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ٱلرَّؤُوفُ

Ar-Ra'oof

The Compassionate, The Kind.

Ar-Ra'oof is The One Who bestows Mercy with the utmost tenderness, Who has pity on us, The One Who turns in intense mercy towards us, gently warns us, encourages us towards good and withholds from us to protect us from harm. He has the utmost mercy, pity and compassion towards those who are suffering. Ra'oof is the highest expression of mercy and compassion- it is an intense form of Rahmah.

Reflection: WHAT if every single disappointment or heartbreak you've had in your life is actually Allah being Ar-Ra'oof to you? What if everything that you are crying about losing is actually from the kindness of Ar-Raoof to you and the prevention of something worse for you?

Imagine if you lived your life licking your wounds and feeling bad about all the things that you didn't get, making up stories in your mind that it is because you are not good enough, didn't do enough, and you live with all the weight and heaviness of those feelings. Then when you have the veil lifted from your eyes and heart on the Day of Judgment, when you see how His prevention was actually giving you something better, that He was and is always acting kindly towards you, then you actually feel silly that you could have spent all this time being grateful to Allah, thanking Him for His Kindness, living under the protective shade of knowing that Your lord has not forsaken you nor has HE ever abandoned you.

AFFIRMATIONS

My heart has one focus- to please my Beloved Allah, and earn His Love, and I release all distractions that keep me away from that.

I let the knowledge of Who Ar-Ra'oof is to guide me to be kind and understanding, reflecting His gentle mercy in all my interactions.

I choose to view my life through the lens of Allah's kindness, mercy and gentleness towards me and all of His creation.

I am deeply grateful to Allah, Al-Ra'oof for...

AYAT

"Your Lord has not taken leave of you, [O Muḥammad], nor has He detested [you]."

(Quran 93:3)

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Living with this Name:

-Make this a trait in your character, following the example of our Nabi ﷺ
Allah, Ar-Ra'oof described the Prophet ﷺ as "ra'oofun raheem"

"There has certainly come to you a Messenger from among yourselves. Grievous to him is what you suffer; [he is] concerned over you and to the believers is kind and merciful." [Quran, 9:128]
Allah elsewhere describes that if the prophet ﷺ had been harsh-hearted, the people would have fled from him, they wouldn't have accepted his message.

And from this, we learn the important principle that our character and kindness is what will enable others to take from us – whether that's our children or other people in our lives.

-Connecting with the sunnah and example of the Prophet ﷺ will enable us to do that

- Don't fear losing out:

"Verily, Allah is gentle, and He loves gentleness. He rewards for gentleness what is not granted for harshness, and He does not reward anything else like it." (Ṣaḥīḥ Muslim 2593) You will never lose out by doing something for the sake of Allah, and you might risk more by being harsh and trying to control something that ultimately may not even be ours to control.

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 ٱغْفِرْ لَنَا وَلِإِخْوَٰنِنَا ٱلَّذِينَ سَبَقُونَا بِٱلْإِيمَٰنِ وَلَا تَجْعَلْ فِي قُلُوبِنَا غِلًّا لِّلَّذِينَ ءَامَنُوا۟ رَبَّنَآ إِنَّكَ رَءُوفٌ رَّحِيمٌ

"Lord, forgive us our sins and the sins of our brothers who believed before us, and leave no malice in our hearts towards those who believe. Lord, You are truly compassionate and merciful."

(Quran 59;10)

ACTION POINTS

What actions do you take 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 Ar-Ra'oof is?

When distractions emerge, how can you remain centred on Ar-Ra'oof and acknowledge Him in moments of both gratitude and need?

PERSONAL DUAS

What duaa will you ask Allaah for, using His name Ar-Ra'oof?

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

Where in your life do you feel called to embody the quality of empathy and tenderness inherent in Ar-Ra'oof?

How could an area of your life where you face challenges be transformed by adopting a mindset of gentleness and compassion inspired by Allah's beautiful Name, Ar-Ra'oof?