

# Rewind and reflect

Episode 23

THE  
NOME  
I NEED

## Healing

Allah is **Ash-Shaafy (The Absolute Healer)**. He alone grants true healing, whether of the body, the heart, or the soul.

Sometimes **Ash-Shaafy** heals by removing sickness. Other times, He heals *through* the sickness itself by raising our ranks and purifying our sins. When our hearts are cleansed and brought nearer to Him, that is healing in its truest sense.

Allah is **At-Tayyib (The Pure)**. Everything that comes from Him is pure, and He loves purity. When we raise our hands in du'a for healing, we must purify our hearts, our words, and our actions so that nothing stands between us and His mercy.

When we turn to **At-Tayyib** with sincere and purified hearts, we find Him to be **Al-Mu'ty (The Giver)**. He gives not only tangible things, but states of the heart as well, such as tranquility in place of anxiety, clarity in place of confusion, and contentment in times of difficulty. Ash-Shaafy restores, At-Tayyib purifies, and Al-Mu'ty grants what strengthens and rebuilds us.



## Conversation prompt

Allah is **Ash-Shaafy**. Sometimes He heals directly, other times He makes the sickness itself a means of healing for our souls.

Have you ever witnessed or experienced healing in a form you didn't expect? Share an inspiring story. How does this shape your understanding of Allah as **Ash-Shaafy**?

## Reflection

Allah is with the one who is sick, and He will ask His servants whether they visited the sick.

Think of someone in your family or community who is struggling, whether physically, mentally, or spiritually. Set aside some time to keep them company. Look for a simple way to ease their burden and support them, whether through a small gift, kind words, a shared activity, or simply sitting with them and listening.

## 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 \_\_\_\_\_

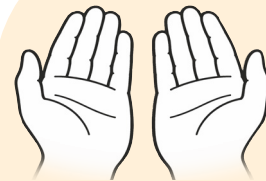
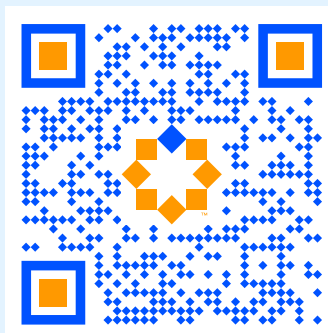
Please help me with \_\_\_\_\_

### Example:

O Allah, You are **Ash-Shaafy**. Heal me from my illnesses, both spiritual and physical, just as You healed Prophet Ayyub ؑ and restored him to full health.

### 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 healing

اللَّهُمَّ رَبَّ النَّاسِ أَذْهِبِ الْبَاسَ، اشْفِهِ  
وَأَنْتَ الشَّافِي، لَا شِفَاءَ إِلَّا بِشِفَاؤِكَ،  
شِفَاءً لَا يُعَادِرُ سَقَمًا

**O Allah, Lord of mankind,  
remove the harm; heal, for  
You are the Absolute Healer;  
there is no healing except  
Your healing, a healing that  
leaves behind no trace of  
illness or affliction.**

[Sahih al-Bukhari #5743,  
Sahih Muslim #2191]