



Nasiratul Ahmadiyya USA

Sympathy

QUARTER 6

JULY-SEPTEMBER 2026

Sympathy Journal

Week: 1

Month: June & July

Year: 2026

5 Daily Prayres

	F	Z	A	M	I
S	☐	☐	☐	☐	☐
M	☐	☐	☐	☐	☐
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F	☐	☐	☐	☐	☐
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Mood of the Week



Daily Recitation



Special Prayers

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ سُبْحَانَ اللَّهِ الْعَظِيمِ اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَآلِ مُحَمَّدٍ

Glory be to Allah and all praise is due to Him; glory be to Allah, the Great. O Allah, send blessings upon Muhammad (saw) and the family of Muhammad (saw)

أَسْتَغْفِرُ اللَّهَ رَبِّي مِنْ كُلِّ ذَنْبٍ وَأَتُوبُ إِلَيْهِ

I seek forgiveness from Allah, my Lord, for every sin, and I turn to Him in repentance

رَبِّ كُلِّ شَيْءٍ خَادِمُكَ رَبِّ فَاحْفَظْنِي وَأَنْصُرْنِي وَأَرْحَمْنِي

O Lord of all things, Your servant am I; so protect me, help me, and have mercy on me.

خُذِ الْعَفْوَ وَأْمُرْ بِالْعُرْفِ وَأَعْرِضْ عَنِ الْجَاهِلِينَ

Take to forgiveness, and enjoin kindness, and turn away from the ignorant.

Holy Qur'an
Surah Al-Araf verse 200

“A Mosque;s purpose can only be fulfilled when the worshippers are infused with a spirit of selflessness, humility and true sympathy and love for all mankind”

-Hazrat Khalifatul Masih V (aba) Almere
Mosque Opening Address 1st October 2019

SELF-REFLECTION & WEEKLY ACTIVITIES

Week 1: 06/28/26-07/04/26

Affirmations of the week:

1. _____
2. _____
3. _____

Top Priority or Goal:

1. _____
2. _____
3. _____

Weekly Activity: Hold the door open for others

Reflection Time: Why do small acts of Kindness matters?

FRIDAY SERMON 3 SUMMARY POINTS

1. _____ _____ _____ _____ _____ _____	2. _____ _____ _____ _____ _____ _____	3. _____ _____ _____ _____ _____ _____
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Sympathy Journal

Week: 2

Month: July

Year: 2026

5 Daily Prayres

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T	☐	☐	☐	☐	☐
F	☐	☐	☐	☐	☐
S	☐	☐	☐	☐	☐

Mood of the Week



Daily Recitation



Special Prayers

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Mosque Opening Address 1st October 2019

SELF-REFLECTION & WEEKLY ACTIVITIES

Week 2: 07/05/26-07/11/26

Affirmations of the week:

- 1. _____
- 2. _____
- 3. _____

Top Priority or Goal:

- 1. _____
- 2. _____
- 3. _____

Weekly Activity: Share a snack with someone

Reflection Time: How did sharing make me feel?

FRIDAY SERMON 3 SUMMARY POINTS

I.

2.

3.

Sympathy Journal

Week: 3

Month: July

Year: 2026

5 Daily Prayres

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Mood of the Week



Daily Recitation



Special Prayers

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Mosque Opening Address 1st October 2019

SELF-REFLECTION & WEEKLY ACTIVITIES

Week 3: 07/12/26-07/18/26

Affirmations of the week:

- 1. _____
- 2. _____
- 3. _____

Top Priority or Goal:

- 1. _____
- 2. _____
- 3. _____

Weekly Activity: Help a sibling or friend without being asked

Reflection Time: What did I learn about helping quietly?

FRIDAY SERMON 3 SUMMARY POINTS

I.

2.

3.

Sympathy Journal

Week: 3

Month: July

Year: 2026

5 Daily Prayres

	F	Z	A	M	I
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T	☐	☐	☐	☐	☐
F	☐	☐	☐	☐	☐
S	☐	☐	☐	☐	☐

Mood of the Week



Daily Recitation



Special Prayers

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Mosque Opening Address 1st October 2019

SELF-REFLECTION & WEEKLY ACTIVITIES

Week 3: 07/19/26-07/25/26

Affirmations of the week:

1.
2.
3.

Top Priority or Goal:

1.
2.
3.

Weekly Activity: Donate a toy or clothing item

Reflection Time: How does giving help my heart grow?

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FRIDAY SERMON 3 SUMMARY POINTS

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Sympathy Journal

Week: 4

Month: July & August

Year: 2026

5 Daily Prayres

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W	☐	☐	☐	☐	☐
T	☐	☐	☐	☐	☐
F	☐	☐	☐	☐	☐
S	☐	☐	☐	☐	☐

Mood of the Week



Daily Recitation



Special Prayers

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Mosque Opening Address 1st October 2019

SELF-REFLECTION & WEEKLY ACTIVITIES

Week 4: 07/26/26-08/01/26

Affirmations of the week:

1.
2.
3.

Top Priority or Goal:

1.
2.
3.

Weekly Activity: Visit or call a family member

Reflection Time: How does staying connected show sympathy?

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FRIDAY SERMON 3 SUMMARY POINTS

1.	2.	3.
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Sympathy Journal

Week: 5

Month: August

Year: 2026

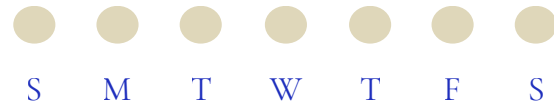
5 Daily Prayres

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T	☐	☐	☐	☐	☐
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S	☐	☐	☐	☐	☐

Mood of the Week



Daily Recitation



Special Prayers

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أَسْتَغْفِرُ اللَّهَ رَبِّي مِنْ كُلِّ ذَنْبٍ وَأَتُوبُ إِلَيْهِ

I seek forgiveness from Allah, my Lord, for every sin, and I turn to Him in repentance

رَبِّ كُلِّ شَيْءٍ خَادِمُكَ رَبِّ فَاحْفَظْنِي وَانصُرْنِي وَارْحَمْنِي

O Lord of all things, Your servant am I; so protect me, help me, and have mercy on me.

فَاذْكُرُونِي أَذْكُرْكُمْ وَاشْكُرُوا لِي وَلَا تَكْفُرُونِ ﴿١٥٣﴾

Therefore remember Me, and I will remember you; and be thankful to Me and do not be ungrateful to Me.

Holy Qur'an
Surah Al-Baqarah verse 153

‘Sympathy for mankind is such a quality that if a man were to leave it an continuously distance himself from it, then grdually he would turn into a savage. Man’s humanity demands it and he remains a human being only as long as he treats his brother with politeness, civility and kindness and makes no discrimination’

-The Promised Messiah (as) quoted by Hazrat Khalifatul Masih V (aba) 28th December 2003

SELF-REFLECTION & WEEKLY ACTIVITIES

Week 5: 08/02/26-08/08/26

Affirmations of the week:

1.
2.
3.

Top Priority or Goal:

1.
2.
3.

Weekly Activity: Make dua for someone who is sick

Reflection Time: How does praying for others build compassion?

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FRIDAY SERMON 3 SUMMARY POINTS

I.	2.	3.
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Sympathy Journal

Week: 6

Month: August

Year: 2026

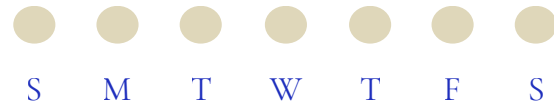
5 Daily Prayres

	F	Z	A	M	I
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Mood of the Week



Daily Recitation



Special Prayers

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SELF-REFLECTION & WEEKLY ACTIVITIES

Week 6: 08/09/26-08/15/26

Affirmations of the week:

1.
2.
3.

Top Priority or Goal:

1.
2.
3.

Weekly Activity: Sit with someone who seems alone

Reflection Time: What did I learn about noticing others' feelings?

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FRIDAY SERMON 3 SUMMARY POINTS

1.	2.	3.
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Sympathy Journal

Week: 7

Month: August

Year: 2026

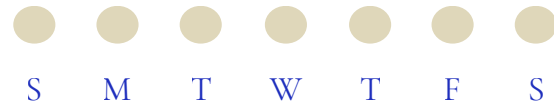
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	F	Z	A	M	I
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Mood of the Week



Daily Recitation



Special Prayers

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Holy Qur'an
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‘Sympathy for mankind is such a quality that if a man were to leave it an continuously distance himself from it, then grdually he would turn into a savage. Man’s humanity demands it and he remains a human being only as long as he treats his brother with politeness, civility and kindness and makes no discrimination’

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SELF-REFLECTION & WEEKLY ACTIVITIES

Week 7: 08/16/26-08/22/26

Affirmations of the week:

- 1. _____
- 2. _____
- 3. _____

Top Priority or Goal:

- 1. _____
- 2. _____
- 3. _____

Weekly Activity: Write a kind message to a friend

Reflection Time: Why do words of kindness matter?

FRIDAY SERMON 3 SUMMARY POINTS

I.

2.

3.

Sympathy Journal

Week: 8

Month: August

Year: 2026

5 Daily Prayres

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S	☐	☐	☐	☐	☐

Mood of the Week



Daily Recitation



Special Prayers

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-The Promised Messiah (as) quoted by Hazrat Khalifatul Masih V (aba) 28th December 2003

SELF-REFLECTION & WEEKLY ACTIVITIES

Week 9: 08/23/26-08/29/26

Affirmations of the week:

- 1. _____
- 2. _____
- 3. _____

Top Priority or Goal:

- 1. _____
- 2. _____
- 3. _____

Weekly Activity: Help clean up a shared space

Reflection Time: How is helping others a form of sympathy?

FRIDAY SERMON 3 SUMMARY POINTS

I.

2.

3.

Sympathy Journal

Week: 10

Month: August & September

Year: 2026

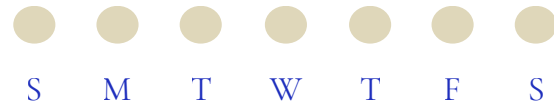
5 Daily Prayres

	F	Z	A	M	I
S	☐	☐	☐	☐	☐
M	☐	☐	☐	☐	☐
T	☐	☐	☐	☐	☐
W	☐	☐	☐	☐	☐
T	☐	☐	☐	☐	☐
F	☐	☐	☐	☐	☐
S	☐	☐	☐	☐	☐

Mood of the Week



Daily Recitation



Special Prayers

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ سُبْحَانَ اللَّهِ الْعَظِيمِ اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَآلِ مُحَمَّدٍ

Glory be to Allah and all praise is due to Him; glory be to Allah, the Great. O Allah, send blessings upon Muhammad (saw) and the family of Muhammad (saw)

أَسْتَغْفِرُ اللَّهَ رَبِّي مِنْ كُلِّ ذَنْبٍ وَأَتُوبُ إِلَيْهِ

I seek forgiveness from Allah, my Lord, for every sin, and I turn to Him in repentance

رَبِّ كُلِّ شَيْءٍ خَادِمُكَ رَبِّ فَاحْفَظْنِي وَانصُرْنِي وَارْحَمْنِي

O Lord of all things, Your servant am I; so protect me, help me, and have mercy on me.

فَاذْكُرُونِي أَذْكُرْكُمْ وَاشْكُرُوا لِي وَلَا تَكْفُرُونِ ﴿١٥٣﴾

Therefore remember Me, and I will remember you; and be thankful to Me and do not be ungrateful to Me.

Holy Qur'an
Surah Al-Baqarah verse 153

‘Sympathy for mankind is such a quality that if a man were to leave it an continuously distance himself from it, then grdually he would turn into a savage. Man’s humanity demands it and he remains a human being only as long as he treats his brother with politeness, civility and kindness and makes no discrimination’

-The Promised Messiah (as) quoted by Hazrat Khalifatul Masih V (aba) 28th December 2003

SELF-REFLECTION & WEEKLY ACTIVITIES

Week 11: 08/30/26-09/05/26

Affirmations of the week:

- 1. _____
- 2. _____
- 3. _____

Top Priority or Goal:

- 1. _____
- 2. _____
- 3. _____

Weekly Activity: Show kindness to an animal

Reflection Time: What did I notice about gentle care?

FRIDAY SERMON 3 SUMMARY POINTS

1.

2.

3.

Sympathy Journal

Week: 12

Month: September

Year: 2026

5 Daily Prayres

	F	Z	A	M	I
S	☐	☐	☐	☐	☐
M	☐	☐	☐	☐	☐
T	☐	☐	☐	☐	☐
W	☐	☐	☐	☐	☐
T	☐	☐	☐	☐	☐
F	☐	☐	☐	☐	☐
S	☐	☐	☐	☐	☐

Mood of the Week



Daily Recitation



Special Prayers

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ سُبْحَانَ اللَّهِ الْعَظِيمِ اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَآلِ مُحَمَّدٍ

Glory be to Allah and all praise is due to Him; glory be to Allah, the Great. O Allah, send blessings upon Muhammad (saw) and the family of Muhammad (saw)

أَسْتَغْفِرُ اللَّهَ رَبِّي مِنْ كُلِّ ذَنْبٍ وَأَتُوبُ إِلَيْهِ

I seek forgiveness from Allah, my Lord, for every sin, and I turn to Him in repentance

رَبِّ كُلِّ شَيْءٍ خَادِمُكَ رَبِّ فَاحْفَظْنِي وَانصُرْنِي وَارْحَمْنِي

O Lord of all things, Your servant am I; so protect me, help me, and have mercy on me.

وَوَجَدَكَ عَائِلًا فَأَغْنِي ۝
فَأَمَّا الْيَتِيمَ فَلَا تَقْهَرْ ۝

And found thee in want and enrich thee? So the orphan, oppress not,

Holy Qur'an
Surah Ad-Duha verse 9-10

‘One should give everything purely for the sake of Allah with sincere and selfless sympathy, provide assistance with his God given capacities to everyone who needs it and should so his utmost for the betterment of their life both here and in the hereafter’

-The Promised Messiah (as) quoted by Hazrat Khalifatul Masih V (aba) 28th December 2003

SELF-REFLECTION & WEEKLY ACTIVITIES

Week 12: 09/06/26-09/12/26

Affirmations of the week:

- 1.
- 2.
- 3.

Top Priority or Goal:

- 1.
- 2.
- 3.

Weekly Activity: Say “thank you” to someone who serves me (teacher, cashier, parent etc.)

Reflection Time: How does gratitude relate to compassion?

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FRIDAY SERMON 3 SUMMARY POINTS

I.

2.

3.

Sympathy Journal

Week: 13

Month: September

Year: 2026

5 Daily Prayres

	F	Z	A	M	I
S	☐	☐	☐	☐	☐
M	☐	☐	☐	☐	☐
T	☐	☐	☐	☐	☐
W	☐	☐	☐	☐	☐
T	☐	☐	☐	☐	☐
F	☐	☐	☐	☐	☐
S	☐	☐	☐	☐	☐

Mood of the Week



Daily Recitation



Special Prayers

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ سُبْحَانَ اللَّهِ الْعَظِيمِ اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَآلِ مُحَمَّدٍ

Glory be to Allah and all praise is due to Him; glory be to Allah, the Great. O Allah, send blessings upon Muhammad (saw) and the family of Muhammad (saw)

أَسْتَغْفِرُ اللَّهَ رَبِّي مِنْ كُلِّ ذَنْبٍ وَأَتُوبُ إِلَيْهِ

I seek forgiveness from Allah, my Lord, for every sin, and I turn to Him in repentance

رَبِّ كُلِّ شَيْءٍ خَادِمُكَ رَبِّ فَاحْفَظْنِي وَانصُرْنِي وَارْحَمْنِي

O Lord of all things, Your servant am I; so protect me, help me, and have mercy on me.

وَوَجَدَكَ عَائِلًا فَأَغْنِي ۝
فَأَمَّا الْيَتِيمَ فَلَا تَقْهَرْ ۝

And found thee in want and enrich thee? So the orphan, oppress not,

Holy Qur'an
Surah Ad-Duha verse 9-10

‘One should give everything purely for the sake of Allah with sincere and selfless sympathy, provide assistance with his God given capacities to everyone who needs it and should so his utmost for the betterment of their life both here and in the hereafter’

-The Promised Messiah (as) quoted by Hazrat Khalifatul Masih V (aba) 28th December 2003

SELF-REFLECTION & WEEKLY ACTIVITIES

Week 13: 09/13/26-09/19/26

Affirmations of the week:

- 1.
- 2.
- 3.

Top Priority or Goal:

- 1.
- 2.
- 3.

Weekly Activity: learn and share a story of the Holy Prophet (saw) compassion

Reflection Time: What quality inspired me the most?

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FRIDAY SERMON 3 SUMMARY POINTS

I.

2.

3.

Sympathy Journal

Week: 14

Month: September

Year: 2026

5 Daily Prayres

	F	Z	A	M	I
S	☐	☐	☐	☐	☐
M	☐	☐	☐	☐	☐
T	☐	☐	☐	☐	☐
W	☐	☐	☐	☐	☐
T	☐	☐	☐	☐	☐
F	☐	☐	☐	☐	☐
S	☐	☐	☐	☐	☐

Mood of the Week



Daily Recitation



Special Prayers

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ سُبْحَانَ اللَّهِ الْعَظِيمِ اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَآلِ مُحَمَّدٍ

Glory be to Allah and all praise is due to Him; glory be to Allah, the Great. O Allah, send blessings upon Muhammad (saw) and the family of Muhammad (saw)

أَسْتَغْفِرُ اللَّهَ رَبِّي مِنْ كُلِّ ذَنْبٍ وَأَتُوبُ إِلَيْهِ

I seek forgiveness from Allah, my Lord, for every sin, and I turn to Him in repentance

رَبِّ كُلِّ شَيْءٍ خَادِمُكَ رَبِّ فَاحْفَظْنِي وَانصُرْنِي وَارْحَمْنِي

O Lord of all things, Your servant am I; so protect me, help me, and have mercy on me.

وَوَجَدَكَ عَائِلًا فَأَغْنِي ۝
فَأَمَّا الْيَتِيمَ فَلَا تَقْهَرْ ۝

And found thee in want and enrich thee? So the orphan, oppress not,

Holy Qur'an
Surah Ad-Duha verse 9-10

‘One should give everything purely for the sake of Allah with sincere and selfless sympathy, provide assistance with his God given capacities to everyone who needs it and should so his utmost for the betterment of their life both here and in the hereafter’

-The Promised Messiah (as) quoted by Hazrat Khalifatul Masih V (aba) 28th December 2003

SELF-REFLECTION & WEEKLY ACTIVITIES

Week 14: 09/20/26-09/26/26

Affirmations of the week:

- 1. _____
- 2. _____
- 3. _____

Top Priority or Goal:

- 1. _____
- 2. _____
- 3. _____

Weekly Activity: ??

Reflection Time: ??

FRIDAY SERMON 3 SUMMARY POINTS

I.

2.

3.