

Qur'an Journaling



Reflect the verses
and get connected
with the Qur'an!

Owner Info

Name :

Email :

Phone No :

My Goal for Qur'an Journaling:

"O Allah Open the door of
knowledge and wisdom for
us, and have mercy on us! O
the One Who is the Most
Honourable and Glorious!"

About Qur'an Journaling

What?

Qur'an Journaling is a process of documenting our reflection about some verses in the Qur'an. Personally, I have started the Qur'an Journaling on a simple notebook. Based on the Tafseer which I have learned from our scholars through reading or watching their lectures, I have documented my thoughts and important notes. For your further understanding, please read an article from Sumayah Hassan who prominently promotes the Qur'an Journaling: <http://bit.ly/QuranJournaling>.

Why?

Very often, the importance of relating our regular lifestyles with the Qur'an is not realized despite scholars and lecturers keep emphasizing it. For example, in one of his lectures, Ustadh Nouman Ali Khan mentioned an Ayah which is of Surah Al-Furqan (30). According to this Ayah, he explained that Prophet Muhammad (pbuh) will complain on the judgement day, "O my Lord, indeed my people have taken this Qur'an as [a thing] abandoned". This ayah triggers a question: how come we abandon Qur'an? We recite it every day, don't we? By indicating the Ayah, Ustadh Nouman firmly reminded us that we may turn away from the Qur'an even though we recite it regularly (watch: bit.ly/DontAbandonTheQuran). In fact, reciting the Qur'an without understanding will not bring changes in our characters. Unfortunately, it is an irony that many of us disconnect ourselves from the Quran. It is because we think that learning Qur'an is only for people who are knowledgeable in Islamic studies. Ustadh Nouman addressed this issue in another lecture (watch: bit.ly/AFreshStartKhutbah). He further emphasized that we need to create our personal relationship with the Qur'an as a guidance and as a source of advice from Allah (awj). Qur'an journaling is an effort to ease our personal journey towards Allah (awj). Let's open the book of Allah, seek for the advice, ask if you meet a confusion. Insha Allah this small effort will bring the Barakah and positive changes in our lives.

Regards,
@creActivitybyGwan

How to do Qur'an Journaling?

1

Start with the pure intention and make Du'a to ask the guidance from Allah (awj).

Choose one verse or more verses which you want to reflect about, you can take it orderly from your reading, or you may choose it randomly.

2

3

Write your reflection about the verses and fill the other sections if you want. For example, you can write the brief Tafseer but leave the vocabularies section blank.

Allocate a special time for journaling. For me, the best time is in the morning. You may do the Qur'an Journaling everyday/ up to your own target.

4

5

Apart from reflecting the verses, you may also memorize and recite them in your regular five-times prayers a day.

You may share this Qur'an journaling to your family and friends and make it as your collective habits.

6

How to print Qur'an Journaling?

1

This journal is dedicated only for personal use. You are forbidden to copy and sell this journal for any profit.

You may print this journal with papers of A4 or A5 size. Print this journal according to the order of pages.

2

3

Print the first two journaling pages (1st and 2nd) according to the number copy you want; for example, 20, 50, 100 pages or more.

Do the same thing to adjust the number of pages for the table of contents.

4

Journaling Page

1st

Write down the verse(s) and translation

Write down the verse here, you may add some doodles to decorate this page

وَهَذَا كِتَابٌ أَنْزَلْنَاهُ مُبَارَكٌ
فَاتَّبِعُوهُ وَاتَّقُوا لَعَلَّكُمْ تُرْحَمُونَ

And this [Qur'an] is a Book We have revealed [which is] blessed, so follow it and fear Allah that you may receive mercy.

Make Du'a which is related to the verses. For example, if the verse mentions about the heaven, we pray that may Allah reward us with it in the hereafter.

My Du'a

O Allah, controller of the hearts, direct our hearts to follow the Qur'an

Journaling Page

2nd

Qur'an Journaling

"And indeed, We have made the Qur'an easy to understand and remember; then is there any that will remember?"
(AL-Qamar: 17)

Order of the Journaling

Name of the surah and number of the verse(s)

Brief explanation that helps you to understand the meaning of the verse(s), such as historical background of the verses, the commentary from our muslim scholars, etc.

Your personal note of how you reflect the verse(s) based on your experience and prior knowledge. How the verse means to you, how it explains the phenomena in your surroundings

VERSE/SURAH:

BRIEF TAFSEER:

MY REFLECTION:

DATE:

RELATED VERSES:

NEW VOCABULARIES:

New vocabularies that you found from the verse(s)

MY ACTION PLAN:

write your action plan as the follow up from your learning and reflection of the verses

MEMORIZE:

REVISE: 1 2 3 4 5

The date on which you write your journal

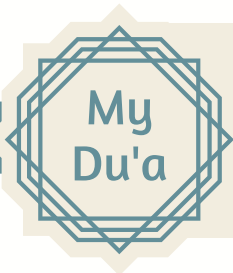
Other verses that discuss similar topic

Note the date (if) you memorize the verse(s)

circle the number according to how many times you revise your memorization

Write down the Verse(s) and Translation

A large, empty, light beige rectangular area with rounded corners, intended for writing the verse(s) and translation.



Qur'an Journaling

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VERSE/SURAH:

DATE:

RELATED VERSES:

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