

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 THREE *(days 21-30)*



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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

Overview

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 halaqa 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 sprit 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

YEAR-ROUND GOALS

This goal-mapping sheet has been designed to accompany the Personal Challenge for Day 28 (see page 21).

1 GOAL

Make a plan!:

2 GOAL

Make a plan!:

3 GOAL

Make a plan!:

Day 1:

Luqman and His Son: Parent-Child Relationships

Juz 21: Selected Ayat:

Surah Luqman, Ayahs 11-18

31: 11-18

Daily Dhikr:

الصباح والمساء:

لَهُمَّ عَافِنِي فِي بَدَنِي، اللَّهُمَّ عَافِنِي فِي
سَمْعِي، اللَّهُمَّ عَافِنِي فِي بَصَرِي، اللَّهُمَّ
إِنِّي أَعُوذُ بِكَ مِنَ الْكُفْرِ وَالْفَقْرِ، اللَّهُمَّ إِنِّي
أَعُوذُ بِكَ مِنْ عَذَابِ الْقَبْرِ، لَا إِلَهَ إِلَّا أَنْتَ
(ثلاثاً)

Dhikr of Morning and Evening

O Allah, give me health in my body, O Allah, give me health in my hearing, O Allah give me health in my sight. O Allah, I seek protection in You from disbelief and poverty. O Allah, I seek protection in You from punishment in the grave. There is no god but You (3 times).

Daily Quranic Dua:

رَبِّ زِدْنِي عِلْمًا

Rabbi zid'nee 'il'mann

"Lord, increase me in knowledge." (Quran 20:114)

Personal Challenge:

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

Phone a family member you haven't spoken to in a while and check in with them!

If you have extended family that lives in another country, consider reaching out to one of them. If you have extended family members who do not practice Islam, consider reaching out to them. If you do not have access to extended family, try reaching out to a family friends who you may not have kept up with.

Sometimes, we can have anxiety when it comes to reaching to people we have lost touch with. Remember, you can keep it brief! Wish them a blessed ramadan and last ten nights.. Simply reminding people that you are thinking of them reopens lines of communication and softens hearts!

Day 1: (Continued)

Lugman and His Son: Parent-Child Relationships

Iftar Activity

Collectively:

Before or during dinner time, picking a leader and moving to the right, have each person share one quality that they admire the most in their parent, child, parental figure, or one to whom they serve a nurturing role.

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:

According to these Ayat, Lugman spent quality time with his son, speaking to him gently while providing him with advice.

Which of the advices that Lugman offers his son most resonates with you?

How much quality time do we spend together as a family engaging in productive and nurturing conversations? How do you give advice and how do we receive advice?

Additional Acts of Worship:

Fluent Readers of Arabic:
Read the 21st 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 22:

Honoring the Prophet Muhammad (SAW)

Juz 22: Selected Ayat:

Surah As-Saffat, Ayahs 50-61

37: 50-60

Daily Dhikr:

الصباح والمساء:

يا أبا أمانة! ما لي أراك جالساً في المسجد في غير وقت صلاة؟ قال: هموم لزممتني وديون يا رسول الله، قال: "أفلا أعلمك كلاماً إذا قلته أذهب الله همك وقضى عنك دينك؟" قلت: بلى يا رسول الله، قال: "قل إذا أصبحت وإذا أمسيت: اللهم إني أعوذ بك من الهم والحزن وأعوذ بك من العجز والكسل، وأعوذ بك من الجبن والبخل، وأعوذ بك من غلبة الدين وقهر الرجال"

Dhikr of Morning and Evening

Recite: O Allah, I seek Your protection from worries and grief. I seek Your protection from feebleness and laziness; I seek Your protection from cowardice and stinginess; and I seek Your protection from the oppression of debts and the tyranny of men.

Daily Quranic Dua:

رَبَّنَا أَفْرِغْ عَلَيْنَا صَبْرًا وَتَوَفَّنَا مُسْلِمِينَ

*Rabbanā 'afrigh 'alaynā
ṣabran wa-tawaffanā
muslimīn*

"Our Lord, pour steadfastness upon us and let us die in submission to You." (Quran 7:126)

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. Try to increase your amount from the first ten days!

"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 22: (Continued)

Honoring the Prophet Muhammad (SAW)

Iftar Activity

Collectively:

Before or during dinner time, picking a leader and moving to the right, have each person share one way that this unconventional Ramadan has impacted them. It could be a blessing or a challenge that you have observed.

OR

Individually:

Take some time during or before Iftar to reflect on how this Ramadan has been different from others, especially considering the global pandemic we are currently facing, which has impacted many areas of our lives.

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 is calling on us to send peace and blessings upon the Prophet (SAW).

How often during the day do you remember to send salawat upon the Prophet? How can you increase that habit?

In verse 36, Allah (SWT) is telling us to obey the command of the Rasool (SAW).

How can you practice remembering the Prophet SAW and centering his sunnah throughout your daily actions?

Additional Acts of Worship:

Fluent Readers of Arabic:
Read the 22nd 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 23:

The Power of Friendship

Juz 23: Selected Ayat:

Surah As-Saffat, Ayahs 50-61

37: 50-61

Daily Dhikr:

إِذَا صَادَفَ لَيْلَةَ الْقَدْرِ:
اللَّهُمَّ إِنَّكَ عَفُوفٌ تُحِبُّ الْعَفْوَ فَاعْفُ عَنِّي

Recite on Layla tul-Qadr:

O Allah, You are most forgiving and
You love forgiveness, so forgive me.

(see page 27 for more information about layla-tul
qadr)

Daily Quranic Dua:

رَبَّنَا أَفْرِغْ عَلَيْنَا صَبْرًا وَتَوَفَّنَا
مُسْلِمِينَ

*rabbinā lammā jā'atnā rabbanā
'afrigh 'alaynā ṣabran wa-
tawaffanā muslimīn*

"Our Lord, pour steadfastness upon us
and let us die in submission to You."
(Quran 7:126)

Personal Challenge:

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

Create a list of the top five things you look for in
a friend

Now, reflect on how you can improve in those five
categories yourself. Think about the relationships
you are apart of now, and your own areas of
growth. How can you work to become for others
the friend you seek for yourself?

**"None of you will believe until
you love for your brother what
you love for yourself." --
Prophet Muhammad SAW**

**Think about practical ways you
can improve in each of these
five areas, and make a plan to
tackle them. Pick one to begin
with!**

Day 23: (Continued)

The Power of Friendship

Iftar Activity

Collectively:

Before or during dinner time, picking a leader and moving to the right, have each person share the name of a friend of theirs that they are grateful for. Try and think about those who are outside of your immediate family. Make a dua for that person outloud!

OR

Individually:

Take some time during or before Iftar to make sincere dua to Allah SWT for a specific friend of yours that you value for the sake of Allah. Ask Him to protect them and increase them in this life and the next!

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

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

God Almighty is telling us a dialogue between two friends. One of them ends up in Paradise, and the other one ends up in the Hellfire. Read that dialogue then reflect on the following questions

Why do you think it is so important to choose right company and friendship?

When you think about what it means to be a good friend, what are the qualities that come to mind? What has influenced your understanding of what it means to be a good friend?

Additional Acts of Worship:

Fluent Readers of Arabic:
Read the 23rd 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 24:

Tawbah: Repentance

Juz 24: Selected Ayat:

Surah Az-Zumar, Ayahs 53-57

39: 53-57

Daily Dhikr:

قَبْلَ النَّوْمِ:

بِاسْمِكَ رَبِّي وَضَعْتُ جَنْبِي، وَبِكَ أَرْفَعُهُ، إِنَّ
أَمْسَكَتَ نَفْسِي فَارْحَمْهَا، وَإِنْ أَرْسَلْتَهَا فَاحْفَظْهَا
بِمَا تَحْفَظُ بِهِ عِبَادَكَ الصَّالِحِينَ

Recite Before Sleeping:

In Your name, my Lord, I lay down my side and by You I raise it again. If You take my soul, then have mercy on it; and if You release it, protect it by that with which You protect Your righteous servants.

Daily Quranic Dua:

رَبِّ أَوْزِعْنِي أَنْ أَشْكُرَ نِعْمَتَكَ الَّتِي أَنْعَمْتَ
عَلَيَّ وَعَلَى وَالِدَيَّ وَأَنْ أَعْمَلَ صَالِحًا تَرْضَاهُ
وَأَدْخِلْنِي بِرَحْمَتِكَ فِي عِبَادِكَ الصَّالِحِينَ

*rabbi 'awzi'nī 'an 'ashkura ni'mataka llatī
'an'ama 'alayya wa-'alā wālidayya wa-'an
'a'mala ṣāliḥan tarḍāhu wa-'adkhilnī bi-
raḥmatika fī 'ibādika ṣ-ṣāliḥīn*

"Lord, inspire me to be thankful for the blessings You have granted me and my parents, and to do good deeds that please You; admit me by Your grace into the ranks of Your righteous servants."
(Quran 27:19)

Personal Challenge:

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

Make Istighfar to Allah and then express Gratitude!

As an exercise, repeat, "AstagfirUllah," I forgiveness with Allah, multiple times throughout the day, and try and visualize as you recite, the different actions you are repenting for.

And once you have concluded saying "Astagfirullah, say "Alhamdulillah" All praise and thanks to Allah" the same number of times, as an expression of your gratitude to Allah for the ability to make Tawbah, for the possibility of growth, for the vastness of his Mercy!

Repeat:

Astagfirullah & Alhamdulillah

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 24: (Continued)

Tawbah: Repentance

Iftar Activity

Collectively:

Picking a leader and moving to the right, have each person share out loud one Dua to Allah SWT on behalf of someone they know who has passed away, asking Allah to shower them with His Forgiveness and Mercy.

OR

Individually:

Take some time during or before Iftar to make sincere dua to Allah SWT for on behalf of someone you know who has passed away. Ask Allah SWT to shower them with His Forgiveness and His Mercy.

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

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

In Ayah 53, in Surah Az-Zumar, Allah is telling us not to despair His Mercy because He forgives all sins.

How can we improve in our own self reflection and holding ourselves accountable for our actions during the day?

Although Allah is inviting us to seek repentance and He forgives all of our sins, why do you think people delay repentance?

Additional Acts of Worship:

Fluent Readers of Arabic:
Read the 24th 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 25:

Relationship with Allah in Times of Ease & Difficulty

Juz 25: Selected Ayat:

Surah Fussilat, Ayahs 46-53

41: 46-53

Daily Dhikr:

قِيلَ النُّومُ:
اللَّهُمَّ أَسْلَمْتُ نَفْسِي إِلَيْكَ، وَفَوَّضْتُ أَمْرِي
إِلَيْكَ، وَأَلْجَأْتُ ظَهْرِي إِلَيْكَ، رَغْبَةً وَرَهْبَةً إِلَيْكَ،
لَا مَلْجَأَ وَلَا مَنَاجَى مِنْكَ إِلَّا إِلَيْكَ، آمَنْتُ بِكِتَابِكَ
الَّذِي أُنْزِلَتْ، وَنَبِيِّكَ الَّذِي أَرْسَلْتَ؛ فَإِنْ مِتَّ
مِتَّ عَلَى الْفِطْرَةِ، وَاجْعَلْهُنَّ آخِرَ مَا تَقُولُ

Before Sleep:

O Allah, I submit my soul to you, and I entrust my destiny to You. I retreat unto You for protection, with hope in You and fear of You. There is no refuge and no safety from You but with You. I affirm my faith in Your Book, which You revealed, and Your Messenger, whom You sent.

Daily Quranic Dua:

رَبَّنَا آمَنَّا فَاغْفِرْ لَنَا وَارْحَمْنَا وَأَنْتَ خَيْرُ
الرَّاحِمِينَ

Rabbanā 'āmannā fa-ghfir lanā wa-rḥamnā wa-'anta khayru r-rāḥimīn.

"Lord, We believe. Forgive us and have mercy on us: You are the Best of all those who show mercy."

(Quran 23:109)

Personal Challenge:

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

Practice making space in your heart

Today, make a commitment to stay away from one of the following activities for the duration of your fasting day.

Try and reorient yourself to use that time for worship, reflection, and the recitation of the Holy Quran

- (1) Television
- (2) Youtube/ other streaming platforms
- (3) Music
- (4) Movies

With the exception of usage for your work or other obligations, try to maintain this for the entire day. If you are able, consider expanding it to the rest of the days of ramadan, and include the nights if you can.

It is important for us to take time to unplug, and reconect!

Day 25: (Continued)

Relationship with Allah in Times of Ease & Difficulty

Iftar Activity

Collectively:

Before or during dinner time, picking a leader and moving to the right, have each person make a Dua out-loud to Allah SWT, thanking him for one positive quality in themselves. Try to focus on your character and personality, rather than the external things that you have. *OR*

Individually:

Take some time during or before Iftar to come up with three positive qualities about yourself that you can thank Allah SWT for. It is not easy for all of us to think positively about ourselves, but part of gratitude is recognizing the blessings in ALL areas of our lives. Make a sincere Dua of thanks.

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 is telling us people call upon Him in the times of difficulties, and then they forget to remember Him in the times of ease.

How often do you reflect on your blessings? How can you increase and improve your expressions of gratitude, to Allah, and to others?

Why do you think we sometimes turn our relationships with God Almighty into emergency hotlines (like 9-1-1_ only calling on him in times of emergencies and forget to remember Him in times of ease?

1

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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 26: Building Healthy Communities

Juz 26: Selected Ayat:

Surah Al- Hujarat, Ayahs 6-13

49: 6-13

Daily Dhikr:

الصباح والمساء
أَصْبَحْنَا عَلَى فِطْرَةِ الْإِسْلَامِ وَكَلِمَةِ الْإِخْلَاصِ، وَدِينِ
نَبِيِّنَا مُحَمَّدٍ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ وَمِلَّةِ أَبِينَا
إِبْرَاهِيمَ حَنِيفًا مُسْلِمًا، وَمَا كَانَ مِنَ الْمُشْرِكِينَ

Dhikr of Morning and Evening:

We have woken up in the natural disposition (fitra) of Islam, and following the words of sincerity, and on the religion of our Prophet Muhammad (Peace and blessings upon him), and following the way of our father Ibrahim (Peace and blessings upon him) a man by nature upright and a Muslim, and who was not one of the idolaters

Daily Quranic Dua:

لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ
الظَّالِمِينَ - فَاسْتَجِبْنَا لَهُ وَنَجِّنَاهُ مِنَ
الْغَمِّ وَكَذَلِكَ نُنْجِي الْمُؤْمِنِينَ

*lā 'ilāha 'illā 'anta subḥānaka
'innī kuntu mina ḡ-ḡālimīn.*

"There is no God but You, glory be to You, I have been of the wrongdoers." (Quran 21:87)

Personal Challenge:

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

Practice clearing space in your mind.

For the duration of your fasting day, try and stay off of all social media. This includes Facebook, Twitter, Instagram, and in some cases, even Whatsapp!

We recognize that during this time of isolation social media might be an important way to connect with others, but it is also important to allow ourselves to lose track of time in these precious days. Set a time limit, and try and stick with it!

There are a lot of digital programs, webinars, and lectures available to us. try and even take a break from those for today, and prepare yourself for the second to last odd night of Ramadan.

When you feel the "itch", try picking up some prayer beads and making Dhikr, taking a walk, or reading a book!

Day 26: (Continued)

Building Healthy Communities

Iftar Activity

Collectively:

Before or during dinner time, picking a leader and moving to the right, have each person share one thing they love about being muslim and being a part of the Muslim Ummah!

OR

Individually:

Take some time during or before Iftar to reflect on what community means to you. Where do you feel the most included in your spiritual practice? What do you love the most about being muslim and being a part of a larger Ummah?

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

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

In those verses, Allah reminds us of the foundations of a healthy community: being free of suspicion of one another, being free of backbiting, healthy conflict resolution, and diversity and inclusivity.

Reflecting on one of these foundations, what do you notice to be a strength in your own community? What about a weakness? What can you do to be a part of solution making?

How do you protect the honor of others in your social spaces? Are you sensitive to the ways that people speak about one another when they are around you, or do you give silent approval in the face of backbiting and gossip?

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 27:

Recognizing the Favor of Allah Upon Us

Juz 27: Selected Ayat:

Surah Al-Rahman

55: 1-78

Daily Dhikr:

قِيلَ الْنَّوْمِ
الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنَا وَسَقَانَا وَكَفَانَا
وَأَوَانَا، فَكَمْ مِمَّنْ لَا كَافِيَ لَهُ وَلَا مُؤْوِي

Before Sleep:

Praise be to Allah, Who has fed us, given us drink, sufficed for us and given us shelter. How many there are who have no one to take care of them and give them shelter

Daily Quranic Dua:

رَبِّ نَجِّنِي مِنَ الْقَوْمِ الظَّالِمِينَ

*rabbi najjinī mina l-qawmi
dh-dhāleemeen*

"My Lord, save me from people who do wrong." (Quran 28:21)

Personal Challenge:

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

Invest in your understanding of Islam

Today, take some time to find an educational resource that is accessible to you, that you can engage with today (perhaps a webinar, a book that you already own, attending one of the ADAMS Qurtuba online classes), and/or something that you can continue to engage with after the conclusion of the month. Make a commitment to something manageable but regular to increase your own knowledgeable, especially about the fundamentals of your faith.

Check out the resources page in the back of this workbook (page 28) to read more about some of the texts we recommend.

Also, consider finding a way to engage with others on a more consistent basis. Perhaps this means joining a halaqa or starting your own!

Day 27: (Continued)

Recognizing the Favor of Allah Upon Us

Iftar Activity

Collectively:

Before or during dinner time, picking a leader and moving to the right, have each person make a Dua out-loud to Allah SWT, thanking him for one positive quality in themselves. Try to focus on your character and personality, rather than the external things that you have.

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:

In Surah Ar-Rahmah, Allah repeated a question of “which favor of your Lord would you deny?” Reflect on one or two of the favors of God Almighty that He mentioned in Surah Ar-Rahmah that stand out to you the most.

What stands out to you in each of the favors and their descriptions? How do they relate to your own life?

Which verse in Surah Ar-Rahmah offers a description of Paradise that moves you the most? Why?

Additional Acts of Worship:

Fluent Readers of Arabic:
Read the 27th 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 28:

“Missing Jummah” - Blessings & Etiquettes of Jummah

Juz 28: Selected Ayat:

Surah Al-Jummah, Ayahs 9-11

62:9-11

Daily Dhikr:

قِيلَ الطَّعَامُ
اللَّهُمَّ بَارِكْ لَنَا فِيهِمَا رَزَقْتَنَا، وَقِنَا عَذَابَ النَّارِ، بِسْمِ
اللَّهِ
فَإِنْ نَسِيَ أَنْ يَذْكُرَ اسْمَ اللَّهِ تَعَالَى فِي أَوَّلِهِ فَلْيَقُلْ:
بِسْمِ اللَّهِ أَوَّلُهُ وَآخِرُهُ

Before Eating recite:

O Allah bless for us that which You have provided us and protect us from the punishment of the Fire. In the name of Allah.

If you forget to mention that name of Allah in the beginning say:

"In the name of Allah, in its beginning and its end."

Daily Quranic Dua:

رَبِّ إِنِّي لِمَا أَنْزَلْتَ إِلَيَّ مِنْ خَيْرٍ
فَقِيرٌ

*rabbi 'innī li-mā 'anzalta 'ilayya min
khayrin faqīr*

"My Lord, I am in dire need of whatever good thing You may send me." (Quran 28:24)

Personal Challenge:

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

Design your post-Ramadan Goals.

Using the sheet on page 6 of this workbook, come up with 3 goals you have for yourself for after ramadan. You may think about improving your engagement with the Quran, increasing your Nawaful salat, or strengthening your interpersonal relationships!

For each goals, brainstorm concrete action items for yourself that you can implement to achieve your goals. Place your completed sheet somewhere to remind you of your goals for the rest of the year!

It can be good to have both very achievable goals, and "stretch" goals, or things that may require more out of you.

Reminding yourself of both of these goals can aid in both offering you a sense of accomplishment over the things you can manage, and a sense of motivation for what the next steps are in your own journey!

Day 28: (Continued)

“Missing Jummah” - Blessings & Etiquettes of Jummah

Iftar Activity

Collectively:

Before or during dinner time, select a leader, to offer a "micro-khatirah" to the group in honor of this last Jummah of Ramadan! Share a word of wisdom, or a Brief reflection, and keep it short and sweet.

OR

Individually:

Take some time during or before Iftar to reflect on the wisdom and advice from the ADAMS Live Streamed Khutbah, or from other content you have consumed today! You may consider repeating out loud to yourself one concept that stood out to you the most.

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 reminds us of the importance of coming to Friday prayers regularly.

For those of you who are able to attend Jumua'a normally, what excites you the most about Jumua'a prayer?

Why do you think the act of praying in a group, and having a Khutbah, is so important in our faith tradition ?

Additional Acts of Worship:

Fluent Readers of Arabic:
Read the 28th 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 29:

Khatm of the Quran & Giving

Juz 29: Selected Ayat:

Surah Al-Muzzammil, Ayahs 1-9

73: 1-9

Daily Dhikr:

الخروج من البيت
بِاسْمِ اللَّهِ، تَوَكَّلْتُ عَلَى اللَّهِ، وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا
بِاللَّهِ
اللَّهُمَّ إِنِّي أَعُوذُ بِكَ أَنْ أَضِلَّ أَوْ أُضَلَّ، أَوْ أَزِلَّ، أَوْ
أُزَلَ، أَوْ أَظْلَمَ أَوْ أُظْلِمَ، أَوْ أَجْهَلَ أَوْ يُجْهَلَ عَلَيَّ

Leaving the house

In the name of Allah, I place my trust in Allah, and there is no might nor power except by Allah.

I seek your protection from going astray or leading others astray; from slipping or letting others slip; from being oppressed or oppressing others; and from acting ignorantly or others acting ignorantly towards me

Daily Quranic Dua:

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ
حَسَنَةً وَقِنَا عَذَابَ النَّارِ

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

"Lord, help me to be truly grateful for Your favours to me and to my parents, and help me to do good work that pleases You, and make righteous my offspring. I turn to You; I am one of those [Muslims]. who devote themselves to You"
(Quran 46:15)

Personal Challenge:

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

Complete an Act of Sadaqah

You can donate generously your time, your wealth, or your resources. Think about how you can gift someone today, or in these last few days of Ramadan. Make a plan and execute it.

Note: Please follow all CDC and local guidelines when engaging in any acts of service!

Our Beloved Messenger SAW said, "Smiling in the face of your brother is charity".

Think about how you can be of service to others outside of your home today. Check out Launchgood.com for crowdfunding opportunities!

Day 29: (Continued)

Khatm of the Quran & Giving

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 rest of the year, beyond the month of Ramadan.

OR

Individually:

Take some time during or before Iftar to share the fruits of your Personal Challenge of the day, coming up with three post-ramadan goals, with a friend or family member you trust to help keep you accountable. Sometimes, sharing our goals with others offers us greater support!

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-Muzzamil, Allah asked the Prophet SAW to stand up and pray at night and to recite Quran in the most beautiful way. As his followers, it is important for us to seek out nightly prayers as a means of drawing closer to Allah SWT.

As Ramadan comes to an end, reflect on the following: How much commitment are you making to pray extra prayers at night? What's your commitment of reciting the Quran everyday? How can you increase your commitment in ways that possible for you to maintain?

Additional Acts of Worship:

Fluent Readers of Arabic:
Read the 29th 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 30: Maintaining The Legacy of Ramadan

Juz 30: Selected Ayat:

Surah Al-Inshirah

94:1-8

Daily Dhikr:

الدُّخُولُ إِلَى الْبَيْتِ
اللَّهُمَّ إِنِّي أَسْأَلُكَ خَيْرَ الْمَوْلِجِ وَخَيْرَ الْمَخْرَجِ،
بِسْمِ اللَّهِ وَلَجْنَا، وَبِسْمِ اللَّهِ خَرَجْنَا، وَعَلَى اللَّهِ
رَبَّنَا تَوَكَّلْنَا، ثُمَّ لِيُسَلِّمْ عَلَى أَهْلِهِ

Entering the house

O Allah, I ask you for the best entrance and the best exit. In the name of Allah we enter and in the name of Allah we leave, and in Allah our Lord we place our trust - Then greet one's family

Daily Quranic Dua:

رَبِّ اغْفِرْ لِي وَلِوَالِدَيَّ وَلِمَنْ دَخَلَ بَيْتِي
مُؤْمِنًا وَلِلْمُؤْمِنِينَ وَالْمُؤْمِنَاتِ وَلَا تَزِدْ
الظَّالِمِينَ إِلَّا تَبَارًا

*Rabbi ghfir li wa-li-wālidayya wa-li-man
dakhala baytiya mu'minan wa-li-l-
mu'minīna wa-l-mu'mināti wa-lā tazidi ḡ-
ẓālimīna 'illā tabāra*

"Lord, forgive me and my parents and whoever enters my house a believer and the believing men and believing women. And do not increase the wrongdoers except in destruction."
(Quran 71:28)

Personal Challenge:

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

Decorate a space in your home to Welcome Eid!

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.

(if you are obligated to pay Zakat Ul-Fitir, make a plan on how you will do so! (see page 30 for more information)



Day 30: (Continued)

Maintaining The Legacy of Ramadan

Iftar Activity

Collectively:

Have every one at the table greet one another with "Eid Mubarak"! As of Maghrib time, it is officially Eid! Celebrate together by trying to have an uplifting meal in each others company.

OR

Individually:

If you can, prepare something special for yourself for iftar to celebrate the arrival of eid. Take the time to call up your loved ones and with them a blessed Eid! Calling people

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 30th 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.

Eid: An Eid is a holiday, or a celebration.

Eid Ul-Fitr: The Eid that follows the conclusion of the month of Ramadan. Fasting does not take place on Eid day, and it is a time to celebrate with friends and family. Please, make sure to follow all CDC and local guidelines as they pertain to gathering and non-essential travel.

For information about Eid prayers and ADAMS Centers Eid 2020 plans, reference the ADAMS website and Facebook page (www.adamscenter.org) to stay updated with more information.

Zakat ul-Fitr: Zakat ul-Fitr is obligatory on those who pay zakat regularly, to pay an additional amount at the conclusion of Ramadan. This amount is applicable to all members of a household, including even the unborn children of currently pregnant women. This year, the amount per person is \$10. You can pay your Zakat ul-Fitr online at www.adamscenter.org, and your zakat will be distributed to those who are entitled to it.

Sadaqah: Sadaqah is supererogatory charity, gifts and giving done not out of Islamic obligation, but as supplemental and extra acts of worship.

In Part Three of this booklet, sadaqah references doing charitable and generous things for others. This may manifest even in preparing food for someone else, sending someone in need a gift, or even giving someone a bit of joy in their day.

Make sure to set your intention for the sake of Allah, and try as best as you can, to give without drawing attention to oneself.

Istighfar: The act of making repentance verbally to Allah SWT, by saying: Astagfirullah.

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.