

Rewind and reflect

Episode 25

THE
NO
I NEED

Greatness

Salah is more than just a ritual, it is a daily reorientation of the soul. It is a physical withdrawal from the noise of the world. It is a full pause for our hearts to put everything aside and focus on Him alone.

Allah is **Al-Kabeer (The Most Great)**. From the very beginning of *salah*, when we say “*Allahu Akbar*,” we affirm that He is greater than everything that competes for our attention. In that moment, our priorities are reordered, and the heart detaches from all that is lesser than Him.

Next, when we bow in *rukoo'*, we call upon **Al-'Adheem (The Magnificent)** with “*Subhaana Rabbi Al-'Adheem*,” humbling ourselves before True Magnificence.

When we prostrate in *sujood*, **Al-A'laa (The Most High)** is glorified with “*Subhaana Rabbi Al-A'laa*.” In lowering ourselves physically, we are lifted spiritually. Submission becomes our *mi'raaj* (ascent).

At the end of the *salah*, we praise Allah as **Al-Majeed** and proclaim, “*Innaka Hameedun Majeed*.” Absolute glory belongs only to Him.



الْكَبِيرُ
Al-Kabeer

The Most Great



الْعَظِيمُ
Al-'Adheem

The Magnificent



الْأَعْلَى
Al-A'laa

The Most High



الْمَجِيدُ
Al-Majeed

The Glorious

Conversation prompt

“*Allahu Akbar*” in your daily prayers cuts another leash tying you to this *dunya*. Allah is greater than all fear, false hopes, useless comparisons, and inflated ego.

When you pray *Maghrib* today, notice what from the *dunya* is pulling at your heart. Share whether you were able to remember during your prayer that Allah is *greater* than whatever was distracting you.

Reflection

Salah pauses our entire day to remind us who is truly greater. We structure our day around *salah* as a means of connecting to Allah, the Greatest.

Which part of *salah* helps you most to disconnect from the noise of life and refocus on Allah? Why do you think that is?

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 _____

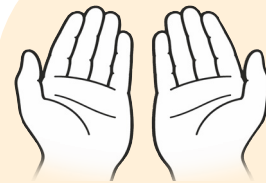
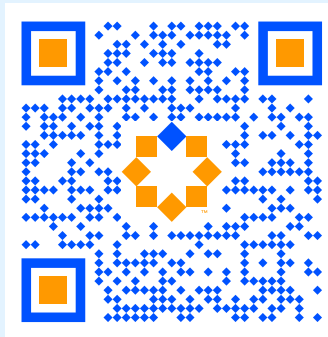
Please help me with _____

Example:

O Allah, You are **Al-Kabeer**, greater than every fear that overwhelms me and every mistake that weighs on my heart. Do not let my mistakes, or anything else, appear greater in my eyes than 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 Sunnah

The Prophet ﷺ said:

Two words are light on the tongue, weigh heavily in the balance, and are loved by the Most Merciful One:

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ، سُبْحَانَ اللَّهِ الْعَظِيمِ

Glory be to Allah and praise be to Him; glory be to Allah, The Magnificent.

[Sahih al-Bukhari #7563]