



The Ramadan Daily Journal

Ramadan 15, _____

Date: _____, _____, _____, رمضان ١٥

In This Issue

- What I Had for Suhoor
- What I Had for Iftar
- Any Medical Problems
- Journal Activity

Abû Hurayrah relates that the Prophet (salla Allahu alahyi wa sallam) said:

"Allah says: 'Every deed of the child of Adam is for himself, except for fasting. It is for Me and I shall reward it.'

Ibadah Checklist

- ☐ Prayed Salatul Fajr
- ☐ Prayed Salatul Dhuhr
- ☐ Prayed Salatul Asr
- ☐ Prayed Salatul Maghrib
- ☐ Prayed Salatul Isha
- ☐ Prayed Taraweeh Today
- ☐ # of Taraweeh rakah prayed: _____
- ☐ Read Quraan Today: _____

Notes:

A Quick Look At My Day

What I Had for Suhoor
(Draw or Write)

What I Had for Iftar, to break my fast
(Draw or Write)

Any Medical Problems I Had Today

Good Deeds I Did Today

Activity

Some of the benefits of fasting:

Fasting is a means of attaining taqwa

Fasting is a means that makes us appreciate and give thanks for pleasures

Fasting enables us to control our desires

Fasting makes us feel compassion and empathy towards the poor,

Fasting humiliates and weakens the Shaytaan

Choose 1 and describe how fasting can achieve that goal, insha Allah.

(see <http://tj-ramadan.tripod.com/ramadan15.htm>) if you need help.

