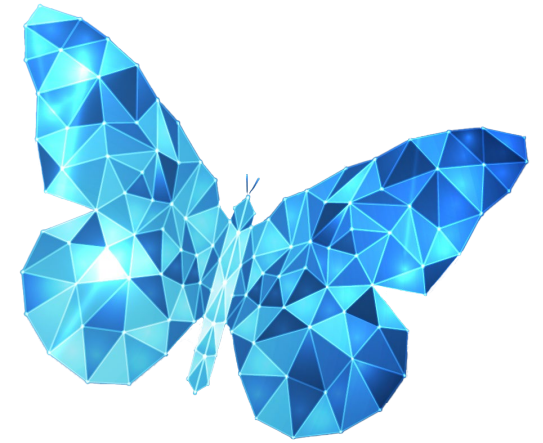


FASTING

YOUR METAMORPHOSIS

Ramadan 1443 AH / April 2022



Ramadan

The Month Of The Quran

Quran journal

FASTING: YOUR METAMORPHOSIS

Quran Notes

Ramadan 1443 AH / April 2022

شَهْرُ رَمَضَانَ الَّذِي أُنزِلَ فِيهِ الْقُرْآنُ هُدًى لِّلنَّاسِ وَبَيِّنَاتٍ مِّنَ الْهُدَىٰ وَالْفُرْقَانِ ۚ فَمَنْ شَهِدَ
مِنكُمُ الشَّهْرَ فَلْيَصُمْهُ ۖ وَمَنْ كَانَ مَرِيضًا أَوْ عَلَىٰ سَفَرٍ فَعِدَّةٌ مِّنْ أَيَّامٍ أُخَرَ ۗ يُرِيدُ اللَّهُ بِكُمُ الْيُسْرَ
وَلَا يُرِيدُ بِكُمُ الْعُسْرَ وَلِتُكْمِلُوا الْعِدَّةَ وَلِتُكَبِّرُوا اللَّهَ عَلَىٰ مَا هَدَاكُمْ وَلَعَلَّكُمْ تَشْكُرُونَ

It was in the month of Ramadan that the Quran was revealed as guidance for mankind, clear messages giving guidance and distinguishing between right and wrong. So any one of you who is present that month should fast, and anyone who is ill or on a journey should make up for the lost days by fasting on other days later. God wants ease for you, not hardship. He wants you to complete the prescribed period and to glorify Him for having guided you, so that you may be thankful. (2:185)

Assalaamu alaykum & Ramadan Mubarak!

The importance of connecting with the Quran in this blessed month cannot be over-emphasized. We hope that the following pages inspire you to dedicate time to focus strengthening your connection and deepening your understanding of the Quran.

If you have other beneficial ideas, please send these to info@TheQuranicWay.com

May Allah (swt) accept from you and us all. Let's make this Ramadan our best yet!

The Quranic Way Team

DATE _____

Quran Understanding Goal: _____

Eg. Ayat, topic, theme, concept

Goal(s) Achieved: _____

Any Follow up Actions: _____

Fasting: Your Metamorphosis Video Review: _____

Quran Ayat

Key Notes & Reflections

Date _____

Quran Ayat _____

Quran Ayat Key Notes & Reflections