

The Spiritual textreading of today

Hizb Number:	1st Quarter	2nd Quarter	3rd Quarter	4th Quarter					
					16	30 (7:1-7:30)	16 (7:31-7:46)	18 (7:47-7:64)	23 (7:65-7:87)
1	32 (1:1-2:25)	18 (2:26-2:43)	16 (2:44-2:59)	15 (2:60-2:74)	17	29 (7:88-7:116)	25 (7:117-7:141)	14 (7:142-7:155)	15 (7:156-7:170)
2	17 (2:75-2:91)	14 (2:92-2:105)	18 (2:106-2:123)	18 (2:124-2:141)	18	18 (7:171-7:188)	18 (7:189-7:206)	21 (8:1-8:21)	19 (8:22-8:40)
3	16 (2:142-2:157)	19 (2:158-2:176)	12 (2:177-2:188)	14 (2:189-2:202)	19	20 (8:41-8:60)	15 (8:61-8:75)	18 (9:1-9:18)	15 (9:19-9:33)
4	16 (2:203-2:218)	14 (2:219-2:232)	10 (2:233-2:242)	10 (2:243-2:252)	20	12 (9:34-9:45)	14 (9:46-9:59)	15 (9:60-9:74)	18 (9:75-9:92)
5	10 (2:253-2:262)	9 (2:263-2:271)	11 (2:272-2:282)	18 (2:283-3:14)	21	18 (9:93-9:110)	11 (9:111-9:121)	18 (9:122-10:10)	15 (10:11-10:25)
6	18 (3:15-3:32)	19 (3:33-3:51)	23 (3:52-3:74)	18 (3:75-3:91)	22	27 (10:26-10:52)	18 (10:53-10:70)	19 (10:71-10:89)	25 (10:90-11:5)
7	20 (3:92-3:112)	20 (3:113-3:132)	20 (3:133-3:152)	18 (3:153-3:170)	23	18 (11:6-11:23)	17 (11:24-11:40)	20 (11:41-11:60)	23 (11:61-11:83)
8	15 (3:171-3:185)	15 (3:186-3:200)	11 (4:1-4:11)	12 (4:12-4:23)	24	24 (11:84-11:107)	22 (11:108-12:6)	23 (12:7-12:29)	23 (12:30-12:52)
9	12 (4:24-4:35)	22 (4:36-4:57)	16 (4:58-4:73)	14 (4:74-4:87)	25	24 (12:53-12:76)	24 (12:77-12:100)	15 (12:101-13:4)	14 (13:5-13:18)
10	12 (4:88-4:99)	14 (4:100-4:113)	21 (4:114-4:134)	13 (4:135-4:147)	26	16 (13:19-13:34)	18 (13:35-14:9)	18 (14:10-14:27)	25 (14:28-14:52)
11	15 (4:148-4:162)	14 (4:163-4:176)	11 (5:1-5:11)	15 (5:12-5:26)	27	48 (15:1-15:48)	51 (15:49-15:99)	29 (16:1-16:29)	21 (16:30-16:50)
12	14 (5:27-5:40)	10 (5:41-5:50)	16 (5:51-5:66)	15 (5:67-5:81)	28	24 (16:51-16:74)	15 (16:75-16:89)	21 (16:90-16:110)	18 (16:111-16:128)
13	15 (5:82-5:96)	12 (5:97-5:108)	24 (5:109-6:12)	23 (6:13-6:35)	29	22 (17:1-17:22)	27 (17:23-17:49)	20 (17:50-17:69)	29 (17:70-17:98)
14	23 (6:36-6:58)	15 (6:59-6:73)	21 (6:74-6:94)	16 (6:95-6:110)	30	29 (17:99-18:16)	15 (18:17-18:31)	19 (18:32-18:50)	24 (18:51-18:74)
15	16 (6:111-6:126)	14 (6:127-6:140)	10 (6:141-6:150)	15 (6:151-6:165)					

31	24 (18:75-18:98)	33 (18:99-19:21)	37 (19:22-19:58)	40 (19:59-19:98)	46	58 (37:145-38:20)	31 (38:21-38:51)	44 (38:52-39:7)	24 (39:8-39:31)
32	54 (20:1-20:54)	28 (20:55-20:82)	28 (20:83-20:110)	25 (20:111-20:135)	47	21 (39:32-39:52)	23 (39:53-39:75)	20 (40:1-40:20)	20 (40:21-40:40)
33	28 (21:1-21:28)	22 (21:29-21:50)	32 (21:51-21:82)	30 (21:83-21:112)	48	25 (40:41-40:65)	28 (40:66-41:8)	16 (41:9-41:23)	22 (41:24-41:46)
34	18 (22:1-22:19)	19 (22:20-22:37)	22 (22:38-22:59)	19 (22:60-22:78)	49	20 (41:47-42:12)	14 (42:13-42:26)	24 (42:27-42:50)	26 (42:51-43:23)
35	35 (23:1-23:35)	39 (23:36-23:74)	44 (23:75-23:118)	20 (24:1-24:20)	50	33 (43:24-43:56)	49 (43:57-44:16)	54 (44:17-45:11)	26 (45:12-45:37)
36	14 (24:21-24:34)	18 (24:35-24:52)	12 (24:53-24:64)	20 (25:1-25:20)	51	20 (46:1-46:20)	24 (46:21-47:9)	23 (47:10-47:32)	23 (47:33-48:17)
37	32 (25:21-25:52)	25 (25:53-25:77)	51 (26:1-26:51)	59 (26:52-26:110)	52	12 (48:18-48:29)	13 (49:1-49:13)	31 (49:14-50:26)	49 (50:27-51:31)

38	70 (26:111-26:180)	47 (26:181-26:227)	26 (27:1-27:26)	29 (27:27-27:55)
39	26 (27:56-27:81)	23 (27:82-28:11)	17 (28:12-28:28)	22 (28:29-28:50)
40	25 (28:51-28:75)	13 (28:76-28:88)	25 (29:1-29:25)	20 (29:26-29:45)
41	24 (29:46-29:69)	30 (30:1-30:30)	23 (30:31-30:53)	28 (30:54-31:21)
42	23 (31:22-32:10)	20 (32:11-32:30)	17 (33:1-33:17)	13 (33:18-33:30)
43	20 (33:31-33:50)	9 (33:51-33:59)	23 (33:60-34:9)	14 (34:10-34:23)
44	22 (34:24-34:45)	23 (34:46-35:14)	26 (35:15-35:40)	32 (35:41-36:27)
45	32 (36:28-36:59)	45 (36:60-37:21)	61 (37:22-37:82)	62 (37:83-37:144)

Holy Reading

**Week 1-42: Hizb Q1 Q2 Q3 Q4 (Mo-Th)
Sura +50 (Fr)**

**Week 43-52: Hizb Q1 Q2 Q3 Q4 (Mo-Th)
Suras +50 +60 (Fr)**

Parashat HaShavua (Sa) +~12

Genesis	Exodus	Leviticus	Numbers	Deuteronomy
1 Bereshit	Shemot	Vayikra	Bamidbar	Devarim
Noach	Vaera	Tzav	Nasso	Vaetchanan
Lech-Lecha	Bo	Shmini	Beha'alotcha	Eikev
Vayera	Beshalach	Tazria)	Sh'lach	Re'eh
Chayei Sara	Yitro	Metzora)	Korach	Shoftim
Toldot	Mishpatim	Achrei Mot)	Chukat)	Ki Teitzei
Vayetzei	Terumah	Kedoshim)	Balak)	Ki Tavo
Vayishlach	Tetzaveh	31 Emor	41 Pinchas	51 Nitzavim)
Vayeshev	21 Ki Tisa	Behar)	Matot)	Vayeilech)
Miketz	Vayakhel)	Bechukotai)	Masei)	Ha'Azinu
11 Vayigash	Pekudei)			Vezot Haberakhah
Vayeichi				

Portion GospelWeek (Su)

MATTHEW

MAT 1 MAT 2 MAT 3 MAT 4 MAT 5 MAT 6 MAT 7 MAT 8 MAT 9 MAT 10 +10

MARK

MAR 1 MAR 2 MAR 3 MAR 4 MAR 5 MAR 6 MAR 7 MAR 8 MAR 9 MAR 10 +10

LUKE

LUK 1 LUK 2 LUK 3 LUK 4 LUK 5 LUK 6 LUK 7 LUK 8 LUK 9 LUK 10 +10

JOHN

JOH 1 JOH 2 JOH 3 JOH 4 JOH 5 JOH 6 JOH 7 JOH 8 JOH 9 JOH 10 JOH 11 JOH 12 JOH 13 JOH 14 JOH 15 JOH 16 JOH 17 JOH 18 JOH 19 JOH 20 JOH 21 LUK 25 LUK 26

Volume 6, Book 61, Number 534:

Narrated Abu Said Al-Khudri:

The Prophet said to his companions, "Is it difficult for any of you to recite one third of the Qur'an in one night?" This suggestion was difficult for them so they said, "Who among us has the power to do so, O Allah's Apostle?" Allah Apostle replied: " Allah (the) One, the Self-Sufficient Master Whom all creatures need.' (Surat Al-Ikhlās 112.1--to the End) is equal to one third of the Qur'an."

Volume 6, Book 61, Number 535:

Narrated 'Aisha:

Whenever Allah's Apostle became sick, he would recite Mu'awwidhat (Surat Al-Falaq and Surat An-Nas) and then blow his breath over his body. When he became seriously ill, I used to recite (these two Suras) and rub his hands over his body hoping for its blessings.

Volume 6, Book 61, Number 536:

Narrated 'Aisha:

Whenever thy Prophet go went to bed every night, he used to cup his hands together and blow over it after reciting Surat Al-Ikhlās, Surat Al-Falaq and Surat An-Nas, and then rub his hands over whatever parts of his body he was able to rub, starting with his head, face and front of his body. He used to do that three times.

Audio

Holy 31-52 (Fr)

<https://www.le-coran.com/coran-en-phonetique/>

Parashat

<https://duckduckgo.com/?q=kjv+audio&t=brave&ia=web>

<https://drive.google.com/file/d/1w9mdU2IVG1fYHYFihpUEQ8BAqX7wjzn/view?usp=drivesdk>

Portion

<https://www.google.com/search?q=kjv%20audio&ie=utf-8&oe=utf-8>

https://drive.google.com/file/d/1QgtFTuRBhSpuCstfR_cfAAcU-vTUIbld/view?usp=drivesdk

In Nativitate

<https://audiomack.com/hilariusaufniensis/playlist/le-quattro-stagioni>

Sálmar afternoon

Week 1-50 +50X / +400 (742=392)

<https://kvf.fo/atrunadur/salmar>

Week 51 & 52=351-364 / +14&28

<https://skeyk.fo/salmabok>