

MUSLIM  
LIFE  
DIARY

1440

2018–2019

Belongs to:

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# Muslim Life Diary 1440 2018-2019 by Rachel Woodlock

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

إِنَّ عِدَّةَ الشُّهُورِ عِنْدَ اللَّهِ اثْنَا عَشَرَ شَهْرًا فِي كِتَابِ اللَّهِ يَوْمَ  
خَلَقَ السَّمَاوَاتِ وَالْأَرْضِ مِنْهَا أَرْبَعَةٌ حُرُمٌ 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 Muḥarram.

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

# INVOCATIONS ادْعِيَةٌ

*Your Lord hath said: Call unto Me, and I shall answer your prayer: Shu'fir 40:60*

The Messenger of Allāh 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.

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

Ṣaḥīḥ al-Bukhārī

وَقَالَ رَبُّكُمْ ادْعُونِي أَسْتَجِبْ لَكُمْ سورة غافر ٦٠

إِذَا دَعَا الرَّجُلُ لِأَخِيهِ يَظْهَرُ الْغَيْبُ قَالَتِ الْمَلَائِكَةُ آمِينَ وَلَكَ بِمِثْلٍ . سنن أبي داود

اللَّهُمَّ رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ . صحيح البخاري

اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَافِيَةَ فِي الدُّنْيَا وَالْآخِرَةِ .  
اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ فِي دِينِي  
وَدُنْيَايَ، وَأَهْلِي وَمَالِي . اللَّهُمَّ اسْتُرْ عَوْرَاتِي، وَآمِنْ  
رَوْعَاتِي . اللَّهُمَّ احْفَظْنِي مِنْ بَيْنِ يَدَيْ وَمِنْ  
خَلْفِي، وَعَنْ يَمِينِي وَعَنْ شِمَالِي، وَمِنْ فَوْقِي،  
وَأَعُوذُ بِعِظَمَتِكَ مِنْ أَنْ أُغْتَالَ مِنْ حَتِي .

الأدب المفرد

اللَّهُمَّ اغْفِرْ لَنَا وَارْحَمْنَا وَارْضَ عَنَّا وَتَقَبَّلْ مِنَّا  
وَأَدْخِلْنَا الْجَنَّةَ وَبِجَانِبِ النَّارِ وَأَصْلِحْ لَنَا شَأْنَنَا كُلَّهُ .

سنن ابن ماجه

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





## Monthly Tasks/Goals

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## Waiting On

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## Budget

Income	Debt repayment	Charitable giving
<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>
Total: <hr/>	Total: <hr/>	Total: <hr/>
Monthly Expenses	Summary	
<hr/>	Income: <hr/>	
<hr/>	<i>minus</i>	
<hr/>	Debt repaym't: <hr/>	
<hr/>	Giving: <hr/>	
<hr/>	Expenses: <hr/>	
<hr/>	Balance: <hr/>	
<hr/>		
<hr/>	Savings	
<hr/>	<hr/>	
<hr/>	<hr/>	
<hr/>	<hr/>	
Total: <hr/>	<hr/>	<hr/>



September

*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...*  
*at-Taubah, 9:86*

Dhū al-Hijjah  
 Muḥarram

Sunday		29
9		الإثنين al-'Ithnayn
Monday		30
10	Islamic New Year	الثلاثاء al-'Thulāthā'
Tuesday		1
11		الأربعاء al-'Arba'ā'
Wednesday		2
12		الخميس al-Khamīs
Thursday		3
13		الجمعة al-Jum'ah
Friday	Jum'ah ☪: _____	4
14		السبت as-Sabt
Saturday		5
15		

# Spiritual Tracker Qur'ān/Hadīth Memorisation

	الأحد	الاثنين	الثلاثاء	الأربعاء	الخميس	الجمعة	السبت	
Da'wah	○	○	○	○	○	○	○	_____
Dhikr	○	○	○	○	○	○	○	_____
Nāfilah Ṣalāh	○	○	○	○	○	○	○	_____
Nāfilah Ṣawm	○	○	○	○	○	○	○	_____
Ta'alīm	○	○	○	○	○	○	○	_____
Tahajjud	○	○	○	○	○	○	○	_____
Tilawah	○	○	○	○	○	○	○	_____
	S	M	T	W	T	F	S	

## Health Tracker

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

	الأحد Sunday	الاثنين Monday	الثلاثاء Tuesday	الأربعاء Wednesday	الخميس Thursday	الجمعة Friday	السبت Saturday
_____							
_____							
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### Notes

### Tasks

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