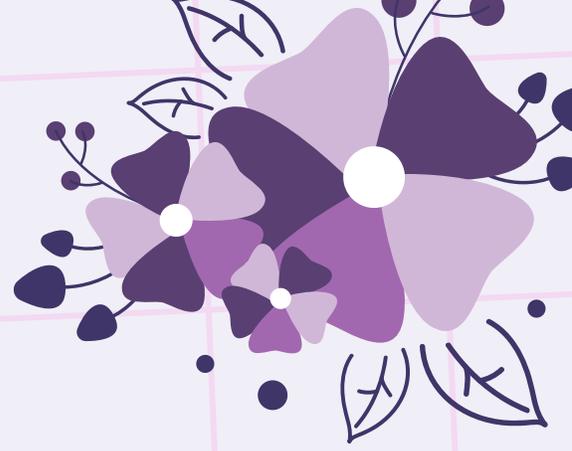




# Oneness of God Journal

Quarter 2  
July - September 2025





Nasiratul Ahmadiyya USA



Welcome to your Nasirat Journal! Use this to strengthen your faith and track your progress.

### Condition of Bait #1

That he/she shall abstain from Shirk (association of any partner with God) right up to the day of his/her death.

خدا ایک پیارا خزانہ ہے، اسے عزیز رکھو۔ وہی ہر قدم پر تمہاری مدد کرتا ہے۔ تم اس کے بغیر کچھ بھی نہیں ہو، اور تمہارے ذرائع اور تدابیر بھی کچھ نہیں ہیں۔

God is a lovely treasure. Hold Him dear. He is your Help at every step. You are as nothing without Him. And nothing are your means and methods. (Kishti-i-Nuh, pg. 20)



# Journal

Week: 1 Month: July

Year: 2025



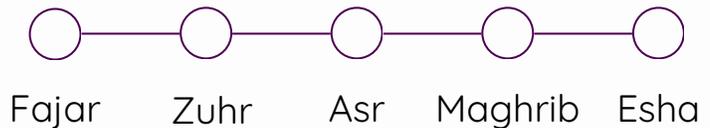
سَأَلْتُ النَّبِيَّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ أَيُّ الْعَمَلِ أَحَبُّ إِلَى اللَّهِ.  
قَالَ: الصَّلَاةُ عَلَى وَقْتِهَا.

I asked the Holy Prophet (saw): "Which action is dearest to Allah?"  
He answered: "Performance of Salat (Prayer) at its proper time."  
(Bukhari)

DAILY SALAT	MON	TUE	WED	THUR	FRI	SAT	SUN
Fajar							
Zuhr							
Asr							
Magrib							
Esha							
Special Prayers	MON	TUE	WED	THU	FRI	SAT	SUN
سُبْحَانَ اللَّهِ وَبِحَمْدِهِ سُبْحَانَ اللَّهِ الْعَظِيمِ اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَآلِ مُحَمَّدٍ	----	----	----	----	----	----	----
أَسْتَغْفِرُ اللَّهَ رَبِّي مِنْ كُلِّ ذَنْبٍ وَأَتُوبُ إِلَيْهِ	----	----	----	----	----	----	----
رَبِّ كُلِّ شَيْءٍ عَادِمَكَ رَبِّ فَاحْفَظْنِي وَأَنْصُرْنِي وَأَرْحَمْنِي-	----	----	----	----	----	----	----

## Weekly Activity

Choose one Salat to pray in a quiet space, focusing on Allah.



## Daily Recitation

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday
- Sunday

## Reflection Time

Why do you think Salat is the first thing we are asked about on the Day of Judgment?

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# Journal

Week: 2 Month: July  
Year: 2025



سَأَلْتُ النَّبِيَّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ أَيُّ الْعَمَلِ أَحَبُّ إِلَى اللَّهِ.  
قَالَ: الصَّلَاةُ عَلَى وَقْتِهَا.

I asked the Holy Prophet (saw): "Which action is dearest to Allah?"  
He answered: "Performance of Salat (Prayer) at its proper time."  
(Bukhari)

DAILY SALAT	MON	TUE	WED	THUR	FRI	SAT	SUN
Fajar							
Zuhr							
Asr							
Magrib							
Esha							
Special Prayers	MON	TUE	WED	THU	FRI	SAT	SUN
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أَسْتَغْفِرُ اللَّهَ رَبِّي مِنْ كُلِّ ذَنْبٍ وَأَتُوبُ إِلَيْهِ	----	----	----	----	----	----	----
رَبِّ كُلِّ شَيْءٍ عَاوِمَكَ رَبِّ فَاحْفَظْنِي وَأَنْصُرْنِي وَأَرْحَمْنِي	----	----	----	----	----	----	----

## Weekly Activity

Set alarms or reminder to help you pray for each salat on time. Write the total Salat you read on time

<input type="checkbox"/>						
S	M	T	W	T	F	S

## Daily Recitation

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday
- Sunday

## Reflection Time

How can Salat bring peace and comfort to your heart?

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# Journal

Week: 3 Month: July

Year: 2025



سَأَلْتُ النَّبِيَّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ أَيُّ الْعَمَلِ أَحَبُّ إِلَى اللَّهِ.  
قَالَ: الصَّلَاةُ عَلَى وَقْتِهَا.

I asked the Holy Prophet (saw): "Which action is dearest to Allah?"  
He answered: "Performance of Salat (Prayer) at its proper time."  
(Bukhari)

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Fajar							
Zuhr							
Asr							
Magrib							
Esha							
Special Prayers	MON	TUE	WED	THU	FRI	SAT	SUN
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أَسْتَغْفِرُ اللَّهَ رَبِّي مِنْ كُلِّ ذَنْبٍ وَأَتُوبُ إِلَيْهِ	----	----	----	----	----	----	----
رَبِّ كُلِّ شَيْءٍ عَادِمَكَ رَبِّ فَاحْفَظْنِي وَأَنْصُرْنِي وَأَرْحَمْنِي-	----	----	----	----	----	----	----

## Weekly Activity

Write a short dua (personal prayer) after each a Salat.



## Daily Recitation

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday
- Sunday

## Reflection Time

How does praying on time help build discipline in life?

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# Journal

Week: 4 Month: July

Year: 2025



سَأَلْتُ النَّبِيَّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ أَيُّ الْعَمَلِ أَحَبُّ إِلَى اللَّهِ.  
قَالَ: الصَّلَاةُ عَلَى وَقْتِهَا.

I asked the Holy Prophet (saw): "Which action is dearest to Allah?"  
He answered: "Performance of Salat (Prayer) at its proper time."  
(Bukhari)

DAILY SALAT	MON	TUE	WED	THUR	FRI	SAT	SUN
Fajar							
Zuhr							
Asr							
Magrib							
Esha							
Special Prayers	MON	TUE	WED	THU	FRI	SAT	SUN
سُبْحَانَ اللَّهِ وَبِحَمْدِهِ سُبْحَانَ اللَّهِ الْعَظِيمِ اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَآلِ مُحَمَّدٍ	----	----	----	----	----	----	----
أَسْتَغْفِرُ اللَّهَ رَبِّي مِنْ كُلِّ ذَنْبٍ وَأَتُوبُ إِلَيْهِ	----	----	----	----	----	----	----
رَبِّ كُلِّ شَيْءٍ عَادِمَكَ رَبِّ فَاحْفَظْنِي وَأَنْصُرْنِي وَأَرْحَمْنِي	----	----	----	----	----	----	----

## Weekly Activity

Learn the English translation of Surah Al-Fatihah

Verse 1

Verse 4

Verse 6

Verse 2

Verse 5

Verse 7

Verse 3

## Daily Recitation

Monday

Thursday

Tuesday

Friday

Wednesday

Saturday

Sunday

## Reflection Time

How can prayer help you when you're feeling worried or weak?

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# Journal

Week: 5 Month: July

Year: 2025



إِنَّ الصَّلَاةَ كَانَتْ عَلَى الْمُؤْمِنِينَ كِتَابًا مَّوْقُوتًا ﴿١٠٣﴾

Verily Prayer is enjoined on the Believers to be performed at fixed hours.

Holy Qur'an  
Surah An-Nisa verse 104

سَأَلْتُ النَّبِيَّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ أَيُّ الْعَمَلِ أَحَبُّ إِلَى اللَّهِ.  
قَالَ: الصَّلَاةُ عَلَى وَقْتِهَا.

I asked the Holy Prophet (saw): "Which action is dearest to Allah?"  
He answered: "Performance of Salat (Prayer) at its proper time."  
(Bukhari)

DAILY SALAT	MON	TUE	WED	THUR	FRI	SAT	SUN
Fajar							
Zuhr							
Asr							
Magrib							
Esha							
Special Prayers	MON	TUE	WED	THU	FRI	SAT	SUN
سُبْحَانَ اللَّهِ وَبِحَمْدِهِ سُبْحَانَ اللَّهِ الْعَظِيمِ اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَآلِ مُحَمَّدٍ	----	----	----	----	----	----	----
أَسْتَغْفِرُ اللَّهَ رَبِّي مِنْ كُلِّ ذَنْبٍ وَأَتُوبُ إِلَيْهِ	----	----	----	----	----	----	----
رَبِّ كُلِّ شَيْءٍ عَادِمِكَ رَبِّ قَاطِعِيهِ وَأَنْصُرِيهِ وَأَرْحَمِيهِ-	----	----	----	----	----	----	----

## Weekly Activity

Learn and practice the proper steps of Wudhu

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

## Daily Recitation

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday
- Sunday

## Reflection Time

How can understanding the meanings of Arabic Salat parts make your prayer better?

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# Journal

Week: 6 Month: August  
Year: 2025



وَاسْتَعِينُوا بِالصَّبْرِ وَالصَّلَاةِ ۗ وَإِنَّهَا لَكَبِيرَةٌ إِلَّا عَلَى الْخَاشِعِينَ ﴿٤٦﴾

And seek help with patience and Prayer; and this indeed is hard except for the humble in spirit,

Holy Qur'an  
Surah Al-Baqarah verse 46

إِنَّ أَوَّلَ مَا يُخَاسَبُ بِهِ الْعَبْدُ يَوْمَ الْقِيَامَةِ مِنْ عَمَلِهِ صَلَاتُهُ.  
ترمذى كتاب الصلوة

Surely, the first action that a (believing) person will be brought to account for on the Day of Judgement, will be Salat (Tirmidhi)

DAILY SALAT	MON	TUE	WED	THUR	FRI	SAT	SUN
Fajar							
Zuhr							
Asr							
Magrib							
Esha							
Special Prayers	MON	TUE	WED	THU	FRI	SAT	SUN
سُبْحَانَ اللَّهِ وَبِحَمْدِهِ سُبْحَانَ اللَّهِ الْعَظِيمِ اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَآلِ مُحَمَّدٍ	----	----	----	----	----	----	----
أَسْتَغْفِرُ اللَّهَ رَبِّي مِنْ كُلِّ ذَنْبٍ وَأَتُوبُ إِلَيْهِ	----	----	----	----	----	----	----
رَبِّ كُلِّ شَيْءٍ خَادِمِكَ رَبِّ قَاهِقَطِي وَأَنْصُرِي وَأَرْحَمِي-	----	----	----	----	----	----	----

## Weekly Activity

Try to join at least one congregational salat this week.



## Daily Recitation

- Monday       Thursday  
 Tuesday       Friday  
 Wednesday       Saturday  
 Sunday

## Reflection Time

Why do you think cleanliness is so important before we stand before Allah?

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# Journal

Week: 7 Month: August

Year: 2025



إِنَّ أَوَّلَ مَا يُحَاسَبُ بِهِ الْعَبْدُ يَوْمَ الْقِيَامَةِ مِنْ عَمَلِهِ صَلَاتُهُ.  
ترمذى كتاب الصلوة

Surely, the first action that a (believing) person will be brought to account for on the Day of Judgement, will be Salat (Tirmidhi)

DAILY SALAT	MON	TUE	WED	THUR	FRI	SAT	SUN
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Zuhr							
Asr							
Magrib							
Esha							
Special Prayers	MON	TUE	WED	THU	FRI	SAT	SUN
سُبْحَانَ اللَّهِ وَبِحَمْدِهِ سُبْحَانَ اللَّهِ الْعَظِيمِ اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَآلِ مُحَمَّدٍ	----	----	----	----	----	----	----
أَسْتَغْفِرُ اللَّهَ رَبِّي مِنْ كُلِّ ذَنْبٍ وَأَتُوبُ إِلَيْهِ	----	----	----	----	----	----	----
رَبِّ كُلِّ شَيْءٍ عَادِمَكَ رَبِّ فَاحْفَظْنِي وَأَنْصُرْنِي وَأَرْحَمْنِي-	----	----	----	----	----	----	----

## Weekly Activity

During Sajdah say three things you are grateful for.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Daily Recitation

- Monday     Thursday  
 Tuesday     Friday  
 Wednesday     Saturday  
 Sunday

## Reflection Time

If I skip my Salat on purpose even though I believe in Allah, am I truly acting like someone who believes in Him alone (Tauheed)?

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# Journal

Week: 8 Month: August  
Year: 2025



إِنَّ أَوَّلَ مَا يُخَاسَبُ بِهِ الْعَبْدُ يَوْمَ الْقِيَامَةِ مِنْ عَمَلِهِ صَلَاتُهُ.  
ترمذى كتاب الصلوة

Surely, the first action that a (believing) person will be brought to account for on the Day of Judgement, will be Salat (Tirmidhi)

DAILY SALAT	MON	TUE	WED	THUR	FRI	SAT	SUN
Fajar							
Zuhr							
Asr							
Magrib							
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Special Prayers	MON	TUE	WED	THU	FRI	SAT	SUN
سُبْحَانَ اللَّهِ وَبِحَمْدِهِ سُبْحَانَ اللَّهِ الْعَظِيمِ اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَآلِ مُحَمَّدٍ	----	----	----	----	----	----	----
أَسْتَغْفِرُ اللَّهَ رَبِّي مِنْ كُلِّ ذَنْبٍ وَأَتُوبُ إِلَيْهِ	----	----	----	----	----	----	----
رَبِّ كُلِّ شَيْءٍ عَادِمَكَ رَبِّ فَاحْفَظْنِي وَأَنْصُرْنِي وَأَرْحَمْنِي	----	----	----	----	----	----	----

## Weekly Activity

Wake up for Fajar prayer every day this week and write one sentence about how you felt

<input type="checkbox"/>						
S	M	T	W	T	F	S

## Daily Recitation

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday
- Sunday

## Reflection Time

If I fear people more than Allah when doing something wrong, am I forgetting that Allah sees everything?

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# Journal

Week: 9 Month: August  
Year: 2025



إِنَّ أَوَّلَ مَا يُحَاسَبُ بِهِ الْعَبْدُ يَوْمَ الْقِيَامَةِ مِنْ عَمَلِهِ صَلَاتُهُ.  
ترمذى كتاب الصلوة

Surely, the first action that a (believing) person will be brought to account for on the Day of Judgement, will be Salat (Tirmidhi)

DAILY SALAT	MON	TUE	WED	THUR	FRI	SAT	SUN
Fajar							
Zuhr							
Asr							
Magrib							
Esha							
Special Prayers	MON	TUE	WED	THU	FRI	SAT	SUN
سُبْحَانَ اللَّهِ وَبِحَمْدِهِ سُبْحَانَ اللَّهِ الْعَظِيمِ اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَآلِ مُحَمَّدٍ	----	----	----	----	----	----	----
أَسْتَغْفِرُ اللَّهَ رَبِّي مِنْ كُلِّ ذَنْبٍ وَأَتُوبُ إِلَيْهِ	----	----	----	----	----	----	----
رَبِّ كُلِّ شَيْءٍ عَاوِمَكَ رَبِّ فَاحْفَظْنِي وَأَنْصُرْنِي وَأَرْحَمْنِي	----	----	----	----	----	----	----

## Weekly Activity

Draw or design a poster showing how Salat brings light into your heart and actions.

### Daily Recitation

- Monday  Thursday  
 Tuesday  Friday  
 Wednesday  Saturday  
 Sunday

### Reflection Time

How does praying Fajar affect the rest of your day?

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# Journal

Week: 10 Month: September  
Year: 2025



أَقْرَبُ مَا يَكُونُ الْعَبْدُ مِنْ رَبِّهِ وَهُوَ سَاجِدٌ. فَاكْتَبُوا الدُّعَاءَ.  
(مسلم كتاب الصلوة)

A (believing) person is nearest to his Lord when in prostration, so pray much (during prostration) (Muslim Kitab-ul-Salat)

DAILY SALAT	MON	TUE	WED	THUR	FRI	SAT	SUN
Fajar							
Zuhr							
Asr							
Magrib							
Esha							
Special Prayers	MON	TUE	WED	THU	FRI	SAT	SUN
سُبْحَانَ اللَّهِ وَبِحَمْدِهِ سُبْحَانَ اللَّهِ الْعَظِيمِ اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَآلِ مُحَمَّدٍ	----	----	----	----	----	----	----
أَسْتَغْفِرُ اللَّهَ رَبِّي مِنْ كُلِّ ذَنْبٍ وَأَتُوبُ إِلَيْهِ	----	----	----	----	----	----	----
رَبِّ كُلِّ شَيْءٍ عَادِمَكَ رَبِّ فَاحْفَظْنِي وَأَنْصُرْنِي وَأَرْحَمْنِي-	----	----	----	----	----	----	----

## Weekly Activity

For each Salat, take a few seconds before saying Takbir to focus on standing before Allah.

### Daily Recitation

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday
- Sunday

### Reflection Time

What does it mean for prayer to be light in your life?

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# Journal

Week: 11 Month: September  
Year: 2025



أَقْرَبُ مَا يَكُونُ الْعَبْدُ مِنْ رَبِّهِ وَهُوَ سَاجِدٌ. فَكَثِّرُوا الدُّعَاءَ.  
(مسلم كتاب الصلوة)

A (believing) person is nearest to his Lord when in prostration, so pray much (during prostration) (Muslim Kitab-ul-Salat)

DAILY SALAT	MON	TUE	WED	THUR	FRI	SAT	SUN
Fajar							
Zuhr							
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Special Prayers	MON	TUE	WED	THU	FRI	SAT	SUN
سُبْحَانَ اللَّهِ وَبِحَمْدِهِ سُبْحَانَ اللَّهِ الْعَظِيمِ اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَآلِ مُحَمَّدٍ	----	----	----	----	----	----	----
أَسْتَغْفِرُ اللَّهَ رَبِّي مِنْ كُلِّ ذَنْبٍ وَأَتُوبُ إِلَيْهِ	----	----	----	----	----	----	----
رَبِّ كُلِّ شَيْءٍ عَادِمَكَ رَبِّ فَاحْفَظْنِي وَأَنْصُرْنِي وَأَرْحَمْنِي	----	----	----	----	----	----	----

## Weekly Activity

Read a story of Holy Prophet Muhammad (saw) used to pray and write a few lines about what you learned.

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## Daily Recitation

- Monday  Thursday  
 Tuesday  Friday  
 Wednesday  Saturday  
 Sunday

## Reflection Time

What distracts you most in prayer, and how can you fix that?

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# Journal

Week: 12 Month: September  
Year: 2025



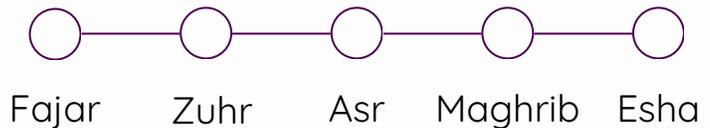
أَقْرَبُ مَا يَكُونُ الْعَبْدُ مِنْ رَبِّهِ وَهُوَ سَاجِدٌ. فَكَثِّرُوا الدُّعَاءَ.  
(مسلم كتاب الصلوة)

A (believing) person is nearest to his Lord when in prostration, so pray much (during prostration) (Muslim Kitab-ul-Salat)

DAILY SALAT	MON	TUE	WED	THUR	FRI	SAT	SUN
Fajar							
Zuhr							
Asr							
Magrib							
Esha							
Special Prayers	MON	TUE	WED	THU	FRI	SAT	SUN
سُبْحَانَ اللَّهِ وَبِحَمْدِهِ سُبْحَانَ اللَّهِ الْعَظِيمِ اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَآلِ مُحَمَّدٍ	----	----	----	----	----	----	----
أَسْتَغْفِرُ اللَّهَ رَبِّي مِنْ كُلِّ ذَنْبٍ وَأَتُوبُ إِلَيْهِ	----	----	----	----	----	----	----
رَبِّ كُلِّ شَيْءٍ خَادِمِكَ رَبِّ قَائِمِي وَالْمُتَمَرِّزِ وَالْمُحْتَمِلِ	----	----	----	----	----	----	----

## Weekly Activity

Write a personal dua and read it after each prayer this week.



## Daily Recitation

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday
- Sunday

## Reflection Time

What can we learn from the Holy Prophet Muhammad (saw) love and devotion to Salat?

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# Journal

Week: 13 Month: September  
Year: 2025



أَقْرَبُ مَا يَكُونُ الْعَبْدُ مِنْ رَبِّهِ وَهُوَ سَاجِدٌ. فَاكْبِرُوا الدُّعَاءَ.  
(مسلم كتاب الصلوة)

A (believing) person is nearest to his Lord when in prostration, so pray much (during prostration) (Muslim Kitab-ul-Salat)

DAILY SALAT	MON	TUE	WED	THUR	FRI	SAT	SUN
Fajar							
Zuhr							
Asr							
Magrib							
Esha							
Special Prayers	MON	TUE	WED	THU	FRI	SAT	SUN
سُبْحَانَ اللَّهِ وَبِحَمْدِهِ سُبْحَانَ اللَّهِ الْعَظِيمِ اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَآلِ مُحَمَّدٍ	----	----	----	----	----	----	----
أَسْتَغْفِرُ اللَّهَ رَبِّي مِنْ كُلِّ ذَنْبٍ وَأَتُوبُ إِلَيْهِ	----	----	----	----	----	----	----
رَبِّ كُلِّ شَيْءٍ عَادِمَكَ رَبِّ فَاحْفَظْنِي وَأَنْصُرْنِي وَأَرْحَمْنِي	----	----	----	----	----	----	----

## Weekly Activity

Recite Tasbeeh after each Salat.

سُبْحَانَ اللَّهِ

33

الْحَمْدُ لِلَّهِ

33

اللَّهُ أَكْبَرُ

34

## Daily Recitation

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday
- Sunday

## Reflection Time

What can you pray about when life feels stressful or sad?

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# Journal

Week: 14 Month: September  
Year: 2025



أَقْرَبُ مَا يَكُونُ الْعَبْدُ مِنْ رَبِّهِ وَهُوَ سَاجِدٌ. فَكَثِّرُوا الدُّعَاءَ.  
(مسلم كتاب الصلوة)

A (believing) person is nearest to his Lord when in prostration, so pray much (during prostration) (Muslim Kitab-ul-Salat)

DAILY SALAT	MON	TUE	WED	THUR	FRI	SAT	SUN
Fajar							
Zuhr							
Asr							
Magrib							
Esha							
Special Prayers	MON	TUE	WED	THU	FRI	SAT	SUN
سُبْحَانَ اللَّهِ وَبِحَمْدِهِ سُبْحَانَ اللَّهِ الْعَظِيمِ اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَآلِ مُحَمَّدٍ	----	----	----	----	----	----	----
أَسْتَغْفِرُ اللَّهَ رَبِّي مِنْ كُلِّ ذَنْبٍ وَأَتُوبُ إِلَيْهِ	----	----	----	----	----	----	----
رَبِّ كُلِّ شَيْءٍ عَادِمَكَ رَبِّ فَاحْفَظْنِي وَأَنْصُرْنِي وَأَرْحَمْنِي-	----	----	----	----	----	----	----

## Weekly Activity

Write a short paragraph summarizing how your Salat habits and feelings have changed.

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## Daily Recitation

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday
- Sunday

## Reflection Time

If I say I believe in only one Allah, but I ask others for help instead of making du'a to Him, am I living by Tauheed?

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