

Acknowledging Allah

AL MUHAYMIN AL GAFFAR AL HAQQ AL QAABIDH AR RAZZAQ AL BASIR AL 'ADL

Assalamu alaykum warahmatullahi wabarakatu

How often do you think about the eternal attributes of your Lord and how He is present in your life every day? Learning the names of Allah helps us to recognise his attributes and build taqwa: mindfulness, God consciousness. This quick activity encourages us to acknowledge His presence by thinking about 7 names, and in sha Allah we can apply this same process to all the names of Allah, Exalted is He.

Al Muhaymin

The Protector, The Guardian

He is God: there is no god other than Him, the Controller, the Holy One, Source of Peace, Granter of Security, **Guardian over all**, the Almighty, the Compeller, the Truly Great; God is far above anything they consider to be His partner.

59:23

Sometimes it's easy to dwell on the hardships we face, can you think instead about what you may have been protected from today?

Al Gaffar

The Forgiver, The Ever-Forgiving

Yet I am **most forgiving** towards those who repent, believe, do righteous deeds, and stay on the right path.

20:82

When we make mistakes, we have to remind ourselves that Allah is most forgiving and loves to forgive. Have you sought His forgiveness today?

Al Haqq

The Truth

this is because Allah is **the Truth**; He brings the dead back to life; He has power over everything.

22:6

What falsehood and disbelief have you witnessed today? Have you expressed your gratitude to Allah for having guided you and taken time to reflect on the Qur'an?

Al Qaabidh

The Withholder, The Restrainer

Who will give Allah a good loan, which He will increase for him many times over? It is Allah who **withholds** and Allah who gives abundantly, and it is to Him that you will return.

2:245

We shouldn't get caught up in the pleasures of this world which can be so easily taken away if He willed. How have you strived to please your Lord today?

Ar Razzaq

The Provider, The Ever-Providing, The Sustainer

Allah is the **Provider**, the Lord of Power, the Ever Mighty.

51:58

Though we work hard in order to provide for ourselves and our families, we know that all provision is ultimately from Allah. Have you thought about whether the methods you use to seek it are pleasing to your Lord?

Al Basir

The All-Seeing

the Creator of the heavens and earth.' He made mates for you from among yourselves—and for the animals too—so that you may multiply. There is nothing like Him: He is the All Hearing, the **All Seeing**.

42:11

Our Creator sees everything. Are you mindful of this and act only in ways which you wish to be seen?

Al 'Adl

The Just

The word of your Lord is complete in its truth and **justice**. No one can change His words: He is the All Hearing, the All Knowing.

6:115

Everything from our Lord is just, even when we can't understand it. Remembering this throughout our day stops us from getting overwhelmed with this world and keeps us focused on what is most important: pleasing Allah in the hopes that we are forgiven and enter into Jannah.

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