

Starting Hifz as an Adult: A Realistic Guide

Ustadh Omar Farooq | Quranic Studies | LearnYourWay

The most common thing I hear from new students is: 'I wish I had done this as a child.' The second most common, six months later, is: 'I wish I had started earlier as an adult.'

Adults bring real advantages: discipline, pattern recognition, and understanding of meaning, which anchors memory. What adults usually lack is a system, so here is the one I teach.

First, memorize less than you think you can. Three to five lines daily, done every day, beats a page on weekends. Consistency is the entire engine.

Second, separate new memorization from revision, and protect revision time first. A workable ratio is one part new to two parts review. The students who quit are almost always the ones who stopped reviewing.

Third, recite to a teacher weekly. Self-correction has a ceiling; a qualified ear catches what you cannot hear in yourself.

Start with Juz Amma, where verses are short and familiar from prayer. Our twelve-week course walks this exact path with accountability built in.