GROW YOUR SOUL · READING PLAN

57-Day Overview

The whole Quran, about twelve minutes a day.

Every day on this plan is roughly the same length, about 2,500 words of English, which is twelve minutes at an ordinary reading pace. The days are sized by reading time and not by verse count, so the later days cover many more chapters in the same sitting.

Please read the day's passage first. Then read the question, go back into the passage with it, and write one sentence. That is the whole method, and it takes about ninety seconds more than reading alone.

Missing a day is normal. Please pick up where you left off. Going back to day one because we missed day nine is how plans end.

Day	Read	What is in it	One question
Day 1	**1:1 – 2:85**	The Key, then the opening of The Heifer	The Key is a prayer. What am I actually asking for when I say it?
Day 2	**2:86 – 2:153**	The Heifer	Abraham prays here for the people who come after him. What does he ask for them?
Day 3	**2:154 – 2:219**	The Heifer	2:177 says what righteousness is. How much of that list is about other people?
Day 4	**2:220 – 2:268**	The Heifer	What is said here about giving, and about reminding people afterwards that I gave?
Day 5	**2:269 – 3:52**	The Heifer, into The Amramites	What is said about lending money and expecting more back?
Day 6	**3:53 – 3:143**	The Amramites	What does God say about arguing with people who were given scripture before?
Day 7	**3:144 – 4:11**	The Amramites, into The Women	The Women opens with orphans before anything else. What does that order say?
Day 8	**4:12 – 4:77**	The Women	What is asked here about being fair when being fair costs me something?
Day 9	**4:78 – 4:143**	The Women	What is said about people who say one thing in company and another alone?
Day 10	**4:144 – 5:28**	The Women, into The Feast	The Feast opens by telling us to fulfil our covenants. Which of mine am I carrying?
Day 11	**5:29 – 5:92**	The Feast	What reason is given for why killing one person is like killing everyone?
Day 12	**5:93 – 6:45**	The Feast, into The Livestock	How does God answer the people who demanded a miracle before believing?
Day 13	**6:46 – 6:119**	The Livestock	6:59 says not a leaf falls without His knowledge. What does that change about an ordinary day?
Day 14	**6:120 – 7:28**	The Livestock, into The Purgatory	What exactly does the devil say he will do, and from which directions?
Day 15	**7:29 – 7:113**	The Purgatory	Each community says almost the same thing to the messenger sent to it. What?

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Day 16	**7:114 – 7:189**	The Purgatory	The magicians change their minds in a single moment. What had they just seen?
Day 17	**7:190 – 8:71**	The Purgatory, into The Spoils of War	7:205 gives four ways to remember God. Which one do I never use?
Day 18	**8:72 – 9:64**	The Spoils of War, into Ultimatum	What is said here about a promise made and then broken?
Day 19	**9:65 – 10:5**	Ultimatum, into Jonah	The sun and the moon are given for counting time. What is time itself for?
Day 20	**10:6 – 10:90**	Jonah	Pharaoh believes at the very last moment. What answer does he get?
Day 21	**10:91 – 11:66**	Jonah, into Hood	Noah asks God for his son and is refused. What reason is he given?
Day 22	**11:67 – 12:36**	Hood, into Joseph	Joseph's father tells him not to tell his brothers the dream. Why not?
Day 23	**12:37 – 13:6**	Joseph, into The Thunder	In prison Joseph is asked to interpret a dream. What does he say before he answers?
Day 24	**13:7 – 14:37**	The Thunder, into Abraham	13:28 says hearts rejoice by remembering God. When did mine last?
Day 25	**14:38 – 16:39**	Abraham, The Hijr Valley, into The Bee	The Bee begins listing what we have been given. What is named first?
Day 26	**16:40 – 17:2**	The Bee, into The Children of Israel	16:125 says to debate in the best possible manner. When did I last fail that?
Day 27	**17:3 – 17:97**	The Children of Israel	The commandments run from 17:22. Which one is placed first, and why might that be?
Day 28	**17:98 – 18:71**	The Children of Israel, into The Cave	The man with two gardens says one sentence that undoes him. Which one?
Day 29	**18:72 – 19:84**	The Cave, into Mary	Moses is told at the start that he will not be able to be patient. Was he?
Day 30	**19:85 – 20:127**	Mary, into T-H	20:14 gives the reason for the prayer in a few words. What is it?
Day 31	**20:128 – 22:1**	T-H, The Prophets, into The Pilgrimage	21:107 says why the messenger was sent. What is the word used?
Day 32	**22:2 – 22:78**	The Pilgrimage	22:37 says what reaches God, and what does not. Which is which?
Day 33	**23:1 – 24:28**	The Believers, into The Light	23:1-11 lists what the successful ones do. Which am I furthest from?
Day 34	**24:29 – 25:37**	The Light, into The Statute Book	24:35 is a picture rather than a statement. Why a lamp, and not a fire?
Day 35	**25:38 – 26:158**	The Statute Book, into The Poets	25:63 says what the worshippers do when spoken to badly. Could I?

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Day 36	**26:159 – 27:78**	The Poets, into The Ant	Solomon's reaction when he overhears the ant is not the obvious one. What is it?
Day 37	**27:79 – 28:73**	The Ant, into The History	Moses' mother is told to put him in the river. What is she promised?
Day 38	**28:74 – 30:8**	The History, The Spider, into The Romans	The spider's house is named the flimsiest of all. What is it a picture of?
Day 39	**30:9 – 32:5**	The Romans, Luqmaan, into Prostration	Luqman tells his son one thing before anything else. What is it?
Day 40	**32:6 – 33:54**	Prostration, into The Parties	33:35 names men and women ten times over. What is promised to both?
Day 41	**33:55 – 35:12**	The Parties, Sheba, into Initiator	33:72 says everything else refused a responsibility and the human took it. Which one?
Day 42	**35:13 – 37:11**	Initiator, Y-S, into The Arrangers	What is said in these chapters about the moment a person dies?
Day 43	**37:12 – 38:59**	The Arrangers, into S	Abraham tells his son about the dream and asks him. What does the son answer?
Day 44	**38:60 – 40:2**	S, into The Throngs	39:53 is the widest promise of forgiveness in the book. Who is it addressed to?
Day 45	**40:3 – 41:13**	Forgiver, into Detailed	40:60 is a command to ask. What is promised, and what is warned?
Day 46	**41:14 – 42:47**	Detailed, into Consultation	41:34 says to answer badness with what is better. What is said to happen then?
Day 47	**42:48 – 45:23**	Consultation, The Ornaments, The Smoke, into The Kneeling	What is said about a person who takes his own desire as his god?
Day 48	**45:24 – 47:20**	The Kneeling, The Dunes, into Muhammed	46:15 is a prayer said at forty. What does it ask for?
Day 49	**47:21 – 50:24**	Muhammed, Victory, The Walls, into Q	49:12 forbids three things about other people. Which of them do I do?
Day 50	**50:25 – 54:32**	Q, Driver of the Winds, into The Moon	51:56 says why we were created. Is that what my day is for?
Day 51	**54:33 – 57:26**	The Moon, The Gracious, The Inevitable, into Iron	One question is repeated through The Gracious. What is it asking me to do?
Day 52	**57:27 – 60:12**	Iron, The Debate, The Exodus, into The Test	59:22-24 runs through the names of God. Which one is new to me?
Day 53	**60:13 – 66:12**	The Test, Friday, The Hypocrites, into Prohibition	62:9 says to drop all business. What do I not drop?
Day 54	**67:1 – 72:8**	Kingship, The Pen, Noah, into Jinns	67:2 says death and life were created to distinguish something. What?
Day 55	**72:9 – 78:35**	Jinns, Cloaked, Resurrection, The Human, into The Event	76:3 says the two paths were shown. What follows from that?

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Day 56	**78:36 – 90:8**	The Event, through the short suras	The chapters get shorter here and the sound changes. What is it doing?
Day 57	**90:9 – 114:6**	The Town, to the end	Reading the last chapters in one sitting, what is repeated most?

Every verse on this plan can be read at growyoursoul.info/quran/read, in the same text this plan was built from, with the Arabic beneath each verse.