

Rewind and reflect

Episode 17

THE
NOME
I NEED

Wisdom

Our feelings of abandonment come from our limited views of reality.

Allah's name **Al-'Aleem (The All-Knowing)** reminds us that He knows every detail of our lives—the past and the future, the seen and the unseen. Nothing about us is unknown to Him.

Al-Khabeer (The All-Aware) assures us that Allah knows what lies within our hearts and what surrounds us with perfect precision.

Al-Hakeem (The All-Wise) reminds us that His perfect wisdom informs His every action, even when we cannot understand it.

By placing our trust in Allah's knowledge, wisdom, and awareness, we experience the subtle mercy, gentle guidance, and relief of **Al-Lateef (The Kind)**.

Reflecting on these Divine Names collectively reminds us to place our trust in Him and to know that **the puzzle pieces of our lives are in the care of His subtle mercy.**



Conversation prompt

Allah is **Al-Khabeer**, aware of what's happening beneath the surface, even when others do not see it.

What is something *you* put effort into that few people notice, but you trust that Allah sees and knows it?

Is there something *someone else* in your circle does that often goes unnoticed or unthanked? *Alhamdulillah*, Allah sees and knows, but still take a moment to acknowledge their hidden effort and express gratitude to them right now.

Reflection

Allah is **Al-Lateef**. Begin to notice His subtle mercies that reach you in unexpected ways.

Today's challenge: Be a small drop of *lutf* (kindness). Reach out to someone going through a hard time with a simple "How are you?" and bring a little ease into their life, whether by sending them *iftar*, helping watch their children so they can get some work done, or finding some other simple way to ease their burden.

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 _____

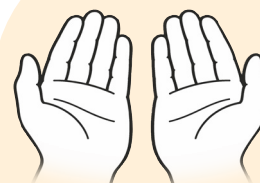
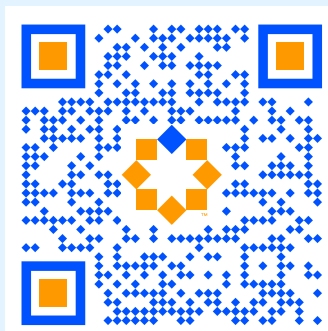
Please help me with _____

Example:

O Allah, You are **Al-Hakeem**, the All-Wise. Give me the strength to change that which is within my power, the patience to accept what is beyond it, and the wisdom to know the difference.

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 protection against harm

بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ فِي الْأَرْضِ وَلَا فِي السَّمَاءِ وَهُوَ السَّمِيعُ الْعَلِيمُ
(ثَلَاثَ مَرَّاتٍ)

*In the Name of Allah,
with Whose Name nothing
is harmed on earth nor
in heaven, and He is the
All-Hearing, the All-Knowing.
(Repeat three times.)
[Sunan Abi Dawud #5088]*