

HIFZ STAGE ONE

What to Memorise for Salaah (use Salaah book & CD)

<u>Memorisation</u>	<u>Date & Comments</u>	<u>v</u>
Takbeer		
Thana		
Ta'awuz		
Tasmiyyah		
Surah Fatiha		
In Ruku		
Standing up from Ruku		
Preparation for Sajdah		
In Sajdah		
In between Sajdahs		
Tashahud		
Durood-e-Ibrahim		
Du'a after Durood-e-Ibrahim		
Salaam		
Du'a after Salaam		
Surah Ikhlaas		
Surah Kawthar		
Du'a-e-Qunoot (For Witr Salaah after Isha)		

HIFZ STAGE TWO

Short Surahs: Juz 30 in the Qur'an (use book & memorisation CD)

<u>Memorisation</u>	<u>Surah Number</u>	<u>Date & Comments</u>	<u>v</u>
Surah Naas	114		
Surah Falaq	113		
Surah Ikhlaas	112		
Surah Lahab/Masad	111		
Surah Nasr	110		
Surah Kaafiroon	109		
Surah Kawthar	108		
Surah Maa'oon	107		
Surah Quraysh	106		
Surah Feel	105		
Surah Humazah	104		
Surah Asr	103		
Surah Takaathur	102		
Surah Qaari'ah	101		
Surah Aadiyaat	100		
Surah Zalzalah	99		

HIFZ STAGE THREE

Essential Du'as in the Life of a Muslim (use Du'a book)

<u>Memorisation</u>	<u>Date & Comments</u>	<u>v</u>
When intending to do something		
On hearing good news		
On thanking someone		
Du'a before eating		
Du'a after eating		
Du'a before sleeping		
Du'a after waking up		
Du'a when entering home		
Du'a when leaving home		
Du'a on entering the toilet		
Du'a on leaving the toilet		
Du'a before Wudu		
Du'a while making Wudu		
Du'a after Wudu		
Du'a on boarding a car/vehicle		
On sneezing		
Reacting to the Du'a on sneezing		
The sneezer's reply		
Du'a for fasting		
Du'a on breaking fast		
Du'a when looking into a mirror		
Du'a after Adhaan		
Du'a when a loss occurs		

HIFZ STAGE FOUR

Longer Surahs and Verses from the Qur'an

<u>Memorisation</u>	<u>Surah Number</u>	<u>Date & Comments</u>	<u>v</u>
Surah Baqarah verse 255 (Aayat-ul-Kursi)	2		
Surah Baqarah verses 1-7	2		
Surah Baqarah verses 284-286	2		
Surah Hashr verses 22-24	59		
Surah Bayyinah	98		
Surah Qadr	97		
Surah Alaq	96		
Surah Teen	95		
Surah Sharh	94		
Surah Duha	93		
Surah Layl	92		
Surah Shams	91		
Surah Balad	90		
Surah Fajr	89		
Surah Ghaashiyah	88		
Surah A'ala	87		
Surah Tariq	86		
Surah Burooj	85		
Surah Inshiqaaq	84		
Surah Mutaffifeen	83		
Surah Infitaar	82		
Surah Takweer	81		
Surah Abasa	80		
Surah Naaziaat	79		
Surah Naba'a	78		