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ٱلْبَرُّ

Al-Barr

The source of Goodness, The Kind Benefactor

The Name of the One Who is the most kind and courteous, the one who is gentle with His servants. Al-Barr is the source of all kindness, gentleness and goodness, doing good to creation through all His blessings and favours.
Al-Barr, according to Al-Ghazali, is the Doer of Good, the One from Whom every good deed and beneficence comes, and this Name brings together all kinds of goodness at the very highest level.

Reflection: Understanding Allah is Al-Barr and believing in it firmly enables us to think well of Allah, and this thinking well is in itself considered an act of worship; you are affirming His attributes of goodness in your heart and in how you interpret the events that come to you in your life. Thinking well of Him is having hope that He will forgive you when you mess up, that He will overlook your faults, that He will help you overcome, and that He is teaching you and helping you, even through hardship; that when He takes something from you He will give you better; that when He makes you wait His timing is best, that when people mistreat you, He is the One who is developing you and will reward you.

Allaah's Birr in the Next Life.

When the offspring of the righteous believers imitate their parents regarding faith, Allah will elevate them to the ranks of their parents even though they did not perform deeds as good as their parents. Allah will comfort the eyes of the parents by seeing their offspring elevated to their grades.

Allah is telling you that you wont be disappointed- you will be joined with your children in the aakhirah. He is kind, generous in this life, and even more so in the Hereafter.

AFFIRMATIONS

Al-Barr has given me so many gifts and been so good to me in this world, and I hope in receiving more good from Him in the aakhirah.

Everything I have and everything good I have experienced is from Allah's Barr towards me, every moment I am enjoying His Kindness and Generosity.

I am deeply grateful to Allah, Al-Barr for...

AYAT

"Indeed, we used to supplicate [i.e. worship] Him before. Indeed, it is He who is the Beneficent, the Merciful."

(Quran 52:28)

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Living with this Name:

Having Birr
With parents is one of greatest acts of worship and goodness in the sight of Allah having birr is not just about being obedient with our parents is about being good to them and giving them some kind and good companionship.

What actions are "Barr"? Allah tells us in this ayah:

"Birr (Righteousness) is not that you turn your faces toward the east or the west, but [true] righteousness is [in] one who believes in Allāh, the Last Day, the angels, the Book, and the prophets and gives wealth, in spite of love for it, to relatives, orphans, the needy, the traveller, those who ask [for help], and for freeing slaves; [and who] establishes prayer and gives zakāh; [those who] fulfil their promise when they promise; and [those who] are patient in poverty and hardship and during battle. Those are the ones who have been true, and it is those who are the righteous." (Quran 2:177)

ACTION POINTS

What does your heart call to, where does your attention wander to, that you will now put second because you are willing to affirm that there is no one you love more than Allah, nothing you would sacrifice more for than Allah, there is no one who deserves your attention more than Allaah?

DAILY DU'A

رَبَّنَا فَٱغْفِرْ لَنَا ذُنُوبَنَا وَكَفِّرْ عَنَّا سَيِّـَٔاتِنَا وَتَوَفَّنَا مَعَ ٱلْأَبْرَارِ

"Our Lord, so forgive us our sins and remove from us our misdeeds and cause us to die among the righteous."

(Quran 3:193)

ACTION POINTS

What actions do you do when you are aligned with this truth? What thoughts and beliefs do you hold onto? What more can you do to align your actions with this truth?

What thoughts or feelings take you away from living in line with knowing Who Al-Barr is?

When distractions emerge, how can you remain centred on Al-Barr and acknowledge Him in moments of both gratitude and need?

PERSONAL DUAS

What duaa will you ask Allah for, using His name Al-Barr?

WHERE IN YOUR LIFE CAN YOU LIVE WITH THIS NAME MORE?

What kindnesses of Al-Barr are you most grateful for?

When I feel...

I choose to remember that Al-Barr…