

30 Days Of Rahma

Ramadan Kareem



1

List 3 things you will commit to doing every day for the entire month. Suggestion - choose one thing for your mind, one for body and one for soul



2

Plant a seed and shower it with Rahma everyday. If you plant something edible you maybe able to enjoy it on Eid!



3

Donate to a charity of your choice. Suggestion: LFT Yemen appeal - the world's worst man made humanitarian crisis where we would like to feed 5,000 families this Ramadhan



4

Make something edible and deliver to a family member.

✧ Cycle to a beautiful place, sit and give Shukr to Allah for blessing us with beauty



5

Tell a non muslim what you love most about Ramadan



6

What is your favourite tinned food? Buy some and donate to your local food bank

✧ Can you cycle there?



7

Write down one thing you appreciate about each member of your household and share it with them



8

Commit to making one positive change for the environment



Quran Challenge

رَحْمَةٌ

Usually translated as mercy, this is a Divine quality that is infused into every human relationship, in the care, compassion and kindness that we treat others with. Think of different ways you can show Rahma



9

Keep smiling all day.

✨Cycle to or visit the cemetery and recite a Surah Fatiha



10

Donate to a charity of your choice. Suggestion: LFT Ethiopia/ North Kenya appeal where drought conditions have brought communities to the brink of starvation.



11

Cook along with Evolve and make something special to deliver to a neighbour.



12

Give a date to each member of your family at iftar time before you break your fast.

✨Cycle 5 miles do dhikr, think about all the things you are grateful for




13


Spring clean your wardrobe/toys. Remember Allah loves those who give from what they love



14

Pray for everyone around the world facing hardship and difficulties.

✨Cycle and meet up with a friend and recite Ramadan duas



15

Give a hug to a family member

✨Cycle to the shops and buy a treat for your family




16

Make Fatiha and remember your marhumeens

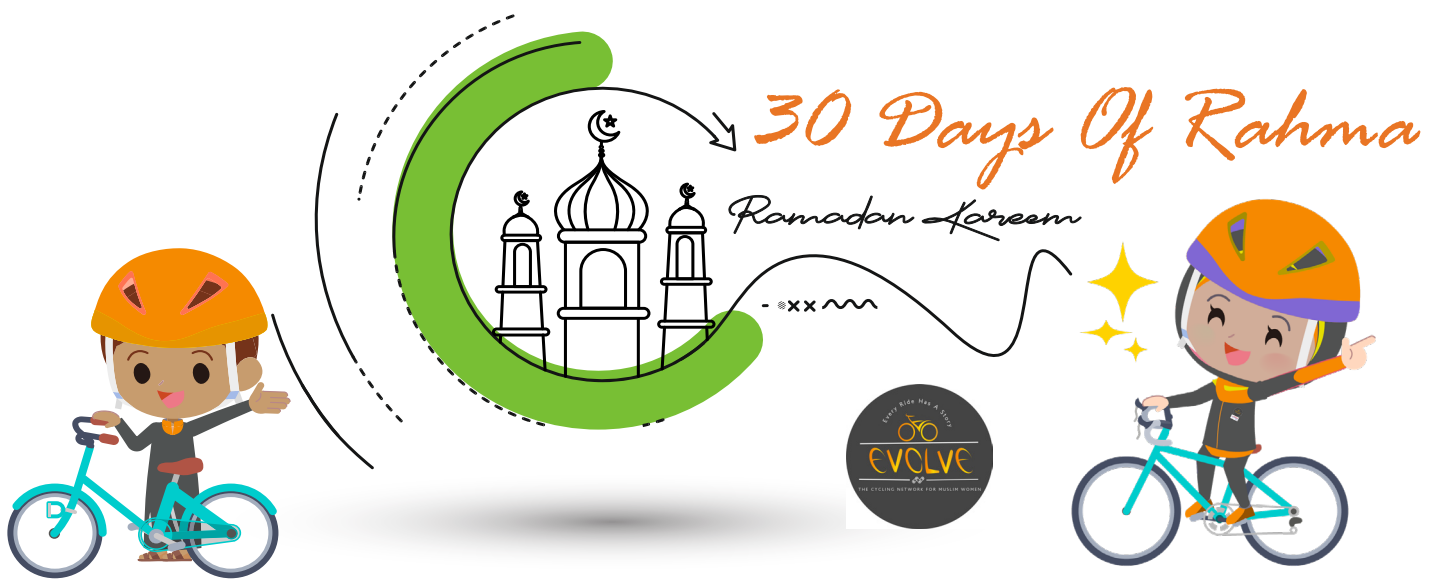


Quran Challenge

كَتَبَ رَبُّكُمْ عَلَى نَفْسِهِ الرَّحْمَةَ

6:54 And your Lord has made mercy incumbent upon Himself

Can you memorise this short Ayah to always remind ourselves that He is Merciful above all else!



17

Donate to a charity of your choice.

Suggestion: LFT Greece appeal - we are sponsoring 500 families to have iftaar with dignity this Ramadan



18

Offer the Tahajjud prayer. Make a list of your favourite 40 people and ask Allah to forgive them



19

QADR

Read Surah Qadr with meaning

✧ Cycle to a quiet spot and do istighfar for your actions.



20

Make a friends favourite dish and deliver it to them for Iftar.



21

QADR

Reflect on your favourite Surah from the Quran



22

Call somebody you haven't spoke to in a while

✧ Can you cycle with them before or after iftaar?



23

QADR

Find a quiet spot and recite Quran



24

Donate to a charity of your choice. Suggestion: LFT Gaza appeal where 150 of the poorest families will have meals cooked for them



Quran Challenge

رَبِّ اغْفِرْ وَارْحَمْ وَأَنْتَ خَيْرُ الرَّاحِمِينَ

23:118 My Lord, forgive and have mercy (on me) for you are the most Merciful of all

A short du'a from the Qur'an, can you memorise and recite it in qunoot?



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25

Reach out to someone you may have hurt and apologise.

✨Cycle and give a gift to a loved one



26

Send an Eid gift to someone less fortunate.



27

QADR

Listen to Surah Rahman

Reflect and list the blessings Allah has bestowed upon you



28

Decorate your home for EID

Don't forget Fitra Sadaka



29

Use items from your recycling bin to make an Eid card.

✨Cycle to find the Eid moon



30

EID

*Make something to share with those you love on Eid
Have you booked your ticket for the Evolve Eid Cyclethon?*



Quran Challenge

إِنَّ رَحْمَتَ اللَّهِ قَرِيبٌ مِّنَ الْمُحْسِنِينَ

7:56 God's Mercy is indeed close to those who do good (to others)

A short Ayah that we can memorise to remind us that whenever we do good to others, we're in turn encompassed by Allah's mercy

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