



Is'Haq Jasat

Memorising Qur'an: Checklist

Keep

- **Establish a more rigorous routine in the month of Ramadan**
- **Sha'ban should be the practice month for Ramadan**
- **Do not let a day go past in Ramadan where you do not spend time with the Qur'an**
- **Ideal amount to recite is 1-3 Juzz per day in Ramadan (to build fluency and momentum)**
- **Pick any time. Day or night. Whatever works best for you!**

Understand the Qur'an!

- **Develop a relationship with The Qur'an**
- **If you learn & understand the Arabic language, you will become closer to the Qur'an**
- **Read the Qur'an in English translation/your mother tongue daily**
- **Reflect & ponder over the verses**
- **“Will they not ponder the Qur'an or are there locks upon their hearts? (47:24)**

Qur'anic Du'aas

- **Ask Allah to help you each day**
- **Many important Du'aas to help you for Hifdh(Surah TaHa V 25/Evil eye/Nifaaq)**
- **Never underestimate the power of Du'aa**
- **Du'aas can help to overcome any problems!**
- **There are so many du'aas that are mentioned throughout the Qur'an!**

Hifdh Buddy

- **Establish a Hifdh buddy (stick to one!)**
- **Someone who is committed to help & is able to listen to your Qur'aan daily**
- **Many Huffadh utilise this tool in Ramadan, especially for Taraweeh**
- **Having an extra ear is extremely helpful**
- **It can strengthen your Hifdh/highlight errors**

Food, sleep and drink intake

- **Don't eat TOO LATE in the night! Sleep EARLY!**
- **Allow yourself to rest regularly in Ramadan**
- **Plenty of vegetables & fruit (Esp for Iftar)**
- **uBlack tea with honey or lukewarm water can help to maintain the voice**
- **Boiled milk with crushed Pistachio nuts**
- **You will struggle to retain your memory if you do not look after your health and sleep!**

Qur'an & Technology

- Many Hifdh apps out there (Tahfidh. Memorize app was launched in Ramadan 2019. Tarteel AI is a really good app, mistake detection feature.
- Social media: @ukhuffadh, @hifz_tips @hifz_memorization @maryammasud
- Listen/watch regular Youtube videos for tajweed (Sh Khalil Husary, Sh Minshawi & ShMishary Al Afasy)
- Times have advanced and many Hifdh students can now prepare better using technology

Screen time & social media

- **Spend less time on your phone and more time with the Qur'an**
- **Aim to reduce the amount of apps (inc social media) that you use in Ramadan**
- **Try to avoid spending too much time on Whatsapp groups, chats and communication platforms in Ramadan**
- **Strike a healthy balance!**

Planning your schedule

- **Don't give less time to a portion, even if you feel that you have 'mastered' it**
- **There is no such thing as a 'perfect' Hifdh student or Hafidh/Haafidhah!**
- **Make a plan/timetable weekly or daily and tick off each time you manage to stick to the timetable**
- **Don't OVERDO your revision. It needs to be manageable for your schedule!**

Practical Hifdh Tips

- **Learn the ‘Mutashaabahaats (the similar verses) in detail, easy to make mistakes**
- **Know the order of Surahs (Especially the first verses of each respective Surah)**
- **Prepare yourself mentally before each lesson (A few minutes of mental reflection)**
- **Two rakaats Nafl salah & Du’aa!**

No age limit to memorise the Qur'an!

- The Prophet PBUH was 40 when he received revelation of the Qur'an
- There is no minimum or maximum age to memorize the Qur'an!
- Do not be pressured by others who memorize the Qur'an from a young age
- Story of 76 year old Haji who memorized the Qur'an
- You are never too old to seek knowledge!

Listen, evaluate & improve

- **You are human & likely to make mistakes**
- **A tip to improve your Hifdh; record your recitation daily on your phone/ipad!**
- **Listen back to it critically & attentively daily with the aim to improve**
- **Remember, there is always room for improvement**
- **There is NO such thing as a PERFECT Hafidh/ Hafidhah!**



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