

Rewind and reflect

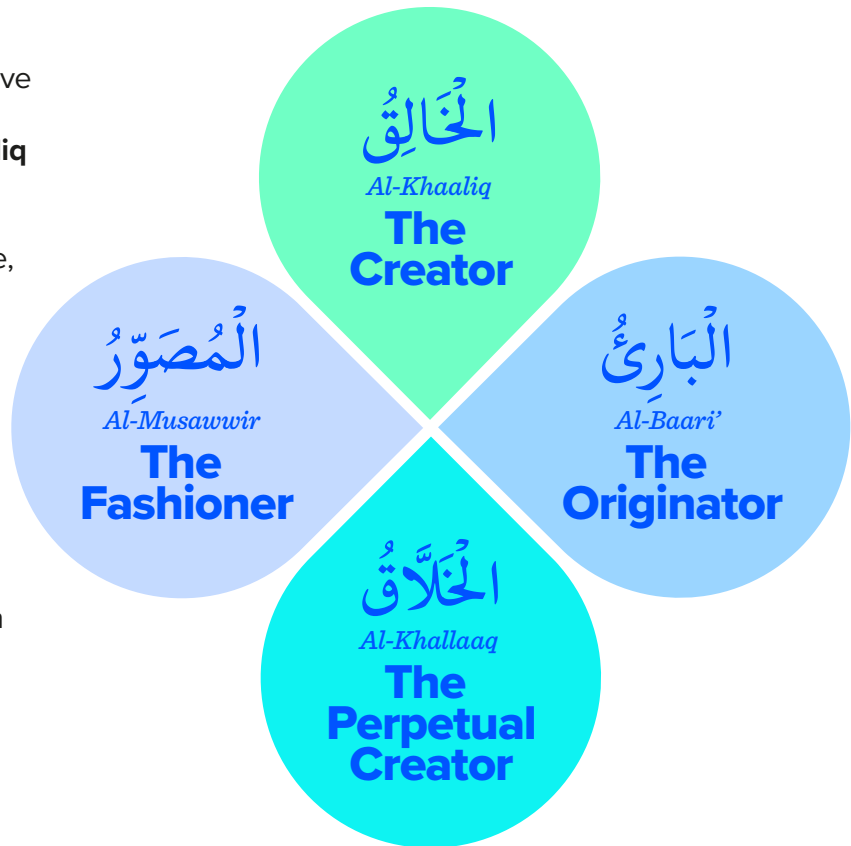
Episode 7

THE
NOME
I NEED

Reality

Out of everything that He could have created and every possibility that could have existed, Allah, **Al-Khaaliq (The Creator)**, decided He would create you. You were brought into being not by accident, coincidence, or chance, but by His choice and decision alone. You were created at this time, with this face, to these parents, for a purpose that only you can fulfill.

Allah is **Al-Baari' (The Originator)**. He created your soul and formed your essence. He is **Al-Musawwir (The Fashioner)**, who shaped each of your features with care and intention, and **Al-Khallaq (The Perpetual Creator)**, the One who continually creates and recreates, opening new beginnings for you at every moment.



Conversation prompt

Share a moment when you truly felt **Al-Khallaq** grant you a fresh start, perhaps through a new opportunity or new people, just when you believed a door had closed. Reflect on and share stories of new beginnings, such as your first day of school, how you met your spouse, or any turning point where Allah created a new chapter in your life.

Reflection

Tonight, stand in front of a mirror for one quiet minute.

Instead of judging your appearance, say sincerely from your heart:

“Oh Allah, You are **Al-Musawwir**. I trust the way You shaped me.”

Then think about, or write down, one *inner* quality you want to beautify for His sake (e.g., patience, forgiveness, truthfulness, humility, gratitude) just as He fashioned your outer beauty.

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 _____

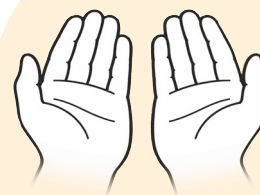
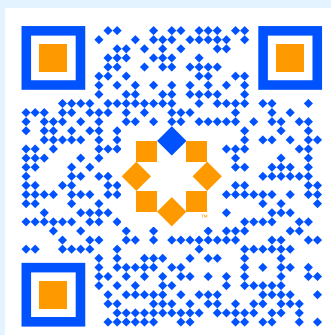
Please help me with _____

Example:

O Allah, You are **Al-Baari'**, the One who perfectly forms and restores. Restore faith in my heart just as You bring life back to the earth after a harsh winter.

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 Sunnah

***Du'a* for beautiful character**

Ibn Mas'ud رضي الله عنه narrated that the Messenger of Allah ﷺ said,

اللَّهُمَّ أَحْسَنْتَ خَلْقِي فَأَحْسِنْ خُلُقِي

O Allah, You have perfected my creation, so perfect my character as well.

[Musnad Ahmad #24392]