

Rewind and reflect

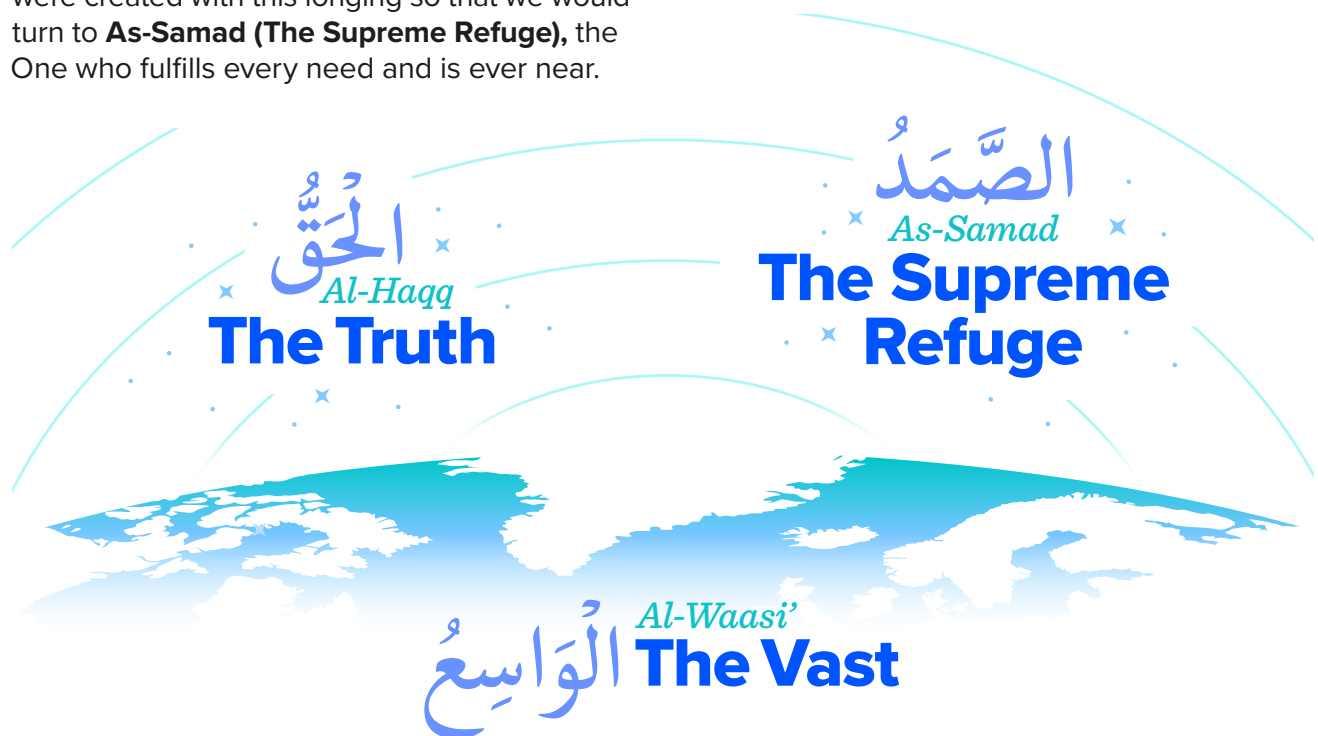
Episode 8

THE
NOME
I NEED

Stability

The void we sometimes feel inside is not a flaw. It's a call back to the only One who can truly suffice us. Allah allows us to experience a sense of emptiness so that we don't grow dependent on His creation, since nothing it offers can truly satisfy us or last forever. We were created with this longing so that we would turn to **As-Samad (The Supreme Refuge)**, the One who fulfills every need and is ever near.

Allah is also **Al-Haqq (The Truth)**. His speech, promise, and warnings are all true. When we turn to Him, He promises us reward and His nearness. When we walk towards Him, He runs towards us, and He, **Al-Waasi' (The Vast)**, expands our lives with goodness.



Conversation prompt

We often chase things because we think they will make us feel complete, but only **As-Samad** can truly suffice us.

What is something you once thought would complete you, but later realized it couldn't? How did that experience bring you closer to Allah?

Reflection

Tonight, sit quietly by yourself for a minute or two and ask yourself: "What am I depending on for fulfillment besides Allah?"

Choose one attachment (a habit, desire, distraction, validation source, etc.). For one day, replace it with *dhikr*, *du'a*, or reading Qur'an, as a way to seek meaning and wholeness from **As-Samad** alone.

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 _____

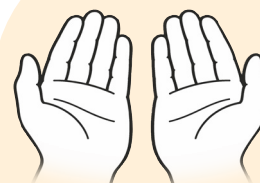
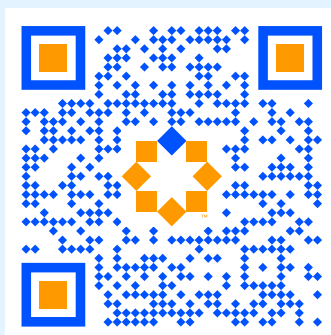
Please help me with _____

Example:

O Allah, You are **Al-Waasi'**, the One whose mercy and gifts never run out. Expand my chest, my faith, and my knowledge just as You expand the universe without limit.

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 affirming Allah as the Truth

اللَّهُمَّ أَنْتَ الْحَقُّ، وَوَعْدُكَ حَقٌّ، وَقَوْلُكَ حَقٌّ،
وَلِقَاؤُكَ حَقٌّ، وَالْجَنَّةُ حَقٌّ، وَالنَّارُ حَقٌّ،
وَالسَّاعَةُ حَقٌّ، وَالنَّبِيُّونَ حَقٌّ، وَمُحَمَّدٌ حَقٌّ

*O Allah, You are **the Truth**,
and Your promise is truth,
and Your word is truth, and
meeting You is truth, and
Paradise is truth, and the Fire
is truth, and the Hour is truth,
and the Prophets are truth,
and Muhammad ﷺ is truth.*

[Sahih al-Bukhari #6317]