

Rewind and reflect

Episode 24

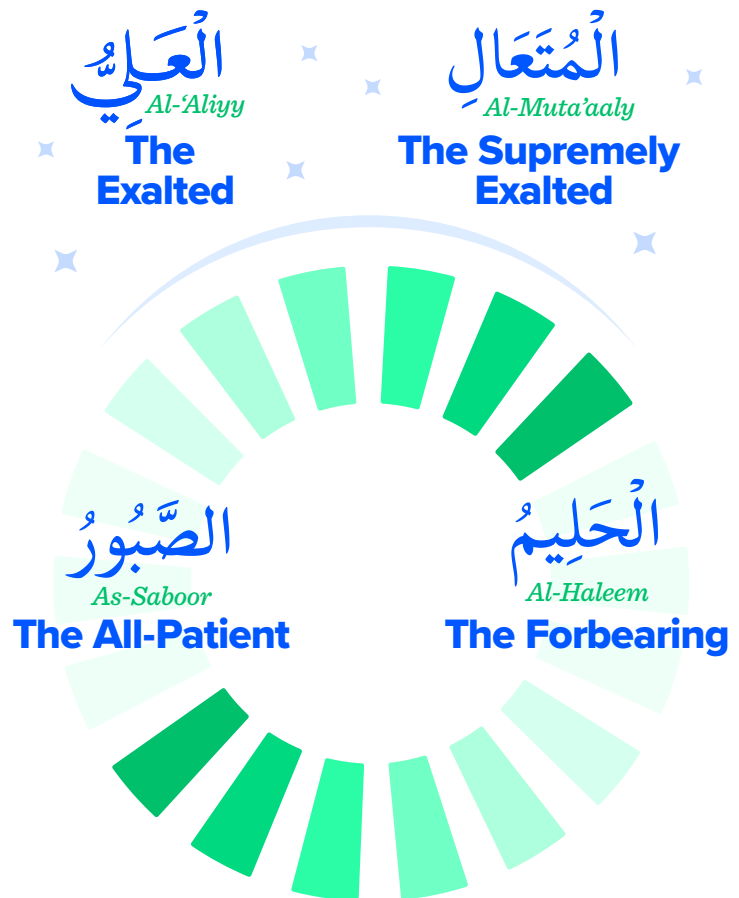
THE
NAME
I NEED

Patience

Allah is **As-Saboor (The All-Patient)**. We seek the blessing of *sabr* (patience) from Him, whether the *sabr* that restrains our desires, steadies us in hardship, or keeps us firm in obedience to Him.

Allah is **Al-Haleem (The Forbearing)**. He does not rush to punish us when we sin. Instead, in His infinite grace, He gives us the chance to turn back to Him. Allah does this even though He is **Al-'Aliyy (The Exalted)** above all creation in His essence, His attributes, and His authority. When we face hardship, we remember that He is above all our difficulties and fully in control.

Allah is **Al-Muta'aaly (The Supremely Exalted)**, far above any weakness, limitation, or comparison. He is Supreme over all that tests our *sabr*.



Conversation prompt

Allah is **Al-Haleem**, The Forbearing, who gives second chances and doesn't rush to punish.

How can we practice forbearance in our own lives?

Try a mini-challenge: the next time you feel upset, take a deep breath, count to ten, step away before reacting, or respond kindly. Discuss which strategy you will practice and how it could make difficult situations an opportunity for patience and good deeds.

Reflection

Practicing patience helps us become more patient.

Identify three everyday situations that generally test your patience, whether they relate to specific people or general occurrences, and make a conscious decision to respond with patience. In relation to specific people that test your patience, remember Allah as **Al-Haleem** and consider how you can reflect this trait of His.

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 _____

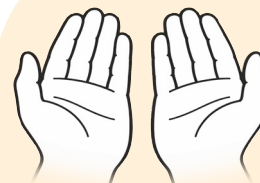
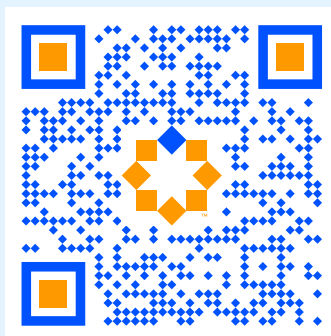
Please help me with _____

Example:

O Allah, You are **Al-Haleem**. Pardon my sins and do not let Your forbearance make me complacent. Guide me to repentance in the respite You have given me, just as You guided those whose hearts You transformed after they once opposed the truth.

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 for steadfastness

رَبَّنَا أَفْرِغْ عَلَيْنَا صَبْرًا وَثَبِّتْ أَقْدَامَنَا
وَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ

*Our Lord, pour upon us
patience, plant firmly our
feet, and give us victory
over the disbelieving people.*
[Surah al-Baqarah, 2:250]