

Rewind and reflect

Episode 14

THE
NOME
I NEED

Inner peace

True inner peace is not found in this imperfect world but rather in turning to Allah, the One who is perfect. **As-Subbuh (The Utterly Perfect)** reminds us that Allah is completely free from any flaw or imperfection. Reflecting on His perfection helps lift our hearts above the chaos and pain that surround us.

Al-Quddus (The Holy) shows us that all purity comes from Him alone. Allah invites us to return to Him through sincerity, no matter where we are.

And **As-Salaam (The Source of Peace)** is the source of all tranquility, giving us peace and calm regardless of what is happening around us. Together, these names remind us that perfection belongs to Allah alone. In a chaotic, impure world, we find calm through Him until the day we are welcomed into *Dar as-Salaam* by the Source of Peace Himself.



Conversation prompt

Share a time you felt most at peace. Describe where you were, what you were doing, and how you felt when Allah, **As-Salaam**, granted you a feeling of calmness and tranquility.

Reflection

Imagine the world as a vast ocean and *tasbeeh* as the only way to breathe in it.

As a simple reflection exercise to increase your remembrance of Allah, try setting a timer for two minutes, alone or with your family, and sit quietly remembering Allah.

If it helps you focus, you can close your eyes and imagine the state of Prophet Yunus ﷺ in the depths of the sea.

During that time, repeat *tasbeeh* or recite the *du'a* of Prophet Yunus ﷺ:

لَا إِلَهَ إِلَّا أَنْتَ، سُبْحَانَكَ، إِنِّي كُنْتُ مِنَ الظَّالِمِينَ

“There is no god but You; how perfect You are! I was truly among the wrongdoers.”

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 _____

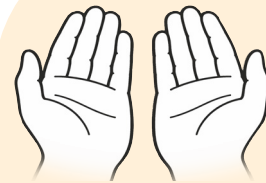
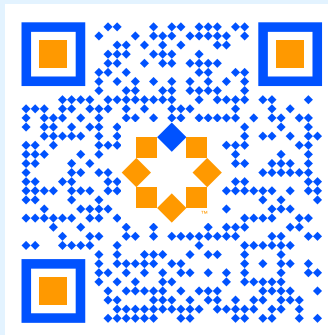
Please help me with _____

Example:

O Allah, You are **As-Salaam**, the only true Source of Peace. Ease my anxiety just as You calm the restless waters of a stormy sea.

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* to recite after the fard prayers:**

اللَّهُمَّ أَنْتَ السَّلَامُ، وَمِنْكَ السَّلَامُ، تَبَارَكْتَ
يَا ذَا الْجَلَالِ وَالْإِكْرَامِ

O Allah, You are Peace, and from You comes peace. Blessed are You, O Possessor of Majesty and Honor.

[Sahih Muslim #592]