

Rewind and reflect

Episode 15

THE
NAME
I NEED

To be unstuck

Al-Ghaniyy (The Self-Sufficient) shows us that Allah needs nothing, while we always need Him. True richness is not in what we own but in the peace Allah places in the heart when we turn to Him.

Al-Hameed (The Praiseworthy) is worthy of praise in every state. When we recognize this, our hearts are anchored in gratitude for our very existence and for the gifts Allah has blessed us with.

And **Al-Fattaah (The Opener)** reminds us that no season is permanent. He opens doors we never knew existed, brings relief, and leads us forward when we feel stuck.

Life moves in cycles of ease and hardship, strength and weakness, gain and loss. Yet our hearts can find contentment through it all. Together, these Names teach us about the One who guides us from restless striving to steady, grounded contentment.



Conversation prompt

Allah is **Al-Ghaniyy (The Self-Sufficient)**, while we are always in need of Him. Allah creates us in a state of weakness, then gives us strength, and later returns us to weakness.

Where do you currently feel you are in this cycle?

Are you in a season of strength, supporting others, or weakness, feeling in need of help?

How can remembering that Allah is **Al-Ghaniyy** help you find contentment and purpose in your stage?

Reflection

Allah says:

مَا يَفْتَحِ اللَّهُ لِلنَّاسِ مِنْ رَحْمَةٍ فَلَا مُمْسِكَ لَهَا

“Whatever mercy Allah opens for people, no one can withhold it.”

[Surah Fatir, 35:2]

Think about how you can be a means through which Allah opens a door of mercy for someone else. Help someone with a college or scholarship application, offer mentorship or write a recommendation for a young professional, share a skill you have, or make a helpful introduction that could open doors.

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 _____

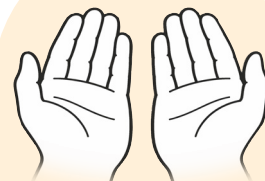
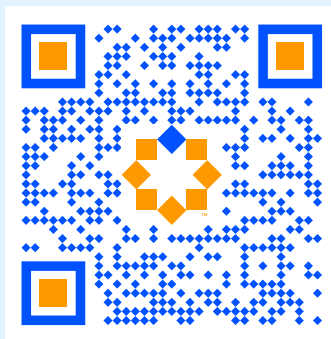
Please help me with _____

Example:

O Allah, You are **Al-Hameed**, the One who is deserving of all praise and gratitude. Please help me be grateful in my thoughts, words, and actions, even when I feel like I've been stuck in a cycle of ingratitude.

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

Prophet Shu'aib's ﷺ *du'a*:

رَبَّنَا افْتَحْ بَيْنَنَا وَبَيْنَ قَوْمِنَا بِالْحَقِّ وَأَنْتَ خَيْرُ الْفَاتِحِينَ

Our Lord, expose the truth [and judge] between us and our people, for You are the best judge.

[From Surah Al-A'raf, 7:89]