UNIVERSITY OF MANCHESTER
ISLAMIC SOCIETY





A SISTERS' GUIDE TO THE QUR'AN

BY SISTERS, FOR SISTERS

FIRST EDITION

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Authored by:

Aishah Ashfaq
Mennatullah Muhammad
Sara Bahadur
Sumayyah Farooq
Yomna Shebani
Zainab Lunat

With special thanks to:

Dr Abdul Hadi Kafagi
Brother Eesa Khan
Sheikh Mustafa Razzak

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For any general enquiries/feedback/comments on this guide, please contact us by email on: sistersquranguide@gmail.com

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Introduction

اَلسَلامُ عَلَيْكُم
وَرَحْمَةُ اَللهِ وَبَرَكاتُهُ

Assalaamu alaikum wa rahmatullahi wa barakatuhu!

May the peace, blessings & mercy of Allah be upon you!

ENG

WELCOME TO THE MANCHESTER ISOC SISTERS' QUR'AN GUIDE

This Qur'an guide is kindly sponsored by Manchester Muslim Student Fund (MMSF). MMSF is a Manchester-based charity that aims to ensure that Muslim students are able to thrive in their education and fulfil their potential.

BY SISTERS, FOR SISTERS

What an honour it is to embark on this journey of becoming a person of the Qur'an!

THE VIRTUE OF THE PEOPLE OF THE QUR'AN

Anas ibn Malik reported that the Messenger of Allah (ﷺ) said:

SUNAN IBN MAJAH

إِنَّ لِلَّهِ أَهْلِينَ مِنْ النَّاسِ قَالُوا يَا رَسُولَ اللَّهِ مَنْ هُمْ قَالَ هُمْ أَهْلُ الْقُرْآنِ أَهْلُ اللَّهِ وَخَاصَّتُهُ

'Verily, Allah has His own people among humanity." They said, "O Messenger of Allah, who are they?" The Prophet said, "They are the people of the Qur'an, the people of Allah and His chosen ones."'

THE REWARD OF THE STRUGGLING RECITER

Aa'isha (may Allah be pleased with her) reported that the Messenger of Allah (ﷺ) said:

BUKHARI AND MUSLIM

الذي يقرأ القرآن وهو ماهر به مع السفرة الكرام البررة والذي يقرأ القرآن ويتتعتع فيه وهو عليه شاق له أجران

"The one who is proficient in the recitation of the Qur'an will be with the honourable and obedient scribes (angels) and he who recites the Qur'an and finds it difficult to recite, doing his best to recite it in the best way possible, will have two rewards."

Abu Umamah reported that the Messenger of Allah (ﷺ) said:

MUSLIM

اقرءوا القرآن فإنه يأتي يوم القيامة شفيعًا لأصحابه

"Read the Qur'an, for it will come as an intercessor for its reciters on the Day of Resurrection."



When it comes to starting on your journey with the Qur'an, it can often be overwhelming given the various avenues one may pursue. It is useful to know how the companions of our Messenger (ﷺ) approached the Qur'an.

Abu Abdur Rahman reported:

MUSNAD AHMAD

كَانُوا يعني الصحابة يَقْتَرِئُونَ مِنْ رَسُولِ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ عَشْرَ آيَاتٍ فَلَا يَأْخُذُونَ فِي الْعَشْرِ الْأُخْرَى حَتَّى يَعْلَمُوا مَا فِي هَذِهِ مِنْ الْعِلْمِ وَالْعَمَلِ قَالُوا فَعَلِمْنَا الْعِلْمَ وَالْعَمَلَ

The companions would learn to recite ten verses from the Messenger of Allah, peace and blessings be upon him. They would not take another ten verses until they understood the knowledge and deeds they contained. They would say, "We learned sacred knowledge and action together."

From this we can learn several lessons:

- Study only a few verses at a time. Do not seek to rush ahead before understanding and acting upon the verses you are currently studying.

- Study under someone who has experience in the sub-science you wish to learn.

- Each verse has its own unique implications and benefits, and we must try to extrapolate as much as we can from them.

- Knowledge is only of value if followed by action.

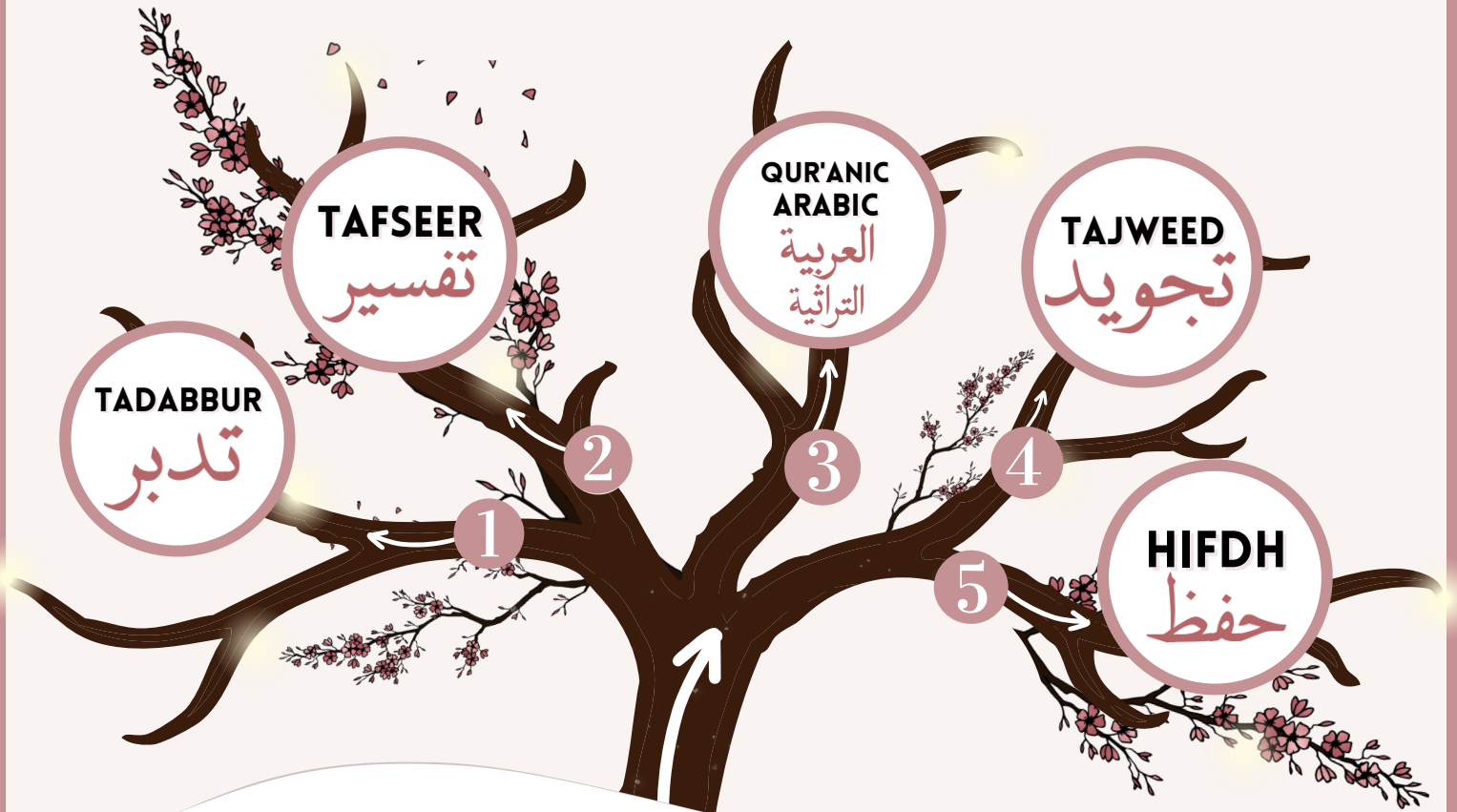
The aim of studying the Qur'an is not to acquire worldly titles or to solely become occupied in its recitation. Rather, to become true people of the Qur'an, we must aspire to embody its teachings in our day to day lives in the way shown by the Messenger of Allah (ﷺ).

To aid you in your Qur'an journey we have created a guide that will provide a simple breakdown on how to tackle each of the sub-sciences: Tadabbur, Tafseer, Qur'anic Arabic, Tajweed and Hifdh.

From one group of sisters to another, we present to you,

MANCHESTER ISOC SISTERS' QUR'AN GUIDE.

1. How can I **reflect** upon the Qur'an?
2. How can I understand the **context** of verses?
3. How can I understand the **language** of the Qur'an?
4. How can I perfect my **recitation**?
5. How can I **memorise** what I recite?



Your Qur'anic Journey

Tadabbur

DEFINING THE PRACTICE OF تدبر

Tadabbur means to ponder and contemplate over the meaning of the verses of the Qur'an. The word Tadabbur comes from the word دُبُر which denotes the back of something.

Allah SWT has chosen this word in particular to describe our ideal reading of His book. So as you recite, ponder over the verses of the Qur'an and explore what lies behind each word. Unfortunately, many Muslims repeat the words of the Qur'an, without understanding and pondering upon them, limiting themselves from embodying them in day to day life. We understand the importance Allah SWT has placed on Tadabbur by looking at the following verses:

Surah An-Nisa', Ch. 4, V. 82

أَفَلاَ يَتَدَبَّرُونَ الْقُرْآنَ وَلَوْ كَانَ مِنْ عِندِ غَيْرِ اللّهِ لَوَجَدُواْ فِيهِ اخْتِلاَفاً كَثِيراً

Do they not then reflect on the Qur'an? Had it been from anyone other than Allah, they would have certainly found many inconsistencies in it.

Surah Al-Mu'minun, Ch. 23, V. 68

أَفَلَمْ يَدَّبَّرُوا۟ ٱلْقَوْلَ أَمْ جَآءَهُم مَّا لَمْ يَأْتِ ءَابَآءَهُمُ ٱلْأَوَّلِينَ

Did they never ponder over this Word (of God)? Or has he (the Messenger) brought something the like of which did not come to their forefathers?

Surah Saad, Ch. 38, V. 29

كِتَابٌ أَنزَلْنَاهُ إِلَيْكَ مُبَارَكٌ لِّيَدَّبَّرُوا آيَاتِهِ وَلِيَتَذَكَّرَ أُولُوا الْأَلْبَابِ

[This is] a blessed Book which We have revealed to you, [O Muḥammad], that they might reflect upon its verses and that those of understanding would be reminded.

Surah Muhammad, Ch. 47, V. 24

أَفَلَا يَتَدَبَّرُونَ ٱلْقُرْءَانَ أَمْ عَلَىٰ قُلُوبٍ أَقْفَالُهَآ

Then do they not reflect upon the Qur'an, or are there locks upon [their] hearts?

Now that we have established the importance of Tadabbur, we can begin to learn its practice.

This section will provide:

Guidance on -

- ✓ How to do Tadabbur
- ✓ Benefits of Tadabbur
- ✓ Resources to do Tadabbur

HOW TO DO TADABBUR OF THE QUR'AN

1

There is a misconception that one requires certain qualifications in order to read and reflect upon the words of Allah SWT. However, this is not true. As we have seen in the previous verses, Allah SWT has asked all of us to reflect upon the Qur'an. In not doing so has led to having many people who can recite fluently but fail to understand and act upon it!

Below are ways in which you may do Tadabbur upon the words of Allah.



Think of Who is talking to you.

The key to Tadabbur is to realise that these are the words of Allah SWT being said to you personally. Imam al-Ghazali advised that you should bring the Greatness of the One who is addressing you to the forefront of your mind.

This was also highlighted by Malik ibn Dinar (RA) who, after his students would recite to him, would say:

'Listen to what the Most Truthful is saying from above His throne'

Interact with the words of Allah SWT.

This was reflected in the Prophet's (ﷺ) recitation as reported by Hudhaifah (may Allah be pleased with him) who described his recitation while praying in the following way:

Hadith from Muslim

'His recitation was unhurried. And when he recited the Verses which referred to the Glory of Allah, he glorified Him (by saying SubhanAllah - My Rabb, the Supreme is far removed from every imperfection), the Great, and when he recited the Verses that mention supplication, he supplicated, and when he recited the Verses that mention seeking Refuge of the Rabb, he sought (His) Refuge.'

Personalise it to your life.

As we mentioned, the Qur'an is a personal message to everyone and according to your particular stage in life or need, you will find different implications for the verses you are reciting.

Imam al-Ghazali said,

'One is to assume that he is the one who is being addressed in every statement in the Qur'an.'

Therefore, always ask yourself how is this verse relevant to me and how can I benefit from it in my current situation? What does Allah SWT want me to do?

Understand the theme of the Surah.

The word Surah comes from 'Sur' which relates to a fence or gate. This means that each Surah has a bundle of verses that were chosen to be put together. Try to understand the main theme of it by always asking yourself: Why were these specific verses put together?

An example is Surah al-Rahman which starts with

ٱلرَّحۡمَٰنُ al-Rahman (the Most Merciful)

and ends with,'Blessed is the name of your Lord.'

Here, the theme is Allah's mercy, and you can read each verse from this perspective and ask yourself why these verses were chosen to emphasise His mercy even with verses about hellfire being mentioned.

Another example is Surah Al-Kahf, which was identified by the Prophet Muhammad (ﷺ) as a means of protection from the greatest trial in human history, al-Masih al-Dajjal (the False Messiah).

Surah Al-Kahf highlights four of life's trials - in order:

- the trial of religious persecution
- the trial of wealth
- the trial of knowledge
- and the trial of power.

You will find advice from Allah SWT in this chapter relating to each trial mentioned.

Understand the context.

Understanding why a Surah was revealed and its timing will help you to grasp the overall context, consequently optimising your Tadabbur.

For example, you will find the Suwar that were revealed before the migration (Meccan) are different from the ones which were revealed afterwards (Medinan).

Meccan Suwar were revealed in times of idolatry, persecution, and turmoil. Hence, they infuse the reader with:

- the purity of creed
- optimism
- and perseverance.

However, Madinan Suwar descended amidst the birth of a state and a model community. Hence, they set the infrastructure for:

- stability
- brotherhood
- and mitigating the ills of prosperity.

Contrast different scenes.

Another way is juxtaposing similar scenes from across the Qur'an to compare them with each other and draw parallels.

For instance, Ibraheem (AS) is ready to slaughter his son without hesitation, while the Israelites are reluctant to slaughter a cow of their choice.

II Draw parallels.

Every event, quality or action in the Qur'an is intentional and has counterparts in our lives and times. Tadabbur helps you to extract them.

When you are reciting the Qur'anic stories, ask yourself: Why did this happen? Why did Allah SWT mention this specific scene?

An example of this is when Wuhayb ibn al-Ward would recite this verse,

'And [mention] when Ibraheem was erecting the foundations of the House, along with Isma'il, saying, 'Our Lord! Accept from us'

He would weep and say,

'This is the friend of Allah, building the [greatest] House of Allah, and yet he begs that it be accepted of him.'

His comment shows us how his recitation was not just going through the words, but he deeply thought about the story and how that we should always seek Allah SWT's acceptance of our deeds and not to assume they are worthy of acceptance.

Reflect on Allah's attributes mentioned at the end of the verses.

Many verses end by mentioning certain attributes of Allah SWT. So always reflect upon the chosen ones by asking yourself:

- **Why has Allah SWT chosen these attributes specifically to end the verse?**

BENEFITS OF DOING TADABBUR

2

The benefits of reflecting upon Allah SWT's words are numerous. Below, some benefits are outlined.

Clears doubts and increases faith

If one recites the Qur'an whilst understanding the meaning of the verses and with a heedful heart, this will help clear the doubts, whispers and the diseases of the heart. Instead, peace and tranquillity will fill one's heart.

Ibn al-Qayyim wrote,

'There is nothing more beneficial for the heart than reading the Qur'an with contemplation and reflection.'

Contentment

There are many verses in the Qur'an which may appeal to us during our difficult times. Reflecting on these verses gives you contentment with the decree of Allah.

Learn lessons from stories of the Prophets

The Qur'an relays to us notable stories of the past which we are able to take lessons from and implement into our own lives.

A great example of this is the story of Yusuf (AS) where we learn to place the utmost trust in the plan of Allah and that, indeed, it is patience that brings about a beautiful end.

Recognising and appreciating Allah

As mentioned earlier, the key to gain maximum benefit is to truly feel each and every word as a personal message from Allah to you.



You will feel a great attachment to both the Qur'an and Allah SWT as you ponder upon His message to you. You will be able to truly appreciate the attributes of Allah and His favours upon us.

Allah SWT has blessed the Qur'an with spiritual and practical benefits. Only the person who ponders and reflects over its meanings will truly enjoy the fruits of these.

May Allah SWT allow us to fulfil His commandment of doing Tadabbur and may He allow us to take maximum benefit from His words.

Tadabbur Resources

QUR'AN TRANSLATIONS

THE CLEAR QUR'AN

BY DR. MUSTAFA KHATTAB



THE QUR'AN PROJECT

QURAN PROJECT .ORG



ONLINE RESOURCES

BAYYINAH DREAM

Bayyinah institute, led by Ustadh Nouman Ali Khan, hosts videos which provide unique insight into Qur'anic verses and practical takeaway points.

QUR'AN REFLECT

Qur'an reflect is a social platform that allows you to share your reflections with others. All reflections are checked by scholars and feedback is given to ensure reflections stay within the scope of scholarly tradition.

SUNNAH INFOGRAPHICS



Sunnah infographics provides educational resources such as Tafseer and Tadabbur card packs. Search the link below to claim a free downloadable copy!

sunnahinfographics.co.uk/pages/free-pack

Tafseer

DEFINING THE PRACTICE OF تفسير

Tafseer comes from the root word فَسَّرَ which has several meanings: to clarify, explain, decipher, elucidate and translate. With reference to the Qur'an, it means to uncover the implications and ramifications of the verses.

Tafseer, as with other Qur'anic sciences, holds an important status particularly in accessing meanings, deriving lessons and understanding the miraculous nature of the Qur'an.

This section will provide:

Guidance on -

- ✓ Importance of Tafseer
- ✓ Resources for Tafseer

IMPORTANCE OF PURSUING TAFSEER

1

In the book Al Itqaan, As Suyuti (RA) elaborates on the necessity of delving into Tafseer and divides these into 3 main reasons:

Necessity of elaboration

Allah SWT uses the most clear and eloquent of words and phrases within the Qur'an, so whilst the meaning is clear for those well-versed in the Arabic language, it may not be clear to those who aren't and, therefore, an elaboration is necessary.

Understanding the reasons of revelation

In our daily recitation of the Qur'an, we may come across verses where the events that caused them to be revealed are not mentioned. Tafseer helps to further enrich our understanding of why each verse was revealed. Therefore, facilitating not only our understanding, but also our Tadabbur.

The Arabic language and its eloquence

Arabic is a rich, eloquent and concrete language. You will find that one word can have several hundred meanings! The purpose of Tafseer here would be to explain what is meant by the word in that particular context.

Tafseer Resources

IN-PERSON RESOURCES

AL-HUDA

Al-Huda deliver weekday in-person Tafseer classes at British Muslim Heritage Centre, and, weekend Tafseer classes online.

The aims of these classes are to analyse verses to discuss jurispudential rulings and extract wisdoms with the goal of becoming productive members of society.

ONLINE RESOURCES

PROPHETIC GUIDANCE

Shaykh Ahsan Hanif delivers weekly Tafseer classes with the aim to provide detailed explanations of the meaning of verses, jurispudential rulings extracted from verses, lessons from the stories of the past and how different modes of recitation can change the meaning.

All classes are recorded and available to be viewed anytime for free.

Qur'anic Arabic

UNDERSTANDING THE LANGUAGE

العربية التراثية

Allah SWT has chosen Arabic to be the language of the Qur'an and by reading it in the language in which it was revealed, you will be amazed by how your experience and connection with the Qur'an will be completely transformed.

Allah says in the Qur'an:

Surah Yusuf, Ch. 12, V. 2

إِنَّآ أَنزَلْنَٰهُ قُرْءَٰنًا عَرَبِيًّا لَّعَلَّكُمْ تَعْقِلُونَ

Indeed, We have sent it down as an Arabic Qur'an that you might understand.

This section will provide:

Guidance on -

- ✓ The importance of learning Qur'anic Arabic
- ✓ Qur'anic Arabic resources

BENEFITS OF LEARNING QUR'ANIC ARABIC

1

Gateway to other Qur'anic sciences

Learning Qur'anic Arabic will allow you to navigate other sciences such as Tafseer and Tadabbur.

Appreciate the linguistic miracle of the Qur'an

Arabic is a rich and poetic language through which Allah has chosen to deliver His message. Allah has challenged the masters of spoken-word and poetry to bring even one Surah like His. You will not truly appreciate the linguistic, divine miracle that the Qur'an is until you learn Arabic.

Improved relationship with Salah

You will be able to understand what you are reciting in your prayers allowing you to increase your concentration and relationship with your Salah.

Attaining discipline

As learning Arabic requires consistency and commitment, this builds discipline and ultimately can benefit all aspects of life, insha'Allah.

Qur'anic Arabic Resources

ONLINE RESOURCES

ARABIC UNLOCKED

Arabic Unlocked is an online platform that was created for the purpose of helping people learn Arabic and understand the Qur'an in an enjoyable and effective way.

They use the latest technology combined with the latest language learning methods backed by science to create learning experiences that help you quickly and effectively unlock Arabic.

RIBAAT ARABIC PROGRAM

The primary focus of this program is on developing learners' abilities in reading and understanding written texts in Arabic, with a focus on classical/liturgical materials - which is the language used in the Qur'an.

It has three levels depending where you want to start: novice, intermediate and advanced.

BAYYINAH DREAM

Bayyinah Dream is a project initiated by Bayyinah TV, taught by Ustaadh Nouman Ali Khan, which aims to empower students to understand Qur'anic Arabic.

It is an interactive programme where you get access to a step-by-step process of learning Arabic from the basics and you will get resources that help you throughout the programme including an exercise book, a transcript and an answer guide.

QUR'ANIC ARABIC

Qur'anic Arabic hosts online courses created and curated by Imam Adam Jamal, to make connecting with the Qur'an easy and fun!

Their app tests you throughout your learning journey in an interactive and enjoyable way.

They have 6 levels which start from introducing Arabic pronouns, to knowing how to read and then levelling up to understanding Qur'anic Arabic.

QALAM INSTITUTE

This intensive course will equip students with the necessary tools to understand and reflect upon the Qur'an.

It includes: learning the foundational concepts and principles of the Arabic language, learning Qur'anic vocabulary, in-depth Tafseer and analysis, guided Qur'anic listening and reflection and finally students will also get to learn the differences between Makki and Madani Suwar, the circumstances of revelation, and other relevant topics.



KALIMAH CENTER

Kalimah Centre is an Arabic and Qur'an teaching platform. Kalimah Centre offers you the opportunity to efficiently learn Arabic online based on your own level of progress.

This course consists of 16 teaching levels including 400+ hours of 1-1 sessions. It helps the student reinforce their language skills through state-of-the-art interactive learning tools with professional, highly qualified, and experienced tutors.

Tajweed

DEFINING THE PRACTICE OF تجويد

The word Tajweed comes from the root word جَوَّدَ which means to perfect, enhance, beautify or improve something.

Tajweed is the practice of reciting the Qur'an according to the way Prophet Muhammad (ﷺ) was taught by the Angel Jibril. It is a science that focuses on the recitation and melody, and how it is preserved through the use of a set of linguistic and pronunciation rules.

Tajweed is important as it ensures the correct message and meaning of the Ayaat in the Qur'an are preserved. By having the correct pronunciation, a person's recitation will improve and they will avoid errors. A single letter being pronounced incorrectly could change the meaning of the word or lead to incorrect interpretation of a whole Ayah.

We are commanded in the Quran to recite in the correct way:

Surah Al-Muzammil, Ch. 73, V. 4

وَرَتِّلِ ٱلْقُرْءَانَ تَرْتِيلًا...

...And recite the Qur'an 'properly' in a measured way.

Tajweed is both theoretical and practical in nature. Therefore, it is not enough to just learn the theory, it must be implemented, and vice versa - it is not enough to recite with the correct pronunciation without understanding the rules and conditions behind them.

Tajweed is not something that can be learnt in a day. Rather it requires time, discipline and consistent practice in order to improve recitation.

This section will provide:

Guidance on -

- ✓ How to get started
- ✓ Top tips
- ✓ Resources for Tajweed

GETTING STARTED

1

1 Renew your intentions.

Ask yourself why you are wanting to embark on this journey. Are you doing it so that people will admire you or are you doing it completely and entirely for the sake of Allah? When your intentions are sincere, Allah will aid you in this journey and reward you for your efforts.

2 Find a teacher.

Find a reputable teacher, ideally one who has an Ijazah and, therefore, is qualified to teach Tajweed. This teacher will go through both the Tajweed rules and also listen to you implement them into your recitation. They will often start off with the Makhaarij and Sifaat of the letters, meaning the points of articulation and the characteristics of the letters respectively. Teachers are able to pick up on small mistakes that you yourself might not be hearing in your own recitation.



3 Implementation.

The next step is to implement the theory into your recitation. When you are reciting Qur'an, be conscious of that which you have recently learned in your theory and try to incorporate this.

For example, if you have recently learned the pronunciation of the letter ع, when you are reciting, ensure you are saying this letter from the correct origin point and pronouncing it correctly.



4 Make sincere dua.

One of the most important things you can do is to make Dua during this journey of learning Tajweed, There is nothing more noble than seeking closeness to Allah through His book and for that Allah will not leave you alone in this journey.

ADVICE REGARDING TAJWEED

2

Practice, practice, practice!

Do not let a single day pass whereby you have not read from the Qur'an, even just one Ayah.

Improvement takes time.

You cannot master Tajweed in a day or a month. Whilst it requires lots of effort, with consistency you will see the changes over time insha'Allah.

Ask a friend to listen to you.

In between lessons with a teacher, having a friend who can listen to your recitation can be really beneficial, as they can help with correcting mistakes. If you tell them what you're trying to improve on specifically, they can keep a lookout for this.

Listen to a reciter.

By having one reciter specifically, you will be able to follow their recitation and recognise the way in which they pronounce words.

Some recommendations for reciters are:

- Sheikh Khalil al-Hussary
- Sheikh Muhammad al-Minshawi
- Sheikh Ayman Suwayd
- Sheikh Muhammad Ayyub

Use a colour coded Mushaf.

In the beginning, it may be beneficial to use a Mushaf which uses different colours to highlight the different rules. However, remember not to completely rely on these. Learn the rules well and aim to transition onto a non-colour coded Mushaf as soon as you can.

Keep renewing your intentions.

You should renew your intentions before, during and after to solidify and reaffirm your reasoning for undertaking this honourable deed.

Tajweed Resources

IN-PERSON RESOURCES

AL MANHAL

Al Manhal deliver weekly Tajweed classes, taught by qualified teachers with Ijazah at Didsbury Masjid.

ONLINE RESOURCES

DAR AL-ARQAM

Dar Al-Arqam is an online platform which provides a free, comprehensive, pre-recorded, 13-part Tajweed series, taught by Ustadh Uzair Abdussamad.



TAYSIR AL-TAJWID

Taysir Al-Tajwid is a simplified Tajweed book accompanied by a walkthrough video series - both are available for purchase online, individually and as a bundle.

MANCHESTER ISOC

Manchester ISoc holds 3 weekly Tajweed classes:

- The Measured Recitation - Online course, aimed at beginner students, going through the explanation of the classical Tajweed poem Tuhfatul Atfaal by Imam ibn Jamzuri
- Recital Revival - Online course, aimed at intermediates, going through the explanation of the classical poem Al-Muqaddimah Al-Jazariyyah by Imam ibn al-Jazari
- Sisters Tajweed class - Small groups of sisters who have an opportunity to recite and be corrected live by a female Qur'an teacher

REMINDER: READING YOUR DAILY PORTION

The above section has detailed the importance of reciting the Qur'an in the manner in which Angel Jibril (AS) transmitted it to Prophet Muhammad (ﷺ). Ensuring proper implementation of these rules requires practice. This can be achieved by reciting a portion of the Qur'an everyday. Overtime, your tongue will become more comfortable with pronouncing the different letters, allowing your recitation to become more fluent.

Hifdh

DEFINING THE PRACTICE OF حفظ

The word حِفْظ means to preserve, protect and maintain, and can be used in a variety of contexts. In this case, it is the act of preserving the words of Allah by comitting them to memory.

One of the greatest responsibilities this Ummah bears is in the preservation of the Qur'an. One method in which this is done is through the efforts of Huffaadh around the world who carefully commit to memory each and every word. Here we are today, more than 1400 years later, with not a single letter or vowel that has been changed.

Whilst the idea of committing to memory, 6236 verses, 114 chapters can appear quite daunting, we are reassured in the Qur'an that this is possible.

Allah says in the Qur'an: **Surah Al-Qamar, Ch. 54, V. 40**

وَلَقَدْ يَسَّرْنَا ٱلْقُرْءَانَ لِلذِّكْرِ فَهَلْ مِن مُّدَّكِرٍ

And We have certainly made the Qur'an easy to remember. So, is there anyone who will be mindful?

Undoubtedly, this task requires time, commitment and consistency. With thousands of Muslims, of all ages and abilities taking this task on daily, there are lots of practical tips and advice that have been shared.

This section will provide:

Guidance on -

- ✓ How to get started
- ✓ How to track your progress
- ✓ Advice from the Qur'an
- ✓ Resources for Hifdh

GETTING STARTED

1

Before beginning your Hifdh journey, it is important to renew your intentions. Take some time to reflect. Why are you doing this? What is it that you hope to achieve from this?

Next, you should consider who your mentor will be throughout this.

Are you able to do Hifdh with a teacher? Perhaps a buddy to help keep you accountable? Memorising the Qur'an is an oral tradition and it is essential that we have any mistakes corrected by someone knowledgeable in Qur'anic recitation.

As mentioned earlier, memorising requires time and consistency. Review your daily schedule and see where you are able to set time aside to focus on Qur'an memorisation. Having the same time set each day and making others aware of this protected time will allow for consistency. Treat it like an appointment not to be missed.

There are lots of methods one may use during their Hifdh journey to ensure effective day to day memorisation and to check for long-term retention. One extremely popular method will be described below.

As an overview, there are 3 portions you should aim to prepare and recite each day.

NEW PORTION

This refers to memorising a new set of Ayaat which you have not previously memorised.

RECENT PORTION

This refers to reviewing material up to a Juz preceding where the new portion is.

OLD PORTION

This refers to reviewing material which may have been memorised weeks/months ago.

EXAMPLE

** You have began memorising the first page of Juz 5 **

NEW PORTION → First page of Juz 5

RECENT PORTION → Up to 1 Juz preceding the new portion i.e. Juz 4

OLD PORTION → Juz 1

So, you've checked your intentions, you have a teacher or buddy who will be keeping you accountable along the way and you know what to prepare each day. Now, how do you actually memorise?

Here's how!

MEMORISATION FLOW DIAGRAM

STEP ONE

Recite, whilst looking in, the new verses you would like to commit to memory. Repeat these verses at least 25 times, or as many times as you can, until you gain familiarity of the verses and fluency in recitation.

STEP TWO

Begin memorising verse 1. Keep repeating this, without looking in the Mushaf, until you are fluent and making no mistakes.

STEP THREE

Next, move onto memorising verse 2 and keep repeating until you are fluent and making no mistakes.

STEP FOUR

Now combine both verses 1 and 2 and keep repeating until you are fluent and making no mistakes.

STEP FIVE

Repeat the above for however many verses you wish to memorise for that session.

NOTE

AT THIS POINT BEFORE STEP TWO

You may wish to leave memorising the verses for another session.

For example, you may simply repeat the verses whilst looking in, for fluency and familiarity, during the evening, and attempt memorisation the next morning.

OR

Alternatively, you may continue with memorising in the same session.

NOW GO TO **STEP TWO**

Other recommendations to aid memorisation include:

- Using the same Mushaf
- Listening to the verses repetitively
- Reading the translation of what you are trying to memorise
- Noting down verses which are similar
- Reciting your daily portion in Nafl Salah
- Choosing times to memorise when the mind is most fresh i.e. after Fajr

The virtue of reciting the Qur'an at this time is mentioned in the Qur'an itself:

Surah Al-Isra', Ch. 17, V. 78

إِنَّ قُرْءَانَ ٱلْفَجْرِ كَانَ مَشْهُودًا

Indeed, the recitation of dawn is ever witnessed.

May Allah increase the sharpness of our minds, give us Barakah in our time and grant us the ability to memorise His words.

HIFDH PROGRESS TRACKER

2

It is useful to track what you have you recited each day. On the next page, there is a template of a Hifdh progress tracker that you may wish to use.

Below is a link to access a printable PDF version of this progress tracker.

uom.isoc.link/hifdhprogresstracker

MY HIFDH PROGRESS TRACKER

	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			SUNDAY		
	N	R	O	N	R	O	N	R	O	N	R	O	N	R	O	N	R	O	N	R	O
WEEK 1																					
WEEK 2																					
WEEK 3																					
WEEK 4																					

N = NEW PORTION R = RECENT PORTION O = OLD PORTION

Ideally, you should prepare and recite a new, recent and old portion everyday. If you are unable to memorise new material, it is vital to keep reviewing old material.

In a Hadith, the Prophet (ﷺ) said:

SAHIH BUKHARI AND MUSLIM

تعاهدوا هذا القرآن فوالذي نفس محمد بيده لهو أشد تفلتًا من الإبل في عقلها

'Read the Qur'an regularly, By the One in Who's Hand Muhammad's soul is, it escapes from memory faster than a camel does from its tying ropes.'

May Allah prevent us from forgetting that which we have committed to memory.



ADVICE FROM THE HOLY QUR'AN

3

The most important advice is that given by Allah SWT to the Prophet Muhammad (ﷺ) in the verses of Surah Al-Qiyamah.

Surah Al-Qiyamah, Ch. 75, V. 16

لَا تُحَرِّكْ بِهِۦ لِسَانَكَ لِتَعْجَلَ بِهِۦٓ

Do not rush your tongue trying to memorise 'a revelation of' the Quran.

Continued...

Surah Al-Qiyamah, Ch. 75, V. 17

إِنَّ عَلَيْنَا جَمْعَهُۥ وَقُرْءَانَهُۥ

It is certainly upon Us to ˹make you˺ memorise and recite it.

Surah Al-Qiyamah, Ch. 75, V. 18

فَإِذَا قَرَأْنَٰهُ فَٱتَّبِعْ قُرْءَانَهُۥ

So once We have recited a revelation ˹through Gabriel˺, follow its recitation ˹closely˺.

Surah Al-Qiyamah, Ch. 75, V. 19

ثُمَّ إِنَّ عَلَيْنَا بَيَانَهُۥ

Then it is surely upon Us to make it clear ˹to you˺.

From these verses, we can take away the following advice:

Be patient. At times, this journey will be difficult. If you find what you are attempting to memorise is not being retained, take a short break and return back to try again. During this stage, you can instead continue reviewing older material.

Be strict with yourself. Do not rush to move on if you are struggling to retain what you have already learnt.

Recite to a teacher/mentor. Ensure you have your recitation heard by someone qualified, or at the very least, someone knowledgeable on the verses you are memorising, to ensure any mistakes are corrected.

Listen to the recitation of others. This will allow you to pick up on any mistakes you may be making. Additionally, hearing those verses being repeated continuously will help solidify learning.

Make dua. Sincerely ask Allah for help in this journey, as it is only through the will of Allah that you will be able to memorise and retain His words.

May Allah allow us to act upon His advice.

Hifdh Resources

ONLINE RESOURCES

IMAM JAZARI INSTITUTE

Imam Jazari Institute provides 1-1 and group classes to cater for all levels, from beginner to advanced reciters, with the opportunity to merit a chain in the ten modes of recitation, going back to the Prophet Muhammad (ﷺ).

IMAM SHATIBI INSTITUTE

Imam Shatibi Institute delivers classes on classical Tajweed poems, 1-1 Hifdh lessons and weekly sessions on the Hadith book Adab al-Mufrad, authored by Imam Al-Bukhari.

FIRDAWS ACADEMY

Firdaws academy provides Qur'an memorisation and Tajweed classes which are delivered by highly qualified teachers who have graduated from the Islamic University of Madinah and Al-Azhar University.

PRIVATE TEACHERS

AL-AZHAR UNIVERSITY

Below are contact details of two female Hifdh teachers who hold qualifications accredited by Al-Azhar University of Egypt.

Ustadha Rasha: Contact on +20 102 688 9473 to check for availability.

Ustadha Dawlat: Contact on +20 101 212 7138 to check for availability.

OTHER PROGRAMMES

HIFDH BUDDY SCHEME

Manchester ISoc run a yearly Hifdh buddy scheme where 2 individuals are paired together to recite to one another and keep each other accountable during their Hifdh journey.

Each pair is assigned to an experienced mentor who will guide them and give regular tests.

Whether you are looking to memorise a few Suwar or the entire Qur'an, this is a good option for those looking to be held accountable.

CONTACT THE MANCHESTER ISOC TEAM TO REGISTER YOUR INTEREST!

uom.isoc.link/quranbuddy

Frequently Asked Questions

QUESTION 1

Is it too late to start my journey with the Qur'an?

It is never too late to start connecting with the word of Allah. Remember, when the Qur'an was being revealed to Prophet Muhammad (ﷺ), the companions were of all ages and abilities.

Whether it's 1 verse or 10 verses that you manage to recite in one sitting, every interaction with the book of Allah is valuable.

The Prophet (ﷺ) said, **Hadith from Al-Tirmidhi**

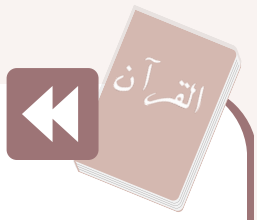
يقال لصاحب القرآن: اقرأ وارتقِ ورتل كما كنت ترتل في الدنيا، فإن منزلتك عند آخر آية تقرؤها

'The one who was devoted to the Qur'an will be told on the Day of Resurrection: 'Recite and ascend (in ranks) as you used to recite when you were in the world. Your rank will be at the last Ayah you recite.'

May Allah allow us to reach the highest rank in Jannah.

QUESTION 2

There are so many passages in the Qur'an - from where do I begin?



The answer depends on your personal preference. Some prefer to begin with the shorter chapters from Juz 30 and interact with verses they recite all the time in prayer. Others prefer to tackle the longer Suwar from the front first.

Some recommend starting with the Meccan chapters, as their meanings are easy to understand, there are lots of stories to reflect on and you are able to learn more about the Power of Allah SWT. Indeed, weren't the Meccan chapters the first revelation that the Prophet (ﷺ) and his companions interacted with?

Perhaps start with one of the following Meccan Suwar: Surah Yusuf (12) or Al-Kahf (18) or Luqman (31) - the language used is simpler. They are filled with stories and parables - simple to follow, easy to implement and useful to reflect on at home.

May Allah allow you to decide what is best for yourself.

QUESTION 3

Do I need a teacher/mentor to interact with the Qur'an?

Don't feel that not having a teacher means that you cannot interact with the words of Allah! Pick up your Qur'an and slowly work through different chapters whilst using a translation that suits you best. We have so many textbooks and articles that we read and self-study on a daily basis, the Qur'an should be no different!

That being said, for those who wish to memorise, it is essential to do so under a qualified teacher who has expertise in Qur'anic recitation. A teacher is able to keep you accountable to a higher degree, is able to give you expert guidance on memorising and is able to correct your mistakes to allow you to perfect your recitation.

However, most teachers/Hifdh programmes do charge a fee.

The Manchester ISoc Qur'an buddy scheme is a free programme which allows 2 individuals to pair up and keep each other accountable on their Hifdh journey with additional support from a mentor. You may contact the team to find out further information.

May Allah allow us to interact with the Qur'an in a manner most pleasing to Him.

QUESTION 4

How much Qur'an should I interact with per day?

This differs from person to person in terms of ability and how much time one can commit to during the day. Whilst one person may interact with 15 verses a day, another may manage to interact with 1 verse a day.

Whether 1 verse or 15 verses, the goal is to remain consistent and most importantly, to understand and reflect on the verses.

The Messenger of Allah (ﷺ) said: **Sunan Ibn Majah**

اكْلَفُوا مِنَ الْعَمَلِ مَا تُطِيقُونَ فَإِنَّ خَيْرَ الْعَمَلِ أَدْوَمُهُ وَإِنْ قَلَّ

'Take on only as much as you can do of good deeds, for the best of deeds is that which is done consistently, even if it is little.'

May Allah accept your efforts for each and every verse you seek to explore.

QUESTION 5

Can I interact with the Qur'an whilst menstruating?

There is no issue in reading translation, reflecting on verses and studying Tafseer without touching the Mushaf.

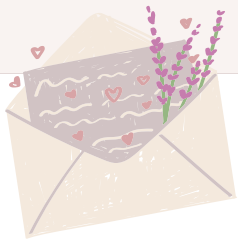
However, there are 2 opinions regarding whether you can recite the verses aloud. They are summarised below:

- You may recite the Qur'an aloud without touching the Mushaf.
- You are not permitted to recite the Qur'an aloud.

  However:

  - You may recite the Qur'an in your heart and mind without touching the Mushaf.
  - You are permitted to recite aloud when teaching.
  - You are permitted to recite aloud verses with the intention of supplication e.g. Ayat-ul-Kursi, Surah Al-Ikhlas, Surah Al-Falaq, Surah An-Nas - all of which we are encouraged in Hadith to recite for protection.

(Answer continues below)



FOR SISTERS DOING HIFDH

For sisters who do not recite Qur'anic verses aloud whilst menstruating, this can often seem like a set-back to your Hifdh journey. Here are some things you can do whilst menstruating to help keep you steadfast on your Hifdh journey:

- Look at the verses in your Mushaf, without directly touching the Mushaf, and recite them in your heart and mind.
- Listen to online recordings of Qur'anic recitation on repeat.
- Offer to listen to the Qur'an of family/friends.

May Allah keep you steadfast in your Hifdh journey.



QUESTION 6

How should I interact with the Qur'an this Ramadan?

Ramadan is the month the Qur'an was revealed in. What a great time to boost your connection or even start your journey with the words of Allah!

Set yourself 2 targets this Ramadan:

- Daily recitation - how long will you spend on this?
- Daily reflection - how long will you spend on this?

Make these targets achievable and stay consistent.

FOR SISTERS DOING HIFDH

For those who are doing Hifdh, the decision lies with yourself and your teacher. If you feel like you want to take a break and focus on revision, then that is perfectly reasonable - maybe your daily recitation target could include parts of your revision?

If you wish to continue memorising then that is perfectly reasonable too. You may include those verses in your daily reflection target.

The main focus of this month is to build Qur'an habits that you continue past the month of Ramadan!

Recommended Apps

QARIAH

Qariah provides a platform for female reciters and aims to make listening to female reciters more accessible.

TARTEEL

Tarteel is an app which aids you with memorisation using voice recognition to reveal verses as you recite.

QURANLY

Quranly is an app which helps you build up a habit of incorporating Qur'an into your day to day life.

AL-QURAN

Al-Quran is an app which allows you to recite, read Tafseer and search for verses containing the similar words.

QURANIC

Quranic is an app which allows you to learn the meaning of the Qur'an in a fun and interative way.

IQRA

iQra is an app that allows you recite from a 13-lined script, with or without colour coded Tajweed rules.

Parting Advice

Whilst this may be a challenging journey ahead, we are reminded in the Qur'an that our efforts will not go to waste.

Allah SWT says:

Surah Al-Isra', Ch. 17, V. 19

وَمَنْ أَرَادَ ٱلْـَٔاخِرَةَ وَسَعَىٰ لَهَا سَعْيَهَا
وَهُوَ مُؤْمِنٌ فَأُو۟لَـٰٓئِكَ كَانَ سَعْيُهُم مَّشْكُورًا

But he who desires the Hereafter and strives for it in the manner he should, and is a true believer, his striving will come to fruition.

Surah Al-'Ankabut, Ch. 29, V. 69

وَٱلَّذِينَ جَـٰهَدُوا۟ فِينَا لَنَهْدِيَنَّهُمْ سُبُلَنَا ۚ
وَإِنَّ ٱللَّهَ لَمَعَ ٱلْمُحْسِنِينَ

As for those who strive in Our cause, We shall surely guide them to Our Ways. Indeed Allah is with those who do good.

The above Qur'anic verses are further echoed in Hadith where Prophet Muhammad (ﷺ) said:

TIRMIDHI AND MUSLIM

مَنْ سَلَكَ طَرِيقًا يَلْتَمِسُ فِيهِ عِلْمًا سَهَّلَ اللَّهُ لَهُ طَرِيقًا إِلَى الْجَنَّةِ

"Whoever follows a path to seek knowledge, Allah will make the path to Jannah easy for them."



This guide has explored the different paths we can take in our journey to the Qur'an. From doing Tadabbur on verses, studying Tafseer and mastering Qur'anic Arabic, to perfecting Tajweed or kickstarting your Hifdh, we hope that you are now equipped with the practical tips, resources and motivation needed to help you start your Qur'an journey.

We pray Allah allows you to benefit from this guide and become people of the Qur'an.

From one group of sisters to another, this has been the

MANCHESTER ISOC SISTERS' QUR'AN GUIDE.

Qur'anic Ad'iyah

Surah Al-Baqarah, Ch. 2, V. 127

رَبَّنَا تَقَبَّلۡ مِنَّآۖ إِنَّكَ أَنتَ ٱلسَّمِيعُ ٱلۡعَلِيم

'Our Lord, accept from us. Indeed You are the Hearing, the Knowing.'

Surah Al-Baqarah, Ch. 2, V. 128

رَبَّنَا وَٱجۡعَلۡنَا مُسۡلِمَيۡنِ لَكَ وَمِن ذُرِّيَّتِنَآ أُمَّةً مُّسۡلِمَةً لَّكَ

'Our Lord, and make us Muslims [in submission] to You and from our descendants a Muslim nation [in submission] to You.'

Surah Al-Baqarah, Ch. 2, V. 201

رَبَّنَآ ءَاتِنَا فِى ٱلدُّنۡيَا حَسَنَةً وَفِى ٱلۡأٓخِرَةِ حَسَنَةً وَقِنَا عَذَابَ ٱلنَّارِ

'Our Lord, give us in this world [that which is] good and in the Hereafter [that which is] good and protect us from the punishment of the Fire.'

Surah Al-Baqarah, Ch. 2, V. 250

رَبَّنَآ أَفۡرِغۡ عَلَيۡنَا صَبۡرًا وَثَبِّتۡ أَقۡدَامَنَا وَٱنصُرۡنَا عَلَى ٱلۡقَوۡمِ ٱلۡكَٰفِرِينَ

'Our Lord, pour upon us patience and plant firmly our feet and give us victory over the disbelieving people.'

Surah Al-Baqarah, Ch. 2, V. 286

رَبَّنَا لَا تُؤَاخِذۡنَآ إِن نَّسِينَآ أَوۡ أَخۡطَأۡنَاۚ رَبَّنَا وَلَا تَحۡمِلۡ عَلَيۡنَآ إِصۡرٗا
كَمَا حَمَلۡتَهُۥ عَلَى ٱلَّذِينَ مِن قَبۡلِنَاۚ رَبَّنَا وَلَا تُحَمِّلۡنَا مَا لَا طَاقَةَ لَنَا بِهِۦۖ
وَٱعۡفُ عَنَّا وَٱغۡفِرۡ لَنَا وَٱرۡحَمۡنَآۚ أَنتَ مَوۡلَىٰنَا فَٱنصُرۡنَا عَلَى ٱلۡقَوۡمِ ٱلۡكَٰفِرِينَ

'Our Lord, do not impose blame upon us if we have forgotten or erred. Our Lord, and lay not upon us a burden like that which You laid upon those before us. Our Lord, and burden us not with that which we have no ability to bear. And pardon us; and forgive us; and have mercy upon us. You are our protector, so give us victory over the disbelieving people.'

Surah Aal 'Imraan, Ch. 3, V. 8

رَبَّنَا لَا تُزِغۡ قُلُوبَنَا بَعۡدَ إِذۡ هَدَيۡتَنَا وَهَبۡ لَنَا مِن لَّدُنكَ رَحۡمَةٗۚ
إِنَّكَ أَنتَ ٱلۡوَهَّابُ

'Our Lord, let not our hearts deviate after You have guided us and grant us from Yourself mercy. Indeed, You are the Bestower.'

Surah Aal 'Imraan, Ch. 3, V. 38

رَبِّ هَبۡ لِي مِن لَّدُنكَ ذُرِّيَّةٗ طَيِّبَةًۖ إِنَّكَ سَمِيعُ ٱلدُّعَآءِ

'My Lord, grant me from Yourself a good offspring. Indeed, You are the Hearer of supplication.'

Surah Aal 'Imraan, Ch. 3, V. 173

حَسۡبُنَا ٱللَّهُ وَنِعۡمَ ٱلۡوَكِيلُ

'Sufficient for us is Allah, and [He is] the best Disposer of affairs.'

Surah Aal 'Imraan, Ch. 3, V. 193

رَبَّنَا فَٱغۡفِرۡ لَنَا ذُنُوبَنَا وَكَفِّرۡ عَنَّا سَيِّـَٔاتِنَا وَتَوَفَّنَا مَعَ ٱلۡأَبۡرَارِ

'Our Lord, so forgive us our sins and remove from us our misdeeds and cause us to die with the righteous.'

Surah Al-Maa'idah, Ch. 5, V. 114

وَٱرۡزُقۡنَا وَأَنتَ خَيۡرُ ٱلرَّٰزِقِينَ

'And provide for us, and You are the best of providers.'

Surah Al-A'raaf, Ch. 7, V. 47

رَبَّنَا لَا تَجۡعَلۡنَا مَعَ ٱلۡقَوۡمِ ٱلظَّٰلِمِينَ

'Our Lord, do not place us with the wrongdoing people.'

Surah Al-A'raaf, Ch. 7, V. 126

رَبَّنَآ أَفۡرِغۡ عَلَيۡنَا صَبۡرٗا وَتَوَفَّنَا مُسۡلِمِينَ

'Our Lord, pour upon us patience and let us die as Muslims [in submission to You].'

Surah Yusuf, Ch. 12, V. 101

فَاطِرَ ٱلسَّمَٰوَٰتِ وَٱلۡأَرۡضِ أَنتَ وَلِيِّۦ فِي ٱلدُّنۡيَا وَٱلۡأٓخِرَةِۖ تَوَفَّنِي مُسۡلِمٗا وَأَلۡحِقۡنِي بِٱلصَّٰلِحِينَ

'Creator of the heavens and earth, You are my protector in this world and in the Hereafter. Cause me to die a Muslim and join me with the righteous.'

Surah Ibraheem, Ch. 14, V. 40

رَبِّ ٱجۡعَلۡنِي مُقِيمَ ٱلصَّلَوٰةِ وَمِن ذُرِّيَّتِيۚ رَبَّنَا وَتَقَبَّلۡ دُعَآءِ

'My Lord, make me an establisher of prayer, and [many] from my descendants. Our Lord, and accept my supplication.'

Surah Ibraheem, Ch. 14, V. 41

رَبَّنَا ٱغۡفِرۡ لِي وَلِوَٰلِدَيَّ وَلِلۡمُؤۡمِنِينَ يَوۡمَ يَقُومُ ٱلۡحِسَابُ

'Our Lord, forgive me and my parents and the believers the Day the account is established.'

Surah Al-Isra', Ch. 17, V. 24

رَّبِّ ٱرۡحَمۡهُمَا كَمَا رَبَّيَانِي صَغِيرًا

'My Lord, have mercy upon them as they brought me up [when I was] small.'

Surah Al-Isra', Ch. 17, V. 80

رَّبِّ أَدۡخِلۡنِي مُدۡخَلَ صِدۡقٍ وَأَخۡرِجۡنِي مُخۡرَجَ صِدۡقٍ

وَٱجۡعَل لِّي مِن لَّدُنكَ سُلۡطَٰنًا نَّصِيرًا

'My Lord, cause me to enter a sound entrance and to exit a sound exit and grant me from Yourself a supporting authority.'

Surah Al-Kahf, Ch. 18, V. 10

رَبَّنَآ ءَاتِنَا مِن لَّدُنكَ رَحۡمَةً وَهَيِّئۡ لَنَا مِنۡ أَمۡرِنَا رَشَدًا

'Our Lord, grant us from Yourself mercy and prepare for us from our affair right guidance.'

Surah Ta Ha, Ch. 20, V. 25-28

رَبِّ ٱشۡرَحۡ لِي صَدۡرِي ✦ وَيَسِّرۡ لِيٓ أَمۡرِي

وَٱحۡلُلۡ عُقۡدَةٗ مِّن لِّسَانِي ✦ يَفۡقَهُواْ قَوۡلِي

'My Lord, expand for me my breast. And ease for me my task. And untie the knot from my tongue. That they may understand my speech.'

Surah Ta Ha, Ch. 20, V. 114

رَّبِّ زِدۡنِي عِلۡمٗا

'My Lord, increase me in knowledge.'

Surah Al-Anbiya', Ch. 21, V. 83

أَنِّي مَسَّنِيَ ٱلضُّرُّ وَأَنتَ أَرۡحَمُ ٱلرَّٰحِمِينَ

'Indeed, adversity has touched me, and you are the Most Merciful of the merciful.'

Surah Al-Anbiya', Ch. 21, V. 89

رَبِّ لَا تَذَرۡنِي فَرۡدٗا وَأَنتَ خَيۡرُ ٱلۡوَٰرِثِينَ

'My Lord! Do not leave me childless, though You are the Best of Successors.'

Surah Mu'minun, Ch. 23, V. 97-98

رَّبِّ أَعُوذُ بِكَ مِنۡ هَمَزَٰتِ ٱلشَّيَٰطِينِ ✦ وَأَعُوذُ بِكَ رَبِّ أَن يَحۡضُرُونِ

'My Lord! I seek refuge in You from the temptations of the devils. And I seek refuge in You, my Lord, that they 'even' come near me.'

Surah Mu'minun, Ch. 23, V. 109

رَبَّنَآ ءَامَنَّا فَٱغۡفِرۡ لَنَا وَٱرۡحَمۡنَا وَأَنتَ خَيۡرُ ٱلرَّٰحِمِينَ

'Our Lord, we have believed, so forgive us and have mercy upon us, and You are the best of the merciful.'

Surah Al-Furqan, Ch. 25, V. 65

رَبَّنَا ٱصۡرِفۡ عَنَّا عَذَابَ جَهَنَّمَۖ إِنَّ عَذَابَهَا كَانَ غَرَامًا

'Our Lord, avert from us the punishment of Hell. Indeed, its punishment is ever adhering'

Surah Al-Furqan, Ch. 25, V. 74

رَبَّنَا هَبۡ لَنَا مِنۡ أَزۡوَٰجِنَا وَذُرِّيَّٰتِنَا قُرَّةَ أَعۡيُنٖ وَٱجۡعَلۡنَا لِلۡمُتَّقِينَ إِمَامًا

'Our Lord, grant us from among our spouses and offspring comfort to our eyes and make us an example for the righteous.'

Surah Ash-Shu'ara', Ch. 26, V. 83-85

رَبِّ هَبۡ لِي حُكۡمٗا وَأَلۡحِقۡنِي بِٱلصَّٰلِحِينَ ✦ وَٱجۡعَل لِّي لِسَانَ صِدۡقٖ فِي ٱلۡأٓخِرِينَ

وَٱجۡعَلۡنِي مِن وَرَثَةِ جَنَّةِ ٱلنَّعِيمِ ✦

'My Lord, grant me authority and join me with the righteous. And grant me a reputation of honor among later generations. And place me among the inheritors of the Garden of Pleasure.'

Surah Ash-Shu'ara', Ch. 26, V. 169

رَبِّ نَجِّنِي وَأَهۡلِي مِمَّا يَعۡمَلُونَ

'My Lord, save me and my family from [the consequence of] what they do.'

Surah An-Naml, Ch. 27, V. 19

رَبِّ أَوْزِعْنِيٓ أَنْ أَشْكُرَ نِعْمَتَكَ ٱلَّتِيٓ أَنْعَمْتَ عَلَيَّ وَعَلَىٰ وَٰلِدَيَّ
وَأَنْ أَعْمَلَ صَٰلِحًا تَرْضَىٰهُ وَأَدْخِلْنِي بِرَحْمَتِكَ فِي عِبَادِكَ ٱلصَّٰلِحِينَ

'My Lord, enable me to be grateful for Your favour which You have bestowed upon me and upon my parents and to do righteousness of which You approve. And admit me by Your mercy into [the ranks of] Your righteous servants.'

Surah Al-Qasas, Ch. 28, V. 16

رَبِّ إِنِّي ظَلَمْتُ نَفْسِي فَٱغْفِرْ لِي

'My Lord, indeed I have wronged myself, so forgive me'

Surah Al-Qasas, Ch. 28, V. 24

رَبِّ إِنِّي لِمَآ أَنزَلْتَ إِلَيَّ مِنْ خَيْرٍ فَقِيرٌ

'My Lord, indeed I am, for whatever good You would send down to me, in need.'

Surah Al-Ghafir, Ch. 40, V. 7-8

رَبَّنَا وَسِعْتَ كُلَّ شَيْءٍ رَّحْمَةً وَعِلْمًا فَٱغْفِرْ لِلَّذِينَ تَابُوا۟ وَٱتَّبَعُوا۟ سَبِيلَكَ
وَقِهِمْ عَذَابَ ٱلْجَحِيمِ

رَبَّنَا وَأَدْخِلْهُمْ جَنَّٰتِ عَدْنٍ ٱلَّتِي وَعَدتَّهُمْ وَمَن صَلَحَ مِنْ ءَابَآئِهِمْ وَأَزْوَٰجِهِمْ وَذُرِّيَّٰتِهِمْ
إِنكَ أنتَ العَزِيزُ الحَكِيمُ

'Our Lord, You have encompassed all things in mercy and knowledge, so forgive those who have repented and followed Your way and protect them from the punishment of Hellfire.
Our Lord, and admit them to gardens of perpetual residence which You have promised them and whoever was righteous among their fathers, their spouses and their offspring. Indeed, it is You who is the Exalted in Might, the Wise.'

Surah Al-Ahqaf, Ch. 46, V. 15

رَبِّ أَوۡزِعۡنِيٓ أَنۡ أَشۡكُرَ نِعۡمَتَكَ ٱلَّتِيٓ أَنۡعَمۡتَ عَلَيَّ وَعَلَىٰ وَٰلِدَيَّ
وَأَنۡ أَعۡمَلَ صَٰلِحٗا تَرۡضَىٰهُ وَأَصۡلِحۡ لِي فِي ذُرِّيَّتِيٓۖ
إِنِّي تُبۡتُ إِلَيۡكَ وَإِنِّي مِنَ ٱلۡمُسۡلِمِينَ

'My Lord! Inspire me to ˹always˺ be thankful for Your favours which You blessed me and my parents with, and to do good deeds that please You. And instil righteousness in my offspring. I truly repent to You, and I truly submit ˹to Your Will.'

Surah Al-Hashr, Ch. 59, V. 10

رَبَّنَا ٱغۡفِرۡ لَنَا وَلِإِخۡوَٰنِنَا ٱلَّذِينَ سَبَقُونَا بِٱلۡإِيمَٰنِ
وَلَا تَجۡعَلۡ فِي قُلُوبِنَا غِلّٗا لِّلَّذِينَ ءَامَنُواْ رَبَّنَآ إِنَّكَ رَءُوفٞ رَّحِيمٌ

'Our Lord, forgive us and our brothers who preceded us in faith and put not in our hearts [any] resentment toward those who have believed. Our Lord, indeed You are Kind and Merciful.'

Surah Nuh, Ch. 71, V. 28

رَّبِّ ٱغۡفِرۡ لِي وَلِوَٰلِدَيَّ وَلِمَن دَخَلَ بَيۡتِيَ مُؤۡمِنٗا
وَلِلۡمُؤۡمِنِينَ وَٱلۡمُؤۡمِنَٰتِ وَلَا تَزِدِ ٱلظَّٰلِمِينَ إِلَّا تَبَارٗا

'My 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.'

MY DAILY QUR'AN GOALS



Today's date:

Today's verses:

I have completed:

- [ ] Recitation
- [ ] Translation
- [ ] Reflections



My reflections on these verses are:

My practical takeaway points are:



Glossary

- **Akhirah** - hereafter
- **Ayah** - p. Ayaat - verse of the Qur'an
- **Barakah** - blessings from God
- **Dua** - p. Adi'yah - supplication made to God
- **Fajr** - first obligatory prayer of the day
- **Hadith** - saying of Prophet Muhammad
- **Hifdh** - act of preserving the Qur'an
- **Huffadh** - term given to those who have memorised the Qur'an
- **Ijazah** - permission to transmit or teach a certain subject
- **Insha'Allah** - God willing
- **Juz** - 1/30th of the Qur'an
- **Makhraj** - p. Makhaarij - place of articulation
- **Mushaf** - written copy of the Qur'an

- **Nafl** - optional prayer
- **Sifaat** - s. Sifah - qualities or attributes
- **Surah** - p. Suwar - chapter of the Qur'an
- **Tadabbur** - to ponder upon the Qur'an
- **Tafseer** - to explain and contextualise the verses of the Qur'an
- **Tajweed** - to ehance recitation of Qur'an by observing its linguistic and pronounciation rules
- **Ummah** - nation
- **AS** (Alayhis Salaam) - upon him be peace
- **RA** (Rahmatullah Alayh) - may the Mercy of Allah be upon him
- ﷺ (Sallallahu Alayhi Wa Sallam) - peace and blessings upon him [i.e. Prophet Muhammad]
- **SWT** (Subhana Wa Ta'aalaa) - the most Glorified and the most High [i.e. Allah]

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