



BAYYINAH

# Surah Ar-Rahman

A Workbook Companion to the Series

For Kids



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## Assalamu alaikum

Ramadan is a special time. It is the month when our hearts slow down, our days feel different and the Quran feels closer than usual. During this month, Allah invites us to notice His mercy in ways we might normally miss. Surah Ar-Rahman is a surah that helps us do exactly that. It reminds us, again and again, of Allah's favors, in the world around us, in our lives and inside our own hearts. It teaches us to see mercy before rules, gratitude before complaints and care before fear.

In this Ramadan series, we will walk through Surah Ar-Rahman together, one day at a time. Each day will help you think, reflect and notice something new about Allah and about yourself. This is not just a workbook to read. It is a journey to experience, with your family, your mind and your heart open.

As you turn these pages, take your time. Ask questions. Draw. Think. And most of all, remember that Allah is always near and His mercy is everywhere.

May this Ramadan bring light to your heart and help you recognize the many blessings Allah has placed in your life.

- Nouman Ali Khan



## How to Use This Workbook

This workbook is designed to be used **one day at a time during Ramadan**. Each day connects to one episode from the **Surah Ar-Rahman series** and helps you think about Allah's words in a simple and meaningful way.

You don't need to rush. Some days you might do everything. Other days you might only do a little. That's okay. What matters is taking time to reflect.

### Each day includes:

- A lesson to focus on
- A quick recap to help you remember the main idea
- A Let's Think section to check understanding
- A reflection question to connect the lesson to your own life
- A puzzle or activity to help you think creatively
- A draw and reflect section to express ideas visually
- A Value of the Day to practice in real life

This workbook works best when used with others. Read it with your friends and family, talk about the questions and share your thoughts. There are no wrong answers when you are thinking honestly.

Ramadan is not about being perfect. It is about growing closer to Allah, one step at a time. Let this workbook be a gentle guide as you learn, reflect and remember His favors.

**Take your time. Be curious. And begin each day with Bismillah.**



# Ramadan

**Ramadan** is one of the most special months in Islam. It is the month when the Quran was revealed and when Muslims all over the world fast from sunrise to sunset. But Ramadan is more than just not eating or drinking. It is a time to slow down, reflect and turn back to Allah.

During Ramadan, we pray more, read more Quran and try to be kinder and more patient. Hunger helps us understand gratitude. Fasting helps us learn self-control. Night prayers help us feel closer to Allah. Everything about Ramadan is meant to soften the heart.

**Surah Ar-Rahman** is a beautiful surah to study during this month. It reminds us again and again of Allah's mercy and His many favors. As we fast and reflect, this surah helps us notice blessings we might normally overlook, in our lives, in the world around us and in our relationship with Allah. Even when Ramadan ends, the lessons do not have to. This month is a chance to build habits, strengthen faith and learn how to recognize Allah's mercy every day, just like the Quran teaches us to do.



# Weekly Ramadan Progress Tracker

Gentle Reminder for Every Week

**Doing your best matters more than doing everything.**

Allah sees every small effort.

# Week 1: Starting Ramadan

This Week I'm Learning to Begin with Bismillah

## Goals for Week 1

M T W Th F S S

Pray on time

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Say Bismillah before eating

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Say Alhamdulillah after eating

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Read Quran (even a little)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Make one du'aa each day

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Be kind to family

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Learn one lesson from Surah Ar-Rahman

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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**Reflect**

**What felt new or exciting about Ramadan this week?**

# Week 2: Noticing Allah's Favors

This Week I'm Learning to Notice Allah's Favors

## Goals for Week 2

M

T

W

Th

F

S

S

Say SubhanAllah

Say Alhamdulillah for  
a blessing

Pray with focus

Read Quran

Thank Allah for  
something small

Help someone at home

Share one new thing from  
Surah Ar-Rahman

**Reflect**

**What blessing did you notice more this week?**

# Week 3: Building Good Habits

This Week I'm Learning Self-Control

## Goals for Week 3

M T W Th F S S

Be patient while fasting

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Control anger or bad words

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Pray on time

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Read Quran

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Make du'aa for  
someone else

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Do one good deed quietly

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Practice one value from  
Surah Ar-Rahman

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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**Reflect**

**What was hard this week and how did you try your best?**

# Week 4: Carrying Ramadan Forward

This Week I'm Learning to be Consistent

## Goals for Week 4

M T W Th F S S

Remember Allah every day

Read Quran (even 1 ayah)

Make du'aa morning & night

Be extra kind and gentle

Say Alhamdulillah often

Choose one habit to keep  
after Ramadan

Reflect on Surah Ar-Rahman

**Reflect**

**What is one thing you want to keep doing after Ramadan?**



## A Note for Parents & Teachers

The weekly Ramadan trackers are meant to encourage awareness, not perfection. Children may not complete every goal every day and that is okay. The purpose of these pages is to help them notice their efforts, reflect on their actions and build positive habits in a loving way.

Invite children to check off a box or color a square when they try their best, even if the effort feels small. Use the reflection questions as conversation starters. Let them share what felt easy, what felt hard and what they noticed about Allah's blessings that week.

Most importantly, keep the experience joyful. Praise sincerity, kindness and effort rather than completion. Ramadan is about nurturing the heart and these trackers are simply tools to help guide that growth gently.

Your encouragement and example will mean more than any box they check.

Day 1



# A Special Surah With a Special Beginning



## Lesson of the Day

Surah Ar-Rahman is a very special surah in the Quran. Before teaching us many things, Allah gives us a beautiful beginning.

## Quick Recap

Surah Ar-Rahman teaches us many big ideas:

- The greatness of the Quran.
- The world Allah created.
- That this world will come to an end.
- That only Allah will remain.
- That there is a future life after this one.

## Day 1: A Special Surah With a Special Beginning



### Let's Think!

What is the first thing mentioned in Surah Ar-Rahman?

- A. Math
- B. The Quran
- C. History

What does Surah Ar-Rahman talk about after this world?

- A. Sleeping
- B. More food
- C. Judgment Day

### Reflection

**How do you feel when something important is explained to you step by step?**

## Day 1: A Special Surah With a Special Beginning



### **Puzzle Time!** Which One Belongs?

Circle the sentence that best matches each word.

**The Quran**

**This World**

**The End of the World**

A storybook for fun

Created with order

Lasts forever

A gift and a mercy

Made with little care

Will never happen

A rule list only

Random and messy

Will come to an end

### **Draw & Reflect**



Draw a big book to represent the Quran.

Around it, draw or write things the Quran talks about in this surah, such as: the sky, the earth, the sea, Jannah

## Value of the Day: Understanding

Allah teaches us **slowly** and **with care**.

He wants us to learn step by step and not feel rushed.  
It's okay to take time to understand new things.

## Today's Challenge:

**When someone is teaching you something today, listen calmly and take your time.**

**You don't have to hurry. Learning is a journey.**

Ready for the next revelation? Bismillah.

Tomorrow, we learn why Surah Ar-Rahman begins with mercy.

Day 2

# Mercy Before Everything



الرَّحْمَنُ

## Ar-Rahman.

The Lord of Mercy.

### Lesson of the Day

Allah begins Surah Ar-Rahman by telling us who He is before telling us what to do. He wants us to feel safe, loved and cared for first.

### Quick Recap

Surah Ar-Rahman starts in a very special way. Allah does not begin by giving rules or warnings. He begins with a name. **Ar-Rahman**, the Most Merciful. This teaches us something important. Before Allah teaches us, before He guides us and before He asks anything from us, He reminds us that He is kind and full of mercy.

This means that the Quran is not meant to scare us. It is meant to help us. Allah wants our hearts to feel calm and ready before we learn how to live the right way.

## Day 2: Mercy Before Everything



### Let's Think!

How does Surah Ar-Rahman begin?

- A. With a rule
- B. With a warning
- C. With the name Ar-Rahman

What does the name Ar-Rahman mean?

- A. The Strongest
- B. The Most Merciful
- C. The Fastest

Why does Allah begin with mercy?

- A. To confuse people
- B. To make us feel safe and cared for
- C. To delay teaching

### Reflection

**How do you feel when someone is kind to you before asking you to do something?**

## Day 2: Mercy Before Everything



### **Puzzle Time!** Match the Word to Its Meaning

Draw lines to match each word with what it means:

**Ar-Rahman**

Allah's book that teaches us

**Mercy**

Kindness and care

**Quran**

The name Allah starts this surah with

### **Draw & Reflect**



Draw a big heart and write the word "Mercy" inside it. Around the heart, draw ways Allah shows mercy, such as food, family, the sun or the Quran.

## Value of the Day: Mercy

Allah starts Surah Ar-Rahman by reminding us that He is Ar-Rahman, the Most Merciful.

الرَّحْمَنُ

Ar-Rahman (55:1)

Allah wants us to remember that His mercy comes before rules and before mistakes. When we are kind to others, we are following the way Allah teaches us.

## Today's Challenge:

**How can you show mercy to someone today?**

Ready for the next revelation? Bismillah.

Tomorrow, we learn how teaching itself is an act of mercy.

Day 3



# Teaching Is a Mercy



عَلَّمَ الْقُرْآنَ

'Allama al-Quran.

He taught the Quran.

**Lesson  
of the Day**

Allah shows His mercy by teaching us what we need to know. Being taught is a gift.

## Quick Recap

Yesterday, we learned that Allah begins Surah Ar-Rahman by telling us who He is, **the Most Merciful**. Today, the surah continues by showing us how that mercy appears in our lives.

Today, we notice what comes next in the surah.

Right after saying Ar-Rahman, Allah mentions teaching the Quran.

Then He mentions creating human beings.

Then He mentions teaching speech.

## Day 3: Teaching Is a Mercy



### Let's Think!

What does Allah mention right after saying Ar-Rahman?

- A. Math
- B. The Quran
- C. History

What does Allah say He created?

- A. Angels
- B. Mountains
- C. Human beings

Which of these is also mentioned?

- A. Teaching speech
- B. Teaching math
- C. Teaching animals

### Reflection

**How do you feel when someone patiently teaches you something new?**

## Day 3: Teaching Is a Mercy



### **Puzzle Time!** Which One Belongs?

Circle the sentence that best matches each word.

**Teaching**

Giving orders loudly

Helping someone learn with patience

Watching without helping

**Mercy**

Ignoring mistakes

Being kind even when it's hard

Winning every time

**Quran**

A storybook

Allah's guidance for life

A rule list only for adults

### **Draw & Reflect**



Draw a teacher (It could be a parent, a school teacher or someone teaching the Quran.) and a student and around them draw or write what makes a great teacher and what would make a great student.

## Value of the Day: Guidance

Allah shows His mercy by teaching us.

عَلَّمَ الْقُرْآنَ

“He taught the Quran.” (55:2)

Allah teaches because He loves us and wants to guide us. Every time we learn something good, especially from the Quran, it is a gift from Him.

## Today's Challenge:

**Teach someone one good thing today, a du'aa, an ayah or something helpful, kindly and patiently.**

Ready for the next revelation? Bismillah.

Tomorrow, we learn that Allah created us with purpose.

Day 4



# Allah Created You with Care and Taught You to Speak



حَلَقَ الْإِنْسَانَ ﴿٣﴾ عَلَّمَهُ الْبَيَانَ ﴿٤﴾

**Khalaqa al insan. Allamahu al bayan.**

He created man. and taught him to communicate

**Lesson  
of the Day**

Allah created you with love and care and He taught you how to speak clearly and express what is inside you.

## Quick Recap

Gift 1: Allah created you. Every tiny detail of how you are made – your eyes, your hands, your heartbeat – is part of Allah's love and care.

Gift 2: Allah taught you البَيَانَ (al-Bayan) – the ability to speak clearly and share your thoughts! You can form words, make sentences, ask questions and explain ideas. No other creature on earth can do this the way you can!

That means when you say "I love you", explain something clever or ask for help – you are using one of Allah's special gifts!

## Day 4: Allah Created You with Care and Taught You to Speak



### Let's Think!

**What are the two gifts mentioned in today's ayat?**

- A. Food and water
- B. Being created and being taught to speak clearly
- C. Cars and phones

**What does البَيَان help us do?**

- A. Speak clearly and share our ideas
- B. Fly like birds
- C. Never make mistakes

**Why is learning Allah's guidance important?**

- A. Because life has a purpose with guidance
- B. Because we should never think
- C. Because nothing matters

### Reflection

**What is one way you can use your words today with more kindness?**

## Day 4: Allah Created You with Care and Taught You to Speak



### Puzzle Time! In Order or Out of Order?

Tick what matches “clear speech” (البَيَان):

Explaining an idea clearly



Speaking even when you know it will hurt someone



Choosing words carefully



Shouting to win



Listening then answering thoughtfully



### Draw & Reflect



Draw a person speaking and draw the words as a “speech bubble.” Inside the bubble, write one sentence you want to practice saying clearly, like: “I need help,” “I’m sorry,” “I don’t understand yet,” or “Can you explain?”

## Value of the Day: Clear Expression (الْبَيَانَ)

Allah gave human beings a special gift, the ability to speak clearly and share ideas.

عَلَّمَهُ الْبَيَانَ

“and taught him to communicate” (55:4)

## Today's Challenge:

**Before you speak today, pause for a moment and ask yourself: “Are my words clear and are they good?”**

Ready for the next revelation? Bismillah.

Tomorrow, we will begin to see how Allah carefully prepared the earth for all living beings.

Day 5



# Everything Has a Measure



الشَّمْسُ وَالْقَمَرُ بِحُسْبَانٍ ﴿٥١﴾

## Ash shamsu wal qamaru bi husban

The sun and the moon follow their calculated courses;

### Lesson of the Day

Allah made the world in a perfect and careful way.  
Everything has rules and nothing happens by accident.

### Quick Recap

Allah tells us that the sun and the moon move with a حُسْبَانٍ (Husban). A perfect, exact measure. They do not wander around randomly or crash into each other!

Think about a clock. Every second, minute and hour moves in the exact right order. The sun and moon are like that, but on a much, much bigger scale.

This shows us something amazing: the same Allah who gave us the gift of speech also planned the whole universe, down to every tiny detail!

## Day 5: Everything Has a Measure



### Let's Think!

**What does Allah say moves with a perfect, exact measure?**

- A. Mountains and oceans
- B. The sun and the moon
- C. Birds and trees

**What does "measure" mean here?**

- A. Guessing and hoping for the best
- B. Careful planning and exact order
- C. Moving whenever you feel like it

**What does this teach us about Allah's creation?**

- A. It happens by accident
- B. It is carefully planned and ordered
- C. It always breaks its rules

### Reflection

**What is one thing around you that follows a clear pattern? (For example: the sun rises every morning, seasons change, your heartbeat...)**

## Day 5: Everything Has a Measure



### **Puzzle Time!** In Order or Out of Order?

Tick the things that show order and measure:

The sun rising and setting every day



Planets crashing into each other



Counting numbers in order



A clock ticking carefully



Everything happening randomly



### **Draw & Reflect**



Draw the sun and the moon moving across the sky. Draw arrows to show their paths. Remember: Allah keeps them moving perfectly, every single day!

## Value of the Day: Measure

Allah planned every single thing in the universe. Nothing is an accident. Everything moves just the way He designed it!

الشَّمْسُ وَالْقَمَرُ بِحُسْبَانٍ

"The sun and the moon follow their calculated courses;"  
(55:5)

## Today's Challenge:

**Look for patterns today! Notice something that works smoothly because it follows an order. Can you spot three?**

Ready for the next revelation? Bismillah.

Tomorrow we zoom in on the earth and see all the yummy, beautiful things Allah put here for us!

Day 6



# Allah Prepared the Earth



## Lesson of the Day

Allah carefully prepared the earth so everything here can survive and be cared for.

### Quick Recap

Allah tells us that He spread out the earth for all living creatures. Look at what He put on it:

- Fruits that taste amazing
- Grains that fill us up
- Palm trees with sweet dates
- Beautiful, fragrant plants

All of this was ready and waiting long before you were even born! Allah planned the whole thing (the rain, the soil, the seasons) so that we would always have what we need.

## Day 6: Allah Prepared the Earth



### Let's Think!

**What did Allah spread out for all living creatures?**

- A. The sky
- B. The earth
- C. The mountains

**What does Allah mention growing from the earth?**

- A. Only one kind of food
- B. Fruits, grains and plants
- C. Things that people made in factories

**What does this teach us about Allah?**

- A. He leaves things to chance
- B. He prepares everything carefully
- C. He only helps some people

### Reflection

**What is your favourite fruit or food from the earth?**

My favourite is:

It tastes like:

Alhamdulillah for:

## Day 6: Allah Prepared the Earth



### **Puzzle Time!** From the Earth or Not?

Tick the things that come from the earth:

Fruit



Grain



Palm trees



Plastic toys



Fragrant flowers and plants



### **Draw & Reflect**



Draw the earth with plants, fruits and animals on it. Think about how Allah made enough for everyone, people, animals and insects!

## Value of the Day: Provision

Allah provides everything we need through the earth. Every bite of food is a gift from Him!

وَالْأَرْضَ وَضَعَهَا لِلْأَنَامِ

“He set down the Earth for His creatures,” (55:10)

## Today's Challenge:

**Before you eat today, say Alhamdulillah and think about the amazing journey your food took to get to you – from rain to soil to your plate!**

Ready for the next revelation? Bismillah.

Tomorrow we learn that every single thing Allah made, from the tiniest plant to the biggest star, follows His order!



# Everything Listens to Allah



وَالنَّجْمُ وَالشَّجَرُ يَسْجُدَانِ ﴿٦﴾ وَالسَّمَاءَ رَفَعَهَا وَوَضَعَ الْمِيزَانَ ﴿٧﴾

**Wan najmu wash shajaru yasjudan. Was samaa rafa'aha wa wada'al mizan**

the stars and the trees submit to His designs; He has raised up the sky. He has set the balance

## Lesson of the Day

Everything Allah made follows His rules and shows respect to Him.

## Quick Recap

Allah tells us that the star (or grass) and the tree do سجدود (sujood), but this doesn't mean they pray like we do!

Here, sujood means lowering yourself and obeying. Trees bend toward the sun. Plants grow the way Allah designed them. Stars move along their paths without ever getting lost. They all do exactly what Allah planned!

Then Allah tells us He raised the sky high above us and put a scale (ميزان) a sense of balance, in the universe. Everything has its place. Nothing is random or out of control.



### Let's Think!

What does Allah say is doing sujood (obeying)?

- A. Only people
- B. The star (or grass) and the tree
- C. Only angels

What does sujood mean here?

- A. Saying a du'aa
- B. Being humble and obeying Allah
- C. Standing very still

What does the scale (ميزان) show us?

- A. That everything is random
- B. That Allah placed balance and order in everything
- C. That nothing matters

### Reflection

**Can you think of one way YOU follow Allah's guidance today? (Praying, being kind, listening to your parents, saying bismillah...)**

## Day 7: Everything Listens to Allah



### **Puzzle Time!** Who Is Following Allah?

Tick the things that show obeying Allah's order:

A tree growing toward sunlight



A star moving along its path



Something acting without any rules



Nature following the seasons



Things happening with care and balance



### **Draw & Reflect**



Draw the sky above and the earth below. Add stars in the sky and trees on the ground. Everything stays in its place by following Allah!

## Value of the Day: Humility

Everything Allah created listens to Him and stays in its place. When we follow what Allah says, we are joining all of creation in obeying Him!

وَالنَّجْمُ وَالشَّجَرُ يَسْجُدَانِ

“the plants and the trees submit to His designs;”  
(55:6)

## Today's Challenge:

**Choose one thing today where you follow instructions calmly, even if it's hard. Trees do it every day!**

Ready for the next revelation? Bismillah.

Tomorrow we learn about balance and why Allah tells us not to mess it up!

Day 8



# Putting Things in the Right Place



أَلَّا تَطْغَوْا فِي الْمِيزَانِ ﴿٨﴾ وَأَقِيمُوا الْوَزْنَ بِالْقِسْطِ وَلَا تُخْسِرُوا الْمِيزَانَ ﴿٩﴾

**Alla tatghaw fil mizan. Wa aqemu al wazna bil qisti wa la tukhsiru al mizan**

so that you may not exceed in the balance: weigh with justice and do not fall short in the balance

**Lesson  
of the Day**

Allah created the world with balance and He teaches us to keep balance in how we live.

## Quick Recap

Allah put a beautiful balance in the universe. The sun doesn't crash into the moon. The sky doesn't fall down. The oceans stay in their place. Everything has its spot!

Then Allah tells us: people can choose to break balance. Unlike trees and stars, we can decide to be unfair or selfish. So Allah gently reminds us, keep things in the right place and be fair.

Balance in YOUR life might look like: finishing your homework before watching TV, listening to others before speaking or giving attention to what truly matters!

## Day 8: Putting Things in the Right Place



### Let's Think!

**What shows Allah's balance in creation?**

- A. Things breaking all the time
- B. The sky and everything moving in perfect order
- C. Things happening randomly

**Who can choose to break balance?**

- A. Stars
- B. Trees
- C. Human beings

**What does the scale (ميزان) remind us to do?**

- A. Ignore limits
- B. Put things in the right place and be fair
- C. Let anything matter equally

### Reflection

**What is one thing in your day that deserves more attention than it usually gets?**

## Day 8: Putting Things in the Right Place



### **Puzzle Time!** Balanced or Wobbly?

Tick the choices that show balance:

Doing homework before play



Giving all your time to just one thing forever



Listening before you speak



Ignoring the things that really matter



Taking care of what is most important



### **Draw & Reflect**



Draw a scale with two sides. On one side, draw something important. On the other side, draw something less important. Think about how Allah wants us to keep our scale balanced!

## Value of the Day: Balance

Allah loves fairness and balance. He put it in the whole universe and He wants us to have it in our lives too!

وَأَقِيمُوا الْوَزْنَ بِالْقِسْطِ

“weigh with justice and do not fall short in the balance.”  
(55:9)

## Today's Challenge:

**Pay attention to what gets most of your time today. Is there something important that deserves a little more of your care?**

Ready for the next revelation? Bismillah.

Tomorrow we discover all the beautiful things Allah put in the earth, including some just to make us smile!



# Allah Made the Earth Beautiful



وَالْأَرْضَ وَضَعَهَا لِلْأَنَامِ ﴿١١﴾ فِيهَا فَكِهَةٌ وَالنَّخْلُ ذَاتُ الْأَكْمَامِ ﴿١٢﴾ وَالْحَبُّ ذُو الْعَصْفِ وَالرَّيْحَانُ ﴿١٣﴾

**Wal arda wada'aha lil anam. Feeha fakihatun wan nakhlu dhatu al akmam. Wal habbu dhu al 'asfi war rayhan.**

He set down the Earth for His creatures, with its fruits, its palm trees with sheathed clusters, its husked grain, its fragrant plants.

## Lesson of the Day

Allah gave us more than we need to survive. He gave us beauty and joy.

## Quick Recap

Think about this: Allah could have given us plain, boring food with no taste or smell. But He didn't!

Instead, He gave us fruits that taste incredible, flowers that smell wonderful, plants in beautiful colours and food with amazing flavours. He even wrapped fruit up neatly inside skins and shells, like a little gift!

This teaches us that Allah doesn't just want us to survive, He wants us to enjoy life and feel loved!

## Day 9: Allah Made the Earth Beautiful



### Let's Think!

**What did Allah give us besides just enough food to stay alive?**

- A. Only the bare minimum
- B. Beauty, amazing tastes and things that make us smile
- C. Nothing extra

**Why does fruit make people smile?**

- A. Because it is very expensive
- B. Because Allah made it enjoyable and delicious
- C. Because it is hard to find

**What does this teach us about Allah?**

- A. He does the very minimum
- B. He gives without caring
- C. He gives generously and wants us to enjoy life

### Reflection

**What is one thing from the earth that makes you feel happy when you see, smell or taste it?**

## Day 9: Allah Made the Earth Beautiful



### **Puzzle Time!** Survive or Enjoy?

Write **S** if the item is only for **Survival**. Write **J** if it also brings **Joy**.

Plain food with no taste



Sweet, juicy mango



A beautiful flower



Clean water



A flower that smells amazing



### **Draw & Reflect**



Draw your favourite fruit or flower, use lots of colours and details! Think about how Allah wanted it to be beautiful just for you!

## Value of the Day: Gratitude

Allah wants us to notice His kindness and feel grateful. Every delicious bite and every beautiful flower is a love letter from Allah!

فِيهَا فَالِكِهَةِ

"In it are fruits..." (55:11)

## Today's Challenge:

**When you eat or enjoy something from the earth today, pause, look at it carefully and say: Alhamdulillah for this gift!**

Ready for the next revelation? Bismillah.

Tomorrow we explore a very special question that Allah asks and He asks it 31 times! Can you guess what it is?

Day 10



# Stop and Notice Allah's Gifts



فَبِأَيِّ آلَاءِ رَبِّكُمَا تُكَذِّبَانِ ﴿١٣﴾

## Fa bi ayyi ala'i rabbikuma tukaththiban

Which, then, of your Lord's blessings do you both deny?

### Lesson of the Day

Allah repeats a question to help us notice His blessings again and again.

### Quick Recap

In Surah Ar-Rahman, Allah asks us:

فَبِأَيِّ آلَاءِ رَبِّكُمَا تُكَذِّبَانِ "So which of your Lord's blessings will you deny?"

He asks this question 31 times in the whole surah! Why so many times?  
Because people forget easily!

When something is always around us; like breathing, eating, seeing, feeling safe, we stop noticing it. This question is like a gentle tap on the shoulder: "Hey! Look at all I've given you!"

It's not meant to scare us. It's an invitation to open our eyes and say:  
Alhamdulillah!

## Day 10: Stop and Notice Allah's Gifts



### Let's Think!

**Why does Allah repeat this question?**

- A. Because He forgot He already asked
- B. To help us notice and remember His blessings
- C. To confuse us

**What do good people often do with everyday blessings?**

- A. Always notice them
- B. Forget about them
- C. Deny them out loud all the time

**How should we respond when Allah asks this question?**

- A. Ignore it
- B. Feel annoyed
- C. Remember and thank Allah

### Reflection

**What is one blessing you usually forget to notice?**

## Day 10: Stop and Notice Allah's Gifts



### **Puzzle Time!** Easy to Forget!

Tick the blessings people often forget about:

Breathing without thinking



Having clean water



Being able to see



Having food every day



Feeling safe at home



### **Draw & Reflect**



Draw yourself stopping in the middle of a busy day. Draw a thought bubble above your head with the words "Alhamdulillah for..." and fill it in with three things!

## Value of the Day: Awareness

Allah gently asks us to notice His gifts. Every time we say Alhamdulillah, we are answering His question with the best answer!

فَبِأَيِّ آءَاءِ رَبِّكُمَا تُكَذِّبَانِ

“Which, then, of your Lord’s blessings do you both deny?”  
(55:13)

## Today's Challenge:

**Pause three times today and say Alhamdulillah for something small you notice, like the sun on your face, a smile or a yummy bite of food!**

Ready for the next revelation? Bismillah.

Tomorrow we go even deeper and think about what it really means to appreciate a gift!

Day 11



# Don't Overlook Allah's Gifts



فَبِأَيِّ آءَاءِ رَبِّكُمَا تُكَذِّبَانِ ﴿١٣﴾

**Fa bi ayyi ala'i rabbikuma tukaththiban**

Which, then, of your Lord's blessings do you both deny?

**Lesson  
of the Day**

Allah asks us to stop, think and appreciate His favours instead of ignoring them.

## Quick Recap

Allah keeps asking: "Which of your Lord's blessings will you deny?"

This isn't just about saying "no" out loud. Sometimes people deny blessings by ignoring them or acting like they don't matter. Like getting a beautiful present and leaving it in its box without ever opening it!

Think about all the gifts Allah already reminded us of: His mercy, the Quran, being human, speaking clearly, the balance in the universe, fruits, beauty on the earth...

Every single one of those came from Allah. Noticing that is what gratitude really is!

## Day 11: Don't Overlook Allah's Gifts



### Let's Think!

**What question does Allah keep repeating?**

- A. Who are you?
- B. Which of your Lord's blessings will you deny?
- C. What do you want?

**What does "deny" mean here?**

- A. Forgetting or ignoring Allah's gifts
- B. Asking lots of questions
- C. Learning something new

**What helps us appreciate Allah's gifts?**

- A. Staying distracted all day
- B. Paying attention and being thankful
- C. Thinking only about ourselves

### Reflection

**What is one gift from Allah that you don't always notice, but want to appreciate more?**

## Day 11: Don't Overlook Allah's Gifts



### **Puzzle Time!** Notice or Ignore?

Tick the actions that show real appreciation:

Thanking Allah for small things



Acting like blessings just appear by themselves



Thinking carefully about where good things come from



Always being too busy to notice anything



Remembering that all good things come from Allah



### **Draw & Reflect**



Draw yourself looking carefully at something around you... the sky, your hands, a book or a smiling face. Write one sentence starting with: "Alhamdulillah for..."

## Value of the Day: Appreciation

Every blessing has a Giver. When we notice Allah's gifts, we are opening our hearts to Him!

فَبِأَيِّ آلَاءِ رَبِّكُمَا تُكَذِّبَانِ

“Which, then, of your Lord’s blessings do you both deny?”  
(55:13)

## Today's Challenge:

**Stop once today and say Alhamdulillah for something you usually take for granted like your shoes, your bed or your eyes!**

Ready for the next revelation? Bismillah.

Tomorrow we learn about where people come from and what makes us truly valuable!



# What You Are Filled With Matters

خَلَقَ الْإِنْسَانَ مِنْ صَلْصَلٍ كَالْفَخَّارِ ﴿١٤﴾ وَخَلَقَ الْجَانَّ مِنْ مَّارِجٍ مِّن نَّارٍ ﴿١٥﴾  
 فَبِأَيِّ آلَاءِ رَبِّكُمَا تُكَذِّبَانِ ﴿١٦﴾ رَبُّ الْمَشْرِقَيْنِ وَرَبُّ الْمَغْرِبَيْنِ ﴿١٧﴾ فَبِأَيِّ  
 آلَاءِ رَبِّكُمَا تُكَذِّبَانِ ﴿١٨﴾

**Khalaqa al insana min salsalin kal fakhkhar. Wa khalaqa al janna min marijin min nar. Fa bi ayyi ala'i rabbikuma tukaththiban. Rabbul mashriqayni wa rabbul maghribayn. Fa bi ayyi ala'i rabbikuma tukaththiban**

He created mankind out of dried clay, like pottery, the jinn out of smokeless fire. Which, then, of your Lord's blessings do you both deny? He is Lord of the two risings and Lord of the two settings. Which, then, of your Lord's blessings do you both deny?

## Lesson of the Day

Allah created human beings with great potential, but what fills us inside is what gives us value.

## Quick Recap

Allah tells us that humans were created from dried clay, like a pot. When a pot is empty, it makes a hollow noise if you tap it. But when a pot is filled with something good, it becomes really useful!

We are like that pot. Our bodies are amazing, but what we fill our hearts with is what gives us real value. Do we fill our hearts with kindness? With patience? With love for Allah? Or with other things?

Allah also tells us that jinn were made from fire, different from us. And He is the Lord of two Easts and two Wests, meaning He is in charge of everything, everywhere, for every kind of creation!



## Let's Think!

**What were human beings created from?**

- A. Light
- B. Fire
- C. Clay

**What happens when a pot is empty?**

- A. It is very quiet and useful
- B. It sounds hollow and empty
- C. It grows food

**What gives a person real value?**

- A. Being very loud
- B. Being filled with goodness inside
- C. Showing off to everyone

## Reflection

**What is one good thing you want to keep filling your heart with?**

## Day 12: What You Are Filled with Matters



### **Puzzle Time!** Empty or Filled with Good?

Tick the things that fill a heart in a good way:

Being kind to others



Being loud and showing off all the time



Learning something useful



Helping someone who needs it



Being mean to get what you want



### **Draw & Reflect**



Draw a pot or a heart. Inside it, write or draw good things to fill it with, like kindness, patience, gratefulness or love for Allah!

## Value of the Day: Humility

We start simple, like clay. But what we fill ourselves with like kindness, learning, love is what makes us shine!

خَلَقَ الْإِنْسَانَ مِنْ صَلْصَالٍ كَالْفَخَّارِ

“He created mankind out of dried clay, like pottery,” (55:14)

## Today's Challenge:

**Choose one good habit today that helps fill your heart with something beautiful. Even one small kind act counts!**

Ready for the next revelation? Bismillah.

Tomorrow we discover hidden barriers in the ocean and amazing treasures inside!



## Boundaries That Protect & Beautify

مَرَجَ الْبَحْرَيْنِ يَلْتَقِيَانِ ﴿١١﴾ بَيْنَهُمَا بَرْزَخٌ لَّا يَبْغِيَانِ ﴿١٢﴾ فَبِأَيِّ آلَاءِ رَبِّكُمَا تُكَذِّبَانِ ﴿١٣﴾  
يَخْرُجُ مِنْهُمَا اللُّؤْلُؤُ وَالْمَرْجَانُ ﴿١٤﴾ فَبِأَيِّ آلَاءِ رَبِّكُمَا تُكَذِّبَانِ ﴿١٥﴾

﴿١٥﴾

**Maraja al bahrayni yaltaqiyān. Baynahuma barzakhun la yabghiyan. Fa bi ayyi ala'i rabbikuma tukaththiban. Yakhruju minhuma al lu'lu' wal marjan. Fa bi ayyi ala'i rabbikuma tukaththiban**

He released the two bodies of [fresh and salt] water. They meet, yet there is a barrier between them they do not cross. Which, then, of your Lord's blessings do you both deny? Pearls come forth from them: large ones and small, brilliant ones. Which, then, of your Lord's blessings do you both deny?

### Lesson of the Day

Allah places boundaries in creation and from them come beauty and order.

### Quick Recap

Allah tells us about two large bodies of water that come very close to each other. Even though they meet, they don't mix because Allah put a barrier between them! You can't always see it, but it's there.

This barrier protects both seas and keeps the world in balance.

And from those very seas come pearls and coral – precious and beautiful things! This teaches us something wonderful: beautiful things can come from places we least expect!

Then Allah asks again: "Which of your Lord's favours will you deny?" – reminding us to notice even the hidden things He does for us!



### Let's Think!

**What does Allah put between the two bodies of water?**

- A. A wall that people built
- B. A barrier that Allah created
- C. Nothing at all

**What comes from the seas?**

- A. Only danger
- B. Pearls and coral
- C. Nothing important

**What do boundaries help prevent?**

- A. Balance
- B. Chaos and mixing up
- C. Beauty

### Reflection

**Why do you think Allah created limits and boundaries instead of letting everything mix together?**

## Day 13: Boundaries That Protect & Beautify



### **Puzzle Time!** Protected or Unprotected?

Tick the things that need boundaries to stay safe and beautiful:

Oceans staying in their own places



Everyone doing whatever they want all the time



Rules that protect people



Mixing everything up with no order



Systems that keep things balanced



### **Draw & Reflect**



Draw two seas next to each other. Draw a line between them to show the barrier. Under the seas, draw pearls and coral! Write: "Allah protects things in ways we can't always see."

## Value of the Day: Wonder

Allah places beauty and treasure in places we might not expect.

يَخْرُجُ مِنْهُمَا اللُّؤْلُؤُ وَالْمَرْجَانُ

“Pearls and coral come from them.”  
(55:22)

Wonder means stopping to notice how amazing Allah’s creation is.

## Today’s Challenge:

**Notice one rule or limit in your day today that helps keep things safe or nice. Say Alhamdulillah for it!**

Ready for the next revelation? Bismillah.

Tomorrow we look up at huge ships on the sea and remember who is really in charge!



# Even the Strongest Things Belong to Allah

وَلَهُ الْجَوَارِ الْمُنشَآتُ فِي الْبَحْرِ كَالْأَعْلَمِ ﴿٢٥﴾ فَبِأَيِّ آلَاءِ رَبِّكُمَا تُكَذِّبَانِ  
﴿٢٦﴾ كُلُّ مَنْ عَلَيْهَا فَانٍ ﴿٢٧﴾ وَيَبْقَى وَجْهَ رَبِّكَ ذُو الْجَلَالِ وَالْإِكْرَامِ

**Wa lahu al jawari al munsha'atu fil bahri kal a'lam. Fa bi ayyi ala'i rabbikuma tukaththiban. Kullu man 'alayha fan; wa yabqaa wajhu Rabbika Thul Jalali wallkraam**

His are the moving ships that float, high as mountains, on the sea. Which, then, of your Lord's blessings do you both deny? Everyone on earth perishes; Only your Lord Himself,<sup>1</sup> full of Majesty and Honour, will remain 'forever'.

## Lesson of the Day

Even the biggest and strongest things only exist because Allah allows them to.

## Quick Recap

Allah points to the enormous ships that sail across the seas. They are so huge they look like mountains floating on the water! They carry people and goods all over the world.

People built these ships but Allah reminds us that He owns them. The sea can become wild and stormy in a second. Without Allah's permission, even the strongest ship is helpless.

This teaches us that human power and cleverness only work because Allah allows them to. Even the biggest, strongest things in the world belong to Him!

## Day 14: Even the Strongest Things Belong to Allah



### Let's Think!

**What does Allah compare the ships to?**

- A. Birds
- B. Mountains
- C. Clouds

**Who truly owns what sails on the sea?**

- A. The sailors
- B. The countries
- C. Allah

**What does the sea remind us of?**

- A. That we control everything
- B. That we are always very strong
- C. That we are fragile and need Allah

### Reflection

**How does knowing that Allah controls even the strongest things change the way you think about power?**

## Day 14: Even the Strongest Things Belong to Allah



### **Puzzle Time!** Strong or Controlled?

Tick the things that look strong but are still under Allah's control:

Huge ships on the ocean



Wild, stormy waves



Things people invent and build



Mountains and seas



### **Draw & Reflect**



Draw a massive ship on the ocean with huge waves around it. Write one sentence: "Allah keeps everything moving."

## Value of the Day: Dependence

Big ships float like mountains on the sea.  
But they only move because Allah allows them.

وَلَهُ الْجَوَارِ الْمُنشَآتُ فِي الْبَحْرِ كَالْأَعْلَامِ

"His are the moving ships that float, high as mountains, on the sea."  
(55:24)

Dependence means remembering:  
Even when something looks strong, it still depends on Allah.

## Today's Challenge:

**When you feel proud of something you did today, say:  
"Alhamdulillah, Allah helped me do this!"**

Ready for the next revelation? Bismillah.

Tomorrow we hear something that might feel a little sad at first, but it leads to a very comforting truth!



# Everything Ends, Allah Remains



كُلُّ مَنْ عَلَيْهَا فَانٍ ﴿٣٦﴾ وَيَبْقَىٰ وَجْهُ رَبِّكَ ذُو الْجَلَالِ وَالْإِكْرَامِ ﴿٣٧﴾

**Kullu man 'alayha fan. Wa yabqa wajhu rabbika dhu al jalali wal ikram**

Everyone on earth perishes; all that remains is the Face of your Lord, full of majesty, bestowing honour.

## Lesson of the Day

Everything in this world will end one day, but Allah will always remain.

## Quick Recap

Allah tells us that everyone on the earth will one day pass away. Toys get old. People grow and change. Even the biggest mountains will one day be gone.

That might sound a little sad but here comes the comforting part! Allah says He will always remain. He never grows old. He never gets tired. His kindness and power never disappear.

So when things change around us when something we love ends or fades, we can remember: Allah is always here. He never changes. He is always with us.



### Let's Think!

**What does Allah say about everyone on earth?**

- A. They stay forever
- B. They will one day pass away
- C. They never change

**Who will always remain?**

- A. The strongest people
- B. The world itself
- C. Allah

**Why is it helpful to remember this?**

- A. To feel scared of everything
- B. To understand what truly matters
- C. To stop caring about anything

### Reflection

**What is something you love that changes over time and how does remembering Allah help you feel calm about that?**

## Day 15: Everything Ends, Allah Remains



### Puzzle Time! Lasts or Fades?

Write **L** if it **Lasts** forever or **F** if it **Fades**:

A favourite toy

A sunny day

A person's strength

Allah

A happy memory

### Draw & Reflect



Draw something you enjoy that can change over time; a toy, a flower, a sunny day. Next to it, write the name "Allah". Think about how He stays the same even when everything else changes!

## Value of the Day: Trust in Allah

Everything changes, but Allah remains. When things around us end or fade, we can always turn to Allah because He is always, always there.

كُلُّ مَنْ عَلَيْهَا فَانٍ ﴿٣٦﴾

"Everyone on earth perishes;" (55:26)

## Today's Challenge:

**When something doesn't go the way you hoped today, whisper: "Allah is always here, even when things change."**

Ready for the next revelation? Bismillah.

Tomorrow we discover something amazing! Everything, even our heartbeat, is asking Allah for help!



# Everyone Needs Allah

وَيَبْقَىٰ وَجْهُ رَبِّكَ ذُو الْجَلَالِ وَالْإِكْرَامِ ﴿٢٧﴾ فَبِأَيِّ آلَاءِ رَبِّكُمَا تُكَذِّبَانِ ﴿٢٨﴾  
 يَسْأَلُهُ مَنْ فِي السَّمَوَاتِ وَالْأَرْضِ كُلَّ يَوْمٍ هُوَ فِي شَأْنٍ ﴿٢٩﴾ فَبِأَيِّ آلَاءِ  
 رَبِّكُمَا تُكَذِّبَانِ ﴿٣٠﴾

**Wa yabqa wajhu rabbika dhu al jalali wal ikram. Fa bi ayyi ala'i rabbikumata tukaththiban. Yas'aluhi man fis samawati wal ard. Kulla yawmin huwa fi sha'n.** **Fa bi ayyi ala'i rabbikumata tukaththiban**

all that remains is the Face of your Lord, full of majesty, bestowing honor. Which, then, of your Lord's blessings do you both deny?

Everyone in heaven and earth entreats Him; every day He is at work.

Which, then, of your Lord's blessings do you both deny?

## Lesson of the Day

Everyone and everything needs Allah every single moment.

## Quick Recap

Allah tells us that everyone in the heavens and the earth is always asking Him. But this asking doesn't always use words!

Your heart beats, that's asking Allah to keep it going. Your lungs breathe, that's asking Allah to let you breathe. Your eyes open every morning, that's asking Allah to let you see.

Even while you sleep, your whole body is still asking Allah to keep you alive until morning. Nothing happens on its own. Everything needs Allah's permission!

And here's the most amazing part: Allah is never too busy. He is never distracted. He takes care of everything, everywhere, all at once!

## Day 16: Everyone Needs Allah



### Let's Think!

**Who is always asking Allah?**

- A. Only people who pray
- B. Everything and everyone in the heavens and the earth
- C. Only the angels

**How do we ask Allah?**

- A. Only with spoken words
- B. Only during prayer time
- C. With words and without words, even our bodies ask!

**What does Allah do every moment?**

- A. Rest
- B. Forget things
- C. Take care of absolutely everything

### Reflection

**What is one thing your body does every day that reminds you it depends on Allah?**

## Day 16: Everyone Needs Allah



### **Puzzle Time!** Asking Without Words!

Tick the things that happen because Allah allows them:

Your heart beating



Your lungs breathing



Your eyes seeing



Your body healing when you get hurt



Things that happen completely by accident



### **Draw & Reflect**



Draw yourself sleeping peacefully. Draw small upward arrows from your heart and lungs. Write: "Allah keeps me alive even when I am sleeping!"

## Value of the Day: Dependence on Allah

Every breath, every heartbeat, every blink, they are all asking Allah for permission to continue. And He always says yes, because He loves us!

يَسْأَلُهُ مَنْ فِي السَّمَوَاتِ وَالْأَرْضِ

"Everyone in heaven and earth entreats Him;" (55:29)

## Today's Challenge:

**Pause once today, put your hand on your heart, feel it beating and say: "Ya Allah, I need You. Thank You!"**

Ready for the next revelation? Bismillah.

Tomorrow we hear a powerful message about how no one can escape from Allah's knowledge, but it is actually a very good reminder!



# There Is No Place to Hide



سَنَفْرُغُ لَكُمْ أَيُّهَ الثَّقَلَانِ ﴿٣١﴾ فَبِأَيِّ آلَاءِ رَبِّكُمَا تُكَذِّبَانِ ﴿٣٢﴾ يَمَعْشَرَ الْجِنِّ  
وَالْإِنْسِ إِنِ اسْتَطَعْتُمْ أَنْ تَنْفُذُوا مِنْ أَقْطَارِ السَّمَوَاتِ وَالْأَرْضِ فَانْفُذُوا لَآ  
تَنْفُذُونَ إِلَّا بِسُلْطَانٍ ﴿٣٣﴾

**Sanafrughu lakum ayyuhath thaqalan. Fa bi ayyi ala'i rabbikuma tukaththiban. Ya ma'sharal jinni wal insi in istata'tum an tanfudhu min aqtaris samawati wal ard fanfudhu la tanfudhuna illa bi sultan**

We shall attend to you two huge armies [of jinn and mankind]. Which, then, of your Lord's blessings do you both deny? Jinn and mankind, if you can pass beyond the regions of heaven and earth, then do so: you will not pass without Our authority.

**Lesson of the Day** No one can run away from Allah's power.

## Quick Recap

In these ayahs, Allah speaks directly to both humans and jinn.

Some people imagine they are too many, too clever or too hidden to ever be fully held accountable. Allah responds with powerful language. He tells them that a time is coming when they will be gathered together and surrounded.

Allah challenges them to try to escape beyond the skies and the earth if they think they can. This challenge is not because escape is possible, but to show that there is nowhere to go.

Every border is guarded. Every path is blocked. Allah's authority surrounds everything.

## Day 17: There Is No Place to Hide



### Let's Think!

**Who is Allah speaking to here?**

- A. Only humans
- B. Humans and jinn
- C. Only angels

**What are they challenged to try to do?**

- A. To hide really well
- B. To escape beyond the heavens and the earth
- C. To argue with Allah

**Why can no one escape?**

- A. They are too tired to try
- B. Forget things
- C. Take care of absolutely everything

### Reflection

**Why do you think Allah makes it clear that no one can run away from Him?**

## Day 17: There Is No Place to Hide



### **Puzzle Time!** Can Anyone Hide?

Tick the things that show how completely Allah's knowledge covers everything:

He knows what you say out loud



He knows what you think inside



He knows things that happen in the dark



He knows things that happen in secret



There are some corners of the universe He can't reach



### **Draw & Reflect**



Draw the earth below and the sky above. Draw yourself in between.  
Write: "Allah's knowledge covers everything and He is always watching over me!"

## Value of the Day: Accountability

There is no place to hide from Allah and that is actually comforting! He sees every kind deed. He hears every quiet du'aa. Nothing is ever lost with Him.

يَمَعَشَرَ الْجِنَّ وَالْإِنْسِ إِنْ أَسْتَطَعْتُمْ أَنْ تَنْفُذُوا مِنْ أَقْطَارِ السَّمَوَاتِ وَالْأَرْضِ  
فَأَنْفُذُوا لَّا تَنْفُذُونَ إِلَّا بِسُلْطَنِ ۖ ﴿٣٣﴾

“Jinn and mankind, if you can pass beyond the regions of heaven and earth, then do so: you will not pass without Our authority.” (55:33)

## Today's Challenge:

**When you feel tempted to hide a mistake today, remember: Allah already knows and He loves it when we are honest and say sorry!**

Ready for the next revelation? Bismillah.

Tomorrow we see what happens when someone ignores all of Allah's reminders and warnings.



# When Escape Fails



يَمْعَشِرَ الْجِنَّ وَالْإِنْسِ إِنْ أَسْتَطَعْتُمْ أَنْ تَنْفُذُوا مِنْ أَقْطَارِ السَّمَوَاتِ وَالْأَرْضِ  
فَأَنْفُذُوا لَّا تَنْفُذُونَ إِلَّا بِسُلْطَنِ ﴿٣٢﴾ فَبِأَيِّ آلَاءِ رَبِّكُمَا تُكَذِّبَانِ ﴿٣١﴾ يُرْسَلُ  
عَلَيْكُمَا سُوَابٌ مِّن نَّارٍ وَنَحَّاسٌ فَلَّا تَنْتَصِرَانِ ﴿٣٥﴾ فَبِأَيِّ آلَاءِ رَبِّكُمَا تُكَذِّبَانِ  
﴿٣٦﴾ فَإِذَا أَنْشَقَّتِ السَّمَاءُ فَكَانَتْ وَرْدَةً كَالدِّهَانِ ﴿٣٧﴾ فَبِأَيِّ آلَاءِ رَبِّكُمَا  
تُكَذِّبَانِ ﴿٣٨﴾ فَيَوْمَئِذٍ لَّا يُسْأَلُ عَن ذَنْبِهِ إِنْسٌ وَلَا جَانٌّ ﴿٣٩﴾ فَبِأَيِّ آلَاءِ  
رَبِّكُمَا تُكَذِّبَانِ ﴿٤٠﴾ يُعْرَفُ الْمُجْرِمُونَ بِسِيمَاهُمْ فَيُؤْخَذُ بِالتَّوَصِيِّ وَالْأَقْدَامِ ﴿٤١﴾

**Ya ma'sharal jinni wal insi in istata'tum an tanfudhu min aqtaris samawati wal ard fanfudhu la tanfudhuna illa bi sultan. Fa bi ayyi ala'i rabbikuma tukaththiban. Yursalu 'alaykuma shu'athun min narin wa nuhasun fala tantasiran. Fa bi ayyi ala'i rabbikuma tukaththiban. Fa idha inshaqqat is samaa fakanat wardatan kaddihan. Fa bi ayyi ala'i rabbikuma tukaththiban. Fa yawma idhin la yus'alu 'an dhanbihi insun wa la jan. Fa bi ayyi ala'i rabbikuma tukaththiban. Yu'rafu al mujrimuna bi simahum fa yu'khadhu bin nawasi wal aqdam**

Jinn and mankind, if you can pass beyond the regions of heaven and earth, then do so: you will not pass without Our authority. Which, then, of your Lord's blessings do you both deny? A flash of fire and smoke will be released upon you and no one will come to your aid. Which, then, of your Lord's blessings do you both deny? When the sky is torn apart and turns crimson, like red hide. Which, then, of your Lord's blessings do you both deny? On that Day neither mankind nor jinn will be asked about their sins. Which, then, of your Lord's blessings do you both deny? The guilty will be known by their mark and will be seized by their foreheads and their feet.



**Lesson  
of the Day**

When Allah's warning comes, no one can protect themselves without Him.

**Quick Recap**

After showing that no one can escape Allah's knowledge, this part describes what happens for those who ignored every reminder.

Fire and hardship are described coming. And when that happens, no clever plan, no number of helpers, no amount of strength can protect anyone. Only Allah can protect.

This might sound frightening, but it is actually a very caring reminder. It is like a parent saying: "Please listen before it is too late!" Allah is giving us every chance to turn back to Him now, while there is still time. The good news? There is still time. Every day is a new chance!



### Let's Think!

**What happens when no one can escape?**

- A. Help arrives from friends
- B. Fire and hardship come and there is no defence
- C. Rewards are given

**What can protect a person then?**

- A. Lots of helpers
- B. Being very strong
- C. Only having turned to Allah earlier

**What does this teach us about human strength?**

- A. It is unlimited
- B. It always works
- C. It has limits, only Allah's help is truly unlimited

### Reflection

**Why do you think Allah reminds people that their strength has limits?**

## Day 18: When Escape Fails



### **Puzzle Time!** Strong or Helpless?

Tick what shows weakness in this scene:

No way to escape

No defence against Allah's decision

No helpers who can truly protect

Having total control

Having complete power

### **Draw & Reflect**



Draw a wall or barrier that cannot be crossed. Write one sentence:  
"Allah's power is greater than everything and I want to be close to Him!"

## Value of the Day: Humility

Real power belongs to Allah alone. Today is the perfect day to turn toward Him, not away from Him!

يُرْسَلُ عَلَيْكُمَا شُوَاظٌ مِّن نَّارٍ...

"A flash of fire and smoke will be released upon you..."  
(55:35)

## Today's Challenge:

**When you feel very confident today, pause and say: "Ya Allah, all strength comes from You. Please always protect me!"**

Ready for the next revelation? Bismillah.

Tomorrow we see something amazing on an important Day, what was hidden inside people becomes visible!



# What Was Hidden Becomes Clear

فَيَوْمَئِذٍ لَّا يُسْأَلُ عَن ذَنْبِهِ إِنْسٌ وَلَا جَانٌّ ﴿٣٦﴾ فَبِأَيِّ آلَاءِ رَبِّكُمَا تُكَذِّبَانِ ﴿٤١﴾  
يُعْرِفُ الْمُجْرِمُونَ بِسِيمَاهُمْ فَيُؤْخَذُ بِالنَّوَصِي وَالْأَقْدَامِ ﴿٤١﴾

**Fa yawma idhin la yus'alu 'an dhanbihi insun wa la Jan. Fa bi ayyi ala'i rabbikuma tukaththiban. Yu'rafu al mujrimuna bi simahum fa yu'khadhu bin nawasi wal aqdam**

On that Day neither mankind nor jinn will be asked about their sins. Which, then, of your Lord's blessings do you both deny? The guilty will be known by their mark and will be seized by their foreheads and their feet.

## Lesson of the Day

On the Day of Judgment, people will be known by what was inside their hearts.

## Quick Recap

Allah describes a Day when everything will be completely clear. Things done in secret, things done quietly, things people thought nobody noticed all of it will be known.

Good choices leave a light. Bad choices leave a darkness. You cannot pretend or put on a costume!

But here is the kind reminder inside this lesson: we don't have to wait until that Day to clean up our hearts. We can do it right now, today, by making good choices when nobody is watching because Allah is always watching and He loves what He sees!

## Day 19: What Was Hidden Becomes Clear



### Let's Think!

**Why will people not need to be questioned?**

- A. Because nothing matters
- B. Because everything will already be completely clear
- C. Because they are forgotten

**How will people be recognized?**

- A. By their clothes
- B. By what others said about them
- C. By the marks their choices left on them

**What do our choices do?**

- A. Disappear over time
- B. Only matter if other people see them
- C. Leave lasting effects on us

### Reflection

**Why do you think Allah makes what is hidden become clear on that Day?**

## Day 19: What Was Hidden Becomes Clear



### **Puzzle Time!** Hidden or Visible?

Tick the things that are hidden now but will be known later:

Why we really did something (our intention)



Our habits when no one is watching



Our attitude inside our hearts



Our secret good deeds



Unkind things we did quietly



### **Draw & Reflect**



Draw a face. On one side, draw a little light. On the other side, draw a shadow. Think about how our choices change what shines from the inside!

## Value of the Day: Truth

Allah sees everything we do now and on that Day. So let's make our hidden choices beautiful, because beautiful choices leave beautiful marks!

يُعْرَفُ الْمُجْرِمُونَ بِسِيمَاهُمْ...

"The guilty will be known by their mark..." (55:41)

## Today's Challenge:

**Do one secret good deed today, something kind that nobody else sees. Remember: Allah sees it and it will shine!**

Ready for the next revelation? Bismillah.

Tomorrow, the mood of the surah changes completely, from warning to the most beautiful reward!



# Fear That Leads to Something Beautiful



يُعْرَفُ الْمُجْرِمُونَ بِسِيمَاهُمْ فَيُؤْخَذُ بِالنَّوَصِي وَالْأَقْدَامِ ﴿٤١﴾ فَبِأَيِّ آلَاءِ رَبِّكُمَا  
تُكَذِّبَانِ ﴿٤٢﴾ هَذِهِ جَهَنَّمُ الَّتِي يُكَذِّبُ بِهَا الْمُجْرِمُونَ ﴿٤٣﴾ يَطُوفُونَ بَيْنَهَا  
وَبَيْنَ حَمِيمٍ ءَانٍ ﴿٤٤﴾ فَبِأَيِّ آلَاءِ رَبِّكُمَا تُكَذِّبَانِ ﴿٤٥﴾ وَلِمَنْ خَافَ مَقَامَ رَبِّهِ  
جَنَّتَانِ ﴿٤٦﴾

**Fa bi ayyi ala'i rabbikuma tukaththiban. Yu'rafu al mujrimuna bi simahum fa yu'khadhu bin nawasi wal aqdam. Fa bi ayyi ala'i rabbikuma tukaththiban. Hadhihi jahannamu allati yukaththibu biha al mujrimun. Yatufuna baynaha wa bayna hameemin an. Fa bi ayyi ala'i rabbikuma tukaththiban. Wa liman khafa maqama rabbihi jannatan**

The guilty will be known by their mark and will be seized by their foreheads and their feet. Which, then, of your Lord's blessings do you both deny? This is the Hell the guilty deny, but they will go round between its flames and scalding water. Which, then, of your Lord's blessings do you both deny? For those who fear [the time when they will] stand before their Lord there are two gardens.



**Lesson  
of the Day**

Being aware that we will stand before Allah can lead to great rewards.

**Quick Recap**

After all the serious reminders, Surah Ar-Rahman takes a beautiful turn. Allah says: anyone who was worried about standing in front of their Lord will get TWO gardens in Jannah!

This special worry isn't panic. It is a feeling that makes you stop and think: "I want to do what is right. I want Allah to be happy with me." That feeling, caring about Allah's opinion and trying your best because of it, is called taqwa (staying aware of Allah). And Allah loves it SO much that He rewards it with Jannah!

So next time you feel a little nervous about whether you did the right thing, don't despair. That feeling is bringing you closer to Allah!



### Let's Think!

**What kind of worry is described here?**

- A. Panic and fear of people
- B. Being worried about standing in front of Allah and wanting to do right
- C. Fear after being punished

**When does this helpful feeling happen?**

- A. Only after we see punishment
- B. After everything is already over
- C. Now, before the Day of Judgment, just by believing and caring

**What does Allah promise for this feeling?**

- A. More things to worry about
- B. Two beautiful gardens in Jannah
- C. Nothing special

### Reflection

**Why do you think Allah rewards someone just for being afraid of meeting Him?**

## Day 20: Fear That Leads to Something Beautiful



### **Puzzle Time!** Helpful or Not Helpful?

Write **H** for a Helpful feeling and **X** for a Not Helpful feeling:

A feeling that stops you from hurting someone



A feeling that makes you give up completely



A feeling that reminds you Allah is watching



A feeling that makes you feel totally hopeless



### **Draw & Reflect**



Draw a heart with a small warm light glowing inside it. Label the light:  
"Caring about what Allah thinks." This little light leads to Jannah!

## Value of the Day: Hope

Caring about Allah's opinion and trying your best is called taqwa and Allah rewards it with two beautiful gardens in Jannah!

وَلِمَنْ خَافَ مَقَامَ رَبِّهِ جَنَّاتٍ ۖ

“For those who fear [the time when they will] stand before their Lord there are two gardens.” (55:46)

## Today's Challenge:

**When you feel worried today about whether you did the right thing, turn that feeling into a good choice instead of giving up!**

Ready for the next revelation? Bismillah.

Tomorrow we start exploring the most beautiful place that has ever existed, the gardens of Jannah!





### Lesson of the Day

Allah prepares special rewards for people who remembered Him and tried to live for Him. Those rewards feel peaceful and full of care.

### Quick Recap

For those who were careful and caring in how they lived, Allah prepares two gardens. These gardens are calm and private. Not loud or crowded, just peaceful, beautiful and full of wonderful things.

Inside there are:

Tall trees with wide, shady branches  
Springs of fresh, flowing water  
Many kinds of fruits. Easy to reach, just for you!

Nothing is rushed. Nothing is hard to get. Everything is gentle and just right. It is like Allah prepared it especially for you because He knows exactly what makes you happy!



## Let's Think!

**Who are these gardens prepared for?**

- A. People who never ever made any mistakes
- B. People who tried their best and cared about pleasing Allah
- C. People who wanted lots of attention

**What kind of place are these gardens?**

- A. Loud and busy like a market
- B. Calm, private and peaceful
- C. A crowded competition

**What does having two gardens show?**

- A. That one is better than the other
- B. That it is confusing
- C. How generous and kind Allah is

## Reflection

**Why do you think Allah gives quiet rewards to people who were aware of Him?**

## Day 21: A Personal Gift from Allah



### **Puzzle Time!** Does It Match Jannah?

Tick the things that match the gardens in this lesson:

A calm, peaceful place



A noisy, crowded place



Time to rest and enjoy



Racing and competing all the time



Feeling completely safe



Enjoying things quietly and peacefully



### **Draw & Reflect**



Draw your own peaceful garden, the one you imagine Allah is preparing for you! Add trees, flowing water and a comfy spot to rest. Make it as beautiful as you can imagine!

## Value of the Day: Contentment

Allah prepares something calm, personal and beautiful for those who tried their best. He knows exactly what makes you happy and He planned it just for you!

وَلِمَنْ خَافَ مَقَامَ رَبِّهِ جَنَّاتٍ ۖ

“For those who fear [the time when they will] stand before their Lord there are two gardens.” (55:46)

## Today's Challenge:

**Do one good thing today completely quietly, don't tell anyone! It's a secret between you and Allah.**

Ready for the next revelation? Bismillah.

Tomorrow we discover even more beautiful details inside Allah's amazing reward!



# A Reward That Feels Just Right



فَبِأَيِّ ءَالَآءِ رَبِّكُمَا تُكَذِّبَانِ ﴿٥٥﴾ فِيهِنَّ قَاصِرَاتُ الطَّرْفِ لَمْ يَطْمِئِنَّهُنَّ أَنَسٌ  
قَبْلَهُمْ وَلَا جَانٌّ ﴿٥٦﴾ فَبِأَيِّ ءَالَآءِ رَبِّكُمَا تُكَذِّبَانِ ﴿٥٧﴾ كَأَنَّهُنَّ الْيَاقُوتُ  
وَالْمَرْجَانُ ﴿٥٨﴾

**Fa bi ayyi ala'i rabbikuma tukaththiban. Feehinna qasirat at tarfi lam yatmithhunna insun qablahum wa la Jan. Fa bi ayyi ala'i rabbikuma tukaththiban. Ka annahunna al yaqutu wal marjan**

Which, then, of your Lord's blessings do you both deny? There will be maidens restraining their glances, untouched beforehand by man or jinn. Which, then, of your Lord's blessings do you both deny? Like rubies and brilliant pearls.



### Lesson of the Day

Allah's rewards are complete, beautiful and perfect for each person.

### Quick Recap

Allah continues describing the amazing things inside the gardens. There are companions in Jannah who are gentle, calm and devoted. The Quran uses the most beautiful language to describe them, like precious jewels and corals!

But here is something really interesting. Allah doesn't list every single detail of what each person will receive. Why? Because everyone is different! What makes you jump for joy might be different from what makes your friend happy.

Allah knows what brings joy to YOUR heart specifically and He promises everyone will receive exactly that. Nothing missing. Nothing that causes sadness. Everything just right.

In Jannah, there is no jealousy, no worry, no fear. Just peace, joy and comfort. Forever!

## Day 22: A Reward That Feels Just Right



### Let's Think!

**How are the rewards in Jannah described?**

- A. Exactly the same for every single person
- B. Carefully prepared, gentle and perfect for each person
- C. Loud and overwhelming

**What feelings exist in Jannah?**

- A. Jealousy and worry
- B. Peace, comfort and pure happiness
- C. Competition and fear

**Why doesn't Allah list every detail of the reward?**

- A. Because the details don't matter
- B. Because everyone's happiness is different and He knows each one
- C. Because the rewards are only temporary

### Reflection

**What is something that makes you feel happy and peaceful right now?**

## Day 22: A Reward That Feels Just Right



### **Puzzle Time!** Does It Feel Right?

Tick the feelings that match how Jannah is described:

Feeling completely calm



Feeling worried and anxious



Feeling totally safe



Feeling jealous of others



Feeling perfectly content and happy



### **Draw & Reflect**



Draw something beautiful like a jewel or a garden. Write next to it: "Allah knows exactly what makes me happy!"

## Value of the Day: Contentment

Allah promises joy without any fear, sadness or jealousy. And He knows exactly what brings happiness to YOUR heart!

كَأَنَّهُنَّ الْيَاقُوتُ وَالْمَرْجَانُ ﴿٥٨﴾

“Like rubies and brilliant pearls.” (55:58)

## Today's Challenge:

**When you feel happy today, remember: Allah can give you something even more amazing than this in Jannah if you keep trying!**

Ready for the next revelation? Bismillah.

Tomorrow we take a special break from the ayahs to learn how to really THINK about the Quran!

Day 23



# How to Really Listen to the Quran



## Lesson of the Day

The Quran is meant to be read slowly and thoughtfully, with a humble and open heart.

### Quick Recap

What Is Tadabbur?

Tadabbur (تَدَبُّرٌ) means thinking deeply and carefully about something. When we read the Quran with tadabbur, we:

Go slowly, we don't rush through it  
Think about what Allah is showing us  
Open our hearts and try to feel it  
Ask: "What does this mean for MY life?"

The Quran is not just for our ears or our eyes, it is for our hearts! Imagine stepping inside the world Allah is describing and really looking around.

When we read about the sea, we can close our eyes and picture it. When we read about Jannah, we can dream about it. That is tadabbur!

## Day 23: How to Really Listen to the Quran



### Let's Think!

**What does Allah want us to do with the Quran?**

- A. Rush through it as fast as possible
- B. Think slowly and carefully about its meaning
- C. Memorise it without ever thinking about it

**What is the best attitude when reading the Quran?**

- A. Trying to find mistakes in it
- B. Feeling like you are better than others for reading it
- C. Humility and being ready to learn and feel

**What does "stepping into the world of the Quran" mean?**

- A. Making up random stories
- B. Using your imagination to really picture what Allah is describing
- C. Ignoring real life

### Reflection

**How do you feel when you read or listen to the Quran slowly instead of quickly?**

## Day 23: How to Really Listen to the Quran



### **Puzzle Time!** Good Attitude or Not Helpful?

Tick the attitudes that help with tadabbur:

Listening carefully



Rushing to finish



Asking questions kindly



Thinking "I already know this"



Being patient



### **Draw & Reflect**



Draw an open Quran with a light coming from it. Inside the light, write or draw one feeling the Quran gives you, calm, curiosity, comfort or hope.

## Value of the Day: Humility

The Quran teaches us when to listen and when to slow down.

أَفَلَا يَتَدَبَّرُونَ الْقُرْآنَ

"Will they not reflect deeply on the Quran?" (4:82)

## Today's Challenge:

**Read or listen to just ONE ayah today. Then stop, close your eyes and ask: "What is Allah telling me here?" Stay with that thought for a minute!**

Ready for the next revelation? Bismillah.

Tomorrow we return to the ayat and discover one of the most beautiful lines in the whole Quran!



# When You Do Your Best, Allah Gives Even More



فَبِأَيِّ ءَالَآءِ رَبِّكُمَا تُكَذِّبَانِ ﴿٥٩﴾ هَلْ جَزَاءُ الْإِحْسَنِ إِلَّا الْإِحْسَنُ ﴿٦٠﴾ فَبِأَيِّ  
 ءَالَآءِ رَبِّكُمَا تُكَذِّبَانِ ﴿٦١﴾ وَمِن دُونِهِمَا جَنَّتَانِ ﴿٦٢﴾ فَبِأَيِّ ءَالَآءِ رَبِّكُمَا تُكَذِّبَانِ  
 ﴿٦٣﴾ مُدْهَمَمَتَانِ ﴿٦٤﴾ فَبِأَيِّ ءَالَآءِ رَبِّكُمَا تُكَذِّبَانِ ﴿٦٥﴾ فِيهِمَا عَيْنَانِ نَضَّاخَتَانِ ﴿٦٦﴾  
 فَبِأَيِّ ءَالَآءِ رَبِّكُمَا تُكَذِّبَانِ ﴿٦٧﴾

**Fa bi ayyi ala'i rabbikuma tukaththiban. Hal jazau al ihsani illa al ihsan. Fa bi ayyi ala'i rabbikuma tukaththiban. Wa min dunihi jannatan. Fa bi ayyi ala'i rabbikuma tukaththiban. Mudhammatan. Fa bi ayyi ala'i rabbikuma tukaththiban. Feehima 'aynani naddakhatan. Fa bi ayyi ala'i rabbikuma tukaththiban**

Which, then, of your Lord's blessings do you both deny? Shall the reward of good be anything but good? Which, then, of your Lord's blessings do you both deny? There are two other gardens below these two. Which, then, of your Lord's blessings do you both deny? Both of deepest green. Which, then, of your Lord's blessings do you both deny? With a pair of gushing springs. Which, then, of your Lord's blessings do you both deny?



**Lesson  
of the Day**

When someone tries their best for Allah, Allah gives them goodness again and again.

**Quick Recap**

Allah asks one of the most beautiful questions in the Quran:

هَلْ جَزَاءُ الْإِحْسَنِ إِلَّا الْإِحْسَانُ "Is the reward for doing your best anything except more good?"

This means: when you try your best for Allah, even in small ways, Allah gives back goodness that is even better! He never lets good effort go unnoticed.

And then He shows us there are MORE gardens beyond the first gardens He described. Allah's kindness and rewards don't stop, they just keep growing and growing!



## Let's Think!

**What is the beautiful question Allah asks?**

- A. Why did you make mistakes?
- B. Is the reward for doing your best anything except more good?
- C. Who worked the hardest?

**What does this question teach us?**

- A. Good effort is always ignored
- B. Allah notices every good thing and gives something even better back
- C. The rewards are too small to matter

**What do the extra gardens show?**

- A. That rewards are confusing
- B. That Allah's generosity keeps growing, it never stops!
- C. That only a few special people are rewarded

## Reflection

**What is one good thing you try to do, even when it is hard?**

## Day 24: When You Do Your Best, Allah Gives Even More



### **Puzzle Time!** Good Leads to Good!

Match each action to what it reminds us about Allah:

#### Actions

Trying again after a mistake

Being kind

Doing your best at school

Helping someone without  
being asked

#### What It Teaches

Allah sees effort

Allah gives more than we  
expect

Allah loves sincerity

Allah rewards kindness

### **Draw & Reflect**



Draw a path that keeps going forward. Along the path, draw small acts of kindness or effort. At the end, draw something beautiful, Allah's reward for all that trying!

## Value of the Day: Ihsan (Doing Your Best)

Ihsan means doing your absolute best. And Allah's answer to Ihsan is always more goodness; bigger, better and more beautiful than what you gave!

هَلْ جَزَاءُ الْإِحْسَانِ إِلَّا الْإِحْسَانُ ﴿٦٠﴾

"Shall the reward of good be anything but good?" (55:60)

## Today's Challenge:

**Do one thing today with extra care and effort, even if nobody is watching and nobody will say "well done." Allah sees it!**

Ready for the next revelation? Bismillah.

Tomorrow we discover rewards that are beautiful on the OUTSIDE and good on the INSIDE!



# Beautiful Inside and Out

فَبِأَيِّ ءَالَآءِ رَبِّكُمَا تُكَذِّبَانِ ﴿٦٥﴾ فِيهِمَا عَيْنَانِ نَضَّاخَتَانِ ﴿٦٦﴾ فَبِأَيِّ ءَالَآءِ  
 رَبِّكُمَا تُكَذِّبَانِ ﴿٦٧﴾ فِيهِمَا فَكِّهَةٌ وَنَخْلٌ وَرُمَّانٌ ﴿٦٨﴾ فَبِأَيِّ ءَالَآءِ رَبِّكُمَا  
 تُكَذِّبَانِ ﴿٦٩﴾ فِيهِنَّ خَيْرَاتٌ حِسَانٌ ﴿٧٠﴾ فَبِأَيِّ ءَالَآءِ رَبِّكُمَا تُكَذِّبَانِ ﴿٧١﴾ حُورٌ  
 مَّقْصُورَاتٌ فِي الْخِيَامِ ﴿٧٢﴾ فَبِأَيِّ ءَالَآءِ رَبِّكُمَا تُكَذِّبَانِ ﴿٧٣﴾ لَمْ يَطْمِثْهُنَّ إِنْسٌ  
 قَبْلَهُمْ وَلَا جَانٌ ﴿٧٤﴾

**Fa bi ayyi ala'i rabbikuma tukaththiban. Feehima 'aynani naddakhatan. Fa bi ayyi ala'i rabbikuma tukaththiban. Feehima fakihatun wa nakhulun wa rumman. Fa bi ayyi ala'i rabbikuma tukaththiban. Feehinna khayratun hisan. Fa bi ayyi ala'i rabbikuma tukaththiban. Hoorun maqsuratun fil khiyam. Fa bi ayyi ala'i rabbikuma tukaththiban. Lam yatmithunna insun qablahum wa la jan**

Which, then, of your Lord's blessings do you both deny? With a pair of gushing springs. Which, then, of your Lord's blessings do you both deny? With fruits- date palms and pomegranate trees. Which, then, of your Lord's blessings do you both deny? There are good-natured, beautiful maidens. Which, then, of your Lord's blessings do you both deny? Dark-eyed, sheltered in pavilions. Which, then, of your Lord's blessings do you both deny? Untouched beforehand by man or jinn.



### Lesson of the Day

Allah prepares rewards that are beautiful on the outside and good on the inside.

### Quick Recap

Allah describes more gardens, even richer and more full of life than before! These gardens are:

Deep, deep green, as green as you can imagine  
Full of rushing, gushing springs  
Bursting with many kinds of fruit, easy to reach

But here is the most important part:  
everything in Jannah doesn't just look beautiful. It FEELS good too.  
There is no sadness hiding behind the beautiful view. No jealousy. No hurt feelings. Everything is peaceful and kind inside AND out.

That is what true goodness looks like, beautiful on the outside AND the inside!



## Let's Think!

**How are these gardens described?**

- A. Dry and empty
- B. Dark green and overflowing with life
- C. Loud and crowded

**What flows strongly in these gardens?**

- A. Wind
- B. Fire
- C. Springs of fresh water

**What makes these rewards truly special?**

- A. They are only beautiful to look at
- B. They are only practical and useful
- C. They are good on the inside AND beautiful on the outside

## Reflection

**Why do you think Allah cares about how things feel on the inside, not just how they look?**

## Day 25: Beautiful Inside and Out



### Puzzle Time! Inside or Outside?

Write **I** if the quality is Inside (how it feels).

Write **O** if it is Outside (how it looks).

Kindness



Beauty



Calmness inside



Bright colours



Patience



### Draw & Reflect



Draw a deep green garden full of flowing water and colourful fruit. Inside the garden, write words that describe how it FEELS; calm, safe, joyful, peaceful!

## Value of the Day: Wholeness

True goodness is beautiful both inside and outside. Allah gives rewards that LOOK amazing and FEEL amazing too!

مُدْهَامَّتَانِ ﴿٦٤﴾

“Both of deepest green.” (55:64)

## Today's Challenge:

**Choose one action today that makes both your heart AND someone else's heart feel good at the same time!**

Ready for the next revelation? Bismillah.

Tomorrow we reach the calm, peaceful ending of the whole surah and it is worth the wait!



# Finally at Peace



مُتَّكِيْنَ عَلَى رَفْرَفٍ خُضْرٍ وَعَبَقَرِيٍّ حِسَانٍ ﴿٧٦﴾ فَبِأَيِّ آلَاءِ رَبِّكُمَا تُكَذِّبَانِ  
 ﴿٧٧﴾ تَبَارَكَ اسْمُ رَبِّكَ ذِي الْجَلَالِ وَالْإِكْرَامِ

**Muttaki'ina 'ala rafradin khudrin wa abqariyin hisan. Fa bi ayyi ala'i rabbikuma tukaththiban. Tabaraka ismu rabbika dhi al jalali wal ikram**

They will all sit on green cushions and fine carpets. Which, then, of your Lord's blessings do you both deny? Blessed is the name of your Lord, full of majesty, bestowing honour.

## Lesson of the Day

After all the effort, Allah gives His people rest, comfort and closeness to Him.

## Quick Recap

At the very end of Surah Ar-Rahman, Allah shows us people who are completely at rest. They are resting on soft green cushions and beautiful, rich carpets. No rush. No fear. No need to prove anything at all.

Do you remember Day 20, the people who were worried about standing in front of Allah and tried their best because of it? Now here they are: completely relaxed and at peace!

This is one of the most beautiful lessons in the whole surah: effort leads to rest. Caring leads to peace. Trusting Allah leads to the most beautiful ending.

## Day 26: Finally at Peace



And then the surah ends with the most wonderful words reminding us that everything began with Allah and everything returns to Him:

تَبَارَكَ اَسْمُ رَبِّكَ ذِي الْجَلَالِ وَالْاِكْرَامِ "Blessed is the Name of your Lord, full of Majesty and Honour."

## Day 26: Finally at Peace



### Let's Think!

**How are the people of Jannah described at the end?**

- A. Rushing around and busy
- B. Sitting calmly and resting peacefully
- C. Feeling worried and unsure

**What does this calm resting show us?**

- A. That Allah forgot about all their effort
- B. That effort and trust in Allah leads to real peace in the end
- C. That nothing really mattered after all

**What does Allah remind us of at the very end?**

- A. His Name is blessed and full of greatness and honour
- B. The world will last forever
- C. Only being very strong matters

### Reflection

**How does it feel to finish something hard and finally be able to rest?**

## Day 26: Finally at Peace



### **Puzzle Time!** From Effort to Ease!

Draw a line to match what comes first with what comes after:

**Effort**

Trying to obey Allah

Being patient

Doing good quietly

**Ease**

Calm

Rest

Peace

### **Draw & Reflect**



Draw a peaceful place where you feel safe and calm. Add soft colours and a place to sit and rest. Write: "Allah gives peace after effort."

## Value of the Day: Peace

Allah gives rest to those who trusted Him.

مُتَّكِنِينَ عَلَى رَفْرَفٍ خُضْرٍ

“They will all sit on green cushions and fine carpets.” (55:76)

## Today's Challenge:

**Before you go to sleep tonight, say the name of Allah and thank Him for ONE thing He took care of for you today. End your day with peace!**

Ready for the next revelation? Bismillah.

Tomorrow, we will step back and look at the whole journey of Surah Ar-Rahman from beginning to end.

Day 27



# The Whole Journey of Surah Ar-Rahman



## Lesson of the Day

Surah Ar-Rahman is put together in the most amazing way and as you read it, it feels like Allah is speaking right to your heart!

## Quick Recap

In this episode, we step back and look at the whole surah.

The surah began with: Ar-Rahman || Allah's mercy.

Then it showed:

- The Quran
- The creation of human beings
- The balance of the world
- The beauty of this life

Then it warned:

- Everything will end
- People will be judged
- No one can escape Allah

Then it gave hope:

- Gardens
- Peace
- Reward
- Rest

And at the very end, Allah says: "Blessed is the Name of your Lord."

## Day 27: The Whole Journey of Surah Ar-Rahman



This surah has a beautiful shape, it starts with Allah and ends with Allah and everything in the middle shows how kind, fair and generous He is.

### **What This Teaches Us:**

The Quran is not jumbled or mixed up. Every single word is in exactly the right place. Just like the stars in the sky don't crash into each other, Allah's words fit together perfectly too!

### **When we read the Quran, we should:**

- Think deeply
- Look for connections
- Ask what it means for us

## Day 27: The Whole Journey of Surah Ar-Rahman



### Let's Think!

**What does Surah Ar-Rahman begin with?**

- A. A warning
- B. Allah's mercy
- C. A story

**What does it end with?**

- A. A question
- B. A command
- C. Allah's blessed Name

**What should we do when we read the Quran?**

- A. Rush
- B. Ignore it
- C. Think deeply

### Reflection

**What part of Surah Ar-Rahman stayed in your heart the most?**

## Day 27: The Whole Journey of Surah Ar-Rahman



### **Puzzle Time!** Beginning and End

Draw a line to match:

Start of the surah

Warnings and hope

Middle of the surah

Mercy

End of the surah

Allah's blessed name

### **Draw & Reflect**



Draw a long path with a beginning and an ending. At the start, draw a bright light. At the end, draw a shining circle. Write: "Allah's mercy begins my journey. Allah's Name ends it."

## Value of the Day: Reflection

The Quran is not only to be read. It is meant to be thought about.

## Today's Challenge:

**Read one part of Surah Ar-Rahman again.  
Look at the beginning and the ending.**

**Pause and ask yourself:** "What do I notice about the whole journey?"

Ready for the next revelation? Bismillah.

Tomorrow, we will learn how to think deeply about the Quran with humble hearts.

Day 28



# Thinking Deeply About the Quran



**Lesson  
of the Day**

Allah's words are perfect and we should think deeply about them with humble hearts.

## Quick Recap

In this episode, we learned something very important. When we read the Quran, we should remember two things:

1. Allah's words are perfect.
2. We are still learning and growing.

Sometimes, when you read an ayah and it feels a bit confusing, that's okay! It doesn't mean something is wrong. It just means there's more to discover. Keep asking questions, keep learning and take your time!

The Quran wants us to think! It asks us to use our minds and really reflect on what Allah is saying.

But while we think, we stay humble. Instead of saying "This doesn't make sense!" we say "Maybe I just don't understand it yet." Thinking and humility go hand in hand!

## What This Teaches Us:

It's okay to ask questions. It's great to think deeply. We should look for answers and try to understand. But we do all of this with kindness and respect and we always stay close to Allah's words.

The Quran is not afraid of questions. It teaches us how to think carefully and honestly.



### Let's Think!

If we do not understand an ayah right away, what should we do?

- A. Say it is wrong
- B. Ignore it
- C. Learn more and ask questions

Who is perfect?

- A. Us
- B. Allah
- C. Scholars

Is it okay to ask respectful questions about the Quran?

- A. Yes
- B. No
- C. Only sometimes

### Reflection

**Is there something in the Quran that you want to understand better? Who can you ask for help?**

## Day 28: Thinking Deeply About the Quran



### **Puzzle Time!** Humble or Arrogant?

Tick the humble response.

"I don't get it. The Quran must be wrong."



"I don't get it yet. I want to learn more."



### **Draw & Reflect**



Draw a small person reading a big book. Above the book, draw light coming down. Write: "I will think deeply and stay humble."

## Value of the Day: Humility

Allah loves people who think carefully and stay humble.

## Today's Challenge:

**Read one ayah from the Quran slowly. Take your time.**

**Pause and ask yourself:** "Do I understand this yet or can I learn more?"

Ready for the next revelation? Bismillah.

Tomorrow is our final episode, where we learn how to think carefully and wisely about Allah's words.



# Thinking Carefully About Allah's Words



## Lesson of the Day

When we learn from the Quran, we must think carefully, understand the full story and stay humble.

## Quick Recap

In this final lesson, we learned something important. The Quran is full of lessons, but before we say, "this is a rule for everyone," we need to stop and think carefully.

Sometimes, a story in the Quran happened in a very special situation. That doesn't mean we copy every detail. It means we look for the lesson hiding inside it!

Think of the Quran like a beautiful painting, every ayah connects to others around it. We need to look at the whole picture before deciding what something means.

We also learned that the Prophet ﷺ gave advice to people in specific situations. Not every answer was meant to work exactly the same way for everyone.

**Thinking deeply means:** Looking at how things connect. Understanding the background.

Staying humble. And never, ever rushing.

## What This Teaches Us:

- The Quran is connected and organized
- We should understand before we explain
- We should not take words out of context
- We should stay humble when learning

## Day 29: Thinking Carefully About Allah's Words



### Let's Think!

**Before we make a lesson for everyone, what should we do?**

- A. Guess
- B. Understand the full story
- C. Repeat what we heard

**Are all stories meant to be copied exactly the same way?**

- A. Yes
- B. No
- C. Always

**What attitude should we have when learning?**

- A. Pride
- B. Anger
- C. Humility

### Reflection

**Why do you think Allah wants us to think carefully and not rush?**

## Day 29: Thinking Carefully About Allah's Words



### **Puzzle Time!** Careful or Careless?

Tick the the careful response.

"I heard this once, so it must always be the same."



"Let me understand the whole story first."



### **Draw & Reflect**



Draw a piece of cloth being stitched together. Write: "Allah's words are connected."

## Value of the Day: Careful Thinking

The Quran is not random. It is connected and meaningful.

## Today's Challenge:

**Think about one lesson you learned from Surah Ar-Rahman. Say it out loud.**

**Pause and ask yourself: "How can I live this lesson every day?"**

This completes our journey through Surah Ar-Rahman. Bismillah.

**May Allah make us people who reflect on His words, stay humble and live by what we learn.**



## You Did It!

You have completed the Surah Ar-Rahman Workbook!  
29 days. 29 lessons. 29 chances to grow closer to Allah.

تَبَارَكَ اسْمُ رَبِّكَ ذِي الْجَلَالِ وَالْإِكْرَامِ

Blessed is the Name of your Lord, full of Majesty and Honour." (55:78)

**My favourite thing I learned:**



## A Gentle Eid

Ramadan has finished, but Allah is still near. What you learned still matters. What you practiced still counts. Carry one small good thing forward. That is how the journey continues.

 Eid Mubarak

# Answer-Key

## Day 1

**MCQ:** B, C

**Puzzle:** • The Quran → **A gift and a mercy**

- This World → **Created with order**
- The End of the World → **Will come to an end**

## Day 2

**MCQ:** C, B, B

**Puzzle:** • Ar-Rahman → **The name Allah starts this surah with**

- Mercy → **Kindness and care**
- Quran → **Allah's book that teaches us**

## Day 3

**MCQ:** B, C, A

**Puzzle:** • Teaching → **Helping someone learn with patience**

- Mercy → **Being kind even when it's hard**
- Quran → **B. Allah's guidance for life**

## Day 4

**MCQ:** B, A, A

**Puzzle:** • Explaining an idea clearly ✓

- Speaking even when you know it will hurt someone ✗
- Choosing your words carefully ✓
- Shouting to win ✗
- Listening first, then answering thoughtfully ✓

## Day 5

**MCQ:** B, B, B

**Puzzle:** • The sun rising and setting every day ✓

Planets crashing into each other ✗

Counting numbers in order (1, 2, 3, 4...) ✓

A clock ticking carefully ✓

Everything happening randomly ✗

## Day 6

**MCQ:** B, B, B

**Puzzle:** • Fruit ✓

- Grain ✓
- Palm trees ✓
- Plastic toys ✗
- Fragrant flowers and plants ✓

## Puzzles Answer-Key

### Day 7

**MCQ:** B, B, B

**Puzzle:** • A tree growing toward sunlight ✓

- A star moving along its path ✓
- Something acting without any rules ✗
- Nature following the seasons ✓
- Things happening with care and balance ✓

### Day 8

**MCQ:** B, C, B

**Puzzle:** • Doing homework before play ✓

- Giving all your time to just one thing forever ✗
- Listening before you speak ✓
- Ignoring the things that really matter ✗
- Taking care of what is most important ✓

### Day 9

**MCQ:** Answer Key: B, B, C

**Puzzle:** • Plain food with no taste → **S**

- A sweet, juicy mango → **J**
- A beautiful flower → **J**
- Clean water → **S**
- A flower that smells amazing → **J**

### Day 10

**MCQ:** B, B, C

**Puzzle:** • Breathing without thinking ✓

- Having clean water ✓
- Being able to see ✓
- Having food every day ✓
- Feeling safe at home ✓

### Day 11

**MCQ:** B, A, B

**Puzzle:** • Thanking Allah for small things ✓

- Acting like blessings just appear by themselves ✗
- Thinking carefully about where good things come from ✓
- Always being too busy to notice anything ✗
- Remembering that all good things come from Allah ✓

## Puzzles Answer-Key

### Day 12

**MCQ:** C, B, B

**Puzzle:** • Being kind to others ✓

- Being loud and showing off all the time ✗
- Learning something useful ✓
- Helping someone who needs it ✓
- Being mean to get what you want ✗

### Day 13

**MCQ:** B, B, B

**Puzzle:** • Oceans staying in their own places ✓

- Everyone doing whatever they want all the time ✗
- Rules that protect people ✓
- Mixing everything up with no order ✗
- Systems that keep things balanced ✓

### Day 14

**MCQ:** B, C, C

**Puzzle:** • Huge ships on the ocean ✓

- Wild, stormy waves ✓
- Things people invent and build ✓
- Mountains and seas ✓

### Day 15

**MCQ:** B, C, B

**Puzzle:** • A favourite toy → **F**

- A sunny day → **F**
- A person's strength → **F**
- Allah → **L**
- A happy memory → **F**

### Day 16

**MCQ:** B, C, C

**Puzzle:** • Your heart beating ✓

- Your lungs breathing ✓
- Your eyes seeing ✓
- Your body healing when you get hurt ✓
- Things that happen completely by accident ✓

### Day 17

**MCQ:** B, B, C

**Puzzle:** • He knows what you say out loud ✓

- He knows what you think inside ✓
- He knows things that happen in the dark ✓
- He knows things that happen in secret ✓
- There are some corners of the universe He can't reach ✗

## Puzzles Answer-Key

### Day 18

**MCQ:** B, C, C

- Puzzle:** • No way to escape ✓  
• No defence against Allah's decision ✓  
• No helpers who can truly protect ✓  
• Having total control ✗  
• Having complete power ✗

### Day 19

**MCQ:** B, C, C

- Puzzle:** • Why we really did something (our intention) ✓  
• Our habits when no one is watching ✓  
• Our attitude inside our hearts ✓  
• Our secret good deeds ✓  
• Unkind things we did quietly ✓

### Day 20

**MCQ:** B, C, B

- Puzzle:** • A feeling that stops you from hurting someone → **H**  
• A feeling that makes you give up completely → **X**  
• A feeling that reminds you Allah is watching → **H**  
• A feeling that makes you feel totally hopeless → **X**

### Day 21

**MCQ:** B, B, C

- Puzzle:** • A calm, peaceful place ✓  
• A noisy, crowded place ✗  
• Time to rest and enjoy ✓  
• Racing and competing all the time ✗  
• Feeling completely safe ✓  
• Enjoying things quietly and peacefully ✓

### Day 22

**MCQ:** B, B, B

- Puzzle:** • Feeling completely calm ✓  
• Feeling worried and anxious ✗  
• Feeling totally safe ✓  
• Feeling jealous of others ✗  
• Feeling perfectly content and happy ✓

### Day 23

**MCQ:** B, C, B

- Puzzle:** • Listening carefully and slowly ✓  
• Rushing to finish as fast as possible ✗  
• Asking questions kindly ✓  
• Thinking "I already know this" ✗  
• Being patient ✓

## Puzzles Answer-Key

Day 24

MCQ: B, B, B

Puzzle: • Trying again after a mistake → **Allah sees effort**

- Being kind → **Allah rewards kindness**
- Doing your best at school → **Allah loves sincerity**
- Helping someone without being asked → **Allah gives more than we expect**

Day 25

MCQ: B, C, C

Puzzle: • Kindness → **I**

- Beauty → **O**
- Calmness inside → **I**
- Bright Colour → **O**
- Patience → **I**

Day 26

MCQ: B, B, A

Puzzle: • Trying to obey Allah → **Peace**

- Being patient → **Calm**
- Doing good quietly → **Rest**

Day 27

MCQ: B, C, C

Puzzle: • Start of the surah → **Mercy**

- Middle of the surah → **Warnings and hope**
- End of the surah → **Allah's blessed name**

Day 28

MCQ: C, B, A

Puzzle: • I don't get it. The Quran must be wrong. **X**

- I don't get it yet. I want to learn more. **✓**

Day 29

MCQ: B, B, C

Puzzle: • I heard this once, so it must always be the same. **X**

- Let me understand the whole story first.. **✓**



## Parent note

### A Gentle Ramadan Companion for Children

This workbook is designed to help children experience Ramadan as more than a set of rules. Through daily reflections, simple activities and creative prompts, it introduces young hearts to Surah Ar-Rahman and its central message of Allah's mercy.

Each day encourages children to notice Allah's blessings, think deeply and connect what they learn to their everyday lives. The focus is not on perfection, but on awareness, gratitude and building small habits that can last beyond Ramadan.

Created for families and classrooms, this workbook works best when used together, inviting conversation, reflection and shared moments of learning. Our hope is that it helps children leave Ramadan with a softer heart, a clearer sense of Allah's care and a lasting connection to the Quran.



## Keep going...

### A Gentle Ending, A Beautiful Beginning

You've reached the end of this workbook, but not the end of the journey.

Surah Ar-Rahman reminded us to notice Allah's mercy everywhere, around us and within us. Each time we heard, "So which of the favors of your Lord will you deny?" we were invited to look closer and be more grateful.

Ramadan may end, but the Quran stays with you. Keep reflecting. Keep asking questions. Keep thanking Allah for His countless blessings.

If you want to keep learning with me, head over to Bayyinah TV and sign up. You'll find Story Night episodes, Quran courses for all ages and tools that will help you build a deep, lasting connection with Allah's words. Insha'Allah.

Let's keep going. Together.

Nouman Ali Khan