

Rewind and reflect

Episode 30

THE
NAME
I NEED

The Greatest One

He is **Allah** (God's Proper Name), **Al-Hayy** (The Ever-Living), and **Al-Qayyum** (The Ever-Sustaining).

When we do not know which Name to call upon, we say **Allah**—the Name that encompasses every perfection and gathers all His beautiful Names. Paired with **Al-Hayy** and **Al-Qayyum**, the heart finds its lasting anchor.

Al-Hayy's life has no beginning or end; His knowledge never fades, and His power never weakens.

Al-Qayyum sustains every atom and every cell. Everything depends on Him, yet He depends on nothing.

Reflecting on these Names reminds us where reliance belongs: with the One who never sleeps or relinquishes control. When we call upon Him, we entrust our past, present, and future to Him, knowing that He is ever-living and perfectly sustaining all things, even after Ramadan ends.

Allah—Al-Hayy, Al-Qayyum—is the Lord of all times.



الْحَيُّ
Al-Hayy
The Ever-Living

الْقَيُّومُ
Al-Qayyum
The Ever-Sustaining

Conversation prompt

Imagine together: If **Al-Qayyum** stopped sustaining the world for just one second, what would happen? What would remain? Could anything endure?

Pause and reflect: Right now, the Earth is spinning, your lungs are breathing, and your heart is beating, all without you managing any of it.

Since He perfectly sustains the universe, how can we put more of our trust in Him, especially after Ramadan?

Reflection

Think about a recent moment when you felt exhausted (emotionally, spiritually, or physically). Maybe you felt like everything depended on you, like everything was going to fall apart, or that you couldn't sleep because of stress.

Now pause.

Al-Hayy is Ever-Living and never sleeps. **Al-Qayyum** sustains the heavens and the earth while sustaining your heart, your breathing, your family, and your future, even when you are exhausted.

In these last moments of Ramadan, don't just reflect. **Write an action plan** for the next time this feeling of exhaustion returns. Choose one of the Names you have learned this month and write how you will call upon Allah by that Name in seeking forgiveness, hope, and renewal, *insha'Allah*.

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 _____

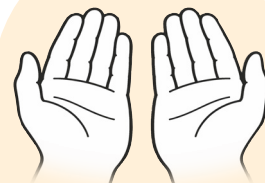
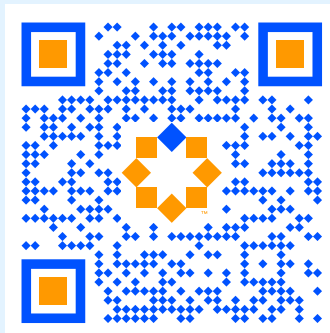
Please help me with _____

Example:

O **Allah**, Your Name encompasses every perfection.
O **Al-Hayy**, the Ever-Living who never fades, and
Al-Qayyum, the One who sustains every affair. Do not
leave me to myself even for a moment, and remove
from my heart any attachment that competes with my
love and need for 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

Du'a that the Prophet ﷺ taught his daughter Fatimah ﷺ to make in the morning and evening

يَا حَيُّ يَا قَيُّوْمُ بِرَحْمَتِكَ أَسْتَغِيْثُ، أَصْلِحْ لِّيْ
شَأْنِيْ كُلَّهُ، وَلَا تَكِلْنِيْ إِلَى نَفْسِيْ طَرْفَةَ عَيْنٍ

O Ever-Living, O Ever-Sustaining, by Your mercy I seek relief. Set right all of my affairs, and do not leave me to myself even for the blink of an eye.

[Mustadrak al-Hakim #2026]