

MUSLIM LIFE DIARY

1440

2018–2019

Belongs to:

Muslim Life Diary 1440

2018-2019

by Rachel Woodlock

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CONTENTS

Introduction	1
Invocations	2
Prayer List of People & Needs	3
Ramāḍān Goals	90
Zakāh Calculation	91
Useful Websites	132
Notes	133
Muḥarram 1440	4
Ṣafar	14
Rabī' al-'Awwal	24
Rabī' ath- <u>Thānī</u>	34
Jumādā al-'Ūlā	46
Jumādā al-Ākhirah	56
Rajab	66
Sha'bān	76
Ramāḍān	88
<u>Shawwāl</u>	100
Dhu al-Qa`dah	110
Dhu al-Hijjah	120
September 2018	6
October	12
November	22
December	32
January 2019	44
February	54
March	64
April	78
May	86
June	98
July	112
August	122



In the Holy Qur'ān, Allāh Most High says:

إِنَّ عِدَّةَ الشُّهُورِ عِنْدَ اللَّهِ أَثْنَا عَشَرَ شَهْرًا فِي كِتَابِ اللَّهِ يَوْمٌ
خَلَقَ السَّمَاوَاتِ وَالْأَرْضَ مِنْهَا أَرْبَعَةٌ حِرْمَانٌ ذَلِكَ الدِّينُ الْقَيِّمُ.

which means, "Lo, the number of months with Allāh is twelve—it is in the Writ of Allāh (since) the day He created the heavens and the earth. Of these four are sacred; that is the upright religion" (at-Tawbah 9:36). Thus, the lunar (i.e. based on the moon's cycle) calendar of twelve months has been divinely established to last until the end of time. The four sacred months are: Rajab, Dhu al-Qa'dah, Dhu al-Hijjah, and Muharram.

The Islāmic Hijrī calendar has twelve months, each of 29 or 30 days, to make a total of 355 or 356 days in the year. The Islāmic day begins at sunset (corresponding to the previous Gregorian day). In order to determine a new month, if the *hilāl* (new crescent moon) is visible shortly after sunset on the twenty-ninth day of the previous month, then the new month is declared. If it is not visible, then the previous month is completed to thirty days.

This planner has been designed to assist English-speaking Muslims to coordinate their daily planning in both the Islāmic and Gregorian calendars. Please note, because the beginning of lunar months is established by moon-sighting, there may be some differences between the forecast Islāmic dates, and their Gregorian equivalents. As such, the dates listed here can only be considered provisional.

The author hopes this planner will be of benefit to you and asks for you to include her in your prayers. All good is from Allāh, Most High, and may He forgive her any mistakes.

—Rachel Woodlock, 1439/2018

INVOCACTIONS أدعيةٌ

Your Lord hath said: Call unto Me, and I shall answer your prayer. *Qur'an 10:60*

The Messenger of Allah ﷺ said: "When a man prays for his absent brother, the angels say: 'amen, and for you the like'."

Sunan 'Abī Dāwud

O Allāh! Our Lord! Give us good in this world and good in the next and save us from the torment of the Fire.

Sahīh al-Bukhārī

O Allāh! I ask You for well-being in this world and the next. O Allāh! I ask You for forgiveness and well-being in my religion, my worldly affairs, my family, and my wealth. O Allāh! Hide my shame and calm my fears. O Allāh! Safeguard me from that which is in front of me, that which is behind me, that on my right and that on my left, and that which is above me. I seek refuge by Your Might from unexpected harm from under me.

al-'Adab al-Mufrad

O Allāh! Forgive us and have mercy on us, be pleased with us and accept us, admit us to Paradise and save us from the Fire, and rectify all our affairs.

Sunan 'Ibn Mājah

O Allah! Shower Your blessings on Muhammad, and the family of Muhammad as You showered Your blessings on Abraham and the family of Abraham. Verily You are praiseworthy and glorious. O Allah! Shower Your grace on Muhammad, and the family of Muhammad as You showered Your grace on Abraham and the family of Abraham. Verily You are praiseworthy and glorious.

Sahīh al-Bukhārī

وَقَالَ رَبُّكُمْ ادْعُونِي أَسْتَجِبْ لَكُمْ
سورة غافر ٦٠

إِذَا دَعَا الرَّجُلُ لِأَخِيهِ بِظَهِيرِ الْغَيْبِ قَالَتِ الْمَلَائِكَةُ
آمِينَ وَلَكَ بِمُثْلِهِ
سنن أبي داود

اللَّهُمَّ رَبَّنَا آتَنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً
وَكِنَا عَذَابَ النَّارِ.
صحيح البخاري

اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَافِيَةَ فِي الدُّنْيَا وَالْآخِرَةِ
اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ فِي دِينِي
وَدُنْيَايِّ، وَأَهْلِيِّ وَمَالِيِّ . اللَّهُمَّ اسْتَغْرِبَاتِي، وَآمِنْ
رَوْعَاتِي . اللَّهُمَّ اخْفُظْنِي مِنْ بَنِ يَدِيِّ وَمِنْ
خَلْفِيِّ، وَعَنْ يَمِينِي وَعَنْ شَمَائِلِيِّ، وَمِنْ فُوقِيِّ،
وَآعُوذُ بِعَظَمَتِكَ مِنْ أَنْ أَغْتَالَ مِنْ نَحْنِيِّ .

الأدب المفرد

اللَّهُمَّ اغْفِرْ لَنَا وَارْحَمْنَا وَارْضُ عَنَّا وَتَقْبِيلُ مَنَا
وَأَدْخِلْنَا الْجَنَّةَ وَجِئْنَا مِنَ النَّارِ وَأَصْلَحْ لَنَا شَانِنَا كُلَّهُ .

سنن ابن ماجه

اللَّهُمَّ صَلُّ عَلَى مُحَمَّدٍ، وَعَلَى آلِ مُحَمَّدٍ، كَمَا
صَلَّيْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ، إِنَّكَ حَمِيدٌ
مَجِيدٌ، اللَّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ، وَعَلَى آلِ
مُحَمَّدٍ، كَمَا بَارِكْتَ عَلَى إِبْرَاهِيمَ، وَعَلَى آلِ
إِبْرَاهِيمَ، إِنَّكَ حَمِيدٌ مَجِيدٌ .
صحيح البخاري

Prayer List of People & Needs

MUHARRAM محرم

Dates

Sacred month. Recommended days for voluntary fasts are the three white days (13–15), Mondays & Thursdays.

السبت	الجمعة	الخميس	الأربعاء	الثلاثاء	الإثنين	الأحد
Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
Sep 10	11	12	13	14	15	
6	7	8	9	10	11	12
16	17	18	19	20	21	22
13	14	15	16	17	18	19
23	24	25	26	27	28	29
20	21	22	23	24	25	26
30	Oct 1	2	3	4	5	6
27	28	29				
7	8	9				

- 1 Islamic New Year
Beginning of the new year.
 - 9 Tāsū’ ā’
Recommended fasting day (or/also 11).
 - 10 ‘Āshūrā’
Fast of Prophet Mūsā عليه السلام.

Monthly Tracker

Jotter

Monthly Tasks/Goals

Waiting On

Budget

Income

Debt repayment

Charitable giving

Total: _____

Total: _____

Total: _____

Monthly Expenses

Summary

Income: _____
minus

Debt repaym't: _____

Giving: _____

Expenses: _____

Balance: _____



Savings

Total: _____

September
9

So, the number of months with Allāh is twelve—it is in the Writ of Allāh (since) the day He created the heavens and the earth...

at-Tawbah, 9:86

12
Dhū al-Hijjah
Muḥarram

الاحد al-'Aḥad

Sunday		29
9		al-'Ithnayn
Monday		30
10	Islamic New Year	ath-Thulāthā'
Tuesday		1
11		al-'Arba'a'
Wednesday		2
12		al-Khamīs
Thursday		3
13		al-Jum'ah
Friday	Jum`ah ① : _____	4
14		as-Sabt
Saturday		5
15		

Spiritual Tracker Qur'ān/Hadīth Memorisation

	السبت	الجمعة	الخميس	الأربعاء	الثلاثاء	الإثنين	ال الأحد
Da'wah	<input type="radio"/>						
Dhikr	<input type="radio"/>						
Nāfilah Ṣalāh	<input type="radio"/>						
Nāfilah Ṣawm	<input type="radio"/>						
Ta`alīm	<input type="radio"/>						
Tahajjud	<input type="radio"/>						
Tilawah	<input type="radio"/>						
	S	M	T	W	T	F	S

Health Tracker

e.g. weight, medication, BG, mood, blood pressure, menstruation, daily steps

Notes

Tasks
