

Rewind and reflect

Episode 3

THE
NOME
INEED

Guidance

Allah tells us that all people are astray except those He guides, yet He calls Himself **Al-Haady (The Guide)**, never al-Mudill (The Misguider). When people keep turning away, misguidance is actually His justice, the result of their choices. However, when people turn toward Allah, guidance is His gift to them.

Al-Haady gave guidance to every created thing. Atoms stay in their orbits, babies instinctively nurse, and birds migrate without compasses. In the same way, Allah guides humans through revelation, our natural disposition (*fitrah*), and signs in the world around us. When guidance is acted upon, it becomes *rushd*: doing what is right begins to feel natural, and faith becomes beloved in the heart. Allah as **An-Nur (The Light)** brings people out of darkness and into light, while **Al-Mubeen (The Evident)** makes truth clear. Still, people may perceive truth differently depending on the state of their hearts. As **Ar-Rasheed (The Director)**, Allah guides creation with wisdom and purpose, directing all affairs toward what is right and beneficial.



Conversation prompt

Were there moments in your life when you felt completely lost about a decision—whether in a friendship, career, or personal struggle—and something eventually brought you clarity?

Was it a sudden realization, a gradual process, or did it feel like help came from outside? Was your sense of having been “guided” something you actively pursued, or did it feel like it came to you when you were ready?

Reflection

Think of one moment when you felt pulled toward something you knew was not good for you. This could be scrolling mindlessly, avoiding a difficult conversation, gossiping, or delaying prayer. Reflect on the following questions:

- 1 In that moment, what signs or inner nudges did you feel trying to guide you back? Did you sense discomfort, guilt, or a quiet voice reminding you of what was right?
- 2 Looking back, how might that struggle have been directing you toward growth or self-awareness? What lesson about yourself or your relationship with Allah did this moment reveal?

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 _____

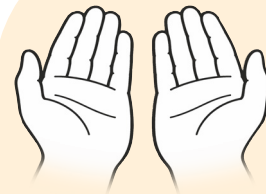
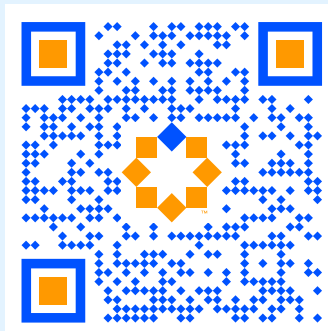
Please help me with _____

Example:

O Allah, You are **Al-Haady**, the One who guides to the Straight Path. Help me navigate this major life decision just as You guided the prophets ﷺ.

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

Du'a for steadfastness

رَبَّنَا لَا تُغْ فُؤُوبَنَا بَعْدَ إِذْ هَدَيْتَنَا وَهَبْ لَنَا
مِنْ لَدُنْكَ رَحْمَةً إِنَّكَ أَنْتَ الْوَهَّابُ

*Our Lord, do not let our hearts deviate after **You have guided us** and grant us mercy from Yourself. Indeed, You are the Bestower.*

[Surah Ali 'Imran, 3:8]