

Rewind and reflect

Episode 2

THE
NOME
I NEED

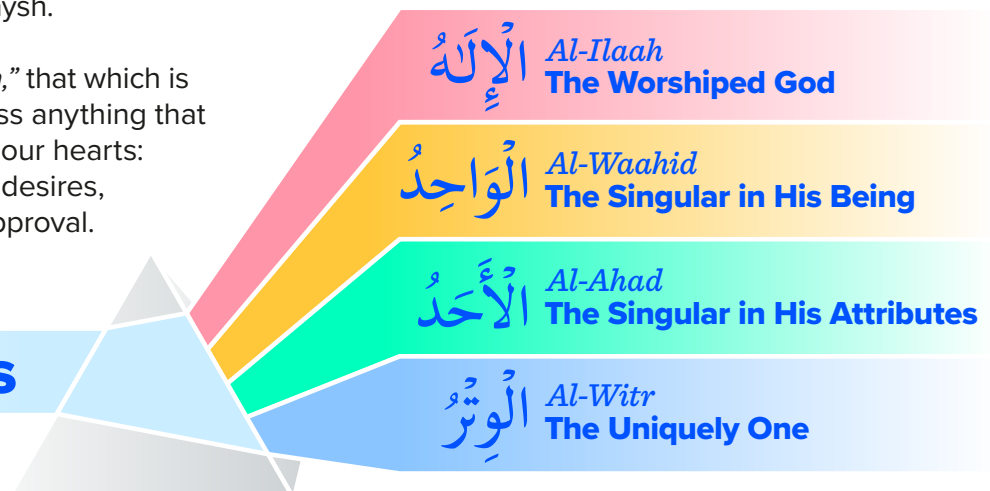
Oneness

Allah designed the human heart to worship only One God, **Al-Ilaah, (The Worshipped God)**. *Shirk* (associating partners with Allah) did not arise from reason, but from human insecurity and misplaced desire. People turned to idols and nature, and even weaponized religion for power and personal gain. The declaration “*La ilaha illa Allah*” was both a theological truth and a spiritual revolution that shattered the false gods of Quraysh.

Today, the word “*ilaaah*,” that which is sought, can encompass anything that claims dominion over our hearts: careers, wealth, base desires, popularity, or social approval.

Allah’s beautiful names **Al-Waahid (The Singular in His Being)**, **Al-Ahad (The Singular in His Attributes)**, and **Al-Witr (The Uniquely One)** emphasize His absolute oneness and utter incomparability. Yet this oneness does not distance us from Allah; rather, it draws us closer. He is near and accessible to every sincere seeker.

Oneness



Conversation prompt

We live in an age of infinite options—multiple news sources, countless relationships, endless entertainment, various “experts” to consult—yet Allah says **He didn’t give us two hearts.**

What does it feel like when your heart is genuinely pulled in only one, clear direction versus when it’s pulled in many directions at once? How do you even notice the difference?

Reflection

Give yourself the **Two-Heart Test**: review your day and identify one moment when your heart felt genuinely divided. Maybe you wanted to pray but also kept scrolling, or you felt torn between pleasing Allah and pleasing people.

- 1 **Ask yourself:** If Allah didn’t give me two hearts, which direction did my one heart choose in that moment? What can I do tomorrow to make it simpler?
- 2 **Before sleeping, reflect:** What did you do differently that helped your heart feel less pulled in different directions?

DIY *du'a* builder

Build **your own *du'a*** by filling in **the Name you need**, its meaning to you, and how you're calling upon Allah to meet a personal need.

O Allah, You are [the Name] _____
the One who _____

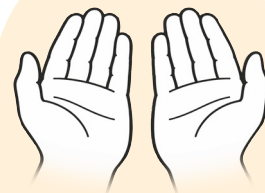
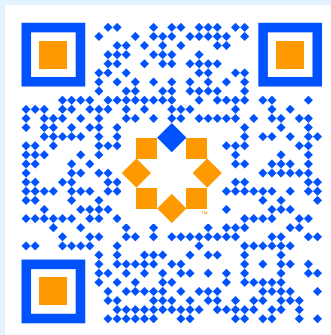
Please help me with _____

Example:

O Allah, You are **Al-Ahad**, the One who is utterly unique and incomparable. Help me stop measuring my worth against others just as You created each soul with a unique purpose that cannot be replicated or compared.

We would love to hear from you

Please complete this brief survey to help us improve our discussion guides. All responses will remain confidential. Thank you for sharing your thoughts—may Allah guide us to the best possible Ramadan experience. Click here or scan this QR code.



Du'a from the Qur'an

Declaring devotion to Allah

قُلْ إِنَّ صَلَاتِي وَنُسُكِي وَمَحْيَايَ وَمَمَاتِي لِلَّهِ رَبِّ الْعَالَمِينَ . لَا شَرِيكَ لَهُ وَبِذَلِكَ أُمِرْتُ وَأَنَا أَوَّلُ الْمُسْلِمِينَ .

*Say, 'Indeed, my prayer, my rites of sacrifice, my living, and my dying are for Allah, Lord of the worlds. **No partner has He.** And this I have been commanded, and I am the first [among you] of the Muslims.'*

[From Surah al-An'am, 6:162–163]