

**Journal**

Ramadan Programme

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| Day 1Quran reading 1-2Allah’s names 1-5Du3a Surah2:verse201Quran vocabulary | Day 2Quran reading 3-4Allah’s names 6-10Du3a 2:250Quran vocabulary | Day 3Quran reading 5-6Allah’s names 11-15Du3a 2:286 1st rabbanaQuran vocabulary |
| Day 4Quran reading 7-8Allah’s names 16-20Du3a 2:286 2nd rabbanaQuran vocabulary | Day 5Quran reading 9-11Allah’s names 21-25Du3a 2:286 3rd rabbanaQuran vocabulary | Day 6Quran reading 12-15Allah’s names 26-30Du3a 3:8Quran vocabulary |
| Day 7Quran reading 16-18Allah’s names 31-35Du3a 3:147Quran vocabulary | Day 8Quran reading 19-21Allah’s names 36-40Du3a 3:192Quran vocabulary | Day 9Quran reading 22-25Allah’s names 41-45Du3a 3:193 1st rabbanaQuran vocabulary |
| Day 10Quran reading 26-27Allah’s names 46-50Du3a 3:193 2nd rabbanaQuran vocabulary | Day 11Quran reading 28-33Allah’s names revisionsDu3a 3:194Quran vocabulary | Day 12Quran reading 34-37Allah’s names definition and meaning of 1 to 25Du3a 7:23Quran vocabulary |
| Day 13Quran reading 38-42Allah’s names definition and meaning of 26 to 50Du3a 7:47Quran vocabulary | Day 14Quran reading 43-49Allah’s names 51-55Du3a 7:89Quran vocabulary | Day 15Quran reading 50-55Allah’s names 56-60Du3a 3:126Quran vocabulary |

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| Day 16Quran reading 56-64Allah’s names 61-65Du3a 10:85-86Quran vocabulary | Day 17Quran reading 65-71Allah’s names 66-70Du3a 14:38Quran vocabulary | Day 18Quran reading 72-77Allah’s names 71-75Du3a 18:10Quran vocabulary |
| Day 19Quran reading 78-82Allah’s names 71-75Du3a 25:74Quran vocabulary | Day 20Quran reading 83-88Allah’s names revisionsDu3a 40:7Quran vocabulary | Day 21Quran reading 89-114Allah’s names 76-80Du3a 40:8Quran vocabulary |
| Day 22Quran reading Allah’s names 81-85Du3a 44:12Quran vocabulary | Day 23Quran reading Allah’s names 86-90Du3a 59:10Quran vocabulary | Day 24Quran reading Allah’s names 91-95Du3a 60:4Quran vocabulary |
| Day 25Quran reading Allah’s names 96-100Du3a 66:8Quran vocabulary | Day 26Quran reading Allah’s names revisionsDu3a Quran vocabulary | Day 27Quran reading Allah’s names definition and meaning 50 to 69Du3a Quran vocabulary |
| Day 28Quran reading Allah’s names definition and meaning of 70-89Du3a Quran vocabulary | Day 29Quran reading Allah’s names definition and meaning of 90-100Du3a Quran vocabulary | Day 30Quran reading Allah’s namesDu3a Quran vocabulary |

1. **Quran**

**If you want to read over 30 days you need to read 2 hisbs a day (be aware that Ramadan might have only 29 days so the best is to start the first night before the first day of Ramadan**

**For women it is better to read over 20 days to not include the days during menstruations. You can find a planner below**



## Du3a / Invocations

**Each day you will learn a du3a from the list of the 20 du3a from the Quran**

**25 du3as from the Quran**


*1. Our Lord! Grant us good in this world and good in the life to come and keep us safe from the torment of the Fire (2:201)*


*2. Our Lord! Bestow on us endurance and make our foothold sure and give us help against those who reject faith. (2:250)*

*
3. Our Lord! Take us not to task if we forget or fall into error. (2:286)*

*
4. Our Lord! Lay not upon us such a burden as You did lay upon those before us. (2:286)*

*
5. Our Lord! Impose not on us that which we have not the strength to bear, grant us forgiveness and have mercy on us. You are our Protector. Help us against those who deny the truth. (2:286)*

*
6. Our Lord! Let not our hearts deviate from the truth after You have guided us, and bestow upon us mercy from Your grace. Verily You are the Giver of bounties without measure. (3:8)*

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7. Our Lord! Forgive us our sins and the lack of moderation in our doings, and make firm our steps and succour us against those who deny the truth.(3:147)*

*
8. Our Lord! Whomsoever You shall commit to the Fire, truly You have brought [him] to disgrace, and never will wrongdoers find any helpers (3:192)*

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9. Our Lord! Behold we have heard a voice calling us unto faith: "Believe in your Lord" as we have believed. (3:193)*

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10. Our Lord! Forgive us our sins and efface our bad deeds and take our souls in the company of the righteous. (3:193)*

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11. Our Lord! And grant us that which you have promised to us by Your messengers and save us from shame on the Day of Judgement. Verily You never fail to fulfill Your promise. (3:194)*

*
12. Our Lord! We have sinned against ourselves, and unless You grant us forgiveness and bestow Your mercy upon us, we shall most certainly be lost! (7:23)*

*
13. Our Lord! Place us not among the people who have been guilty of evildoing. (7:47)*

*

14. Our Lord! Lay open the truth between us and our people, for You are the best of all to lay open the truth. (7:89)*

*
15. Our Lord! Pour out on us patience and constancy, and make us die as those who have surrendered themselves unto You. (7:126)*

*
16. Our Lord! Make us not a trial for the evildoing folk, and save as by Your mercy from people who deny the truth (10:85-86)*

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17. Our Lord! You truly know all that we may hide [in our hearts] as well as all that we bring into the open, for nothing whatever, be it on earth or in heaven, remains hidden from Allah (14:38)*

*
18. Our Lord! Bestow on us mercy from Your presence and dispose of our affairs for us in the right way. (18:10)*

*
19. Our Lord! Grant that our spouses and our offspring be a comfort to our eyes, and give us the grace to lead those who are conscious of You. (25:74)*

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20. Our Lord! You embrace all things within Your Grace and Knowledge, forgive those who repent and follow Your path, and ward off from them the punishment of Hell. (40:7)*

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21. Our Lord! Make them enter the Garden of Eden which You have promised to them, and to the righteous from among their fathers, their wives and their offspring, for verily You are alone the Almighty and the truly Wise. (40:8)*

*
22. Our Lord! Relieve us of the torment, for we do really believe. (44:12)*

*
23. Our Lord! Forgive us our sins as well as those of our brethren who proceeded us in faith and let not our hearts entertain any unworthy thoughts or feelings against [any of] those who have believed. Our Lord! You are indeed full of kindness and Most Merciful (59:10)*

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24. Our Lord! In You we have placed our trust, and to You do we turn in repentance, for unto You is the end of all journeys. (60:4)*

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*25. Our Lord! Perfect our light for us and forgive us our sins, for verily You have power over all things. (66:8)*

## 40 Rabbana

1. |Our Lord! Accept (this service) from us: For Thou art the All-Hearing, the All-knowing [2:127]
رَبَّنَا تَقَبَّلْ مِنَّا إِنَّكَ أَنْتَ السَّمِيعُ العَلِيمُ
2. Our Lord! Make of us Muslims, bowing to Thy (Will), and of our progeny a people Muslim, bowing to Thy (will); and show us our place for the celebration of (due) rites; and turn unto us (in Mercy); for Thou art the Oft-Returning, Most Merciful [2:128]
رَبَّنَا وَاجْعَلْنَا مُسْلِمَيْنِ لَكَ وَمِن ذُرِّيَّتِنَا أُمَّةً مُّسْلِمَةً لَّكَ وَأَرِنَا مَنَاسِكَنَا وَتُبْ عَلَيْنَآ إِنَّكَ أَنتَ التَّوَّابُ الرَّحِيمُ
3. Our Lord! Grant us good in this world and good in the hereafter, and save us from the chastisement of the fire [2:201]
رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ
4. Our Lord! Bestow on us endurance, make our foothold sure, and give us help against the disbelieving folk [2:250]

رَبَّنَا أَفْرِغْ عَلَيْنَا صَبْراً وَثَبِّتْ أَقْدَامَنَا وَانصُرْنَا عَلَى القَوْمِ الكَافِرِينَ
5. Our Lord! Condemn us not if we forget or fall into error [2:286]
رَبَّنَا لاَ تُؤَاخِذْنَا إِن نَّسِينَا أَوْ أَخْطَأْنَا
6. Our Lord! Lay not on us a burden Like that which Thou didst lay on those before us [2:286]
رَبَّنَا وَلاَ تَحْمِلْ عَلَيْنَا إِصْرًا كَمَا حَمَلْتَهُ عَلَى الَّذِينَ مِن قَبْلِنَا
7. Our Lord! Lay not on us a burden greater than we have strength to bear. Blot out our sins, and grant us forgiveness. Have mercy on us. Thou art our Protector; Help us against those who stand against faith [2:286]
رَبَّنَا وَلاَ تُحَمِّلْنَا مَا لاَ طَاقَةَ لَنَا بِهِ وَاعْفُ عَنَّا وَاغْفِرْ لَنَا وَارْحَمْنَا أَنتَ مَوْلاَنَا فَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ
8. Our Lord! (they say), Let not our hearts deviate now after Thou hast guided us, but grant us mercy from Thine own Presence; for Thou art the Grantor of bounties without measure [3:8]

رَبَّنَا لاَ تُزِغْ قُلُوبَنَا بَعْدَ إِذْ هَدَيْتَنَا وَهَبْ لَنَا مِن لَّدُنكَ رَحْمَةً إِنَّكَ أَنتَ الْوَهَّابُ
9. Our Lord! Thou art He that will gather mankind Together against a day about which there is no doubt; for Allah never fails in His promise. [3:9]

رَبَّنَا إِنَّكَ جَامِعُ النَّاسِ لِيَوْمٍ لاَّ رَيْبَ فِيهِ إِنَّ اللّهَ لاَ يُخْلِفُ الْمِيعَادَ
10. Our Lord! We have indeed believed: forgive us, then, our sins, and save us from the agony of the Fire [3:16]
رَبَّنَا إِنَّنَا آمَنَّا فَاغْفِرْ لَنَا ذُنُوبَنَا وَقِنَا عَذَابَ النَّارِ
11. Our Lord! We believe in what Thou hast revealed, and we follow the Messenger. Then write us down among those who bear witness [3:53]

رَبَّنَا آمَنَّا بِمَا أَنزَلَتْ وَاتَّبَعْنَا الرَّسُولَ فَاكْتُبْنَا مَعَ الشَّاهِدِينَِ
12. Our Lord! Forgive us our sins and anything We may have done that transgressed our duty: Establish our feet firmly, and help us against those that resist Faith [3:147]
ربَّنَا اغْفِرْ لَنَا ذُنُوبَنَا وَإِسْرَافَنَا فِي أَمْرِنَا وَثَبِّتْ أَقْدَامَنَا وانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَِ
13. Our Lord! Not for naught Hast Thou created (all) this! Glory to Thee! Give us salvation from the penalty of the Fire [3:191]
رَبَّنَا مَا خَلَقْتَ هَذا بَاطِلاً سُبْحَانَكَ فَقِنَا عَذَابَ النَّارِ
14. Our Lord! Any whom Thou dost admit to the Fire, Truly Thou coverest with shame, and never will wrong-doers Find any helpers! [3:192]
رَبَّنَا إِنَّكَ مَن تُدْخِلِ النَّارَ فَقَدْ أَخْزَيْتَهُ وَمَا لِلظَّالِمِينَ مِنْ أَنصَارٍ
15. Our Lord! We have heard the call of one calling (Us) to Faith, 'Believe ye in the Lord,' and we have believed [3:193]
رَّبَّنَا إِنَّنَا سَمِعْنَا مُنَادِيًا يُنَادِي لِلإِيمَانِ أَنْ آمِنُواْ بِرَبِّكُمْ فَآمَنَّا
16. Our Lord! Forgive us our sins, blot out from us our iniquities, and take to Thyself our souls in the company of the righteous [3:193]
رَبَّنَا فَاغْفِرْ لَنَا ذُنُوبَنَا وَكَفِّرْ عَنَّا سَيِّئَاتِنَا وَتَوَفَّنَا مَعَ الأبْرَارِ
17. Our Lord! Grant us what Thou didst promise unto us through Thine apostles, and save us from shame on the Day of Judgment: For Thou never breakest Thy promise [3:194]
رَبَّنَا وَآتِنَا مَا وَعَدتَّنَا عَلَى رُسُلِكَ وَلاَ تُخْزِنَا يَوْمَ الْقِيَامَةِ إِنَّكَ لاَ تُخْلِفُ الْمِيعَاد
18. Our Lord! We believe; write us down among the witnesses [5:83]
رَبَّنَا آمَنَّا فَاكْتُبْنَا مَعَ الشَّاهِدِينَ
19. O Allah our Lord! Send us from heaven a table set (with viands), that there may be for us - for the first and the last of us - a solemn festival and a sign from thee; and provide for our sustenance, for thou art the best Sustainer (of our needs) [5:114]
رَبَّنَا أَنزِلْ عَلَيْنَا مَآئِدَةً مِّنَ السَّمَاء تَكُونُ لَنَا عِيداً لِّأَوَّلِنَا وَآخِرِنَا وَآيَةً مِّنكَ وَارْزُقْنَا وَأَنتَ خَيْرُ الرَّازِقِينَ
20. Our Lord! We have wronged our own souls: If thou forgive us not and bestow not upon us Thy Mercy, we shall certainly be lost [7:23]
رَبَّنَا ظَلَمْنَا أَنفُسَنَا وَإِن لَّمْ تَغْفِرْ لَنَا وَتَرْحَمْنَا لَنَكُونَنَّ مِنَ الْخَاسِرِينَ
21. Our Lord! Send us not to the company of the wrong-doers [7:47]
رَبَّنَا لاَ تَجْعَلْنَا مَعَ الْقَوْمِ الظَّالِمِينَ
22. Our Lord! Decide Thou between us and our people in truth, for Thou art the best to decide [7:89]
رَبَّنَا افْتَحْ بَيْنَنَا وَبَيْنَ قَوْمِنَا بِالْحَقِّ وَأَنتَ خَيْرُ الْفَاتِحِينَ
23. Our Lord! Pour out on us patience and constancy, and take our souls unto thee as Muslims (who bow to thy will) [7:126]
رَبَّنَا أَفْرِغْ عَلَيْنَا صَبْرًا وَتَوَفَّنَا مُسْلِمِينَ
24. Our Lord! Make us not a trial for those who practise oppression; And deliver us by Thy Mercy from those who reject (Thee) [10:85-86]
رَبَّنَا لاَ تَجْعَلْنَا فِتْنَةً لِّلْقَوْمِ الظَّالِمِينَ ; وَنَجِّنَا بِرَحْمَتِكَ مِنَ الْقَوْمِ الْكَافِرِينَ
25. O our Lord! Truly Thou dost know what we conceal and what we reveal: for nothing whatever is hidden from Allah, whether on earth or in heaven [14:38]
رَبَّنَا إِنَّكَ تَعْلَمُ مَا نُخْفِي وَمَا نُعْلِنُ وَمَا يَخْفَى عَلَى اللّهِ مِن شَيْءٍ فَي الأَرْضِ وَلاَ فِي السَّمَاء
26. O our Lord! And accept my Prayer [14:40]
رَبَّنَا وَتَقَبَّلْ دُعَاء
27. O our Lord! Cover (us) with Thy Forgiveness - me, my parents, and (all) Believers, on the Day that the Reckoning will be established! [14:41]
رَبَّنَا اغْفِرْ لِي وَلِوَالِدَيَّ وَلِلْمُؤْمِنِينَ يَوْمَ يَقُومُ الْحِسَابُ
28. Our Lord! Bestow on us Mercy from Thyself, and dispose of our affair for us in the right way! [18:10]
رَبَّنَا آتِنَا مِن لَّدُنكَ رَحْمَةً وَهَيِّئْ لَنَا مِنْ أَمْرِنَا رَشَدًا
29. Our Lord! We fear lest he hasten with insolence against us, or lest he transgress all bounds [20: 45]
رَبَّنَا إِنَّنَا نَخَافُ أَن يَفْرُطَ عَلَيْنَا أَوْ أَن يَطْغَى
30. Our Lord! We believe; then do Thou forgive us, and have mercy upon us: For Thou art the Best of those who show mercy [23: 109]
رَبَّنَا آمَنَّا فَاغْفِرْ لَنَا وَارْحَمْنَا وَأَنتَ خَيْرُ الرَّاحِمِينَ
31. Our Lord! Avert from us the Wrath of Hell, for its Wrath is indeed an affliction grievous,- Evil indeed is it as an abode, and as a place to rest in [25: 65-66]
رَبَّنَا اصْرِفْ عَنَّا عَذَابَ جَهَنَّمَ إِنَّ عَذَابَهَا كَانَ غَرَامًا إِنَّهَا سَاءتْ مُسْتَقَرًّا وَمُقَامًا
32. O my Lord! Grant unto us wives and offspring who will be the comfort of our eyes, and give us (the grace) to lead the righteous [25:74]
رَبَّنَا هَبْ لَنَا مِنْ أَزْوَاجِنَا وَذُرِّيَّاتِنَا قُرَّةَ أَعْيُنٍ وَاجْعَلْنَا لِلْمُتَّقِينَ إِمَامًا
33. Our Lord is indeed Oft-Forgiving Ready to appreciate (service) [35: 34]
رَبَّنَا لَغَفُورٌ شَكُورٌ
34. Our Lord! Thy Reach is over all things, in Mercy and Knowledge. Forgive, then, those who turn in Repentance, and follow Thy Path; and preserve them from the Penalty of the Blazing Fire! [40:7]
آمَنُوا رَبَّنَا وَسِعْتَ كُلَّ شَيْءٍ رَّحْمَةً وَعِلْمًا فَاغْفِرْ لِلَّذِينَ تَابُوا وَاتَّبَعُوا سَبِيلَكَ وَقِهِمْ عَذَابَ الْجَحِيمِ
35. And grant, our Lord! that they enter the Gardens of Eternity, which Thou hast promised to them, and to the righteous among their fathers, their wives, and their posterity! For Thou art (He), the Exalted in Might, Full of Wisdom. And preserve them from (all) ills; and any whom Thou dost preserve from ills that Day,- on them wilt Thou have bestowed Mercy indeed: and that will be truly (for them) the highest Achievement [40:8-9]
رَبَّنَا وَأَدْخِلْهُمْ جَنَّاتِ عَدْنٍ الَّتِي وَعَدتَّهُم وَمَن صَلَحَ مِنْ آبَائِهِمْ وَأَزْوَاجِهِمْ وَذُرِّيَّاتِهِمْ إِنَّكَ أَنتَ الْعَزِيزُ الْحَكِيمُ وَقِهِمُ السَّيِّئَاتِ وَمَن تَقِ السَّيِّئَاتِ يَوْمَئِذٍ فَقَدْ رَحِمْتَهُ وَذَلِكَ هُوَ الْفَوْزُ الْعَظِيمُ
36. Our Lord! Forgive us, and our brethren who came before us into the Faith, and leave not, in our hearts, rancour (or sense of injury) against those who have believed [59:10]
رَبَّنَا اغْفِرْ لَنَا وَلِإِخْوَانِنَا الَّذِينَ سَبَقُونَا بِالْإِيمَانِ وَلَا تَجْعَلْ فِي قُلُوبِنَا غِلًّا لِّلَّذِينَ آمَنُوا
37. Our Lord! Thou art indeed Full of Kindness, Most Merciful [59:10]
رَبَّنَا إِنَّكَ رَؤُوفٌ رَّحِيمٌ
38. Our Lord! In Thee do we trust, and to Thee do we turn in repentance: to Thee is (our) Final Goal [60:4]
رَّبَّنَا عَلَيْكَ تَوَكَّلْنَا وَإِلَيْكَ أَنَبْنَا وَإِلَيْكَ الْمَصِيرُ
39. Our Lord! Make us not a (test and) trial for the Unbelievers, but forgive us, our Lord! for Thou art the Exalted in Might, the Wise [60:5]
رَبَّنَا لَا تَجْعَلْنَا فِتْنَةً لِّلَّذِينَ كَفَرُوا وَاغْفِرْ لَنَا رَبَّنَا إِنَّكَ أَنتَ الْعَزِيزُ الْحَكِيمُ
40. Our Lord! Perfect our Light for us, and grant us Forgiveness: for Thou hast power over all things [66:8]
رَبَّنَا أَتْمِمْ لَنَا نُورَنَا وَاغْفِرْ لَنَا إِنَّكَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

**Dua for Qunut in the Witr prayer**

Translation
O Allah, You alone do we worship and to You we pray and bow down prostrate. To You we hasten to worship and to serve. Our hope is for Your mercy and we fear Your punishment. Surely, Your punishment of the disbelievers is at hand. O Allah, we seek Your help and Your forgiveness, and we praise You beneficently. We do not deny You and we believe in You. We surrender to You and renounce whoever disbelieves in You

اللَّهُمَّ إِيَّاكَ نَعْبُدُ، وَلَكَ نُصَلِّي وَنَسْجُدُ، وَإِلَيْكَ نَسْعَى وَنَحْفِدُ، نَرْجُو رَحْمَتَكَ، وَنَخْشَى عَذَابَكَ، إِنَّ عَذَابَكَ بِالْكَافِرِينَ مُلْحَقٌ. اللَّهُمَّ إِنَّا نَسْتَعِينُكَ، وَنَسْتَغْفِرُكَ، وَنُثْنِي عَلَيْكَ الْخَيْرَ، وَلَا نَكْفُرُكَ، وَنُؤْمِنُ بِكَ وَنَخْضَعُ لَكَ، وَنَخْلَعُ مَنْ يَكْفُرُكَ

## Noms d'Allah

## Each day you will learn by heart 5 names of Allah and understand the meaning. The document is on the website

##  <https://islamicbase.com/wp-content/uploads/2021/03/Names-Allah-explanation.docx>

## Quran Vocabulary

There are 38 pages of vocabulary that would allow you to undestand 80% of the words of the Quran. So the best is to learn 2 pages a day over 19 days.

Either you choose to learn the same days you read or you do 10 days and then a break of 2-3days to revise before learning the second part

The document with the classified word is here[**https://islamicbase.com/wp-content/uploads/2021/03/Quranic-Vocabulary-classified.pdf**](https://islamicbase.com/wp-content/uploads/2021/03/Quranic-Vocabulary-classified.pdf)

DAY 1

**Quran reading** : surahs ………….

What I learnt, noticed, reflected upon

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DAY 6

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DAY 7

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DAY 8

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DAY 9

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DAY 10

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DAY 11

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DAY 12

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**Allah’s names** : ……………………………………………………

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**Du3a of the day**

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**Quran Vocabulary**

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DAY 23

**Quran reading** : surahs ………….

What I learnt, noticed, reflected upon

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**Du3a of the day**

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**Quran Vocabulary**

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DAY 24

**Quran reading** : surahs ………….

What I learnt, noticed, reflected upon

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**Du3a of the day**

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**Quran Vocabulary**

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DAY 25

**Quran reading** : surahs ………….

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**Quran Vocabulary**

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DAY 26

**Quran reading** : surahs ………….

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**Quran Vocabulary**

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DAY 27

**Quran reading** : surahs ………….

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**Quran Vocabulary**

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DAY 28

**Quran reading** : surahs ………….

What I learnt, noticed, reflected upon

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**Quran Vocabulary**

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DAY 29

**Quran reading** : surahs ………….

What I learnt, noticed, reflected upon

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**Quran Vocabulary**

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DAY 30

**Quran reading** : surahs ………….

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