



Nasiratul Ahmadiyya USA

Gentle & Pious Speech

QUARTER 4

JANUARY - MARCH 2026

Gentle & Pious Speech Journal

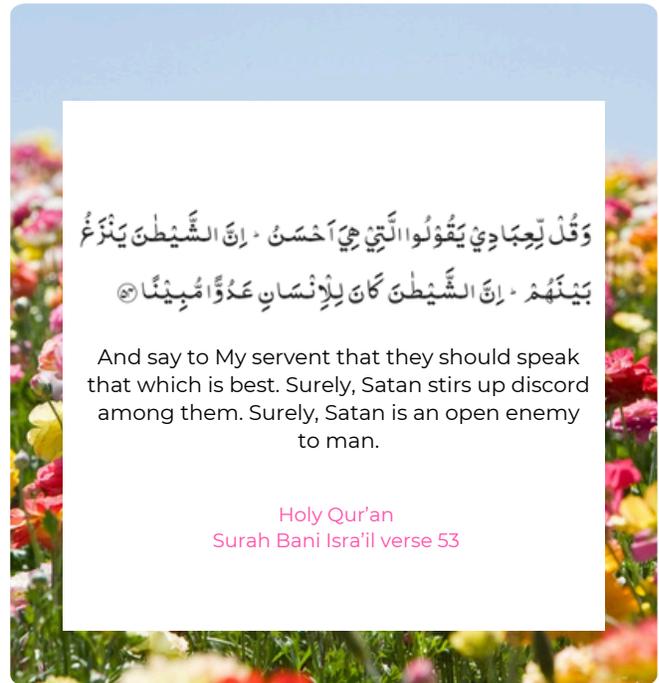
WEEK: 1

MONTH: JANUARY

YEAR: 2026

5 DAILY PRAYERS

S	<input type="checkbox"/>				
	Fajar	Zuhr	Asr	Maghrib	Esha
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	Fajar	Zuhr	Asr	Maghrib	Esha



Holy Qur'an
Surah Bani Isra'il verse 53

SPECIAL PRAYERS

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)

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

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

أَسْتَغْفِرُ اللَّهَ رَبِّي مِنْ كُلِّ ذَنْبٍ وَأَتُوبُ إِلَيْهِ

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

رَبِّ كُلِّ شَيْءٍ خَادِمُكَ رَبِّ فَاحْفَظْنِي وَانصُرْنِي وَارْحَمْنِي

HADITHS

الْمُسْلِمُ مَنْ سَلِمَ الْمُسْلِمُونَ مِنْ
لِسَانِهِ وَيَدِهِ

A true Muslim is he who keeps protected other Muslims from his tongue and hands
-Bukhari, Kitabul Eeman

DAILY RECITATION

S M T W TH F S

MY RANKING OF THE WEEK



Self-Reflection + Activities

Week 1: 01/04/26-01/10/26

GRATITUDE CORNER: THREE THINGS I AM GRATEFUL FOR...

1.

2.

3.

WEEKLY ACTIVITY: PRACTICE GREETING EVERYONE WITH A SMILE AND SALAM

REFLECTION TIME: WHEN WAS IT EASY OR HARD TO SPEAK KINDLY TODAY?

GOALS OF THE WEEK:

1.

2.

3.

FRIDAY SERMON NOTES



Gentle & Pious Speech Journal

WEEK: 2

MONTH: JANUARY

YEAR: 2026

5 DAILY PRAYERS

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	Fajar	Zuhr	Asr	Maghrib	Esha
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T	<input type="checkbox"/>				
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W	<input type="checkbox"/>				
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T	<input type="checkbox"/>				
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F	<input type="checkbox"/>				
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HADITHS

الْمُسْلِمُ مَنْ سَلِمَ الْمُسْلِمُونَ مِنْ لِسَانِهِ وَيَدِهِ

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DAILY RECITATION

S M T W TH F S
○ ○ ○ ○ ○ ○ ○

MY RANKING OF THE WEEK



Self-Reflection + Activities

Week 2: 01/11/26-01/17/26

GRATITUDE CORNER: THREE THINGS I AM GRATEFUL FOR...

1.

2.

3.

WEEKLY ACTIVITY: USE GENTLE WORDS TO HELP SOLVE A SMALL DISAGREEMENT

REFLECTION TIME: WHAT DIFFERENCE DID MY GENTLE WORDS MAKE?

GOALS OF THE WEEK:

1.

2.

3.

FRIDAY SERMON NOTES



Gentle & Pious Speech Journal

WEEK: 3

MONTH: JANUARY

YEAR: 2026

5 DAILY PRAYERS

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DAILY RECITATION

S M T W TH F S

MY RANKING OF THE WEEK



Self-Reflection + Activities

Week 3: 01/18/26-01/24/26

GRATITUDE CORNER: THREE THINGS I AM GRATEFUL FOR...

1.

2.

3.

WEEKLY ACTIVITY: COMPLIMENT THREE PEOPLE SINCERELY

REFLECTION TIME: HOW DID THEY REACT? HOW DID IT MAKE ME FEEL?

GOALS OF THE WEEK:

1.

2.

3.

FRIDAY SERMON NOTES



Gentle & Pious Speech Journal

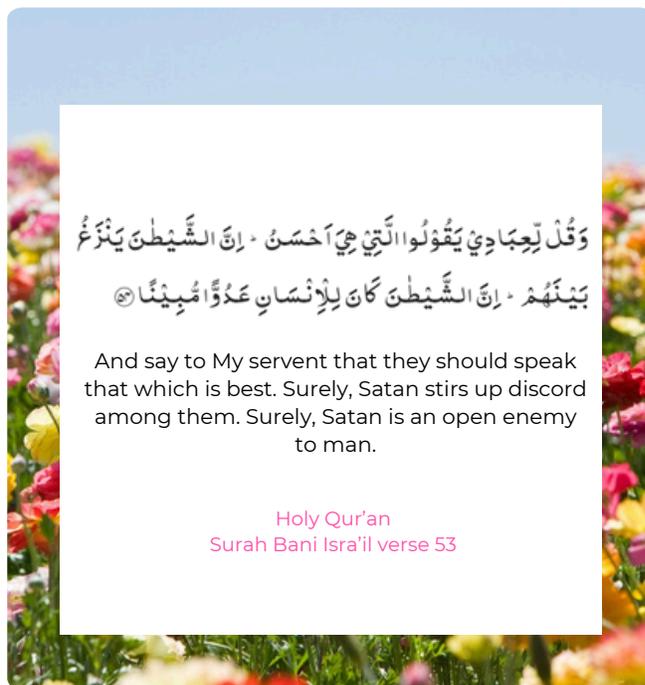
WEEK: 4

MONTH: JANUARY

YEAR: 2026

5 DAILY PRAYERS

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DAILY RECITATION

S M T W TH F S

MY RANKING OF THE WEEK



Self-Reflection + Activities

Week 4: 01/25/26-01/31/26

GRATITUDE CORNER: THREE THINGS I AM GRATEFUL FOR...

1.

2.

3.

WEEKLY ACTIVITY: AVOID INTERRUPTING WHEN SOMEONE ELSE IS TALKING

REFLECTION TIME: WHY IS LISTENING PART OF GENTLE SPEECH?

GOALS OF THE WEEK:

1.

2.

3.

FRIDAY SERMON NOTES



Gentle & Pious Speech Journal

WEEK: 5

MONTH: FEBRUARY

YEAR: 2026

5 DAILY PRAYERS

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	Fajar	Zuhr	Asr	Maghrib	Esha
T	<input type="checkbox"/>				
	Fajar	Zuhr	Asr	Maghrib	Esha
W	<input type="checkbox"/>				
	Fajar	Zuhr	Asr	Maghrib	Esha
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	Fajar	Zuhr	Asr	Maghrib	Esha
F	<input type="checkbox"/>				
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S	<input type="checkbox"/>				
	Fajar	Zuhr	Asr	Maghrib	Esha



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HADITHS

الْبَلَاءُ مُوَكَّلٌ بِالْمَنْطِقِ

Speaking (without thinking) leads to trouble
-Chehl Ahadith

DAILY RECITATION

S M T W TH F S

MY RANKING OF THE WEEK



Self-Reflection + Activities

Week 5: 02/01/26-02/07/26

GRATITUDE CORNER: THREE THINGS I AM GRATEFUL FOR...

1.

2.

3.

WEEKLY ACTIVITY: REPLACE ONE NEGATIVE PHRASE WITH A POSITIVE ONE

REFLECTION TIME: WHAT POSITIVE PHRASE DID I USE THIS WEEK?

GOALS OF THE WEEK:

1.

2.

3.

FRIDAY SERMON NOTES



Gentle & Pious Speech Journal

WEEK: 6

MONTH: FEBRUARY

YEAR: 2026

5 DAILY PRAYERS

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	Fajar	Zuhr	Asr	Maghrib	Esha
T	<input type="checkbox"/>				
	Fajar	Zuhr	Asr	Maghrib	Esha
W	<input type="checkbox"/>				
	Fajar	Zuhr	Asr	Maghrib	Esha
T	<input type="checkbox"/>				
	Fajar	Zuhr	Asr	Maghrib	Esha
F	<input type="checkbox"/>				
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S	<input type="checkbox"/>				
	Fajar	Zuhr	Asr	Maghrib	Esha



SPECIAL PRAYERS

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HADITHS

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DAILY RECITATION

S M T W TH F S

MY RANKING OF THE WEEK



Self-Reflection + Activities

Week 6: 02/08/26-02/14/26

GRATITUDE CORNER: THREE THINGS I AM GRATEFUL FOR...

1.

2.

3.

WEEKLY ACTIVITY: TALK TO SOMEONE WHO SEEMS LEFT OUT

REFLECTION TIME: WHAT DID I LEARN ABOUT INCLUDING OTHERS THROUGH SPEECH

GOALS OF THE WEEK:

1.

2.

3.

FRIDAY SERMON NOTES



Gentle & Pious Speech Journal

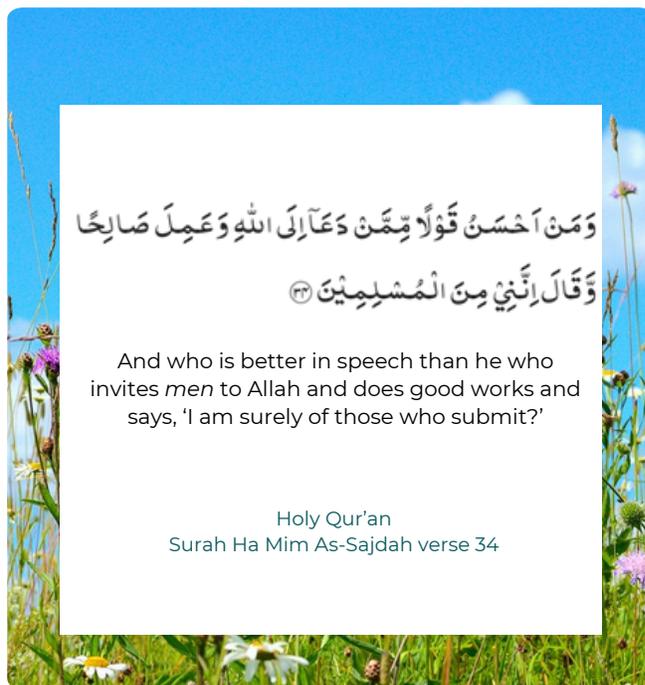
WEEK: 7

MONTH: FEBRUARY

YEAR: 2026

5 DAILY PRAYERS

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HADITHS

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DAILY RECITATION

S	M	T	W	TH	F	S
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MY RANKING OF THE WEEK

★ ★ ★ ★ ★

Self-Reflection + Activities

Week 7: 02/15/26-02/21/26

GRATITUDE CORNER: THREE THINGS I AM GRATEFUL FOR...

1.

2.

3.

WEEKLY ACTIVITY: RECITE OR LISTEN TO A QURANIC VERSE ABOUT GOOD SPEECH

REFLECTION TIME: WHAT MESSAGE STAYED WITH ME?

GOALS OF THE WEEK:

1.

2.

3.

FRIDAY SERMON NOTES



Gentle & Pious Speech Journal

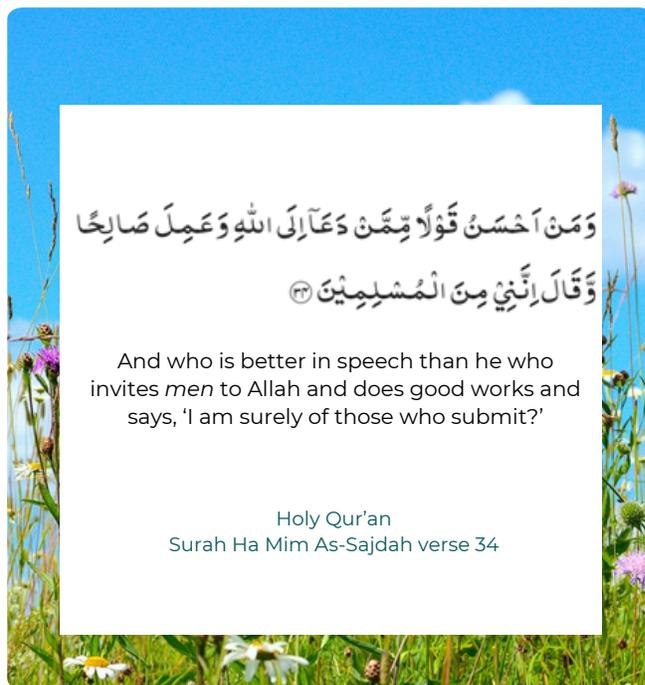
WEEK: 8

MONTH: FEBRUARY

YEAR: 2026

5 DAILY PRAYERS

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HADITHS

الْبَلَاءُ مُوَكَّلٌ بِالْمَنْطِقِ

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-Chehl Ahadith

DAILY RECITATION

S M T W TH F S

MY RANKING OF THE WEEK



Self-Reflection + Activities

Week 8: 02/22/26-02/28/26

GRATITUDE CORNER: THREE THINGS I AM GRATEFUL FOR...

1.

2.

3.

WEEKLY ACTIVITY: WRITE A THANK YOU NOTE TO SOMEONE IN YOUR FAMILY

REFLECTION TIME: WHY IS GRATITUDE AN IMPORTANT PART OF PIOUS SPEECH?

GOALS OF THE WEEK:

1.

2.

3.

FRIDAY SERMON NOTES



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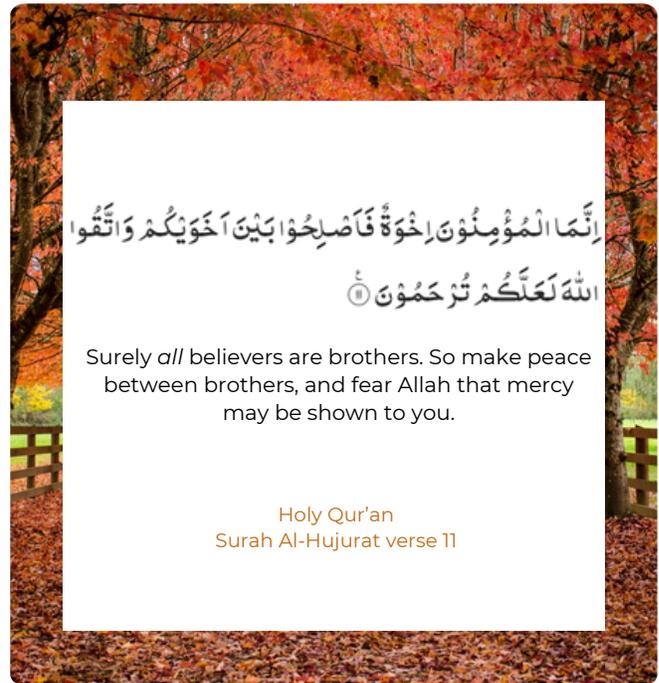
WEEK: 9

MONTH: MARCH

YEAR: 2026

5 DAILY PRAYERS

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	Fajar	Zuhr	Asr	Maghrib	Esha
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أَسْتَغْفِرُ اللَّهَ رَبِّي مِنْ كُلِّ ذَنْبٍ وَأَتُوبُ إِلَيْهِ

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

رَبِّ كُلِّ شَيْءٍ خَادِمُكَ رَبِّ فَاحْفَظْنِي وَانصُرْنِي وَارْحَمْنِي

HADITHS

'A good word is charity'
-(Bukhari & Muslim) Gardens of the Righteous

DAILY RECITATION

S M T W TH F S

MY RANKING OF THE WEEK



Self-Reflection + Activities

Week 9: 03/01/26-03/07/26

GRATITUDE CORNER: THREE THINGS I AM GRATEFUL FOR...

1.

2.

3.

WEEKLY ACTIVITY: MAKE A SMALL DUA OUT LOUD FOR SOMEONE ELSE

REFLECTION TIME: HOW DOES PRAYING FOR OTHERS AFFECT OUR HEARTS AND SPEECH?

GOALS OF THE WEEK:

1.

2.

3.

FRIDAY SERMON NOTES



Gentle & Pious Speech Journal

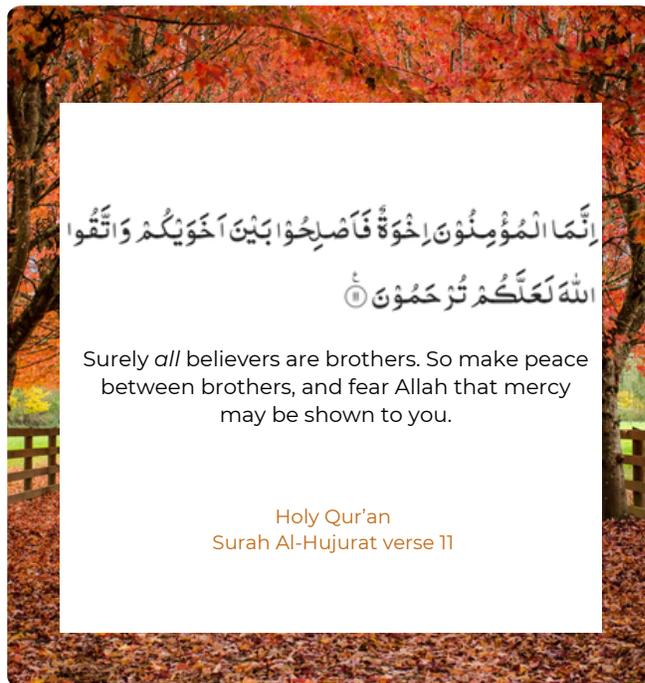
WEEK: 10

MONTH: MARCH

YEAR: 2026

5 DAILY PRAYERS

S	<input type="checkbox"/>				
	Fajar	Zuhr	Asr	Maghrib	Esha
M	<input type="checkbox"/>				
	Fajar	Zuhr	Asr	Maghrib	Esha
T	<input type="checkbox"/>				
	Fajar	Zuhr	Asr	Maghrib	Esha
W	<input type="checkbox"/>				
	Fajar	Zuhr	Asr	Maghrib	Esha
T	<input type="checkbox"/>				
	Fajar	Zuhr	Asr	Maghrib	Esha
F	<input type="checkbox"/>				
	Fajar	Zuhr	Asr	Maghrib	Esha
S	<input type="checkbox"/>				
	Fajar	Zuhr	Asr	Maghrib	Esha



SPECIAL PRAYERS

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)

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

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HADITHS

'A good word is charity'
-(Bukhari & Muslim) Gardens of the Righteous

DAILY RECITATION

S M T W TH F S

MY RANKING OF THE WEEK



Self-Reflection + Activities

Week 10: 03/08/26-03/14/26

GRATITUDE CORNER: THREE THINGS I AM GRATEFUL FOR...

1.

2.

3.

WEEKLY ACTIVITY: SPEAK SOFTLY FOR ONE WHOLE DAY

REFLECTION TIME: WHAT DID I NOTICE ABOUT MY FEELINGS WHEN SPEAKING GENTLY?

GOALS OF THE WEEK:

1.

2.

3.

FRIDAY SERMON NOTES



Gentle & Pious Speech Journal

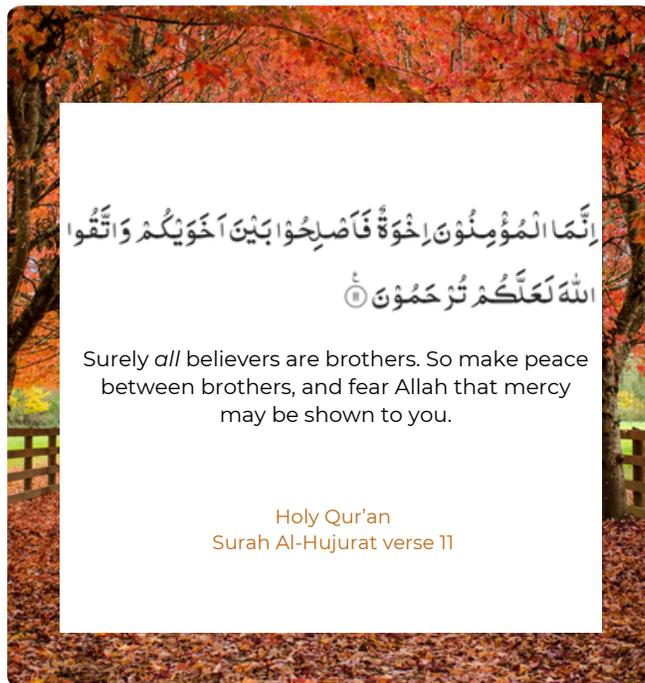
WEEK: 11

MONTH: MARCH

YEAR: 2026

5 DAILY PRAYERS

S	<input type="checkbox"/>				
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M	<input type="checkbox"/>				
	Fajar	Zuhr	Asr	Maghrib	Esha
T	<input type="checkbox"/>				
	Fajar	Zuhr	Asr	Maghrib	Esha
W	<input type="checkbox"/>				
	Fajar	Zuhr	Asr	Maghrib	Esha
T	<input type="checkbox"/>				
	Fajar	Zuhr	Asr	Maghrib	Esha
F	<input type="checkbox"/>				
	Fajar	Zuhr	Asr	Maghrib	Esha
S	<input type="checkbox"/>				
	Fajar	Zuhr	Asr	Maghrib	Esha



SPECIAL PRAYERS

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

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HADITHS

'A good word is charity'
-(Bukhari & Muslim) Gardens of the Righteous

DAILY RECITATION

S M T W TH F S

MY RANKING OF THE WEEK



Self-Reflection + Activities

Week 11: 03/15/26-03/21/26

GRATITUDE CORNER: THREE THINGS I AM GRATEFUL FOR...

1.

2.

3.

WEEKLY ACTIVITY: ENCOURAGE SOMEONE WHO IS STRUGGLING

REFLECTION TIME: HOW CAN WORDS HELP SOMEONE FEEL STRONGER?

GOALS OF THE WEEK:

1.

2.

3.

FRIDAY SERMON NOTES



Gentle & Pious Speech Journal

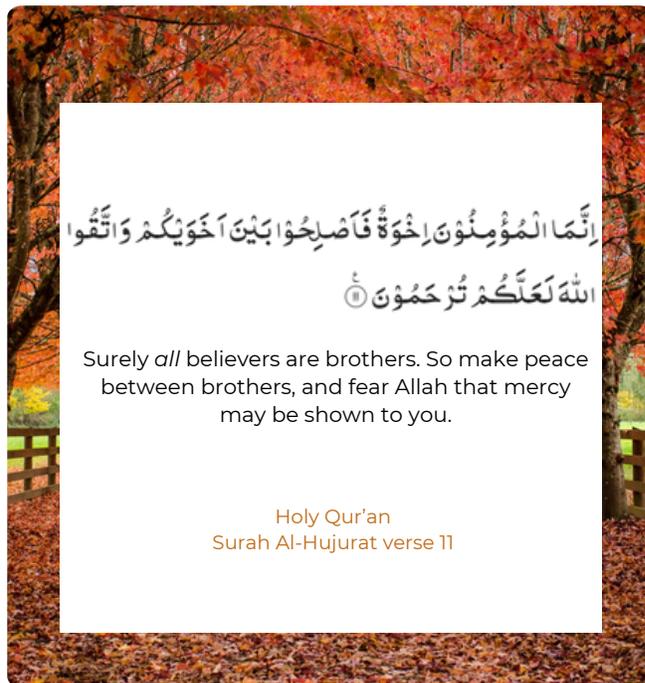
WEEK: 12

MONTH: MARCH

YEAR: 2026

5 DAILY PRAYERS

S	<input type="checkbox"/>				
	Fajar	Zuhr	Asr	Maghrib	Esha
M	<input type="checkbox"/>				
	Fajar	Zuhr	Asr	Maghrib	Esha
T	<input type="checkbox"/>				
	Fajar	Zuhr	Asr	Maghrib	Esha
W	<input type="checkbox"/>				
	Fajar	Zuhr	Asr	Maghrib	Esha
T	<input type="checkbox"/>				
	Fajar	Zuhr	Asr	Maghrib	Esha
F	<input type="checkbox"/>				
	Fajar	Zuhr	Asr	Maghrib	Esha
S	<input type="checkbox"/>				
	Fajar	Zuhr	Asr	Maghrib	Esha



SPECIAL PRAYERS

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HADITHS

'A good word is charity'
-(Bukhari & Muslim) Gardens of the Righteous

DAILY RECITATION

S M T W TH F S

MY RANKING OF THE WEEK



Self-Reflection + Activities

Week 12: 03/22/26-03/28/26

GRATITUDE CORNER: THREE THINGS I AM GRATEFUL FOR...

1.

2.

3.

WEEKLY ACTIVITY: SHARE ONE HADITH ABOUT GOOD SPEECH WITH A FAMILY MEMBER

REFLECTION TIME: WHY IS SHARING KNOWLEDGE THROUGH SPEECH BENEFICIAL?

GOALS OF THE WEEK:

1.

2.

3.

FRIDAY SERMON NOTES

