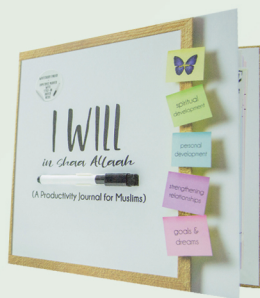


QURAN LESSON PLAN (juz by juz)

You may use this lesson plan (taken from Taleem ul Quran course by Alhuda International (farhathashmi.com) according to your own requirements. If you have never recited the Quran (cover to cover), then use this lesson plan for recitation first and then move forward. If you have read the Quran in Arabic (& you didn't understand it because you don't know Arabic), then use this plan to understand through translation. If you've done that as well, but never did tafseer of the Quran (explanation beyond the translation), then use these 313 lessons to track that. If you've done all of that, then you may use this print for memorization of the Quran. If you've also memorized the Quran, perhaps use it for revision or teaching. The division of lessons is based on verses that are relevant together.

You may do 1 lesson a day or 1 lesson a week. It depends on YOUR capacity. Just remember, take baby steps and join forces with an accountability partner so you're able to stay consistent in shaa Allah.

(Feel free to email us at submissions@ayeina.com if you'd need any support. If you post your progress on social media, don't forget to tag us @ayeina_official). The files are for PERSONAL USE ONLY.



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lesson #	Juz' 1 (١)	✓	lesson #	Juz' 2 (سَيَقُولُ)	✓	lesson #	Juz' 3 (تِلْكَ الرُّسُلُ)	✓
01	Al-Fatihah:1-7		20	Al-Baqarah:142-152		34	Al-Baqarah:253-260	
02	Al-Baqarah:1-5		21	Al-Baqarah:153-162		35	Al-Baqarah:261-266	
03	Al-Baqarah:6-7		22	Al-Baqarah:163-171		36	Al-Baqarah:267-274	
04	Al-Baqarah:8-16		23	Al-Baqarah:172-176		37	Al-Baqarah:275-281	
05	Al-Baqarah:17-20		24	Al-Baqarah:177-182		38	Al-Baqarah:282-283	
06	Al-Baqarah:21-25		25	Al-Baqarah:183-188		39	Al-Baqarah:284-286	
07	Al-Baqarah:26-29		26	Al-Baqarah:189-196		40	Aal-e-'Imran:1-13	
08	Al-Baqarah:30-39		27	Al-Baqarah:197-203		41	Aal-e-'Imran:14-22	
09	Al-Baqarah:40-48		28	Al-Baqarah:204-214		42	Aal-e-'Imran:23-32	
10	Al-Baqarah:49-59		29	Al-Baqarah:215-220		43	Aal-e-'Imran:33-44	
11	Al-Baqarah:60-62		30	Al-Baqarah:221-228		44	Aal-e-'Imran:45-63	
12	Al-Baqarah:63-73		31	Al-Baqarah:229-233		45	Aal-e-'Imran:64-77	
13	Al-Baqarah:74-82		32	Al-Baqarah:234-242		46	Aal-e-'Imran:78-91	
14	Al-Baqarah:83-91		33	Al-Baqarah:243-252				
15	Al-Baqarah:92-103							
16	Al-Baqarah:104-112						Taleem ul Quran	
17	Al-Baqarah:113-121						farhathashmi.com	
18	Al-Baqarah:122-129							
19	Al-Baqarah:130-141							

"Indeed, We have sent it down as an Arabic Qur'an that you might understand.." (12:2)

lesson #	Juz' 10 (وَأَعْلَمُوا)	✓	lesson #	Juz' 11 (يَعْتَذِرُونَ)	✓	lesson #	Juz' 13 (وَمَا أُبْرئُ)	✓						
100	Al-Anfal:41-58		109	Al-Tawbah:94-106		125	Yusuf:58-87							
101	Al-Anfal:59-75		110	Al-Tawbah:107-116		126	Yusuf:88-111							
102	Al-Tawbah:1-15		111	Al-Tawbah:117-129		127	Al-Ra'd:1-17							
103	Al-Tawbah:16-28		112	Yunus:1-20		128	Al-Ra'd:18-43							
104	Al-Tawbah:29-37		113	Yunus:21-30		129	Ibrahim:1-17							
105	Al-Tawbah:38-52		114	Yunus:31-52		130	Ibrahim:18-34							
106	Al-Tawbah:53-63		115	Yunus:53-74		131	Ibrahim:35-52							
107	Al-Tawbah:64-74		116	Yunus:75-109		lesson #	Juz' 14 (رُجَمَا)	✓						
108	Al-Tawbah:75-93		lesson #	Juz' 12 (وَمَا مِنْ دَابَّةٍ)	✓				132	Al-Hijr:1-50				
		117							Hud:1-24		133	Al-Hijr:51-99		
		118							Hud:25-49		134	Al-Nahl:1-21		
		119							Hud:50-83		135	Al-Nahl:22-40		
		120							Hud:84-101		136	Al-Nahl:41-64		
		121							Hud:102-123		137	Al-Nahl:65-79		
	Taleem ul Quran								122	Yusuf:1-18		138	Al-Nahl:80-95	
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									124	Yusuf:36-57		140	Al-Nahl:114-128	

"This [Qur'an] is notification for the people that they may be warned thereby & that they may know that He is but 1 God & that those of understanding will be reminded." (14:52)

lesson #	Juz' 15 (سُبْحَانَ الَّذِي)	✓	lesson #	Juz' 16 (قَالَ أَلَمْ)	✓	lesson #	Juz' 18 (قَدْ أَفْلَحَ)	✓
141	Bani Isra'il:1-10		155	Al-Kahf:83-99		172	Al-Mu'minun:1-11	
142	Bani Isra'il:11-22		156	Al-Kahf:100-110		173	Al-Mu'minun:12-22	
143	Bani Isra'il:23-30		157	Maryam:1-40		174	Al-Mu'minun:23-50	
144	Bani Isra'il:31-39		158	Maryam:41-65		175	Al-Mu'minun:51-90	
145	Bani Isra'il:40-60		159	Maryam:66-98		176	Al-Mu'minun:91-118	
146	Bani Isra'il:61-65		160	Ta-Ha:1-40		177	Al-Nur:1-10	
147	Bani Isra'il:66-77		161	Ta-Ha:41-76		178	Al-Nur:11-26	
148	Bani Isra'il:78-93		162	Ta-Ha:77-104		179	Al-Nur:27-29	
149	Bani Isra'il:94-111		163	Ta-Ha:105-135		180	Al-Nur:30-31	
150	Al-Kahf:1-8		lesson #	Juz' 17 (اِقْتَرَبَ)	✓	181	Al-Nur:32-34	
151	Al-Kahf:9-26					182	Al-Nur:35-40	
152	Al-Kahf:27-44		164	Al-Anbiya':1-29		183	Al-Nur:41-46	
153	Al-Kahf:45-59		165	Al-Anbiya':30-50		184	Al-Nur:47-57	
154	Al-Kahf:60-82		166	Al-Anbiya':51-82		185	Al-Nur:58-64	
			167	Al-Anbiya':83-112		186	Al-Furqan:1-20	
	Taleem ul Quran		168	Al-Hajj:1-24				
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			170	Al-Hajj:38-64				
			171	Al-Hajj:65-78				

"And We have certainly made the Qur'an easy for remembrance, so is there any who will remember?" (54:22)

lesson #	Juz' 19 (وَقَالَ الَّذِينَ)	✓	lesson #	Juz' 20 (أَمْ مَنْ خَلَقَ)	✓	lesson #	Juz' 21 (إِنَّ مَا أُوحِيَ)	✓
187	Al-Furqan:21-34		199	Al-Naml:60-93		207	Al-'Ankabut:45-69	
188	Al-Furqan:35-50		200	Al-Qasas:1-21		208	Al-Rum:1-19	
189	Al-Furqan:51-62		201	Al-Qasas:22-43		209	Al-Rum:20-32	
190	Al-Furqan:63-77		202	Al-Qasas:44-67		210	Al-Rum:33-40	
191	Al-Shu'ara':1-68		203	Al-Qasas:66-88		211	Al-Rum:41-60	
192	Al-Shu'ara':69-104		204	Al-'Ankabut:1-15		212	Luqman:1-11	
193	Al-Shu'ara':105-140		205	Al-'Ankabut:16-30		213	Luqman:12-15	
194	Al-Shu'ara':141-191		206	Al-'Ankabut:31-44		214	Luqman:16-19	
195	Al-Shu'ara':192-227					215	Luqman:20-34	
196	Al-Naml:1-26					216	Al-Sajdah:1-14	
197	Al-Naml:27-44					217	Al-Sajdah:15-30	
198	Al-Naml:45-59					218	Al-Ahzab:1-8	
						219	Al-Ahzab:9-27	

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"Then do they not reflect upon the Qur'an, or
are there locks upon [their] hearts?" (97:24)

lesson #	Juz' 22 (وَمَنْ يَّقْنُتْ)	✓	lesson #	Juz' 23 (وَمَا لِيَّ)	✓	lesson #	Juz' 24 (فَمَنْ أَظْلَمُ)	✓
220	Al-Ahzab:28-35		233	Ya-Sin:13-32		245	Al-Zumar:32-52	
221	Al-Ahzab:36-44		234	Ya-Sin:33-47		246	Al-Zumar:53-75	
222	Al-Ahzab:45-48		235	Ya-Sin:48-83		247	Al-Mu'min:1-22	
223	Al-Ahzab:49-52		236	Al-Saffat:1-74		248	Al-Mu'min:23-55	
224	Al-Ahzab:53-58		237	Al-Saffat:75-122		249	Al-Mu'min:56-85	
225	Al-Ahzab:59-73		238	Al-Saffat:123-182		250	Fussilat:1-24	
226	Saba':1-14		239	Saad:1-26		251	Fussilat:25-36	
227	Saba':15-30		240	Saad:27-29		252	Fussilat:37-54	
228	Saba':31-54		241	Saad:30-40		lesson #	Juz' 25 (إِنِّيهِ يُرَدُّ)	✓
229	Fatir:1-14		242	Saad:41-88				
230	Fatir:15-38		243	Al-Zumar:1-16		253	Ash-Shura:1-19	
231	Fatir:39-45		244	Al-Zumar:17-31		254	Ash-Shura:20-35	
232	Ya-Sin:1-12					255	Ash-Shura:36-53	
						256	Az-Zukhruf:1-25	
						257	Az-Zukhruf:26-56	
				Taleem ul Quran		258	Az-Zukhruf:57-89	
				farhathashmi.com		259	Ad-Dukhan:1-59	
						260	Al-Jathiya:1-37	

"[This is] a blessed Book which We have revealed to you, (O Muhammad), that they might reflect upon its verses and that those of understanding would be reminded." (38:29)

Lesson #	Juz' 29 (تَبَارَكَ الَّذِي)	✓	Lesson #	Juz' 30 (عَمَّ يَتَسَاءَلُونَ)	✓	Notes
291	Al-Mulk:1-30		302	An-Naba':1-40		
292	Al-Qalam:1-52		303	An-Nazi'aat:1-46		
293	Al-Haqqah:1-52		304	Abasa - At-Takwir		
294	Al-Ma'arij:1-44		305	Al-Infitar		
295	Nuh:1-28			- Al-Mutaffifin		
296	Al-Jinn:1-28		306	Al-Inshiqaq - Al-Buruj		
297	Al-Muzzammil:1-20		307	At-Tariq -		
298	Al-Muddaththir:1-56			Al-Ghashiyah (3)		
299	Al-Qiyamah:1-40		308	Al-Fajr - Al-Balad		
300	Ad-Dahr/Al-Insan:1-31		309	Ash-Shams -		
301	Al-Mursalaat:1-50			Ash-Sharh (4)		
			310	At-Tin -		
				Al-Bayyinah (4)		
			311	Al-Zalزالah -		
				At-Takathur (4)		
	Taleem ul Quran		312	Al-'Asr - Al-Ma'un (5)		
	farhathashmi.com		313	Al-Kawthar -		
				An-Naas (7)		

"And We have certainly made the Qur'an easy for remembrance, so is there any who will remember?" (154:17)