

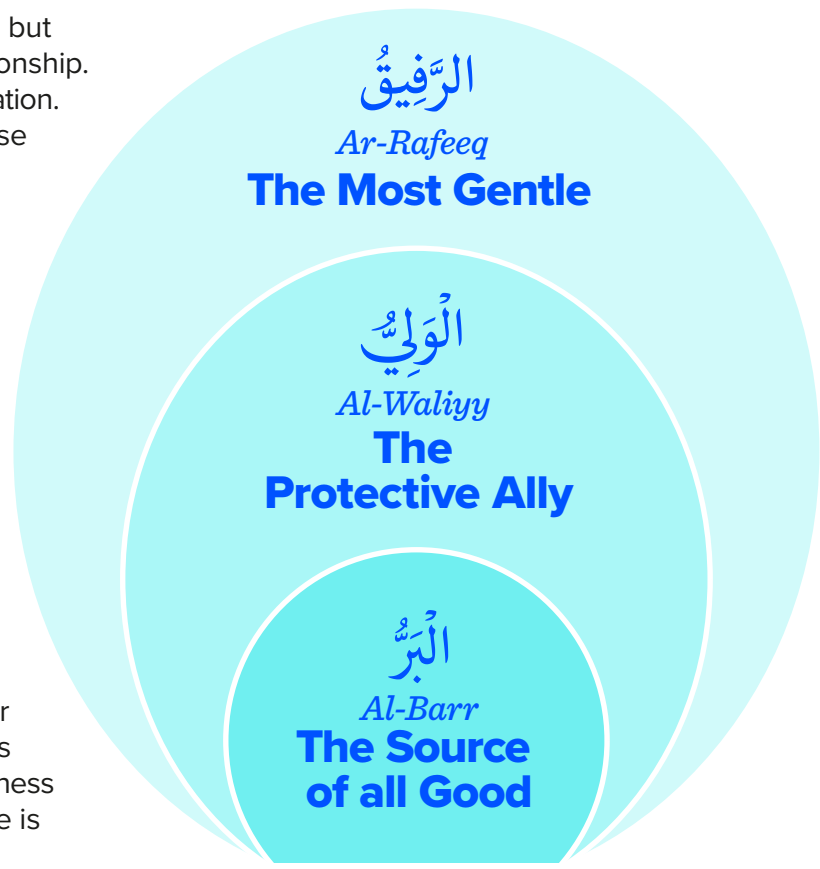
Rewind and reflect

Episode 4

THE
NOME
I NEED

Friendship

Life gives us temporary companions, but we naturally long for lasting companionship. Still, every human bond ends in separation. Only Allah, the One who created those companions, remains. **Al-Barr (The Source of all Good)**, gathers every form of goodness into a steady friendship as a foundation you stand on and become for others. **Al-Waliyy (The Protective Ally)** not only guides but guards His believers, drawing near to those who draw near to Him. **Ar-Rafeeq (The Most Gentle)** shows that divine gentleness is not weakness, but mercy in how strength is applied. As the Prophet ﷺ passed away, he chose the Highest Companion, teaching that no earthly comfort rivals nearness to the One who never leaves. Though Allah's friendship was granted to prophets, the door of closeness remains open to you too, where there is no fear, nor grief.



Conversation prompt

We are often told that family or close friends should be our “rock” or safe space. But what happens when they disappoint, betray us, or cannot be present when we need them most? In moments of deep loneliness or hurt, how can a person experience Allah as **Al-Waliyy** or **Al-Barr** tangibly, not just as a comforting idea, but as a real presence that reshapes their response to pain?

Reflection

If someone disappoints or hurts you this week, try pausing before reacting. Consciously, quietly, say “*Anta Waliyyi*” (You are my Protective Friend), ask Allah to handle what you cannot control, and notice whether this shifts your emotional response or your ability to forgive.

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 _____

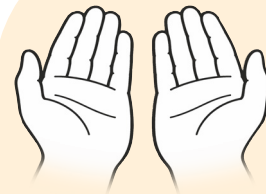
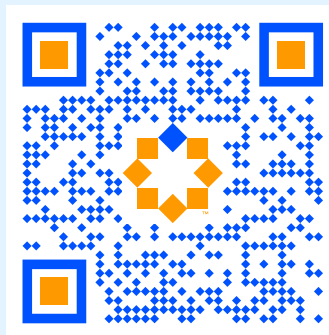
Please help me with _____

Example:

O Allah, You are **Al-Waliyy**, the Protective Ally who never abandons His servants. Be with me in my loneliness after this conflict with my best friend, just as You were with Yusuf ﷺ in the well when he was alone.

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

Prophet Yusuf's ﷺ *du'a*

أَنْتَ وَلِيِّي فِي الدُّنْيَا وَالْآخِرَةِ تَوَفَّنِي مُسْلِمًا
وَأَلْحِقْنِي بِالصَّالِحِينَ

You are my Protector in this world and the Hereafter. Cause me to die as a Muslim and join me with the righteous.

[From Surah Yusuf, 12:101]