

Rewind and reflect

Episode 22

THE
NAME
I NEED

Supreme strength

True strength isn't defined by muscle, and true honor isn't defined by material possessions or social status. Allah is **Al-Qawiyy** (The Possessor of all Strength). He is the source of every form of power: physical, moral, and spiritual. Any strength we possess is a trust from Him and remains with us only as long as He wills.

Allah is **Al-Mateen** (The Firm and Unshakable). He is unwavering in His power and constant in His decree. His plan is never undone, and nothing ever slips beyond His command. When everything around us feels unstable, He remains the constant upon which we can rely.

Allah is also **Al-'Azeez** (The Almighty). His strength is joined with perfect honor and dignity that belong only to Him.

Reflecting on these Names reminds us that true strength comes from relying on Him alone, and true honor is found in nearness to Him.



Conversation prompt

Allah is **Al-'Azeez**. We seek honor from Him alone.

Can you think of times when Allah's prophets ﷺ were mocked, rejected, or appeared defeated in the eyes of their opponents? How did these prophets seek and ultimately gain honor from Allah? What does this teach us about the difference between *true* honor and what is considered honor in this world?

Reflection

Allah is **Al-Qawiyy**. He loves the strong believer.

Identify one spiritual goal and one physical goal that will help you grow stronger and more dependable. Find an accountability partner and work toward your goals together.

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 _____

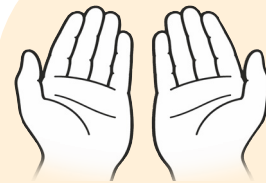
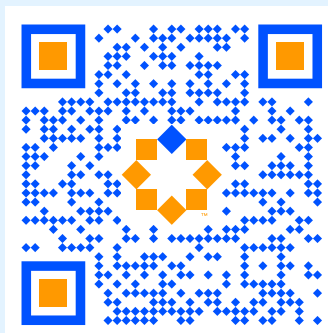
Please help me with _____

Example:

O Allah, You are **Al-Qawiyy**. Give me the strength to overcome my anger, just as You gave Your prophets the strength to restrain themselves for Your sake alone.

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

A treasure from the treasures of Jannah

لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

There is no power and no strength except through Allah.

[Sahih al-Bukhari #6384]