

Rewind and reflect

Episode 18

THE
NOME
I NEED

Strength

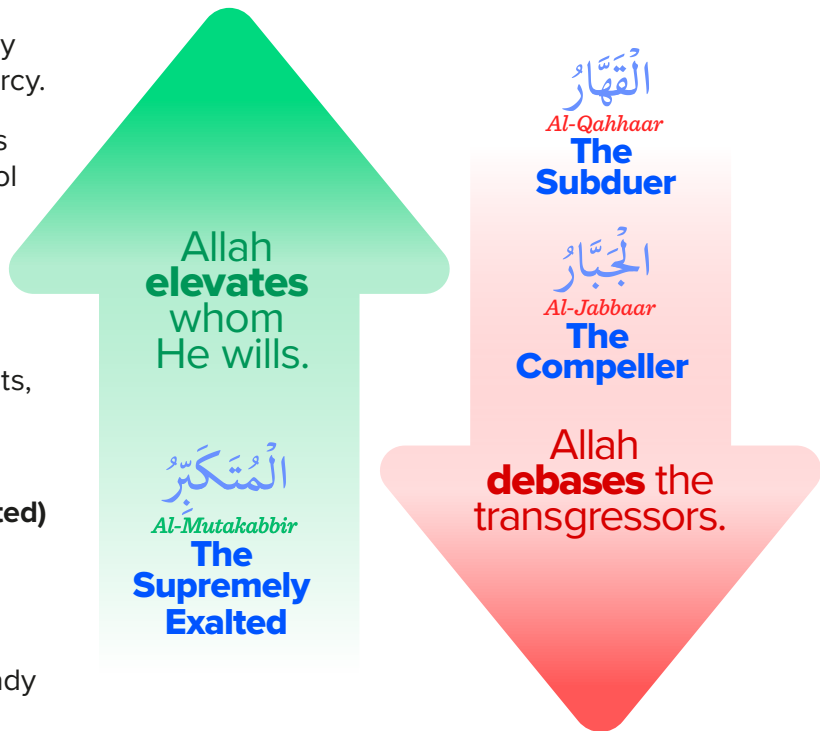
When we are hurt or overwhelmed by others, we are never truly at their mercy.

Al-Qahhaar (The Subduer) reassures us that no tyrant is ever truly in control and that every oppressor is earning Allah's wrath, which prevails with perfect timing and never fails.

Al-Jabbaar (The Compeller) brings comfort to the broken, mending hearts, restoring dignity, and holding every perpetrator of injustice accountable.

Al-Mutakabbir (The Supremely Exalted) teaches us that His majesty is pure and perfect.

When tyrants seem unstoppable, remember that **Al-Qahhaar** has already written their end and **Al-Jabbaar** will mend every heart they broke.



Conversation prompt

As we move through life, our sense of what feels “big” changes. What once felt overwhelming eventually finds its proper size.

Allah is **Al-Mutakabbir**—the Supremely Exalted above all limitation, whose Majesty transcends all of our worries, whether past, present, or future.

What feels like your biggest worry right now?

How does remembering Allah's greatness help you carry it, even if it doesn't go away?

Reflection

True, absolute dominance only belongs to Allah. If there were two equal powers, neither would truly prevail; this is why Allah alone is **Al-Qahhaar**.

After *iftar*, try a friendly arm-wrestling match with someone and notice that there is always one clear winner.

Of course, this small example of strength between people is nothing like Allah's power. However, it reminds us that, in this world, dominance cannot belong equally to two opposing forces.

Let this simple activity remind you that ultimate power belongs to Allah alone and that He will always prevail against injustice and false strength.

Share this reminder with a friend.

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 _____

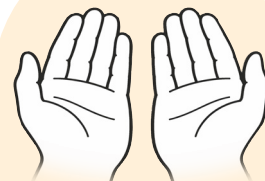
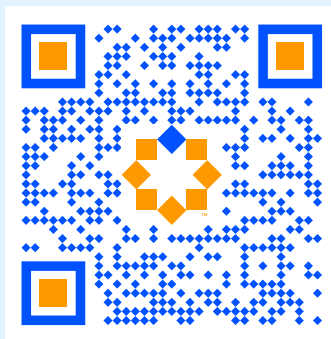
Please help me with _____

Example:

O Allah, You are **Al-Jabbaar**. You compel every soul to their appointed time to meet You. Help me find comfort in knowing that all the tyrants of this world will be given their due justice when they meet You.

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 Prophet Musa ﷺ when facing Pharaoh, the tyrant**

إِنِّي عُذْتُ بِرَبِّي وَرَبِّكُمْ مِنْ كُلِّ مُتَكَبِّرٍ
لَا يُؤْمِنُ بِيَوْمِ الْحِسَابِ

I seek refuge with my Lord and your Lord from every arrogant one who does not believe in the Day of Reckoning.

[From Surah Ghafir, 40:27]