Nasiratul Ahmadiyya USA

Resolve & Courage

QUARTER 7

OCTOBER-DECEMBER 2026

Resolve & Courage Journal

WEEK: 39 MONTH: SEPT-OCT YEAR: 2026

5 DAILY PRAYERS

	FAJR	ZUHR	'ASR	MAGHRIB	ISHAA'
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DAILY RECITATION

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WEEKLY'S AFFIRMATION

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SPECIAL PRAYERS

سُبْحَانَ اللّٰهِ وَبِحَمْدِهٖ سُبْحَانَ اللّٰهِ الْعَظِيْمِ اَللّٰهُمَّ صَلِّ عَلٰى مُحَمَّدٍ وَّاٰلِ 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)

اَسْتَغْفِرُ اللّٰهَ رَبِّيْ مِنْ كُلِّ ذَنْبٍ وَّاَتُوْبُ اِلَيْهِ

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

رَبِّ كُلُّ شَيْءٍ خَادِمُكَ رَبِّ فَاحْفَظْنِيْ وَانْصُرْنِيْ وَارْحَمْنِيْ

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

'A wild animal is moved only in one direction when it is roused, but a man who possess true courage chooses confrontation or non-resistance whichever might be appropriate to the occasion.'

-Philosophy of the Teachings of Islam pg 76

SELF REFLECTION & WEEKLY ACTIVITIES

WEEK 39: 09/27/26-10/03/26

WEEKLY ACTIVITIES:
TRY SOMETHING THAT YOU HAVE LITTLE CONFIDENCE IN TO BUILD COURAGE

REFLECTION TIME: WHAT DID I LEARN ABOUT BRAVERY?

MOOD TRACKER



WEEKLY GOALS

1.

2.

3.

THINGS I CAN DO TO MAKE TODAY GREAT:

1.

2.

3.

THREE GREAT THINGS THAT HAPPENED TODAY:

1.

2.

3.

FRIDAY SERMON

Resolve & Courage Journal

WEEK: 40 MONTH: OCT YEAR: 2026

5 DAILY PRAYERS

	FAJR	ZUHR	'ASR	MAGHRIB	ISHAA'
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DAILY RECITATION

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WEEKLY'S AFFIRMATION

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SPECIAL PRAYERS

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-Philosophy of the Teachings of Islam pg 76

SELF REFLECTION & WEEKLY ACTIVITIES

WEEK 40: 10/04/26-10/10/26

WEEKLY ACTIVITIES:
SPEAK UP KINDLY WHEN I SEE SOMETHING UFAIR

REFLECTION TIME: HOW DID COURAGE HELP ME THIS WEEK?

MOOD TRACKER



WEEKLY GOALS

1.

2.

3.

THINGS I CAN DO TO MAKE TODAY GREAT:

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THREE GREAT THINGS THAT HAPPENED TODAY:

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FRIDAY SERMON

Resolve & Courage Journal

WEEK: 41 MONTH: OCT YEAR: 2026

5 DAILY PRAYERS

	FAJR	ZUHR	'ASR	MAGHRIB	ISHAA'
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WEEKLY'S AFFIRMATION

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SPECIAL PRAYERS

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-Philosophy of the Teachings of Islam pg 76

SELF REFLECTION & WEEKLY ACTIVITIES

WEEK 41: 10/11/26-10/17/26

WEEKLY ACTIVITIES:
FINISH A HARD TASK EVEN IF IT TAKES TIME

REFLECTION TIME: WHAT MOTIVATED ME TO KEEP GOING?

MOOD TRACKER



WEEKLY GOALS

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3.

THINGS I CAN DO TO MAKE TODAY GREAT:

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THREE GREAT THINGS THAT HAPPENED TODAY:

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FRIDAY SERMON

Resolve & Courage Journal

WEEK: 42 MONTH: OCT YEAR: 2026

5 DAILY PRAYERS

	FAJR	ZUHR	'ASR	MAGHRIB	ISHAA'
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DAILY RECITATION

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WEEKLY'S AFFIRMATION

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SPECIAL PRAYERS

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SELF REFLECTION & WEEKLY ACTIVITIES

WEEK 42: 10/18/26-10/24/26

WEEKLY ACTIVITIES:
PRACTICE STANDING IN PRAYER WITH FOCUS

REFLECTION TIME: HOW DOES PRAYER BUILD INNER STRENGTH?

MOOD TRACKER



WEEKLY GOALS

1.

2.

3.

THINGS I CAN DO TO MAKE TODAY GREAT:

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THREE GREAT THINGS THAT HAPPENED TODAY:

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FRIDAY SERMON

Resolve & Courage Journal

WEEK: 43 MONTH: OCT YEAR: 2026

5 DAILY PRAYERS

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DAILY RECITATION

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WEEKLY'S AFFIRMATION

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SPECIAL PRAYERS

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

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

'A wild animal is moved only in one direction when it is roused, but a man who possess true courage chooses confrontation or non-resistance whichever might be appropriate to the occasion.'

-Philosophy of the Teachings of Islam pg 76

SELF REFLECTION & WEEKLY ACTIVITIES

WEEK 43: 10/25/26-10/31/26

WEEKLY ACTIVITIES:
VOLUNTEER TO LEAD SOMETHING SMALL

REFLECTION TIME: WHAT DID I LEARN ABOUT LEADERSHIP?

MOOD TRACKER



WEEKLY GOALS

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THINGS I CAN DO TO MAKE TODAY GREAT:

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THREE GREAT THINGS THAT HAPPENED TODAY:

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FRIDAY SERMON

Resolve & Courage Journal

WEEK: 44 MONTH: NOV YEAR: 2026

5 DAILY PRAYERS

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DAILY RECITATION

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'O y dear son! even though it be the weight of grain of mustard seed, and even though it be in a rock, or in the heavens, or in the earth, Allah will surely bring it out; verily Allah is the Knower of all subtleties, All-Aware.

Holy Qur'an
Surah Luqman verse 17

WEEKLY'S AFFIRMATION

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SPECIAL PRAYERS

سُبْحَانَ اللّٰهِ وَبِحَمْدِهٖ سُبْحَانَ اللّٰهِ الْعَظِيْمِ اَللّٰهُمَّ صَلِّ عَلٰى مُحَمَّدٍ وَّاٰلِ مُحَمَّدٍ

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اَسْتَغْفِرُ اللّٰهَ رَبِّيْ مِنْ كُلِّ ذَنْبٍ وَّاَتُوْبُ اِلَيْهِ

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

رَبِّ كُلُّ شَيْءٍ خَادِمُكَ رَبِّ فَاحْفَظْنِيْ وَانْصُرْنِيْ وَارْحَمْنِيْ

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

'Profusely engage in Istighfar for resoluteness of heart.'

-The Promised Messiah (as) quoted by Huzoor on 13th April 2012

SELF REFLECTION & WEEKLY ACTIVITIES

WEEK 44: 11/01/26-11/07/26

WEEKLY ACTIVITIES:
WORK ON A PERSONAL WEAKNESS (ORGANIZATION, PATIENCE, ETC.)

REFLECTION TIME: HOW DID I SHOW RESOLVE IN IMPROVING MYSELF?

MOOD TRACKER



WEEKLY GOALS

1.

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3.

THINGS I CAN DO TO MAKE TODAY GREAT:

1.

2.

3.

THREE GREAT THINGS THAT HAPPENED TODAY:

1.

2.

3.

FRIDAY SERMON

Resolve & Courage Journal

WEEK: 45 MONTH: NOV YEAR: 2026

5 DAILY PRAYERS

	FAJR	ZUHR	'ASR	MAGHRIB	ISHAA'
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DAILY RECITATION

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WEEKLY'S AFFIRMATION

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SPECIAL PRAYERS

سُبْحَانَ اللّٰهِ وَبِحَمْدِهٖ سُبْحَانَ اللّٰهِ الْعَظِيْمِ اَللّٰهُمَّ صَلِّ عَلٰى مُحَمَّدٍ وَّاٰلِ مُحَمَّدٍ

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SELF REFLECTION & WEEKLY ACTIVITIES

WEEK 45: 11/08/26-11/14/26

WEEKLY ACTIVITIES:
BE HONEST EVEN WHEN IT'S HARD

REFLECTION TIME: WHY IS HONESTY A FORM OF COURAGE?

MOOD TRACKER



WEEKLY GOALS

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2.

3.

THINGS I CAN DO TO MAKE TODAY GREAT:

1.

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3.

THREE GREAT THINGS THAT HAPPENED TODAY:

1.

2.

3.

FRIDAY SERMON

Resolve & Courage Journal

WEEK: 46 MONTH: NOV YEAR: 2026

5 DAILY PRAYERS

	FAJR	ZUHR	'ASR	MAGHRIB	ISHAA'
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DAILY RECITATION

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'O y dear son! even though it be the weight of grain of mustard seed, and even though it be in a rock, or in the heavens, or in the earth, Allah will surely bring it out; verily Allah is the Knower of all subtleties, All-Aware.

Holy Qur'an
Surah Luqman verse 17

WEEKLY'S AFFIRMATION

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SPECIAL PRAYERS

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'Profusely engage in Istighfar for resoluteness of heart.'

-The Promised Messiah (as) quoted by Huzoor on 13th April 2012

SELF REFLECTION & WEEKLY ACTIVITIES

WEEK 46: 11/15/26-11/21/26

WEEKLY ACTIVITIES:
ENCOURAGE SOMEONE WHO IS STRUGGLING

REFLECTION TIME: WHEN DID I FEEL STRONG BY HELPING SOMEONE ELSE?

MOOD TRACKER



WEEKLY GOALS

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3.

THINGS I CAN DO TO MAKE TODAY GREAT:

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THREE GREAT THINGS THAT HAPPENED TODAY:

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FRIDAY SERMON

Resolve & Courage Journal

WEEK: 47 MONTH: NOV YEAR: 2026

5 DAILY PRAYERS

	FAJR	ZUHR	'ASR	MAGHRIB	ISHAA'
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DAILY RECITATION

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WEEKLY'S AFFIRMATION

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SPECIAL PRAYERS

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SELF REFLECTION & WEEKLY ACTIVITIES

WEEK 47: 11/22/26-11/28/26

WEEKLY ACTIVITIES:
TAKE RESPONSIBILITY FOR A MISTAKE

REFLECTION TIME: HOW DOES OWNING MISTAKES MAKE US BRAVER?

MOOD TRACKER



WEEKLY GOALS

1.

2.

3.

THINGS I CAN DO TO MAKE TODAY GREAT:

1.

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THREE GREAT THINGS THAT HAPPENED TODAY:

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FRIDAY SERMON

Resolve & Courage Journal

WEEK: 48 MONTH: NOV - DEC YEAR: 2026

5 DAILY PRAYERS

	FAJR	ZUHR	'ASR	MAGHRIB	ISHAA'
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DAILY RECITATION

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'O y dear son! even though it be the weight of grain of mustard seed, and even though it be in a rock, or in the heavens, or in the earth, Allah will surely bring it out; verily Allah is the Knower of all subtleties, All-Aware.

Holy Qur'an
Surah Luqman verse 17

WEEKLY'S AFFIRMATION

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SPECIAL PRAYERS

سُبْحَانَ اللّٰهِ وَبِحَمْدِهٖ سُبْحَانَ اللّٰهِ الْعَظِيْمِ اَللّٰهُمَّ صَلِّ عَلٰى مُحَمَّدٍ وَّاٰلِ 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)

اَسْتَغْفِرُ اللّٰهَ رَبِّيْ مِنْ كُلِّ ذَنْبٍ وَّاَتُوْبُ اِلَيْهِ

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

رَبِّ كُلُّ شَيْءٍ خَادِمُكَ رَبِّ فَاحْفَظْنِيْ وَانْصُرْنِيْ وَارْحَمْنِيْ

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

'Profusely engage in Istighfar for resoluteness of heart.'

-The Promised Messiah (as) quoted by Huzoor on 13th April 2012

SELF REFLECTION & WEEKLY ACTIVITIES

WEEK 48: 11/29/26-12/05/26

WEEKLY ACTIVITIES:
CHOOSE ONE THING YOU FIND DIFFICULT AND MAKE IT YOUR WEEKLY CHALLENGE

REFLECTION TIME: WHAT DID I LEARN ABOUT MYSELF WHEN I DID NOT GIVE UP?

MOOD TRACKER



WEEKLY GOALS

1.

2.

3.

THINGS I CAN DO TO MAKE TODAY GREAT:

1.

2.

3.

THREE GREAT THINGS THAT HAPPENED TODAY:

1.

2.

3.

FRIDAY SERMON

Resolve & Courage Journal

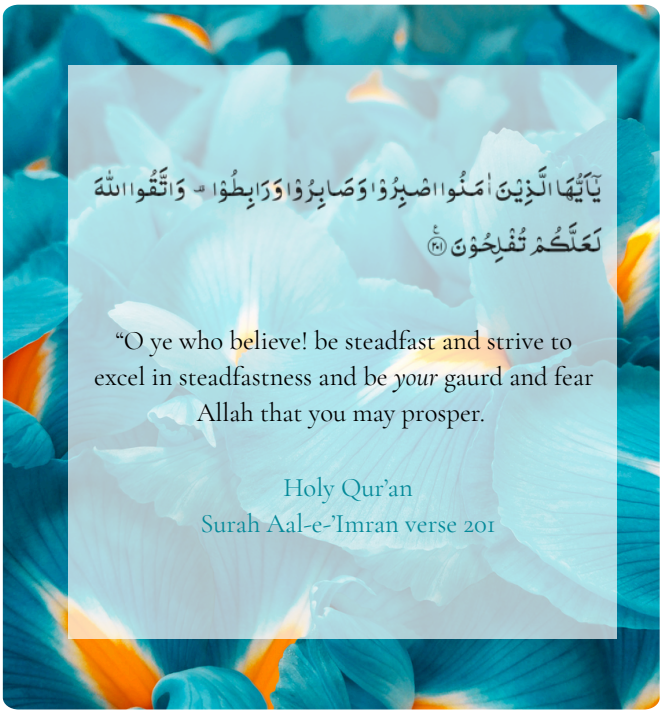
WEEK: 49 MONTH: DEC YEAR: 2026

5 DAILY PRAYERS

	FAJR	ZUHR	'ASR	MAGHRIB	ISHAA'
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F	☐	☐	☐	☐	☐
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DAILY RECITATION

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☐	☐	☐	☐	☐	☐	☐



WEEKLY'S AFFIRMATION

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SPECIAL PRAYERS

سُبْحَانَ اللّٰهِ وَبِحَمْدِهٖ سُبْحَانَ اللّٰهِ الْعَظِيْمِ اَللّٰهُمَّ صَلِّ عَلٰى مُحَمَّدٍ وَّاٰلِ 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)

اَسْتَغْفِرُ اللّٰهَ رَبِّيْ مِنْ كُلِّ ذَنْبٍ وَّاَتُوْبُ اِلَيْهِ

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

رَبِّ كُلُّ شَيْءٍ خَادِمُكَ رَبِّ فَاحْفَظْنِيْ وَانْصُرْنِيْ وَارْحَمْنِيْ

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

"The Promised Messiah (on whom be peace) said that the summary of what God states in the Qur'an is that O' people do not lose hope with Me, I am Ever Merciful, Compassionate, Coverer of faults and the Great Forgiver and I am Most Merciful. Love Me more than you love your fathers for none loves as I do. If you walk to Me, I shall run to you, whoever will seek Me shall find Me. I forgive the sins of one who repents even if that sins are as enormous as a mountain. I have created you therfore My mercy encompasses all of you."

-Hazrat Khalifatul Masih V (aba) Friday Sermon on April 3, 2009

SELF REFLECTION & WEEKLY ACTIVITIES

WEEK 49: 12/06/26-12/12/26

WEEKLY ACTIVITIES:
THIS WEEK, LOOK FOR MOMENTS WHEN YOU HAVE TO MAKE A CHOICE BETWEEN WHAT IS EASY AND WHAT IS RIGHT.

REFLECTION TIME: WHEN WAS IT HARDEST FOR ME TO CHOOSE WHAT WAS RIGHT?

MOOD TRACKER



WEEKLY GOALS

1.

2.

3.

THINGS I CAN DO TO MAKE TODAY GREAT:

1.

2.

3.

THREE GREAT THINGS THAT HAPPENED TODAY:

1.

2.

3.

FRIDAY SERMON

Resolve & Courage Journal

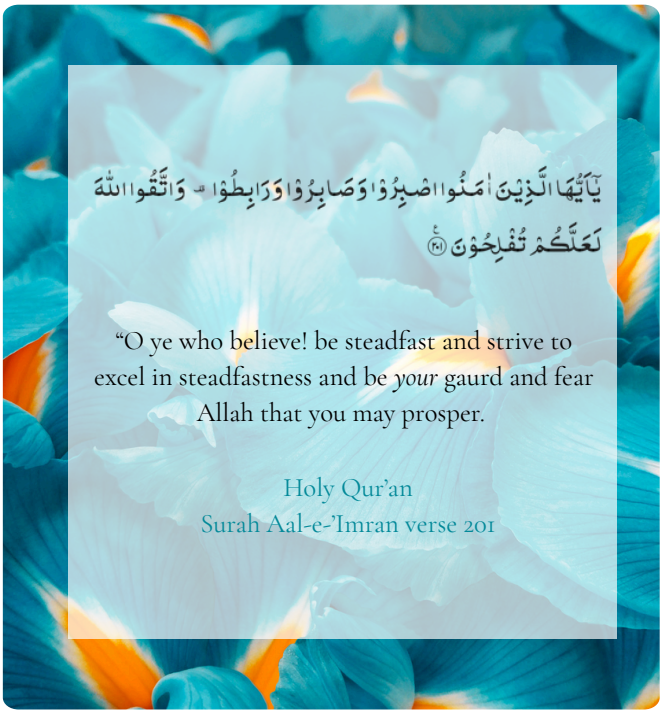
WEEK: 50 MONTH: DEC YEAR: 2026

5 DAILY PRAYERS

	FAJR	ZUHR	'ASR	MAGHRIB	ISHAA'
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DAILY RECITATION

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WEEKLY'S AFFIRMATION

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SPECIAL PRAYERS

سُبْحَانَ اللّٰهِ وَبِحَمْدِهٖ سُبْحَانَ اللّٰهِ الْعَظِيْمِ اَللّٰهُمَّ صَلِّ عَلٰى مُحَمَّدٍ وَّاٰلِ 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)

اَسْتَغْفِرُ اللّٰهَ رَبِّيْ مِنْ كُلِّ ذَنْبٍ وَّاَتُوْبُ اِلَيْهِ

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

رَبِّ كُلُّ شَيْءٍ خَادِمُكَ رَبِّ فَاحْفَظْنِيْ وَانْصُرْنِيْ وَارْحَمْنِيْ

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

"The Promised Messiah (on whom be peace) said that the summary of what God states in the Qur'an is that O' people do not lose hope with Me, I am Ever Merciful, Compassionate, Coverer of faults and the Great Forgiver and I am Most Merciful. Love Me more than you love your fathers for none loves as I do. If you walk to Me, I shall run to you, whoever will seek Me shall find Me. I forgive the sins of one who repents even if that sins are as enormous as a mountain. I have created you therfore My mercy encompasses all of you."

-Hazrat Khalifatul Masih V (aba) Friday Sermon on April 3, 2009

SELF REFLECTION & WEEKLY ACTIVITIES

WEEK 50: 12/13/26-12/19/26

WEEKLY ACTIVITIES:
COMPLETE AT LEAST 3 ACTS OF KHIDMAT-E-KHALAQ DURING THE WEEK. (THEY CAN BE AT HOME, SCHOOL, OR THE MOSQUE)

REFLECTION TIME: HOW CAN SERVING OTHERS HELP ME BECOME MORE COURAGEOUS AND SELFLESS?

MOOD TRACKER



WEEKLY GOALS

1.

2.

3.

THINGS I CAN DO TO MAKE TODAY GREAT:

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2.

3.

THREE GREAT THINGS THAT HAPPENED TODAY:

1.

2.

3.

FRIDAY SERMON

Resolve & Courage Journal

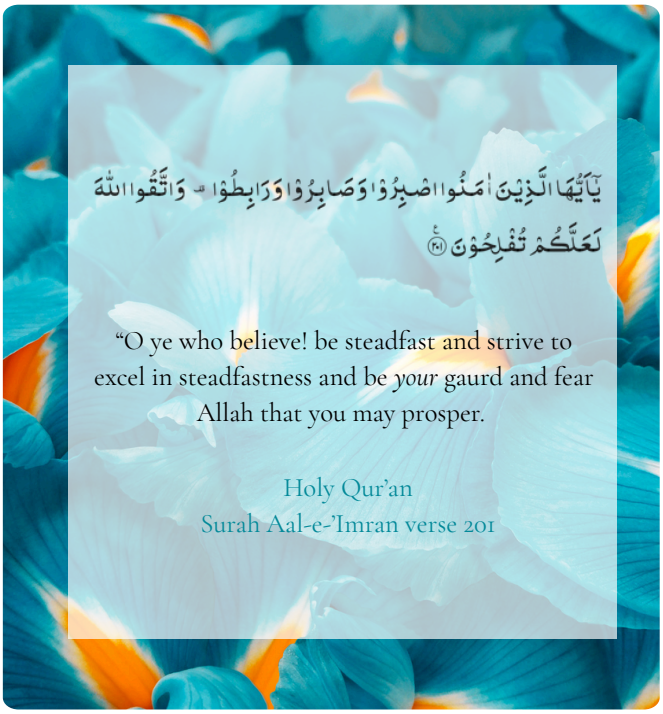
WEEK: 51 MONTH: DEC YEAR: 2026

5 DAILY PRAYERS

	FAJR	ZUHR	'ASR	MAGHRIB	ISHAA'
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DAILY RECITATION

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WEEKLY'S AFFIRMATION

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SPECIAL PRAYERS

سُبْحَانَ اللّٰهِ وَبِحَمْدِهٖ سُبْحَانَ اللّٰهِ الْعَظِيْمِ اَللّٰهُمَّ صَلِّ عَلٰى مُحَمَّدٍ وَّاٰلِ 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)

اَسْتَغْفِرُ اللّٰهَ رَبِّيْ مِنْ كُلِّ ذَنْبٍ وَّاَتُوْبُ اِلَيْهِ

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

رَبِّ كُلُّ شَيْءٍ خَادِمُكَ رَبِّ فَاحْفَظْنِيْ وَانْصُرْنِيْ وَارْحَمْنِيْ

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

"The Promised Messiah (on whom be peace) said that the summary of what God states in the Qur'an is that O' people do not lose hope with Me, I am Ever Merciful, Compassionate, Coverer of faults and the Great Forgiver and I am Most Merciful. Love Me more than you love your fathers for none loves as I do. If you walk to Me, I shall run to you, whoever will seek Me shall find Me. I forgive the sins of one who repents even if that sins are as enormous as a mountain. I have created you therfore My mercy encompasses all of you."

-Hazrat Khalifatul Masih V (aba) Friday Sermon on April 3, 2009

SELF REFLECTION & WEEKLY ACTIVITIES

WEEK 51: 12/20/26-12/26/26

WEEKLY ACTIVITIES: CHOOSE ONE POSITIVE THING THAT YOU MAY FEEL NERVOUS OR HESITANT TO PERFROM

REFLECTION TIME: WAS THE SITUATION AS DIFFICULT AS I EXPECTED? WHAT HELPED ME HAVE COURAGE?

MOOD TRACKER



WEEKLY GOALS

1.

2.

3.

THINGS I CAN DO TO MAKE TODAY GREAT:

1.

2.

3.

THREE GREAT THINGS THAT HAPPENED TODAY:

1.

2.

3.

FRIDAY SERMON

Resolve & Courage Journal

WEEK: 52 MONTH: DEC YEAR: 2026-2027

5 DAILY PRAYERS

	FAJR	ZUHR	'ASR	MAGHRIB	ISHAA'
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DAILY RECITATION

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WEEKLY'S AFFIRMATION

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SPECIAL PRAYERS

سُبْحَانَ اللّٰهِ وَبِحَمْدِهٖ سُبْحَانَ اللّٰهِ الْعَظِيْمِ اَللّٰهُمَّ صَلِّ عَلٰى مُحَمَّدٍ وَّاٰلِ 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)

اَسْتَغْفِرُ اللّٰهَ رَبِّيْ مِنْ كُلِّ ذَنْبٍ وَّاَتُوْبُ اِلَيْهِ

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

رَبِّ كُلُّ شَيْءٍ خَادِمُكَ رَبِّ فَاحْفَظْنِيْ وَانْصُرْنِيْ وَارْحَمْنِيْ

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

"The Promised Messiah (on whom be peace) said that the summary of what God states in the Qur'an is that O' people do not lose hope with Me, I am Ever Merciful, Compassionate, Coverer of faults and the Great Forgiver and I am Most Merciful. Love Me more than you love your fathers for none loves as I do. If you walk to Me, I shall run to you, whoever will seek Me shall find Me. I forgive the sins of one who repents even if that sins are as enormous as a mountain. I have created you therfore My mercy encompasses all of you."

-Hazrat Khalifatul Masih V (aba) Friday Sermon on April 3, 2009

SELF REFLECTION & WEEKLY ACTIVITIES

WEEK 52: 12/27/26-01/02/27

WEEKLY ACTIVITIES:
CHOOSE ONE SPIRTUAL GOAL FOR THE WEEK, AND TRY YOUR BEST TO COMPLETE AND LEARN SOMETHING ABOUT YOURSELF.

REFLECTION TIME: WHAT WILL I CONTINUE DOING AFTER THIS WEEK, AND HOW WILL IT HELP ME BECOME MORE STEADFAST?

MOOD TRACKER



WEEKLY GOALS

1.

2.

3.

THINGS I CAN DO TO MAKE TODAY GREAT:

1.

2.

3.

THREE GREAT THINGS THAT HAPPENED TODAY:

1.

2.

3.

FRIDAY SERMON