

Rewind and reflect

Episode 5

THE
NOME
I NEED

Lordship

After tasting Allah's friendship, you realize you do not only want His companionship, but to belong to Him entirely, because while friendship brings comfort, servitude brings purpose. This servitude is not humiliation; it is the highest honor. **Ar-Rabb (The Lord)** frames the Qur'an from beginning to end: Lord of all worlds and your personal Lord who nurtures, sustains, and guides every stage of growth. Servitude to Allah frees you from servitude to everything else. No human owns you, no desire enslaves you, no fear controls you. **Al-Mawla (The Protecting Master)** stands with you in hardship. **An-Naseer (The Grantor of Victory)** grants victory, sometimes by changing your circumstances, sometimes by changing you. **As-Sayyid (The Supreme Master)** anchors your dignity in belonging to Him alone and frees you from fearing people.



Conversation prompt

Think about a time when you felt completely overwhelmed or out of control. Maybe you faced a problem at school or work, a health scare, a financial crisis, or a difficult relationship.

In that moment, did you try to fix everything on your own, or did you experience a shift where you actually felt relief in surrendering to something greater than yourself?

Reflection

Choose one injustice (e.g. something personal or something happening in the world) that weighs on you. Make sincere *du'a* like Prophet Nuh ﷺ did:

“My Lord, I am overpowered, so help [me].”

Reflect on the question: “How might I learn to trust **An-Naseer’s** timing, even when I cannot see the help or solution yet?”

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 _____

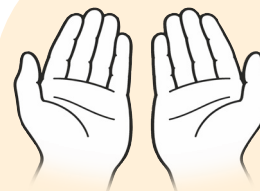
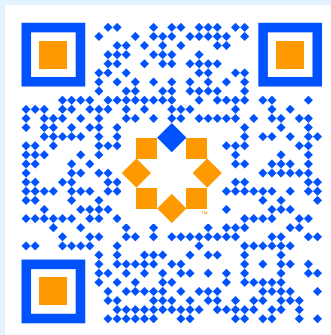
Please help me with _____

Example:

O Allah, You are **As-Sayyid**, who controls everything, and **An-Naseer** who delivers victory. Help me with Your perfect help in this impossible situation, because nothing is impossible with your support.

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 Nuh's ﷺ *du'a*

رَبِّ إِنِّي مَغْلُوبٌ فَانتَصِرْ

*My Lord, indeed I am
overpowered, so help [me].*

[From Surah al-Qamar, 54:10]