Thirty days through Juz 'Amma

A gentle, one-month reading plan for anyone starting a daily habit. Each day pairs a short surah with one reflection prompt. Read the Arabic you can, then read the meaning.

How to use this plan

Set a fixed time and place. Attach it to a prayer: after Fajr, or before 'Isha'.
Read the surah in the reader at birhanacademy.com, with the translation open.
Write one line in response to the prompt. One line is enough.
If you miss a day, continue where you stopped. Do not restart.

The plan

Day	Surah	Reflection prompt
1	Al-Fatihah	Whose voice do you hear when you say 'Guide us'?
2	An-Nas	Where do you notice whispers that pull you away?
3	Al-Falaq	Name one fear you can place in Allah's protection.
4	Al-Ikhlas	What changes if Allah alone is enough?
5	Al-Masad	How does wealth fail us when it becomes the goal?
6	An-Nasr	Where has help arrived in your life unearned?
7	Al-Kafirun	What do you need to stop compromising?
8	Al-Kawthar	What small gift have you been given in abundance?
9	Al-Ma'un	Who near you needs something practical this week?
10	Quraysh	What security are you quietly taking for granted?
11	Al-Fil	Where has strength failed, in your own story?
12	Al-Humazah	Which habit of yours would you not want counted?
13	Al-'Asr	What is costing you time without giving back?
14	At-Takathur	What are you accumulating instead of living?
15	Al-Qari'ah	What would change if today were the Day?
16	Al-'adiyat	What are you racing toward?
17	Az-Zalzalah	Whose small kindness did you dismiss?
18	Al-Bayyinah	What would sincere worship look like tomorrow?
19	Al-Qadr	What would you ask for in the last third of the night?
20	Al-'Alaq	What are you learning that brings you closer?
21	At-Tin	How do you treat your own created dignity?
22	Ash-Sharh	Where has difficulty opened a door?
23	Ad-duha	Who feels abandoned that you could visit?
24	Al-Layl	Where are you holding back, and why?
25	Ash-Shams	What would a purified heart choose today?
26	Al-Balad	Which steep path are you avoiding?
27	Al-Fajr	What does a settled heart need each morning?

28	Al-Ghashiyah	What are you chasing that will not satisfy?
29	Al-A'la	What should you release to make room for growth?
30	An-Naba'	What does believing in the Return change today?

This plan follows the short surahs of the final juz' in reverse order of the mushaf, beginning with Al-Fatihah - a traditional order for new readers. Ayat numbers and translations are in the reader.