

Rewind and reflect

Episode 26

THE
NOME
I NEED

Grace

Allah's beautiful Names—**Al-Jawaad (The Most Generous)**, **Al-Mannan (The Bestower of Immense Favors)**, and **Al-Wahhaab (The Supreme Bestower)**—reveal a special dimension of divine generosity.

Al-Jawaad is vast in His giving and generous beyond measure.

Al-Mannan grants transformative gifts, such as life, faith, and guidance. **Al-Wahhaab** gives freely and repeatedly, without seeking anything in return.

These beautiful Names highlight that Allah's generosity is like rain; it falls upon us not because we deserve it, but because His mercy encompasses all things, and His generosity is boundless. When we reflect upon these Names, the heart is reshaped to live in gratitude, humility, and hope.



Conversation prompt

Sit with a group and discuss what dimension of generosity is highlighted by Allah's Name **Al-Mannan**, and how that emphasis differs from what is highlighted by **Al-Jawaad** and **Al-Wahhaab**. After your discussion, choose one Name that reflects the kind of blessing you most need right now. Share how that Name shapes the du'a you hope to make.

*Examples: Calling on **Al-Jawaad** to grant you abundant and sustained strength in worship or patience that does not run dry; calling on **Al-Mannan** for a turning point in your life or a door you cannot open yourself; calling on **Al-Wahhaab** to gift you a soft and grateful heart, or to grant you health and provision purely by His grace.*

Reflection

Allah grants us gifts, not because we deserve them, but because He is generous and vast in mercy.

There are many families in our communities who are in need. Tonight, choose one act of generosity that reflects the kind of giving that Allah loves, such as doing something generous without being asked, without expecting thanks, and without telling anyone about it. Consider those who may be quietly struggling, such as families with young children or the elderly, and look for a simple way to ease their hardship.

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 _____

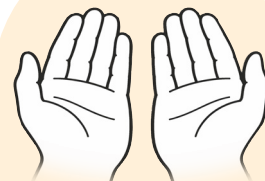
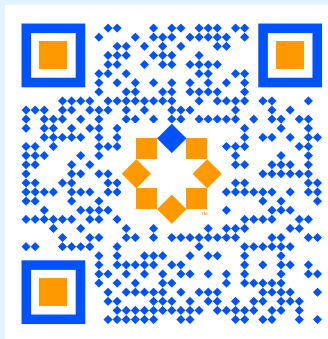
Please help me with _____

Example:

O Allah, You are **Al-Jawaad**, who gives freely and abundantly. Bestow upon me from Your bounty what is truly beneficial for my soul, and keep my heart humble and content with all Your gifts.

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

رَبَّنَا لَا تُرِغْ قُلُوبَنَا بَعْدَ إِذْ هَدَيْتَنَا وَهَبْ
لَنَا مِنْ لَدُنْكَ رَحْمَةً إِنَّكَ أَنْتَ الْوَهَّابُ

Our Lord, do not let our hearts deviate after You have guided us, and bestow upon us mercy from Yourself. Indeed, You are the Supreme Bestower.
[Surah Ali 'Imran, 3:8]