



Nasiratul Ahmadiyya USA

Fortitude

QUARTER 5

APRIL-JUNE 2026



Fortitude Journal

Week: 1

Month: March & April

Year: 2026

'Patience implies several meanings - firstly, it means that one should refrain from whining and complaining when faced with any kind of hardship. he should endure the difficulty with fortitude.

Lamenting in way of a difficulty can sometimes result in the expression of such emotions which are unbecoming of a Believer'

-Hazrat Khalifatul Masih V (aba)
October 2nd 2009

فَاذْكُرُونِيْٓ اَذْكُرْكُمْ وَاشْكُرُوا لِيْ وَلَا تَكْفُرُوْنَ ﴿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

Mood of the Week



5 Daily Prayers

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S	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Daily Recitation



S M T W T F S

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 خَادِمِكَ رَبِّ فَاحْفَظْنِيْ وَانصُرْنِيْ وَارْحَمْنِيْ-

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

Self Reflection

& WEEKLY ACTIVITIES

WEEK 1: 03/29/26-04/04/26

AFFIRMATION OF THE WEEK:

What truth do I want to carry with me this week?

TOP PRIORITY OR GOAL:

What is one small step I can focus on consistently?

WEEKLY ACTIVITY:

Try a new skill and practice it patiently for a week

REFLECTION TIME:

What did I learn about staying patient?

FRIDAY SERMON NOTES:

Fortitude Journal

Week: 2

Month: April

Year: 2026

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Mood of the Week



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Daily Recitation



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رَبِّ كُلِّ شَيْءٍ خَادِمِكَ رَبِّ فَاحْفَظْنِي وَأَنْصُرْنِي وَأَرْحَمْنِي-

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

Self Reflection

& WEEKLY ACTIVITIES

WEEK 2: 04/05/26-04/11/26

AFFIRMATION OF THE WEEK:

What truth do I want to carry with me this week?

TOP PRIORITY OR GOAL:

What is one small step I can focus on consistently?

WEEKLY ACTIVITY:

Do a chore without complaining

REFLECTION TIME:

How did being patient help me today?

FRIDAY SERMON NOTES:

Fortitude Journal

Week: 3

Month: April

Year: 2026

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Self Reflection

& WEEKLY ACTIVITIES

WEEK 3: 04/12/26-04/18/26

AFFIRMATION OF THE WEEK:

What truth do I want to carry with me this week?

TOP PRIORITY OR GOAL:

What is one small step I can focus on consistently?

WEEKLY ACTIVITY:

Take three deep breaths when frustrated

REFLECTION TIME:

Did this help me stay calm? When?

FRIDAY SERMON NOTES:

Fortitude Journal

Week: 4

Month: April

Year: 2026

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

Self Reflection

& WEEKLY ACTIVITIES

WEEK 4: 04/19/26-04/25/26

AFFIRMATION OF THE WEEK:

What truth do I want to carry with me this week?

TOP PRIORITY OR GOAL:

What is one small step I can focus on consistently?

WEEKLY ACTIVITY:

Finish something I started earlier (a book, drawing, project, etc.)

REFELCTION TIME:

Why is perseverance important?

FRIDAY SERMON NOTES:

Fortitude Journal

Week: 5

Month: April & May

Year: 2026

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Daily Recitation



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رَبِّ كُلِّ شَيْءٍ خَادِمِكَ رَبِّ فَاحْفَظْنِي وَانصُرْنِي وَارْحَمْنِي

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

Self Reflection

& WEEKLY ACTIVITIES

WEEK 5: 04/26/26-05/02/26

AFFIRMATION OF THE WEEK:

What truth do I want to carry with me this week?

TOP PRIORITY OR GOAL:

What is one small step I can focus on consistently?

WEEKLY ACTIVITY:

Help someone younger with patience

REFELCTION TIME:

When was I most patient this week?

FRIDAY SERMON NOTES:

Fortitude Journal

Week: 6

Month: May

Year: 2026

‘Those who perform real Salat have unparalleled qualities of fortitude. When they suffer, the suffering does not prevail on them. They do not lament or bewail’

-Khutubat-e-tahir Vol 2 pg 377-388

أَمَّنْ هُوَ قَانِثٌ أُنَاءَ اللَّيْلِ سَاجِدًا وَقَائِمًا يَحْذَرُ الْآخِرَةَ وَيَرْجُو رَحْمَةَ رَبِّهِ - قُلْ هَلْ يَسْتَوِي الَّذِينَ يَعْلَمُونَ وَالَّذِينَ لَا يَعْلَمُونَ - إِنَّمَا يَتَذَكَّرُ أُولُو الْأَلْبَابِ ﴿١٠﴾

Is he who prays devoutly to God in the hours of the night, prostrating himself and standing, and fears the Hereafter and hopes for the mercy of his Lord, like him who does not do so? Say, 'Are those who know equal to those who know not?' Verily, only those endowed with understanding will take heed.

Holy Qur'an
Surah Az-Zumar verse 10

Mood of the Week



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

Self Reflection

& WEEKLY ACTIVITIES

WEEK 6: 05/03/26-05/09/26

AFFIRMATION OF THE WEEK:

What truth do I want to carry with me this week?

TOP PRIORITY OR GOAL:

What is one small step I can focus on consistently?

WEEKLY ACTIVITY:

Spend 5 quiet minutes in reflection or prayer

REFLECTION TIME:

What did I feel during this calm time?

FRIDAY SERMON NOTES:

Fortitude Journal

Week: 7

Month: May

Year: 2026

‘Those who perform real Salat have unparalleled qualities of fortitude. When they suffer, the suffering does not prevail on them. They do not lament or bewail’

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Self Reflection

& WEEKLY ACTIVITIES

WEEK 7: 05/10/26-05/16/26

AFFIRMATION OF THE WEEK:

What truth do I want to carry with me this week?

TOP PRIORITY OR GOAL:

What is one small step I can focus on consistently?

WEEKLY ACTIVITY:

Memorize a short prayer and keep practicing calmly

REFLECTION TIME:

How does memorizing strengthen my perseverance?

FRIDAY SERMON NOTES:

Fortitude Journal

Week: 8

Month: May

Year: 2026

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5 Daily Prayers

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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.

Self Reflection

& WEEKLY ACTIVITIES

WEEK 8: 05/17/26-05/23/26

AFFIRMATION OF THE WEEK:

What truth do I want to carry with me this week?

TOP PRIORITY OR GOAL:

What is one small step I can focus on consistently?

WEEKLY ACTIVITY:

Try a difficult task again even if I failed the first time

REFLECTION TIME:

What helped me keep going?

FRIDAY SERMON NOTES:

Fortitude Journal

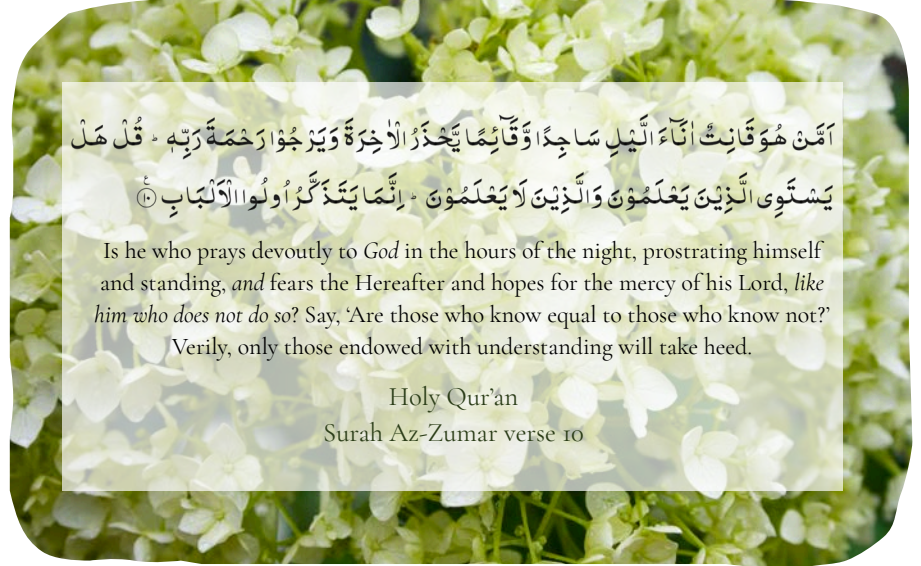
Week: 9

Month: May

Year: 2026

‘Those who perform real Salat have unparalleled qualities of fortitude. When they suffer, the suffering does not prevail on them. They do not lament or bewail’

-Khutubat-e-tahir Vol 2 pg 377-388



أَمَّنْ هُوَ قَانِثٌ أُنَاءَ اللَّيْلِ سَاجِدًا وَقَائِمًا يَحْذَرُ الْآخِرَةَ وَيَرْجُو رَحْمَةَ رَبِّهِ - قُلْ هَلْ يَسْتَوِي الَّذِينَ يَعْلَمُونَ وَالَّذِينَ لَا يَعْلَمُونَ - إِنَّمَا يَتَذَكَّرُ أُولُو الْأَلْبَابِ ﴿١٠﴾

Is he who prays devoutly to God in the hours of the night, prostrating himself and standing, and fears the Hereafter and hopes for the mercy of his Lord, like him who does not do so? Say, 'Are those who know equal to those who know not?' Verily, only those endowed with understanding will take heed.

Holy Qur'an
Surah Az-Zumar verse 10

Mood of the Week



5 Daily Prayers

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Daily Recitation



S M T W T F S

Special Prayers

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

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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.

Self Reflection

& WEEKLY ACTIVITIES

WEEK 9: 05/24/26-05/30/26

AFFIRMATION OF THE WEEK:

What truth do I want to carry with me this week?

TOP PRIORITY OR GOAL:

What is one small step I can focus on consistently?

WEEKLY ACTIVITY:

Show patience with a family member

REFELCTION TIME:

Why is patience important in relationships?

FRIDAY SERMON NOTES:

Fortitude Journal

Week: 10

Month: May & June

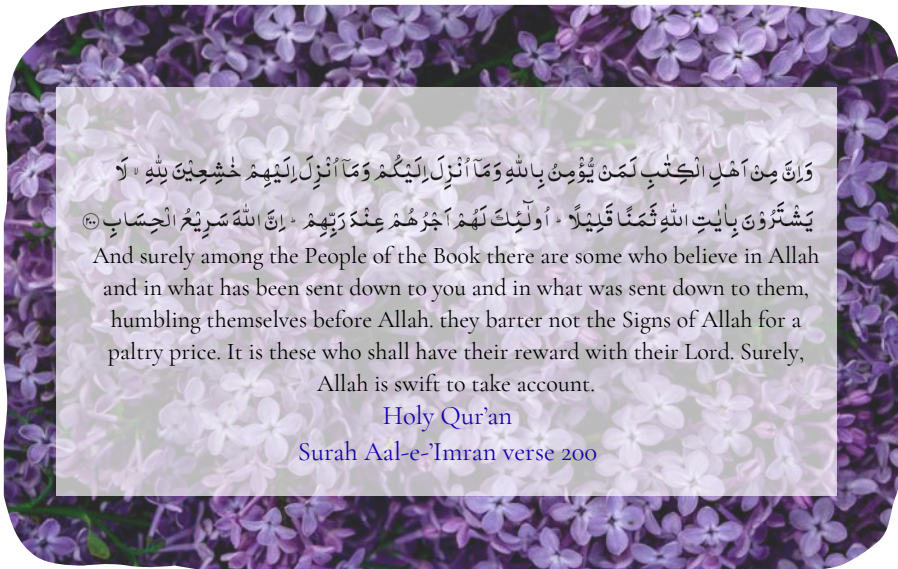
Year: 2026

‘One virtue is patience and forbearance with fortitude. If one is patient, one escapes many evils.

Many misunderstandings and quarrels result from impatience.

Therefore, an Ahmadi should exercise tolerance and show patience.’

-Hazrat Khalifatul Masih V (aba)
17th April 2008 at the Ghana Jalsa



وَأَنَّ مِنْ أَهْلِ الْكِتَابِ لَمَنْ يُؤْمِنُ بِاللَّهِ وَمَا أُنزِلَ إِلَيْكُمْ وَمَا أُنزِلَ إِلَيْهِمْ خَاشِعِينَ لِلَّهِ لَا يَشْتَرُونَ بِآيَاتِ اللَّهِ ثَمَنًا قَلِيلًا ۖ أُولَٰئِكَ لَهُمْ أَجْرُهُمْ عِنْدَ رَبِّهِمْ ۗ إِنَّ اللَّهَ سَرِيعُ الْحِسَابِ ﴿٢٠٠﴾
And surely among the People of the Book there are some who believe in Allah and in what has been sent down to you and in what was sent down to them, humbling themselves before Allah, they barter not the Signs of Allah for a paltry price. It is these who shall have their reward with their Lord. Surely, Allah is swift to take account.

Holy Qur'an
Surah Aal-e-Imran verse 200

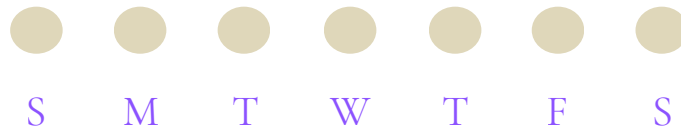
Mood of the Week



5 Daily Prayers

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Daily Recitation



Special Prayers

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

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

رَبِّ كُلِّ شَيْءٍ خَادِمِكَ رَبِّ فَاحْفَظْنِي وَانصُرْنِي وَارْحَمْنِي

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

Self Reflection

& WEEKLY ACTIVITIES

WEEK 10: 05/31/26-06/06/26

AFFIRMATION OF THE WEEK:

What truth do I want to carry with me this week?

TOP PRIORITY OR GOAL:

What is one small step I can focus on consistently?

WEEKLY ACTIVITY:

Have a calm response when someone annoys me

REFLECTION TIME:

What did I learn about self-control

FRIDAY SERMON NOTES:

Fortitude Journal

Week: II

Month: June

Year: 2026

‘One virtue is patience and forbearance with fortitude. If one is patient, one escapes many evils. Many misunderstandings and quarrels result from impatience. Therefore, an Ahmadi should exercise tolerance and show patience.’

-Hazrat Khalifatul Masih V (aba)
17th April 2008 at the Ghana Jalsa

وَأَنَّ مِنْ أَهْلِ الْكِتَابِ لَمَنْ يُؤْمِنُ بِاللَّهِ وَمَا أُنزِلَ الْكِتَابِ وَمَا أُنزِلَ إِلَيْهِمْ خَشِعِينَ لِلَّهِ ۗ لَا يَشْتَرُونَ بِآيَاتِ اللَّهِ ثَمَنًا قَلِيلًا ۗ أُولَٰئِكَ لَهُمْ أَجْرُهُمْ عِنْدَ رَبِّهِمْ ۗ إِنَّ اللَّهَ سَرِيعُ الْحِسَابِ ﴿٢٠٠﴾
And surely among the People of the Book there are some who believe in Allah and in what has been sent down to you and in what was sent down to them, humbling themselves before Allah, they barter not the Signs of Allah for a paltry price. It is these who shall have their reward with their Lord. Surely,

Allah is swift to take account.

Holy Qur'an

Surah Aal-e-Imran verse 200

Mood of the Week



5 Daily Prayers

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Daily Recitation



S M T W T F S

Special Prayers

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

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رَبِّ كُلِّ شَيْءٍ خَادِمِكَ رَبِّ فَاحْفَظْنِي وَانصُرْنِي وَارْحَمْنِي

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

Self Reflection

& WEEKLY ACTIVITIES

WEEK 11: 06/07/26-06/13/26

AFFIRMATION OF THE WEEK:

What truth do I want to carry with me this week?

TOP PRIORITY OR GOAL:

What is one small step I can focus on consistently?

WEEKLY ACTIVITY:

Track one moment of patience everyday

REFLECTION TIME:

Which day showed the most growth?

FRIDAY SERMON NOTES:

Fortitude Journal

Week: 12

Month: June

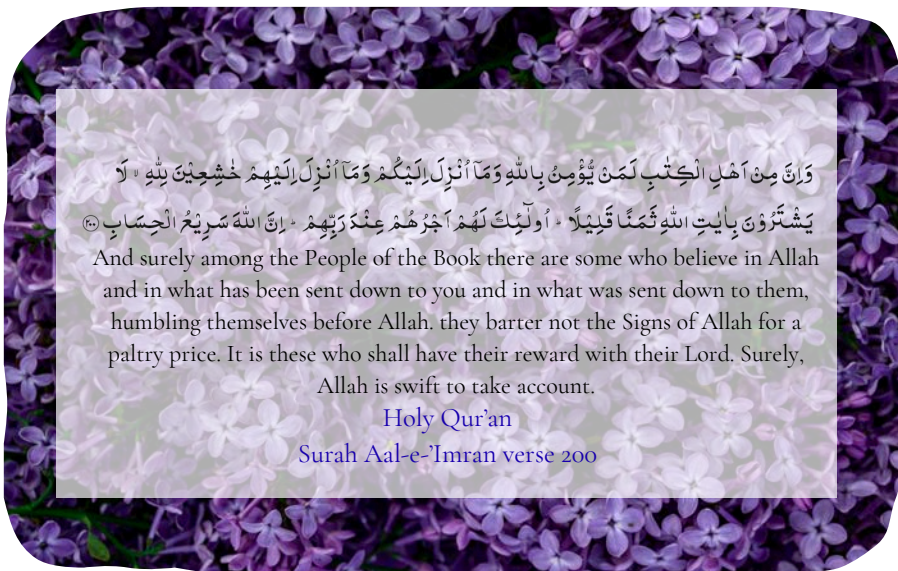
Year: 2026

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-Hazrat Khalifatul Masih V (aba)
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Holy Qur'an
Surah Aal-e-Imran verse 200

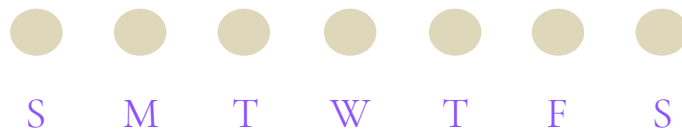
Mood of the Week



5 Daily Prayers

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Daily Recitation



Special Prayers

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

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رَبِّ كُلِّ شَيْءٍ خَادِمِكَ رَبِّ فَاحْفَظْنِي وَانصُرْنِي وَارْحَمْنِي

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

Self Reflection

& WEEKLY ACTIVITIES

WEEK 12: 06/14/26-06/20/26

AFFIRMATION OF THE WEEK:

What truth do I want to carry with me this week?

TOP PRIORITY OR GOAL:

What is one small step I can focus on consistently?

WEEKLY ACTIVITY:

Share a story of patience from Islamic History

REFELCTION TIME:

Who inspires me to be steadfast?

FRIDAY SERMON NOTES:

Fortitude Journal

Week: 13

Month: June

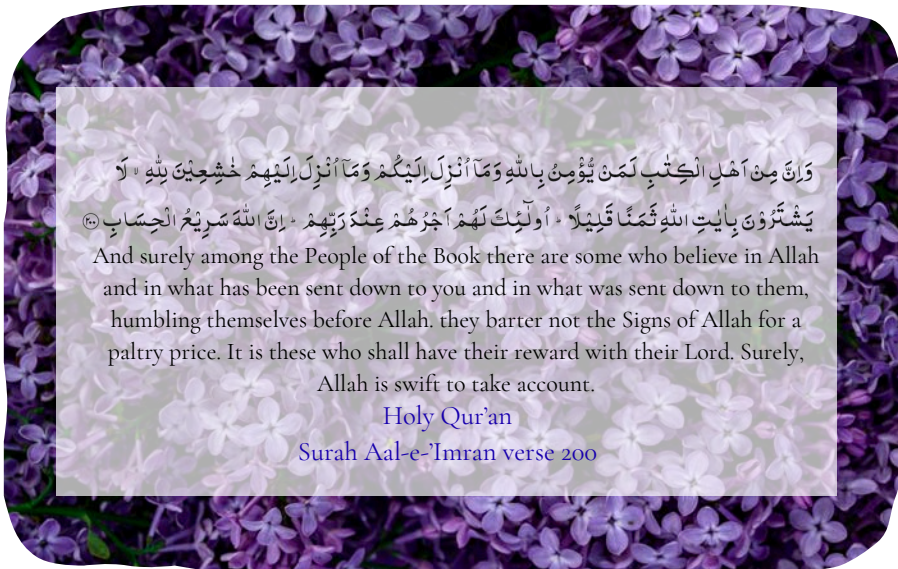
Year: 2026

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Holy Qur'an

Surah Aal-e-Imran verse 200

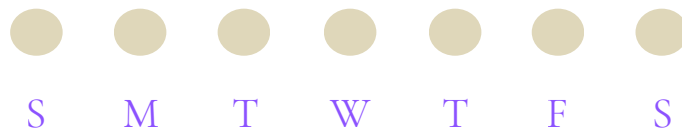
Mood of the Week



5 Daily Prayers

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Daily Recitation



Special Prayers

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

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

Self Reflection

& WEEKLY ACTIVITIES

WEEK 13: 06/21/26-06/27/26

AFFIRMATION OF THE WEEK:

What truth do I want to carry with me this week?

TOP PRIORITY OR GOAL:

What is one small step I can focus on consistently?

WEEKLY ACTIVITY:

Practice waiting patiently for something (for example: waiting your turn in a game, letting someone else speak first, or waiting before responding when upset)

REFELCTION TIME:

What was one moment this week when waiting paternity was difficult, and how did I handle it?

FRIDAY SERMON NOTES:
