

Rewind and reflect

Episode 12

THE
NOME
I NEED

Security

Allah is **Al-Mu'min (The Granter of Security)**. He grants safety and assurance, and through *iman* (faith), we find *aman* (security).

Allah is **Al-Muhaymin (The Overseeing Protector)**. He surrounds us from every direction, to guard us and care for us when we fall apart.

He is **Al-Hafeedh (The Preserver)**, who protects us even when it appears that all has been lost, guarding our hearts from despair and keeping us steady and steadfast through trials.

And when we have done all we can and still cannot see a way forward, Allah is **Al-Wakeel (The Perfect Trustee)**. He invites us to hand all our worries over to Him with complete trust.



Conversation prompt

Allah is **Al-Mu'min, Al-Muhaymin, Al-Hafeedh,** and **Al-Wakeel**. Which of these Divine Names have you found yourself contemplating most recently, and why?

Reflection

Draw a fortress with walls, a gate, and a key. Label each part:

Inside the fortress: Write one fear. Say: "O Allah, You are **Al-Mu'min**. Secure my heart from this fear."

Outer walls: Write one stressor. Say: "O Allah, You are **Al-Muhaymin**. Surround me with Your protection."

Gate: Write one act of worship. Say: "O Allah, You are **Al-Hafeedh**. Guard my heart through this act of worship."

Key: Write "*Hasbi Allahu wa ni'm **Al-Wakeel***" (Allah is Sufficient for us, and He is the Perfect Trustee) as a reminder to entrust all your affairs to Allah, **Al-Wakeel**.

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 _____

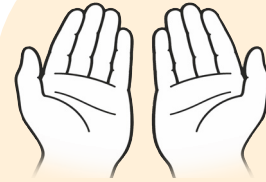
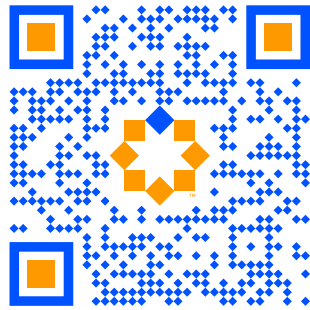
Please help me with _____

Example:

O Allah, You are **Al-Muhaymin**, the Overseeing Protector. Surround me with Your care when I cannot see what lies ahead.

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

***Du'a* of the believers when warned of danger**

حَسْبُنَا اللَّهُ وَنِعْمَ الْوَكِيلُ

Allah is Sufficient for us, and He is the Perfect Trustee.

[From Surah Ali 'Imran, 3:173]