them.

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

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

The Prophet SAW warned against envy by comparing it to fire that completely burns the wood. He SAW said: "Beware of jealousy, for verily it destroys good deeds the way fire destroys wood." [Abu Dawood]

How can you prevent jealousy in your own life? How might you deal with feelings of inferiority or desire when it comes to things other people possess? How might you respond to a friend who was expressing jealousy towards another person?

Allah says in the Quran, "In Joseph and his brothers are lessons for the seekers."

What lessons resonate the strongest with you about Prophet Yusuf AS's story? Why is this message important to you and your life?

Additional Acts of Worship:

Fluent Readers of Arabic:
Read the thirteenth 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 14: Protection from Shayateen and Mankind

Juz 14: Selected Ayat:

Surah Al Hijr, Ayah 28-43

15: 28-43

Daily Dhikr:

كَلِمَتَانِ خَفِيفَتَانِ عَلَى اللِّسَانِ، ثَقِيلَتَانِ فِي الْمِيزَانِ،
حَبِيبَتَانِ إِلَى الرَّحْمَنِ: سُبْحَانَ اللَّهِ وَبِحَمْدِهِ، سُبْحَانَ
اللَّهِ الْعَظِيمِ
لَقَدْ قُلْتُمْ بَعْدَكُمْ أَرْبَعَ كَلِمَاتٍ ثَلَاثَ مَرَّاتٍ لَوْ وَزِنْتُمْ
بِمَا قُلْتُمْ مِنْذُ الْيَوْمِ لَوَزَنْتَهُنَّ: سُبْحَانَ اللَّهِ وَبِحَمْدِهِ
"عَدَدَ خَلْقِهِ وَرِضَا نَفْسِهِ وَزِنَةَ عَرْشِهِ وَمِدَادَ كَلِمَاتِهِ"

There are two statements that are light for the tongue to remember, heavy in the scales, and are dear to The Merciful:

'Subhan-Allahi wa bihamdihi, Subhan-Allahil-Azim [Glory is to Allah and praise ; Glory is to Allah, the Greatest].

Whoever says a hundred times, 'How perfect Allah is (SubhanAllah) and I praise Him,' his sins will be forgiven though they may be as much as the foam of the sea."

Daily Quranic Dua:

رَبَّنَا اغْفِرْ لَنَا وَلِإِخْوَانِنَا الَّذِينَ سَبَقُونَا
بِالإِيمَانِ وَلَا تَجْعَلْ فِي قُلُوبِنَا غِلًا
لِلَّذِينَ آمَنُوا رَبَّنَا إِنَّكَ رَءُوفٌ رَحِيمٌ

Rabbanaghfirlana wali ikhwaninal
ladzina sabaquna bil iman wala taj'al fi
qulubina ghillalil ladzina amanu
rabbana innaka raufurrahim.

"Lord, forgive us our sins and the sins of our brothers who believed before us, and leave no malice in our hearts towards those who believe. Lord, You are truly compassionate and merciful." (Quran 59:

10)

Personal Challenge:

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

Create a new bedtime routine for yourself.

Read the four "Quls" before you go to sleep (Surah Kafiroon, Surah Ikhlaas, Surah Falaq, and Surah Naas) with meanings.

If this is something you already do, learn the dua before you fall asleep with translation. If you know this, learn a new dua with translation.

The Prophet SAW said, "Recite Surah Al- Kafiroon and then go to sleep after coming to its end, for it is a clearance from shirk". (Abu Dawud 4396)

Muadh bin Anas (May Allah be pleased with him) reported that the Messenger of Allah SAW said, "Whoever recites (Qul Hu Allahu Ahad) ten times, Allah will build for him a house in Paradise."

Uqbah Ibn Amir (May Allah be pleased with him) reported that the messenger of Allah SAW said: "No seeker of refuge can seek refuge with anything like these two (Surah Al-Falaq and Surah An-Nas)". [Abu Dawud]

Day 14: (Continued)

Protection from Shayateen and Mankind

Iftar Activity

Collectively:

Selecting a leader and moving to the right, have each person share which story from the Islamic tradition (could be a story of a prophet, a story from the Quran, or a story from the life of the Prophet Muhammad SAW), is their favorite, or that resonates the most with them.

OR

Individually:

Before or during Iftar/dinner, think about which story from the Islamic tradition (could be a story of a prophet, a story from the Quran, or a story from the life of the Prophet Muhammad SAW), is your favorite. If you cannot think of one, try and make a commitment to learning more about the stories in the Quran this month.

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, we see that Shaytaan promised Allah SWT to “glamorize the earth and lure “mankind” away,” after refusing to obey Allah's command to bow down to Prophet Adam AS.

What in your life competes with obedience to Allah and the duties He has given you? What can you do to place these things in relation to the Greatness of Allah SWT?

The Prophet Muhammad SAW emphasized the importance of good companionship when he said, "A person is upon the religion of his close friend, so beware who you befriend." [Abu Daawood and At-Tirmithi]

Think of the 5 people closest to you in your life. Do they have the qualities you wish to see in your own character? How does your company help you maintain your spiritual health?

Additional Acts of Worship:

Fluent Readers of Arabic:
Read the fourteenth 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 15: Four Sources of Arrogance: Youth, Wealth, Knowledge & Power

Juz 15: Selected Ayat:

Surah Kahf, Ayahs 1-110

18: 1-110

Daily Dhikr:

قال رسول الله -صلى الله عليه وسلم: "لَقِيتُ
إِبْرَاهِيمَ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ لَيْلَةَ أُسْرِي بِي، فَقَالَ:
يَا مُحَمَّد! أَقْرِي أُمَّتَكَ مِنِّي السَّلَامَ، وَأَخِيْرُهُمْ أَنَّ
الْجَنَّةَ طَيِّبَةُ التُّرْبَةِ، عَذْبَةُ الْمَاءِ، وَأَنْهَا قِيْعَانٌ، وَأَنَّ
غَرَسَهَا: سُبْحَانَ اللَّهِ، وَالْحَمْدُ لِلَّهِ، وَلَا إِلَهَ إِلَّا اللَّهُ،
"وَاللَّهُ أَكْبَرُ"

The Messenger of Allah (SAW) said:

"I met Ibrahim on the night of my ascent (Al-Isra'), so he said:
'O Muhammad, convey my Salam to your Ummah, and
inform them that Paradise has a vast leveled plain of pure
soil and sweet water, and that its seeds are: "Glory is to Allah
(Subhān Allāh) [and] all praise is due to Allah (Al-ḥamdulillāh)
and 'none has the right to be worshipped but Allah' (Lā ilāha
illallāh), and Allah is the greatest (Allāhu Akbar)."

Daily Quranic Dua:

رَبَّنَا عَلَيْنِكَ تَوَكَّلْنَا وَإِلَيْكَ
أَنْبَأْنَا وَإِلَيْكَ الْمَصِيرُ

Rabbana 'alayka
tawakkalna wa-ilayka
anabna wa-ilaykal masir

"Our Lord, upon You we have
relied, and to You we have
returned, and to You is the
destination." (Quran 60: 4)

Personal Challenge:

Don't forget to share your responses and reflections with the community, using the hashtag [#ADAMSRamadanChallenge!](https://www.instagram.com/ADAMSRamadanChallenge/)

Clean one room or area in your home to
welcome the second half of Ramadan.

Add something in your home that will remind you to
remember Allah, in and out of Ramadan (ex: creating a list of
duas on your fridge, putting up a calligraphy frame in your
room with athkar, keeping prayer beads on your side
nightstand).

**Abu Malik Al-Ash`ari
RA reported that the
Messenger of Allah
SAW said: "Purity is
half of iman (faith)."
[Muslim]**

Day 15: (Continued)

Four Sources of Arrogance: Youth, Wealth, Knowledge & Power

Iftar Activity

Collectively:

Selecting a leader and moving to the right, have each person share a positive moment from the first half of Ramadan. It could be an accomplishment, a moment of reflection, or even a general moment of joy!

OR

Individually:

Before or during Iftar/dinner, reflect on a positive moment you have experienced during this first half of Ramadan. Thank Allah for it, and think about what you can do to increase your positive moments during this last half of 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:

In Surah Al-Kahaf, we have four stories told to us by Allah SWT, each teaching us how youth (the story of the cave), wealth (the man with two gardens), knowledge (Musa and Al-Khidir), or power (Dhul Karnain) can all lead to arrogance if misused, but also can guide us back to Allah SWT if held with gratitude.

Which of these four have you been tested with in your life? How can you make sure that you take every gift as an opportunity to get closer to Allah? Why do you think these four things can so easily lead us astray?

The Prophet (SAW) said, "One will not enter Paradise if one has an atom's weight of arrogance in his/her heart." (Tirmidhi)

What do you think is the difference between confidence (generally a good thing) and arrogance (something we have been warned against)? How do we maintain that balance?

Additional Acts of Worship:

Fluent Readers of Arabic:
Read the fifteenth 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 16: Standing For Justice

Juz 16: Selected Ayat:

Surah Taha, Ayahs 22-71

20: 22-71

Daily Dhikr:

إِذَا اسْتَصْعَبَ عَلَيْهِ أَمْرٌ "اللَّهُمَّ لَا سَهْلَ إِلَّا مَا جَعَلْتَهُ سَهْلًا وَأَنْتَ تَجْعَلُ الْحَزْنَ إِذَا نَشِئْتَ سَهْلًا"

"الْحَزْنَ" بفتح الحاء المهملة وإسكان الزاي، وهو: غليظ الأرض، وخشنها

O Allah, there is no ease except in that which You have made easy, and You make the rough and hard ground [i.e. what's difficult], if You wish, easy.

Daily Quranic Dua:

رَبَّنَا اٰتِمِّمْ لَنَا نُورَنَا وَاغْفِرْ لَنَا
اِنَّكَ عَلٰى كُلِّ شَيْءٍ قَدِيْرٌ

Rabbana atmim lana nurana
waighfir lana innaka 'ala kulli
shay-in qadir.

"Our Lord, perfect our lights for us and forgive us: You have power over everything."
(Quran 66: 8)

Personal Challenge:

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

Give up one negative habit, or start a positive one.

Reflect on the things you always told yourself you'd stop doing, or something you told yourself you would start tomorrow, but always kept postponing. This could be praying on time, cleaning up after yourself, starting your day with an ayah of Quran, and so much more.

Selecting one of these habits, commit to it for forty days, that's how long research has shown it takes to form a habit. Feel free to use the habit tracker found on page 6 of this booklet

Prophet Muhammad SAW said,
"O Allah, You are forgiving and
generous. You love to forgive."
[Sunan At-Tirmidhi]

It's never too late to ask for
forgiveness and let go of a bad
habit or start a good one.
Indeed, Allah is the Most
Forgiving, the Most Merciful.

Day 16: (Continued)

Standing for Justice

Iftar Activity

Collectively:

When Musa AS was challenged by the Pharaoh's magicians in the verses for today, Allah SWT gave him strength, showing He is The All Mighty (Al-Aziz), The Creator (Al-Khaliq), and The King of All (Al-Malik), to name a few.

Selecting a leader and moving to the right, share a name or attribute of Allah SWT that was present in your day. (see page 28 for names)

OR

Individually:

When Musa AS was challenged by the Pharaoh's magicians in the verses for today, Allah SWT gave him strength, showing He is The All Mighty (Al-Aziz), The Creator (Al-Khaliq), and The King of All (Al-Malik), to name a few.

Before or during Iftar/dinner, reflect on which names or attributes of Allah SWT were present in your day. Call on Allah SWT by his names. (see page 28 for names)

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

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

This selection of verses include the powerful prayer of Musa AS. He asks Allah SWT to make his task easy for him, and to loosen the knot of his tongue so that he is understood by the people. In the face of one of the biggest oppressors known to mankind, Musa AS realizes his limitations and prays for assistance.

Take some time and think about and even research injustices that you are passionate about solving. With respect to your limitations, what can you do right now to alleviate some injustices? You may consider supporting other organizations who are doing important work on our communal behalf.

Musa AS trusted that if he stood on the side of justice, and spoke the truth to Pharaoh on behalf of his people, that Allah would not abandon him. It can be difficult to stand up for what is right, especially when many others turn the other way.

When have you spoken up on behalf of someone else who needed it? How can you practice being an active bystander, someone who speak out when you witness injustice happening before your eyes?

Additional Acts of Worship:

Fluent Readers of Arabic:
Read the sixteenth 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 17: Supplications of the Prophets

Juz 17: Selected Ayat:

Surah Al-Anbiya, Ayahs

25-26: Dua of Prophet Muhammad SAW

82-83: Dua of Prophet Nuh

86-89: Dua of Prophets Yunus and Zacharia

106: Prophet Muhammad as a Mercy

21: 25-26, 82-83, 86-89, 106

Daily Dhikr:

الصباح و المساء
سَيِّدُ الاسْتِغْفَارِ: اللَّهُمَّ أَنْتَ رَبِّي لَا إِلَهَ إِلَّا أَنْتَ،
خَلَقْتَنِي وَأَنَا عَبْدُكَ وَأَنَا عَلَى عَهْدِكَ وَوَعْدِكَ مَا
اسْتَطَعْتُ، أَعُوذُ بِكَ مِنْ شَرِّ مَا صَنَعْتُ، أَبُوءُ لَكَ
بِنِعْمَتِكَ عَلَيَّ، وَأَبُوءُ بِذَنْبِي فَاغْفِرْ لِي فَإِنَّهُ لَا يَغْفِرُ
الذُّنُوبَ إِلَّا أَنْتَ

The best manner of asking for forgiveness is to say:

"O Allah! You are my Lord. None has the right to be worshipped except You. You created me and I am your servant and I abide by your covenant and promise as best I can. I seek refuge in you from the evil which I have committed. I acknowledge your favor upon me and I knowledge my sins, so forgive me, for verily none can forgive sin except you

Daily Quranic Dua:

رَبِّ اجْعَلْ هَذَا بَلَدًا آمِنًا وَارْزُقْ أَهْلَهُ
مِنَ الثَّمَرَاتِ مَنْ آمَنَ مِنْهُمْ بِاللَّهِ
وَالْيَوْمِ الْآخِرِ

rabbi ij'al hādhā baladan āminan
wa-ur'zuq ahlahu mina l-
thamarāti man āmana min'hum
bil-lahi wal-yawmi l-ākhirī

"My Lord, make this land secure and provide with produce those of its people who believe in God and the Last Day." (Quran 2: 126)

Personal Challenge:

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

Make dua in the last third of the night

In the time before Fajr, pray *Tahajjud* if you can, and recite the Daily Dhikr and Daily Quranic Dua.

Then, make a sincere dua to Allah SWT for those to come after us, the next generations, the Muslims and members of your family who haven't even been born yet. Think about what kinds of duas you hope your ancestors made for you, and think about the prayers the Prophet SAW made on our behalf.

In Surah Al- Furqan, Allah SWT mentions those believers who "spend [part of] the night to their Lord prostrating and standing [in prayer]" are among the true servants of The Merciful One " (25: 64)

Day 17: (Continued) Supplications of the Prophets

Iftar Activity

Collectively:

At the conclusion of your meal, have everyone aid in the cleaning up of the table, washing the dishes, putting away any leftovers and helping to clean up any used areas of the house. If you have children, find a way for them to participate!

Individually:

OR

At the conclusion of your meal, take the time to reflect on those who took care of you and served you as a child, and in your moments of weakness. Make dua to Allah SWT to reward them for their service.

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

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

The name Iblees means “One who has lost hope,” and as Muslims it’s imperative we never lose hope and trust in Allah SWT. Even in the belly of the whale when there seemed to be no way out, Yunus (AS) called out to Allah SWT to save him. And Allah SWT said, “So We responded to him and saved him from distress. And thus do We save the believers,”.

What ‘impossible’ situations in your life were you able to overcome? What allowed you to overcome it? What lessons did you learn from it? How do you hope to face the future ‘impossibilities’ in your own life?

The prophets before us believed in the power of *dua* and prayed to Allah earnestly, remembering Him through hardship and ease. We can beautify our prayers with praise to Allah SWT, love for our beloved Prophet Muhammad, and in making dua in the languages we are most comfortable in.

How can you increase the quality of your duas to Allah SWT? What about Allah SWT can you learn from reading the prayers of our prophets AS?

Additional Acts of Worship:

Fluent Readers of Arabic:

Read the seventeenth 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 18: Characteristics of the Believer

Juz 18: Selected Ayat:

Surah Al-Muminoon, Ayah 1-11

23: 1-11

Daily Dhikr:

الصباح و المساء
إذا أصبح: " اللَّهُمَّ بِكَ أَصْبَحْنَا وَبِكَ أَمْسَيْنَا، وَبِكَ
نَحْيَا، وَبِكَ نَمُوتُ، وَإِلَيْكَ النُّشُورُ " وإذا أمسى
قال: " اللَّهُمَّ بِكَ أَمْسَيْنَا، وَبِكَ نَحْيَا، وَبِكَ نَمُوتُ
وَإِلَيْكَ النُّشُورُ "

Dhikr of Morning and Evening:

- [In the morning] recite: O Allah, by You [i.e. your permission/command] we have reached the morning and by You we have reached the evening; by You we live and by You we die, and unto You is our resurrection.

- [In the evening] recite: O Allah, by You we have reached the evening and by You we have reached the morning, by You live and by You we die and unto You is our return.

Daily Quranic Dua:

رَبِّ اَرْحَمُهُمَا كَمَا
رَبِّيَانِي صَغِيرًا

Rabbir ham huma
kama rabba yani sagira

"Lord, have mercy on them
[my parents, or
caretakers], just as they
cared for me when I was
little." (Quran 17: 24)

Personal Challenge:

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

Practice humility and vulnerability

Reach out to someone you trust and respect (could be a friend, a family member, or even a colleague) and ask them to share with you one area of improvement they would recommend to you and one aspect of growth in you they have witnessed.

If someone asks you for *Nasihat*, or advice, make sure to be kind, honest, and give them advice that is useful. Think about how you would want to be spoken to!

Self growth is hard, but we can turn to those we trust to help us grow. Often, we are not even aware of our growth when it's happening-- it's only when we self-reflect or reflect with others that we see our improvements.

Day 18: (Continued)

Characteristics of the Believer

Iftar Activity

Collectively:

Selecting a leader and moving to the right, have every person share a sincere compliment with the person on their left (hopefully someone different than the person from day 8). Don't forget to say mashaAllah, and practice accepting your own compliment with grace.

OR

Individually:

Before or during Iftar, think of another person 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:

In Ayahs of 1-11 of Surah Al-Muminoon, the believers are characterized as those who humbly submit to Allah in their prayers, turn away from ill speech, are observant of Zakah, guard their private parts, are true to their promises, and maintain their prayers.

If you had a friend who came to you seeking help in improving one of these six areas, what would you say to them? How might you advise them? Why do you think these six actions are so important for the believers of Allah SWT?

In these Ayat, Allah SWT describes those who believe as, "the inheritors of Jannah".

Take a moment to visualize Jannah as your home. What does it look like? Who do you want to be there with you? What do you think your experience will be like? How does this image of Jannah motivate you to obey Allah SWT in the ways He has outlined?

Additional Acts of Worship:

Fluent Readers of Arabic:
Read the eighteenth 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 19: Characteristics of Servant of Ar-Rahman

Juz 19: Selected Ayat:

Surah al-Furqan, Ayah 63-77

25: 63-77

Daily Dhikr:

الصباح و المساء:
أَمْسَيْنَا وَأَمْسَى الْمُلْكُ لِلَّهِ، وَالْحَمْدُ لِلَّهِ، لَا إِلَهَ إِلَّا اللَّهُ
وَحْدَهُ لَا شَرِيكَ لَهُ لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ وَهُوَ عَلَى كُلِّ
شَيْءٍ قَدِيرٌ، رَبِّ أَسْأَلُكَ خَيْرَ مَا فِي هَذِهِ اللَّيْلَةِ وَخَيْرَ مَا
بَعْدَهَا وَأَعُوذُ بِكَ مِنْ شَرِّ مَا فِي هَذِهِ اللَّيْلَةِ وَشَرِّ مَا
بَعْدَهَا، رَبِّ أَعُوذُ بِكَ مِنَ الْكَسَلِ وَسُوءِ الْكِبَرِ، أَعُوذُ
بِكَ مِنْ عَذَابِ فِي النَّارِ وَعَذَابِ فِي الْقَبْرِ

Dhikr of Morning and Evening:

We have entered upon evening and the whole Kingdom belongs to Allah this evening. Praise is due to Allah. There is no god but Allah alone without partner. His is the Kingdom and to Him is the praise due; and He has power over all things. My Lord, I ask You for the good that lies in this night and good that follows it; and I seek Your protection from the evil that lies in this night and from the evil of that which follows it. My Lord, I seek Your protection from laziness, senility and the harm of old age. My Lord, I seek Your protection from torment in the Hell-Fire and from torment in the grave.

Daily Quranic Dua:

رَبِّ أَدْخِلْنِي مُدْخَلَ صِدْقٍ وَأَخْرِجْنِي
مُخْرَجَ صِدْقٍ وَاجْعَلْ لِي مِنْ لَدُنْكَ
سُلْطَانًا نَصِيرًا

Rabbi 'adkhillniy mudkhala
Sidqin wa'khrijniy mukhraja
Sidkhin waajal liy min ladunka
sultanan naSiyra

"My Lord, make me go in truthfully,
and come out truthfully, and grant
me supporting authority from You."
(Quran 17: 80)

Personal Challenge:

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

Reach out to a friend you haven't spoken to
in a while

Take the time to call or email a friend you haven't spoken to in a while. Check in with them, ask them how they're doing. If you are someone who often takes up a lot of conversational space, practice listening, and if you are someone who is often quieter, practice speaking up and asking questions!

"Whoever relieves a believer's distress of the distressful aspects of this world, Allah will rescue him from a difficulty of the difficulties of the Hereafter.

Whoever alleviates [the situation of] one in dire straits who cannot repay his debt, Allah will alleviate his lot in both this world and in the Hereafter.

Whoever conceals [the faults of] a Muslim, Allah will conceal [his faults] in this life and the Hereafter." (Muslim)

Day 19: (Continued)

Characteristics of Servant of Ar-Rahman

Iftar Activity

Collectively:

Come to iftar by saying Salaam and genuinely wishing peace on everyone there (even your pet(s)!) and even if you have already seen your family all day. Greeting one another is a great way to start a meal acknowledging those with whom you are sharing it.

OR

Individually:

Text three friends/family members greeting them with As Salaamu Alykum and wishing them a blessed Ramadan. Give Salam to the prophet Muhammad SAW

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

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

In Surah Al-Furqan, Allah SWT mentions those believers who "spend [part of] the night to their Lord prostrating and standing [in prayer]". This year Taraweeh, Qiyam, and Tahajjud prayers are being spent at home.

How can you capitalize on this time of individualized worship, or group prayers with your family? Why do you think the nighttime is such a special time for acts of worship?

The dua given to us by Allah SWT in Ayah 74, concludes by asking Allah SWT to make us leaders of the righteous.

In what ways are you a leader in your life (you may think about your role in your family, at work, or even among friends)? How do you seek to improve your leadership skills, and practice accountability in the roles you serve?

Additional Acts of Worship:

Fluent Readers of Arabic:
Read the nineteenth 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 20: Story of Qarun: Dealing with Wealth & Arrogance

Juz 20: Selected Ayat:

Surah Al-Qasas, Ayah 76-84

28: 76-84

Daily Dhikr:

الصباح و المساء
أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ -
(ثَلَاثًا لَمْ يَضُرَّهُ شَيْءٌ)
بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ فِي -
الْأَرْضِ وَلَا فِي السَّمَاءِ وَهُوَ السَّمِيعُ الْعَلِيمُ،
(ثَلَاثَ مَرَّاتٍ لَمْ يَضُرَّهُ شَيْءٌ)

Dhikr of the Morning and Evening:

I seek the protection of Allah's Perfect Words from the evil of whatever He has created.
-In the name of Allah, against Whose name nothing on Earth or in Heaven can cause harm, and He is the All-Hearing, the All-Knowing.

Daily Quranic Dua:

رَبِّ اشْرَحْ لِي صَدْرِي * وَيَسِّرْ لِي
أَمْرِي * وَاحْلُلْ عُقْدَةً مِّن لِّسَانِي *
يَفْقَهُوا قَوْلِي

Rabb-ishrah li sadri, wa yassir li
'amri, Wah-lul 'uqdatam-min-li-
saani, Yaf-qahuu qawlii

"Lord, lift up my heart (*) And ease my task for me. (*) Untie my tongue, so that they may understand my words." (Quran 20: 25-28)

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 last ten days of Ramadan and post them somewhere where you can be reminded of them

The Prophet Muhammad SAW described the second ten days of Ramadan as being filled with forgiveness. How have you sought Allah's forgiveness these past ten days?

The Prophet Muhammad SAW described the last ten days of Ramadan as bringing emancipation from the punishment of the *Akhira*. How will you reflect on the hereafter and seek Allah's protection in these last ten days?

Day 20: (Continued)

Story of Qarun: Dealing with Wealth & Arrogance

Iftar Activity

Collectively:

Try and practice mindful eating during your Iftar. Reflect on each bite of your food and its journey to arrive at your plate. (see page 28)

Select a leader to make a dua out loud, thanking Allah SWT for everyone who helped make your meal possible (the farmers, harvesters, supermarket workers, etc).

Individually:

Try and practice mindful eating during your Iftar. Reflect on each bite of your food and its journey to arrive at your plate. (see page 28)

OR

Before you eat, thank Allah SWT for everyone who helped make your meal possible (the farmers, harvesters, supermarket workers, etc).

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

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

These verses talk about the story of Qarun, a relative of Prophet Musa AS and a friend and associate of the Pharaoh. He amassed so much wealth and believed that everything he had, from his riches to his clothes to his livestock, was on the account of his own knowledge and virtue. He believed that it was his own efforts that provided for his wealth, nothing else, and his arrogance eventually led to his demise.

How can you build a spiritual shield to protect your material successes from the poison of arrogance? What does this spiritual shield look like? How can you maintain its strength?

How can you build a spiritual shield to protect your material disappointments from the poison of despair? What does this spiritual shield look like? How can you maintain its strength?

Additional Acts of Worship:

Fluent Readers of Arabic:
Read the 20th 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 section of the booklet. Check back to the glossary of Part 1: Days 1-10, for previous terminology.

Akhira: the Hereafter, or the life after resurrection in the Islamic tradition. Muslims believe that the Akhira will consist of a day of judgement for all people, determining whether people will be rewarded by Allah's mercy and granted Heaven, or Jannah, or punished by Allah SWT with the hell fire, or Jahanam.

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

Athan: The call to prayer which takes place at the beginning of the time for one of the five daily prayers.

Iftar: The meal to break the islamic fast, which takes place at the Athan for Magrib Salah.

Khatirah: A short speech or talk given to a congregation. In this context, we are referring to the short talk given by ADAMS teachers and community members during the nightly Ramadan programming, live streamed at ADAMS TV (www.adamscenter.org/livetv)

Nasiha: Advice or counsel. It is given and sought with the good intention of sincerely befitting someone else, and should never be the subject of gossip or rumors.

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.

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

Suhoor: The pre-dawn meal that takes place before the start of the islamic fast, and concludes at the beginning of the Athan for Fajr Salah.

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.

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)

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/s037r03u4aydj6od4of47i4euvnzw9>

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 Qurtuba Institute: <http://www.qurtubainstitute.org/>

Supplementary Personal Challenge Resources:

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

Hadith #2, of Imam An-Nawawi's Forty Hadith:
<https://40hadithnawawi.com/hadith/2-islam-iman-ihsan>

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.