



وَلَقَدْ يَسَّرْنَا الْقُرْآنَ لِلذِّكْرِ

"And We have certainly made the Qur'an easy to remember." (al-Qamar 54:17)

Steady Hifdh

A practical guide to becoming consistent in memorising the Qur'an, for students and parents.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Preface

All praise is for Allah, Lord of the worlds, and may peace and blessings be upon our Prophet Muhammad, his family and his Companions.

Memorising the Qur'an is one of the greatest things a Muslim can carry. Most students who start hifdh do not stop because it is too hard. They stop because their routine breaks: a busy week, a missed lesson, a long holiday, and the habit slips away.

This guide is about the habit. It sets out ten practical steps, used by our teachers at the Himaayah Madrasah, that help a student memorise a little every day and keep what they have memorised. It is written for students old enough to read it, and for parents guiding younger children.

How to use this guide

Read one step at a time. Each step has a text from the Qur'an or Sunnah, a short explanation, what to do, and what we learn.

Try the step for a week before adding the next one. Small changes that last are better than big changes that fade.

Use the sample week and the 4-week tracker at the end to plan and check your progress.

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أَحَبُّ الْأَعْمَالِ إِلَى اللَّهِ أَدْوَمُهَا وَإِنْ قَلَّ

“The most beloved of deeds to Allah are those done regularly, even if they are few.”

Narrated by al-Bukhārī (6464) and Muslim (783).

وَلَقَدْ يَسَّرْنَا الْقُرْآنَ لِلذِّكْرِ فَهَلْ مِنْ مُدَكِّرٍ

“And We have certainly made the Qur’an easy to remember, so is there anyone who will remember?”

Sūrat al-Qamar 54:17

Brief explanation

Allah has made the Qur’an easy to remember, and He loves the deed that is kept up, even when it is small. Together these two texts give the secret of hifdh: a small, steady effort that does not stop.

A student who memorises five lines every day for a year will have memorised far more than a student who memorises two pages on a good day and nothing for the next two weeks.

Memory is built by returning to the words again and again, not by one long session.

What we learn

1

Hifdh is a marathon, not a sprint. The goal is a routine you can keep for years.

2

A small amount every day is better, and more beloved to Allah, than a large amount now and then.

3

The Qur’an is easy to memorise for anyone who keeps returning to it. Struggling at first is normal, not a sign that you cannot do it.

Step 1

Begin with a sincere intention

إِنَّمَا الْأَعْمَالُ بِالنِّيَّاتِ، وَإِنَّمَا لِكُلِّ امْرِئٍ مَا نَوَى

“Actions are only by intentions, and every person will have only what they intended.”

Narrated by al-Bukhārī (1) and Muslim (1907).

Explanation

Intention (niyyah) is the reason in your heart for doing something. In hifdh, it is the answer to the question: why am I memorising the Qur'an?

A good intention is to memorise for the sake of Allah: to draw closer to Him, to recite His words in salah, to act on what you learn and to teach it one day. Intention is not said once and forgotten. It is renewed, especially on days when you feel tired or bored.

What to do

- 1 Write your intention in one sentence on the first page of your notebook, for example: “I am memorising the Qur'an to please Allah and to recite it in my prayers.”
- 2 Read it before you start each session, then say “Bismillah”.
- 3 When you feel like giving up, ask yourself whether the reason you started has changed. It has not.

What we learn

- | | |
|---|---|
| 1 | The reward of hifdh depends on the intention behind it, so the intention comes first. |
| 2 | Memorising to show off or to win praise empties the deed. Memorising for Allah gives it weight, even if progress is slow. |
| 3 | Renewing the intention is a tool for consistency: it reminds you why the daily effort is worth it. |

Step 2

Fix a time, a place and one mushaf

اللَّهُمَّ بَارِكْ لِأُمَّتِي فِي بُكُورِهَا

“O Allah, bless my ummah in its early mornings.”

Narrated by Abū Dāwūd (2606) and at-Tirmidhī (1212), who graded it ḥasan.

Explanation

Habits form when the same action happens at the same time and in the same place. If hifdh happens “whenever there is time”, it will rarely happen. If it happens every day after Fajr in the same corner, it becomes automatic.

The early morning is a blessed time and the mind is fresh. If mornings are impossible because of school, choose another fixed time, such as straight after ‘Asr or Maghrib, and protect it.

What to do

- 1 Choose **one fixed time** each day for new memorisation, and a second, shorter time for revision.
- 2 Choose **one quiet place**: the same chair, corner or prayer mat, away from the TV and with the phone in another room.
- 3 Memorise from **one mushaf only**, ideally the 15-line Madani print used by most teachers, where each page begins and ends with a complete verse. Your memory learns the shape of each page.
- 4 Tell your family your hifdh time so they can help you protect it.

Why one mushaf?

Many students remember where a verse sits on the page: top left, near the end of the page, after a sajdah sign. Switching between different prints breaks this picture. Keep one copy for hifdh and use it every day.

What we learn

1

A fixed time and place turn hifdh from a decision into a habit.

2

The early morning is a blessed time to learn, but any fixed time is better than a changing one.

3

Small details, like using the same mushaf, make memorising and revising easier.

Step 3 Choose a small daily portion

لَا يُكَلِّفُ اللَّهُ نَفْسًا إِلَّا وُسْعَهَا

“Allah does not burden a soul beyond what it can bear.”

Sūrat al-Baqarah 2:286

Explanation

The most common mistake is to start too big. A portion that feels easy on the first day often feels heavy by the second week. Choose an amount you can memorise well, recite without mistakes the next day, and still find time to revise.

A starting point

Student	New portion per day	Time each day
Young child (about 6 to 9)	2 to 5 lines	15 to 20 minutes
Beginner, older child or adult	About half a page	25 to 40 minutes
Steady student with a teacher	About one page	40 to 60 minutes

Your teacher will adjust this. If you cannot recite yesterday's portion without mistakes, the portion is too big: make it smaller, not your revision shorter.

How far steady effort takes you

With 5 days of new memorisation a week, using the 15-line mushaf (about 20 pages a juz and 604 pages in all):

Daily portion	Pages a week	One juz takes	The whole Qur'an takes
5 lines (a third of a page)	About $1\frac{2}{3}$	About 12 weeks	About 7 years
Half a page	$2\frac{1}{2}$	About 8 weeks	About $4\frac{1}{2}$ years
One page	5	About 4 weeks	About $2\frac{1}{3}$ years

These are rough figures before holidays and revision weeks. They show that a small portion, kept up, still reaches the end.

What we learn

1	Start smaller than you think you can manage. You can always add more later.
2	Quality first: a portion is only “memorised” when you can recite it the next day without help.
3	Even five lines a day, every day, completes the Qur’an in time. Stopping is the only thing that prevents it.

Step 4 Follow the three-part daily routine

وَرَتِّلِ الْقُرْآنَ تَرْتِيلاً

“And recite the Qur’an with measured, clear recitation.”

Sūrat al-Muzzammil 73:4

Explanation

Many Qur’an schools divide each day into three parts. Our teachers use the same idea, because new memorisation without revision is quickly lost.

Part	What it is	Share of your time
1. New lesson (sabaq)	Today’s new portion	About a third
2. Recent revision (sabqī)	The last 5 to 10 days of new lessons, recited every day until they are firm	About a third
3. Old revision (manzil)	Everything memorised before that, revised in a cycle (Step 5)	About a third

How to memorise the new lesson

- 1 **Listen** to a trusted reciter (for example al-Ḥuṣārī or al-Minshāwī) read the portion two or three times while you follow in your mushaf.

- 2 **Read it correctly** while looking, five to ten times, with the rules of tajwīd. If you are unsure of a word, ask your teacher before memorising it.
- 3 **Memorise verse by verse.** Repeat the first verse until you can say it without looking, then the second, then join the first and second, and so on.
- 4 **Recite the whole portion** from memory three times without a mistake.
- 5 **Recite it again** later the same day, in your salah or before you sleep.

Tip: link the verses

Most mistakes happen at the joins between verses, not in the middle. When you join two verses, repeat the last words of one verse with the first words of the next until the link is smooth.

What we learn

1	Every hifdh session has three parts: new lesson, recent revision and old revision.
2	Correct reading comes before memorising. A word memorised wrongly is hard to correct later.
3	Listening, reading, repeating and reciting again later in the day fix the words far better than reading alone.

Step 5 Revise more than you memorise

تَعَاهَدُوا هَذَا الْقُرْآنَ، فَوَالَّذِي نَفْسُ مُحَمَّدٍ بِيَدِهِ لَهُوَ أَشَدُّ تَفَلُّتًا مِنَ
الْإِبِلِ فِي عُقْلِهَا

“Keep refreshing your memory of this Qur’an, for by the One in whose hand is the soul of Muhammad, it escapes more quickly than camels from their tethers.”

Narrated by Muslim (791); see also al-Bukhārī (5033).

Brief explanation

The Prophet ﷺ compared the Qur'an to a camel that will wander off unless it is tied. Memorisation that is not revised slips away, often faster than we expect.

Research on memory says the same: we keep information best when we return to it at spaced intervals and test ourselves from memory, rather than re-reading it all at once.

- Revise from memory, then check. Do not simply read the page again.
- Space your revision: yesterday, a few days ago, last week, last month.
- If your revision is weak, pause new lessons for a few days and strengthen it.

A simple old-revision cycle

You have memorised	Revise each day	Full cycle every
Up to 1 juz	About a quarter of it	4 days
2 to 5 juz	Half a juz to 1 juz	5 to 7 days
6 to 15 juz	1 to 2 juz	7 to 10 days
More than 15 juz	2 to 3 juz	7 to 14 days

What we learn

- 1 Revision is not extra work. It is half of hifdh.
- 2 The more you have memorised, the more of your time goes to revision. This is normal.
- 3 Testing yourself from memory and spacing your revision keeps the Qur'an firm for life.

Step 6

Recite to a teacher every week

الْمَاهِرُ بِالْقُرْآنِ مَعَ السَّفَرَةِ الْكِرَامِ الْبَرَّةِ، وَالَّذِي يَقْرَأُ الْقُرْآنَ
وَيَتَتَعْتَعُ فِيهِ وَهُوَ عَلَيْهِ شَاقٌّ لَهُ أَجْرَانِ

“The one who is skilled in the Qur’an will be with the noble, righteous scribes (the angels), and the one who recites the Qur’an and stumbles over it, finding it difficult, will have two rewards.”

Narrated by Muslim (798); see also al-Bukhārī (4937).

Explanation

Jibrīl عليه السلام used to review the Qur’an with the Prophet ﷺ once every year, and twice in the year he passed away (narrated by al-Bukhārī, 4998). Reciting to someone who knows the Qur’an is how it has been passed down, generation after generation.

A teacher hears mistakes you cannot hear yourself, corrects your tajwīd and keeps you accountable. Knowing that you will recite on a fixed day is one of the strongest reasons to keep going.

What to do

- 1 Recite your new lessons and some revision to a qualified teacher at least once a week, live or online.
- 2 Write down every mistake the teacher corrects, with the page and line, and revise those places first next time.
- 3 Between lessons, recite to a parent or sibling who can follow in the mushaf.

What we learn

- | | |
|---|--|
| 1 | The Qur’an is learned from a teacher, as the Prophet ﷺ reviewed it with Jibrīl. |
| 2 | Struggling is rewarded: the one who finds it hard but keeps going has two rewards. |
| 3 | A fixed recitation day keeps you accountable and consistent. |

Step 7**Use what you memorise in your salah**

فَاقْرَءُوا مَا تَيَسَّرَ مِنَ الْقُرْآنِ

“So recite what is easy for you of the Qur’an.”

Sūrat al-Muzzammil 73:20

Explanation

The best place to revise is in salah. Every rak‘ah is a chance to recite from memory without a mushaf, and verses recited in prayer stay firm. It also turns hifdh from a school subject into worship.

What to do

- Recite your newest sūrahs in your sunnah prayers, such as the two rak‘ahs before Fajr, after Ṣuḥr and after Maghrib.
- Each week, choose one older portion to recite in your prayers so it does not fade.
- If you pray at night, even two short rak‘ahs before Witr are a strong time for revision.
- Listen to your memorised portions on the way to school or while doing chores, and say them along quietly.

What we learn**1**

Salah is the natural home of hifdh: it gives you five or more revision times every day.

2

Reciting from memory in prayer tests your hifdh without any extra time.

3

Listening during the day adds many small revisions at no cost.

Step 8

Track your progress and keep a streak

وَأَنْ لَّيْسَ لِلْإِنْسَانِ إِلَّا مَا سَعَىٰ وَأَنَّ سَعْيَهُ سَوْفَ يُرَىٰ

“And that there is nothing for a person except what they strive for, and that their striving will be seen.”

Sūrat an-Najm 53:39–40

Explanation

What gets written down gets done. A simple record shows you how far you have come, makes a missed day visible, and gives you the satisfaction of an unbroken chain.

What to do

- 1 Use the 4-week tracker at the end of this guide, or a notebook. Each day, tick the three parts: new lesson, recent revision, old revision.
- 2 Write the page or verses you memorised so your teacher can see your progress.
- 3 Count your streak: the number of days in a row you have done your routine. Aim to beat your record.
- 4 Himaayah students can also use the free **Daily revision** tracker at himaayahschools.com/tracker.html.

Celebrate milestones

Finishing a sūrah, a ḥizb or a juz deserves a celebration: a small treat, a family meal, or reciting it to grandparents. Celebrate the effort, not only the result.

What we learn

- 1 A written record turns effort into visible progress.
- 2 A streak is a simple, powerful motivator, for children and adults alike.
- 3 Celebrating milestones keeps motivation high over a long journey.

Step 9

When you miss a day, restart small

وَالَّذِينَ جَاهَدُوا فِينَا لَنَهْدِيَنَّهُمْ سُبُلَنَا

“And those who strive for Us, We will surely guide them to Our ways.”

Sūrat al-‘Ankabūt 29:69

Brief explanation

Every student misses days: illness, exams, travel, guests. Missing one day is not the problem. The problem is the thought, “I have already broken my routine, so there is no point now,” which turns one missed day into a missed month.

Allah promises to guide those who keep striving. Striving does not mean never falling. It means getting up again.

What to do

- 1 **Never miss twice.** If you missed yesterday, do something today, even if it is only five minutes of revision.
- 2 After a long break, **start with revision only** for a few days before adding new lessons.
- 3 Make the portion smaller for the first week back, then build up again.
- 4 Ask Allah for help and for firmness, and do not compare yourself with others.

What we learn

1

One missed day is normal. Two missed days is the start of a new habit, so always come back the next day.

2

Restarting small after a break protects what you have memorised.

3

Consistency is not perfection. It is returning, again and again.

Step 10

For parents: how to help

خَيْرُكُمْ مَنْ تَعَلَّمَ الْقُرْآنَ وَعَلَّمَهُ

“The best of you are those who learn the Qur’an and teach it.”

Narrated by al-Bukhārī (5027).

Explanation

Children rarely keep a routine on their own. A parent who protects the hifdh time, listens to recitation and praises effort is the biggest single reason a child stays consistent.

What to do

- **Protect the time.** Keep hifdh time free of screens, visitors and chores.
- **Listen daily.** Spend five minutes listening to your child recite, following in the mushaf, even if you are still learning yourself.
- **Praise effort, not only speed.** Say “You worked hard on that page” rather than “You are so clever”. Effort-praise builds persistence.
- **Do not compare** your child with siblings or classmates. Compare them only with where they were last month.
- **Be an example.** Let your children see you reading or revising the Qur’an.
- **Stay in touch with the teacher.** Ask what to revise at home and check the student dashboard each week.

What we learn

- 1 Parents are partners in hifdh: the teacher teaches, the home keeps it going.
- 2 Praising effort and avoiding comparison help children keep going when it gets hard.
- 3 Teaching and supporting the Qur’an is itself among the best of deeds.

Plan

A sample week

An example for a student memorising half a page a day, about 35 to 40 minutes a day. Adjust it with your teacher.

Day	New lesson	Recent revision	Old revision
Monday	Half a page	Last 7 lessons	Quarter of a juz
Tuesday	Half a page	Last 7 lessons	Quarter of a juz
Wednesday	Half a page	Last 7 lessons	Quarter of a juz
Thursday	Half a page	Last 7 lessons	Quarter of a juz
Friday	No new lesson	This week's 4 lessons, joined together	Sūrat al-Kahf and a quarter of a juz
Saturday	Half a page	Last 7 lessons	Quarter of a juz
Sunday	Rest or catch up	Recite the week to a parent or teacher	Anything marked weak

Track

Your 4-week tracker

Tick a day when you have done all three parts of your routine. Write your streak and any notes in the last column.

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Streak and notes
Week 1	☐	☐	☐	☐	☐	☐	☐	
Week 2	☐	☐	☐	☐	☐	☐	☐	
Week 3	☐	☐	☐	☐	☐	☐	☐	
Week 4	☐	☐	☐	☐	☐	☐	☐	

My intention:

Started on: Teacher:

Activities

1 Write your intention for memorising the Qur'an in one or two sentences.

.....

.....

2 What fixed time and place will you use for hifdh? What might get in the way, and how will you protect it?

.....

.....

3 How much will you memorise each day for the next four weeks? Ask your teacher if it is the right amount.

.....

.....

4 Describe your plan for the day after you miss your routine.

.....

.....

Du'ā' Ask Allah for help

رَبِّ اشْرَحْ لِي صَدْرِي وَيَسِّرْ لِي أَمْرِي وَاحْلُلْ عُقْدَةً مِّنْ
لِّسَانِي يَفْقَهُوا قَوْلِي

“My Lord, expand my chest for me, ease my task for me, and untie the knot from my tongue, so that they may understand my speech.”

Sūrat Ṭā Hā 20:25–28

وَقُلْ رَبِّ زِدْنِي عِلْمًا

“And say: My Lord, increase me in knowledge.”

Sūrat Ṭā Hā 20:114

- *The Noble Qur'an*.
- *Ṣaḥīḥ al-Bukhārī*, Muḥammad ibn Ismā'īl al-Bukhārī: ḥadīth 1, 4937, 4998, 5027, 5033, 6464.
- *Ṣaḥīḥ Muslim*, Muslim ibn al-Ḥajjāj: ḥadīth 783, 791, 798, 1907.
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- Cepeda, N. J., et al. (2006). Distributed practice in verbal recall tasks: A review and quantitative synthesis. *Psychological Bulletin*, 132(3), 354–380.
- Roediger, H. L., & Karpicke, J. D. (2006). Test-enhanced learning: Taking memory tests improves long-term retention. *Psychological Science*, 17(3), 249–255.

Learn with the Himaayah Madrasah

Live Qur'an, hifdh and Islamic studies classes on Google Meet and Telegram, in small groups or one to one, with weekly recitation to a teacher and a student dashboard for parents.

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WhatsApp: +234 704 722 6487

وَمَا تَوْفِيقِي إِلَّا بِاللَّهِ

“And my success is only through Allah.” (Hūd 11:88)

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Memorise a little, every single day.

This free guide from the Himaayah Madrasah shows students and parents how to build a hifdh routine that lasts: a fixed time, a small daily portion, steady revision and a teacher to recite to.

- Renew your intention and keep it sincere
- Set a fixed time, a fixed place and one mushaf
- Follow the daily three-part routine: new lesson, recent revision, old revision
- Recite to a teacher every week and track your streak
- Get back on track quickly after a missed day



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