



Nasiratul Ahmadiyya USA

# Truthful Journal

QUARTER 3  
OCTOBER - DECEMBER 2025

# TRUTHFUL JOURNAL

WEEK: 1

MONTH: OCTOBER

YEAR: 2025

EACH DAY WRITE ONE MOMENT WHEN YOU TOLD THE TRUTH EVEN IF IT WAS HARD

1.	4.	7.
2.	5.	
3.	6.	

REFLECTION: WHAT IS TRUTHFULNESS



DAILY RECITATION

<input type="checkbox"/> Monday	<input type="checkbox"/> Thursday
<input type="checkbox"/> Tuesday	<input type="checkbox"/> Friday
<input type="checkbox"/> Wednesday	<input type="checkbox"/> Saturday
	<input type="checkbox"/> Sunday

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 وَأَنْصِرْنِي وَأَرْحَمْنِي

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

5 DAILY SALAT

	FAJAR	ZUHAR	ASER	MAGRIB	ISHAA
S					
M					
T					
W					
T					
F					
S					

HADITHS

'Abdullah ibn Mas'ud relates that the Holy Prophet said: Truth guides to virtue and virtue guides to Paradise. A person persists in telling the truth till in the sights of Allah he is named Truthful. Lying leads to vice and vice leads to the Fire; and a person goes on lying till in the sight of Allah he is named a liar.'

Bokhari and Muslim  
Gardens of the Righteous

# TRUTHFUL JOURNAL

WEEK: 2

MONTH: OCTOBER

YEAR: 2025

THIS WEEK, MAKE ONE PROMISE. KEEP THE PROMISE AND WRITE IT DOWN

REFLECTION: WHAT DO YOU THINK IT MEANS TO "BE WITH THE TRUTHFUL" IN SCHOOL, AT HOME, AND WITH FRIENDS?



### DAILY RECITATION

- |                                    |                                   |
|------------------------------------|-----------------------------------|
| <input type="checkbox"/> Monday    | <input type="checkbox"/> Thursday |
| <input type="checkbox"/> Tuesday   | <input type="checkbox"/> Friday   |
| <input type="checkbox"/> Wednesday | <input type="checkbox"/> Saturday |
|                                    | <input type="checkbox"/> Sunday   |

### SPECIAL PRAYERS

- سُبْحَانَ اللَّهِ وَبِحَمْدِهِ سُبْحَانَ اللَّهِ الْعَظِيمِ  
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 فَاحْفَظْنِي وَأَنْصُرْنِي وَأَرْحَمْنِي
- O Lord of all things, Your servant am I; so protect me, help me, and have mercy on me.

### 5 DAILY SALAT

	FAJAR	ZUHAR	ASER	MAGRIB	ISHAA
S					
M					
T					
W					
T					
F					
S					

### HADITHS

'Abdullah ibn Mas'ud relates that the Holy Prophet said: Truth guides to virtue and virtue guides to Paradise. A person persists in telling the truth till in the sights of Allah he is named Truthful. Lying leads to vice and vice leads to the Fire; and a person goes on lying till in the sight of Allah he is named a liar.'

Bokhari and Muslim  
Gardens of the Righteous

# TRUTHFUL JOURNAL

WEEK: 3

MONTH: OCTOBER

YEAR: 2025

MAKE A SHORT JOURNAL COMIC OR DOODLE STRIP OF A TIME YOU MADE A MISTAKE AND WERE TRUTHFUL...

REFLECTION: WHY DO PEOPLE SOMETIMES HIDE THE TRUTH? HOW DOES IT FEEL WHEN SOMEONE IS HONEST WITH YOU?



## DAILY RECITATION

- |                                    |                                   |
|------------------------------------|-----------------------------------|
| <input type="checkbox"/> Monday    | <input type="checkbox"/> Thursday |
| <input type="checkbox"/> Tuesday   | <input type="checkbox"/> Friday   |
| <input type="checkbox"/> Wednesday | <input type="checkbox"/> Saturday |
|                                    | <input type="checkbox"/> Sunday   |

## SPECIAL PRAYERS

- سُبْحَانَ اللَّهِ وَبِحَمْدِهِ سُبْحَانَ اللَّهِ الْعَظِيمِ  
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.

## 5 DAILY SALAT

	FAJAR	ZUHAR	ASER	MAGRIB	ISHAA
S					
M					
T					
W					
T					
F					
S					

## HADITHS

'Abdullah ibn Mas'ud relates that the Holy Prophet said: Truth guides to virtue and virtue guides to Paradise. A person persists in telling the truth till in the sights of Allah he is named Truthful. Lying leads to vice and vice leads to the Fire; and a person goes on lying till in the sight of Allah he is named a liar.'

Bokhari and Muslim  
Gardens of the Righteous

# TRUTHFUL JOURNAL

WEEK: 4

MONTH: OCTOBER

YEAR: 2025

PRACTICE TELLING THE FULL TRUTH IN SMALL THINGS (LIKE IF YOU FORGOT HOMEWORK OR MADE A MISTAKE). NOTICE HOW PEOPLE RESPOND.

REFLECTION: WHAT HAPPENS TO TRUST WHEN SOMEONE TELLS A LIE?



### DAILY RECITATION

- |                                    |                                   |
|------------------------------------|-----------------------------------|
| <input type="checkbox"/> Monday    | <input type="checkbox"/> Thursday |
| <input type="checkbox"/> Tuesday   | <input type="checkbox"/> Friday   |
| <input type="checkbox"/> Wednesday | <input type="checkbox"/> Saturday |
|                                    | <input type="checkbox"/> Sunday   |

### 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.

### 5 DAILY SALAT

	FAJAR	ZUHAR	ASER	MAGRIB	ISHAA
S	<input type="checkbox"/>				
M	<input type="checkbox"/>				
T	<input type="checkbox"/>				
W	<input type="checkbox"/>				
T	<input type="checkbox"/>				
F	<input type="checkbox"/>				
S	<input type="checkbox"/>				

### HADITHS

'Abdullah ibn Mas'ud relates that the Holy Prophet said: Truth guides to virtue and virtue guides to Paradise. A person persists in telling the truth till in the sights of Allah he is named Truthful. Lying leads to vice and vice leads to the Fire; and a person goes on lying till in the sight of Allah he is named a liar.'

Bokhari and Muslim  
Gardens of the Righteous

# TRUTHFUL JOURNAL

WEEK: 5

MONTH: OCTOBER

YEAR: 2025

SHARE ONE TRUE STORY FROM YOUR DAY, SOMETHING THAT REALLY HAPPENED. BIG OR SMALL.

REFLECTION: THINK ABOUT A TIME YOU TOLD THE TRUTH. HOW DID IT MAKE YOU FEEL INSIDE?



### DAILY RECITATION

- |                                    |                                   |
|------------------------------------|-----------------------------------|
| <input type="checkbox"/> Monday    | <input type="checkbox"/> Thursday |
| <input type="checkbox"/> Tuesday   | <input type="checkbox"/> Friday   |
| <input type="checkbox"/> Wednesday | <input type="checkbox"/> Saturday |
|                                    | <input type="checkbox"/> Sunday   |

### SPECIAL PRAYERS

- 
- سُبْحَانَ اللَّهِ وَبِحَمْدِهِ سُبْحَانَ اللَّهِ الْعَظِيمِ  
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 قَاطِعِي وَأَنْصَرِي وَأَرْحَمِي
- O Lord of all things, Your servant am I; so protect me, help me, and have mercy on me.

### 5 DAILY SALAT

	FAJAR	ZUHAR	ASER	MAGRIB	ISHAA
S	<input type="checkbox"/>				
M	<input type="checkbox"/>				
T	<input type="checkbox"/>				
W	<input type="checkbox"/>				
T	<input type="checkbox"/>				
F	<input type="checkbox"/>				
S	<input type="checkbox"/>				

### HADITHS

'Abdullah ibn Mas'ud relates that the Holy Prophet said: Truth guides to virtue and virtue guides to Paradise. A person persists in telling the truth till in the sights of Allah he is named Truthful. Lying leads to vice and vice leads to the Fire; and a person goes on lying till in the sight of Allah he is named a liar.'

Bokhari and Muslim  
Gardens of the Righteous

# TRUTHFUL JOURNAL

WEEK: 6

MONTH: NOVEMBER

YEAR: 2025

AT THE END OF EACH DAY, ASK YOURSELF: WAS I TRUTHFUL WITH MY FRIENDS AND FAMILY TODAY?

1.	4.	7.
2.	5.	
3.	6.	

REFLECTION: WHY DO YOU THINK TRUTHFULNESS IS IMPORTANT FOR FRIENDSHIP?



## DAILY RECITATION

<input type="checkbox"/> Monday	<input type="checkbox"/> Thursday
<input type="checkbox"/> Tuesday	<input type="checkbox"/> Friday
<input type="checkbox"/> Wednesday	<input type="checkbox"/> Saturday
	<input type="checkbox"/> Sunday

## SPECIAL PRAYERS

-----

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ سُبْحَانَ اللَّهِ الْعَظِيمِ  
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 قَاطِعِي وَأَنْصَرِي وَأَرْحَمِي

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

## 5 DAILY SALAT

	FAJAR	ZUHAR	ASER	MAGRIB	ISHAA
S					
M					
T					
W					
T					
F					
S					

## HADITHS

'Hasan ibn Ali relates that he learnt the following from the Holy Prophet: Leave alone that which involves thee in doubt and adhere to that which is free from doubt, for truth is comforting, falsehood is disturbing.'

Tirmidhi  
Gardens of the Righteous

# TRUTHFUL JOURNAL

WEEK: 7

MONTH: NOVEMBER

YEAR: 2025

WRITE A SHORT NOTE OR WORD CLOUD ON WHAT YOU THINK TRUTHFULNESS IS...

REFLECTION: HOW DOES BEING TRUTHFUL SHOW RESPECT FOR YOURSELF AND OTHERS?



### DAILY RECITATION

- |                                    |                                   |
|------------------------------------|-----------------------------------|
| <input type="checkbox"/> Monday    | <input type="checkbox"/> Thursday |
| <input type="checkbox"/> Tuesday   | <input type="checkbox"/> Friday   |
| <input type="checkbox"/> Wednesday | <input type="checkbox"/> Saturday |
|                                    | <input type="checkbox"/> Sunday   |

### SPECIAL PRAYERS

- سُبْحَانَ اللَّهِ وَبِحَمْدِهِ سُبْحَانَ اللَّهِ الْعَظِيمِ  
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 قَاطِعِي وَأَنْصَرِي وَأَرْحَمِي
- O Lord of all things, Your servant am I; so protect me, help me, and have mercy on me.

### 5 DAILY SALAT

	FAJAR	ZUHAR	ASER	MAGRIB	ISHAA
S					
M					
T					
W					
T					
F					
S					

### HADITHS

'Hasan ibn Ali relates that he learnt the following from the Holy Prophet: Leave alone that which involves thee in doubt and adhere to that which is free from doubt, for truth is comforting, falsehood is disturbing.'

Tirmidhi  
Gardens of the Righteous

# TRUTHFUL JOURNAL

WEEK: 8

MONTH: NOVEMBER

YEAR: 2025

NOTICE ONE TIME DURING THE WEEK WHEN HONESTY MIGHT FEEL UNCOMFORTABLE, BUT YOU STILL CHOOSE IT...

REFLECTION: WOULD YOU RATHER SOMEONE BE KIND BUT DISHONEST, OR HONEST EVEN IF ITS HARD TO HEAR?



### DAILY RECITATION

- |                                    |                                   |
|------------------------------------|-----------------------------------|
| <input type="checkbox"/> Monday    | <input type="checkbox"/> Thursday |
| <input type="checkbox"/> Tuesday   | <input type="checkbox"/> Friday   |
| <input type="checkbox"/> Wednesday | <input type="checkbox"/> Saturday |
|                                    | <input type="checkbox"/> Sunday   |

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

### 5 DAILY SALAT

	FAJAR	ZUHAR	ASER	MAGRIB	ISHAA
S					
M					
T					
W					
T					
F					
S					

### HADITHS

'Hasan ibn Ali relates that he learnt the following from the Holy Prophet: Leave alone that which involves thee in doubt and adhere to that which is free from doubt, for truth is comforting, falsehood is disturbing.'

Tirmidhi  
Gardens of the Righteous

# TRUTHFUL JOURNAL

WEEK: 9

MONTH: NOVEMBER

YEAR: 2025

PLAY A "TRUTH CHECK" GAME - AT THE END OF THE DAY, SHARE ONE HONEST HIGHLIGHT.

1.	4.	7.
2.	5.	
3.	6.	

REFLECTION: WHAT DO YOU THINK HAPPENS WHEN WE START TELLING 'SMALL LIES' OFTEN?



## DAILY RECITATION

<input type="checkbox"/> Monday	<input type="checkbox"/> Thursday
<input type="checkbox"/> Tuesday	<input type="checkbox"/> Friday
<input type="checkbox"/> Wednesday	<input type="checkbox"/> Saturday
	<input type="checkbox"/> Sunday

## 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 وَالْمُسْرِنِي وَأَرْحَمْنِي

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

## 5 DAILY SALAT

	FAJAR	ZUHAR	ASER	MAGRIB	ISHAA
S					
M					
T					
W					
T					
F					
S					

## HADITHS

'Hasan ibn Ali relates that he learnt the following from the Holy Prophet: Leave alone that which involves thee in doubt and adhere to that which is free from doubt, for truth is comforting, falsehood is disturbing.'

Tirmidhi  
Gardens of the Righteous

# TRUTHFUL JOURNAL

WEEK: 10

MONTH: DECEMBER

YEAR: 2025

CHOOSE ONE SITUATION WHERE YOU'LL BE 100% HONEST THIS WEEK - EVEN IF IT SEEMS SMALL.

REFLECTION: HOW CAN TELLING THE TRUTH MAKE LIFE EASIER?



### DAILY RECITATION

- |                                    |                                   |
|------------------------------------|-----------------------------------|
| <input type="checkbox"/> Monday    | <input type="checkbox"/> Thursday |
| <input type="checkbox"/> Tuesday   | <input type="checkbox"/> Friday   |
| <input type="checkbox"/> Wednesday | <input type="checkbox"/> Saturday |
|                                    | <input type="checkbox"/> Sunday   |

### SPECIAL PRAYERS

- 
- سُبْحَانَ اللَّهِ وَيَحْمَدُ اللَّهُ سُبْحَانَ اللَّهِ الْعَظِيمِ  
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 قَاطِعِي وَأَنْصَرِي وَأَرْحَمِي
- O Lord of all things, Your servant am I; so protect me, help me, and have mercy on me.

### 5 DAILY SALAT

	FAJAR	ZUHAR	ASER	MAGRIB	ISHAA
S					
M					
T					
W					
T					
F					
S					

### HADITHS

‘You should adhere to truthfulness because it leads to virtue and virtue leads to Paradise. If a person speaks the truth and remains in pursuit of truth, a time comes when he is adjudged truthful by Allah. Beware of lying, because lying leads to vice and vice leads to Hell. If a person continues to tell lies and persists in doing so, a time comes when he is adjudged a liar of the first degree by Allah’

Muslim

# TRUTHFUL JOURNAL

WEEK: 11

MONTH: DECEMBER

YEAR: 2025

EACH NIGHT, WRITE ONE SENTENCE ABOUT A MOMENT YOU CHOOSE HONESTY INSTEAD?

1.	4.	7.
2.	5.	
3.	6.	

REFLECTION: IS BEING TRUTHFUL ALWAYS EASY? WHY OR WHY NOT?



### DAILY RECITATION

- |                                    |                                   |
|------------------------------------|-----------------------------------|
| <input type="checkbox"/> Monday    | <input type="checkbox"/> Thursday |
| <input type="checkbox"/> Tuesday   | <input type="checkbox"/> Friday   |
| <input type="checkbox"/> Wednesday | <input type="checkbox"/> Saturday |
|                                    | <input type="checkbox"/> Sunday   |

### SPECIAL PRAYERS

- 
- سُبْحَانَ اللَّهِ وَيَعْبُدُ سُبْحَانَ اللَّهِ الْعَظِيمِ  
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 قَاطِعِي وَأَنْصَرِي وَأَرْحَمِي
- O Lord of all things, Your servant am I; so protect me, help me, and have mercy on me.

### 5 DAILY SALAT

	FAJAR	ZUHAR	ASER	MAGRIB	ISHAA
S					
M					
T					
W					
T					
F					
S					

### HADITHS

‘You should adhere to truthfulness because it leads to virtue and virtue leads to Paradise. If a person speaks the truth and remains in pursuit of truth, a time comes when he is adjudged truthful by Allah. Beware of lying, because lying leads to vice and vice leads to Hell. If a person continues to tell lies and persists in doing so, a time comes when he is adjudged a liar of the first degree by Allah’

Muslim

# TRUTHFUL JOURNAL

WEEK: 12

MONTH: DECEMBER

YEAR: 2025

SPEND 5 MINUTES JOURNALING HONESTY ABOUT YOUR FEELINGS AT LEAST TWICE THIS WEEK.

1.

2.

REFLECTION: WHAT DOES IT MEAN TO BE TRUTHFUL WITH YOURSELF, NOT JUST OTHERS?



### DAILY RECITATION

- |                                    |                                   |
|------------------------------------|-----------------------------------|
| <input type="checkbox"/> Monday    | <input type="checkbox"/> Thursday |
| <input type="checkbox"/> Tuesday   | <input type="checkbox"/> Friday   |
| <input type="checkbox"/> Wednesday | <input type="checkbox"/> Saturday |
|                                    | <input type="checkbox"/> Sunday   |

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

### 5 DAILY SALAT

	FAJAR	ZUHAR	ASER	MAGRIB	ISHAA
S					
M					
T					
W					
T					
F					
S					

### HADITHS

‘You should adhere to truthfulness because it leads to virtue and virtue leads to Paradise. If a person speaks the truth and remains in pursuit of truth, a time comes when he is adjudged truthful by Allah. Beware of lying, because lying leads to vice and vice leads to Hell. If a person continues to tell lies and persists in doing so, a time comes when he is adjudged a liar of the first degree by Allah’

Muslim

# TRUTHFUL JOURNAL

WEEK: 13

MONTH: DECEMBER

YEAR: 2025

ASK A FAMILY MEMBER OR FRIEND IF THEY TRUST YOU - AND WHAT HELPS THEM FEEL THAT WAY?

REFLECTION: HOW DOES TRUTHFULNESS CONNECT WITH BEING A TRUSTWORTHY PERSON?



### DAILY RECITATION

- |                                    |                                   |
|------------------------------------|-----------------------------------|
| <input type="checkbox"/> Monday    | <input type="checkbox"/> Thursday |
| <input type="checkbox"/> Tuesday   | <input type="checkbox"/> Friday   |
| <input type="checkbox"/> Wednesday | <input type="checkbox"/> Saturday |
|                                    | <input type="checkbox"/> Sunday   |

### SPECIAL PRAYERS

- 
- سُبْحَانَ اللَّهِ وَيَعْبُدُ سُبْحَانَ اللَّهِ الْعَظِيمِ  
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 قَاطِعِي وَأَنْصَرِي وَأَرْحَمِي
- O Lord of all things, Your servant am I; so protect me, help me, and have mercy on me.

### 5 DAILY SALAT

	FAJAR	ZUHAR	ASER	MAGRIB	ISHAA
S					
M					
T					
W					
T					
F					
S					

### HADITHS

‘You should adhere to truthfulness because it leads to virtue and virtue leads to Paradise. If a person speaks the truth and remains in pursuit of truth, a time comes when he is adjudged truthful by Allah. Beware of lying, because lying leads to vice and vice leads to Hell. If a person continues to tell lies and persists in doing so, a time comes when he is adjudged a liar of the first degree by Allah’

Muslim

# TRUTHFUL JOURNAL

WEEK: 14

MONTH: DECEMBER

YEAR: 2025

DO ONE TRUTHFUL ACT THIS WEEK IN SECRET (LIKE ADMITTING A MISTAKE, OR BEING HONEST WITHOUT BEING ASKED) AND REFLECT ON HOW IT MADE YOU FEEL.

REFLECTION: WHAT DO YOU THINK HAPPENS INSIDE YOUR HEART WHEN YOU TELL THE TRUTH, EVEN IF NO ONE NOTICES?



### DAILY RECITATION

- |                                    |                                   |
|------------------------------------|-----------------------------------|
| <input type="checkbox"/> Monday    | <input type="checkbox"/> Thursday |
| <input type="checkbox"/> Tuesday   | <input type="checkbox"/> Friday   |
| <input type="checkbox"/> Wednesday | <input type="checkbox"/> Saturday |
|                                    | <input type="checkbox"/> Sunday   |

### SPECIAL PRAYERS

- 
- سُبْحَانَ اللَّهِ وَيَعْبُدُ 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 قَاطِعِي وَأَنْصَرِي وَأَرْحَمِي
- O Lord of all things, Your servant am I; so protect me, help me, and have mercy on me.

### 5 DAILY SALAT

	FAJAR	ZUHAR	ASER	MAGRIB	ISHAA
S	<input type="checkbox"/>				
M	<input type="checkbox"/>				
T	<input type="checkbox"/>				
W	<input type="checkbox"/>				
T	<input type="checkbox"/>				
F	<input type="checkbox"/>				
S	<input type="checkbox"/>				

### HADITHS

‘You should adhere to truthfulness because it leads to virtue and virtue leads to Paradise. If a person speaks the truth and remains in pursuit of truth, a time comes when he is adjudged truthful by Allah. Beware of lying, because lying leads to vice and vice leads to Hell. If a person continues to tell lies and persists in doing so, a time comes when he is adjudged a liar of the first degree by Allah’

Muslim