

Rewind and reflect

Episode 16

THE
NAME
I NEED

Control

Al-Qaabid (The Withholder) reminds us that when life feels as if nothing is going our way, that is not abandonment but rather His divine restraint carrying hidden wisdom, protection, and growth.

Al-Baasit (The Extender) shows us that when relief and ease arrive, they are intentional openings that invite gratitude without becoming attached to them or complacent because of them.

By knowing that Allah is **Al-Muqaddim (The Advancer)** and **Al-Mu'akhir (The Delayer)**, we learn to trust His timing in bringing things forward when we are ready and delaying them when delay itself is mercy.

Allah teaches us that nothing is ever random—everything unfolds by His mercy and wisdom. Together, reflecting on these Names softens our struggle with the question, “When?” reminding us that every squeeze and stretch is part of Allah’s loving care.



Conversation prompt

No one enjoys waiting too long or feeling rushed. Allah is **Al-Muqaddim** and **Al-Mu'akhir**—He created time and controls when and how things unfold.

Which tends to bother you more: waiting too long or feeling rushed?

What helps you stay calm and content with Allah’s timing when you feel that discomfort? (*Example: Waiting in traffic is hard for me, so I spend long wait times in dhikr.*)

Reflection

“It is Allah who restricts and expands, and to Him you will be returned” [Surah al-Baqarah, 2:245].

Sometimes Allah “withholds” to purify, and sometimes He “expands” to support. Even in our communities, *zakat* exemplifies this balance: Allah purifies the wealth of the giver and expands provision for the receiver, distributing His sustenance with wisdom.

Today’s challenge: give *zakat* or *sadaqah*, and trust that what is given for Allah’s sake is never truly lost.

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 _____

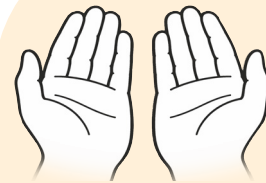
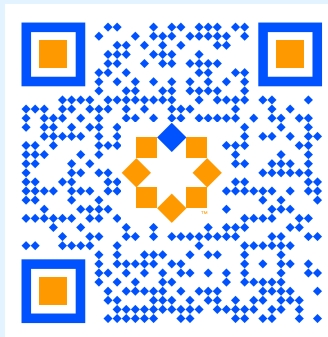
Please help me with _____

Example:

O Allah, You are **Al-Qaabid**, the Withholder. Help me by withholding my burdens and the things that weigh on my time and heart, just as You delay the erosion of a mountain.

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* for contentment with Allah's decree:**

اللَّهُمَّ إِنِّي أَسْأَلُكَ الرِّضَاءَ بَعْدَ الْقَضَاءِ

O Allah, I ask You for contentment after Your decree.

[Sunan an-Nasa'i #1305]