

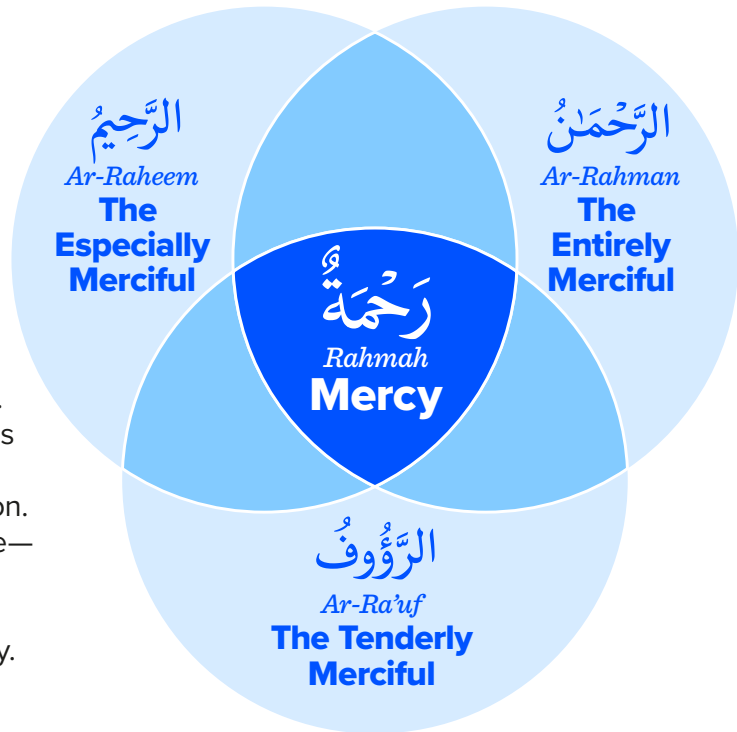
Rewind and reflect

Episode 1

THE
NOME
I NEED

Mercy

Allah introduces Himself as **Ar-Rahman (The Entirely Merciful)** at the beginning of 113 of 114 surahs in the Qur'an, establishing mercy as the key to understanding Him. Even before creation, Allah wrote that His mercy prevails over His wrath—it is the foundation of everything. **Ar-Rahman (The Entirely Merciful)** refers to Allah's mercy for everyone in this life. **Ar-Raheem (The Especially Merciful)** describes His special mercy for believers in the hereafter. **Ar-Ra'uf (The Tenderly Merciful)** represents His protective mercy that guards believers even before they realize they need protection. Allah's mercy does not cancel out His justice—it perfects it. When people are punished, it is because they have chosen to reject a merciful God, not because God lacks mercy. We are trustees of Allah's mercy, showing compassion to others, so that we receive His mercy in return.



Conversation prompt

When you think back to the hardest moments of your life, can you now see ways Allah's mercies were protecting you? This could include choices you almost made but didn't, paths that were closed (even though it felt painful at the time), or help that came just before things got worse.

How does noticing these "invisible mercies" change the way you think about a difficulty you are facing right now?

Reflection

Allah is **Ar-Rahman** to everyone, and He is **Ar-Raheem**, especially to those who believe. This week, you will practice **both kinds of mercy**:

- 1 **General mercy toward everyone.** Think of a slow cashier, that rude driver, a difficult coworker, or someone with whom you strongly disagree. Go out of your way to make their day easier. Smile and speak kind words.
- 2 **Special mercy to people close to you.** This means your family members, friends, and fellow believers. Show extra care and effort by investing in someone's growth, forgiving something significant, or reconciling a strained relationship.

DIY *du'a* builder

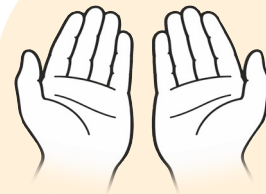
Build **your own *du'a*** by filling in **the Name you need**, its meaning to you, and how you're calling upon Allah to meet a personal need.

O Allah, You are [the Name] _____
the One who _____

Please help me with _____

Example:

O Allah, You are **Ar-Raheem**, the One who tailors compassion for the believers. Please help me with my inability to forgive just as You mercifully forgive the believers for their transgressions.



Du'a from the Qur'an

Prophet Ayyub's ﷺ *du'a*

رَبِّ اَنِّي مَسَّنِيَ الضُّرُّ وَاَنْتَ اَرْحَمُ الرَّاحِمِيْنَ

My Lord! I have been touched with adversity and You are the Most Merciful of the merciful.

[From Surah al-Anbiya, 21:83]

We would love to hear from you

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