

الْأَوَّلُ وَالْآخِرُ

Al-Awwal wal-Aakhir

The First and The Last

Allah is the First and who existed before all of the creation, who precedes everything, the One Whose existence has no beginning, and He is the Last and remains after everything. Therefore, there is nothing that is first except Allah comes before it and there is nothing that is last except Allah comes after it.

Reflection: Allah is all that matters- He is the first and He is the Last, and He will be there when everything else on this earth and in the universe has perished. As for this life, "Know that the life of this world is but amusement and diversion and adornment" (Quran 57:20)

This life is just play, and there is something greater that we should be focused on, and that is the pleasure of Allah. The biggest tool of shaytaan in this day and age is distraction, keeping people distracted so that we don't have time to think and reflect on our lives, about our purpose. Everything should go back to Him in our hearts and minds, and when we are able to do that, everything else that we worry about will start to matter less. When we are distracted, we can get lost in the whirlwinds of this dunya and forget that Allah is The First Whom everything began with and He is the Last whom everything will end with, He is the Cause and He is The Destination for all of us.

AFFIRMATIONS

I prioritise my salaah, and pray it in the beginning of its time with love and humility before Allah, al-Awwal the First, wal-Aakhir, and the Last.

I begin with His Name and I end with His praises in everything I do.

I am deeply grateful to Allah, Al-Awwal wal-Aakhir for...

AYAT

"He is the First and the Last, the Ascendant and the Intimate, and He is, of all things, Knowing."

(Quran 57:3)

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and He is, of all things, Knowing.”

(Quran 57:3)

Living with this Name:

Put Allah first in your life, single Him out with humility. He is the One Who should be our first priority, the first we think of, the first we speak to, the first we turn to; His right is first before anyone else's.

Ask ALLAH and seeking His aid first, before even seeking the means – knowing that the means will only work with His Blessing and help since HE created the means.

Put Allah first in your life, knowing that He will be the Last, that you and I will return to. We start with Him hoping that we will end with Him in a good state. We start with His name and end with His praises for everything we have been given, guided to or even prevented from.

Prioritise correctly- Give priority to what Allah has prioritised. In every moment, the priority of that moment is likely to change, and the successful person is the one who learns to give priority to the correct thing at the correct time.

Prioritise the salaah: The Prophet salallahu 'alayhi wa sallam said: The first thing one will be held accountable for on the Day of Judgment is prayer [Sunan Abu Dawud, an-Nasaa'i, Al Hakim]. Fit your daily activities around your prayer instead of fitting your prayers around your daily activities, learn how to pray like the Prophet ﷺ, understand what you say in salah, push yourself to pray on time and ask Al-Awwal to help you put your prayers first.

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

اللَّهُمَّ أَنْتَ الْأَوَّلُ فَلَيْسَ قَبْلَكَ شَيْءٌ، وَأَنْتَ الْآخِرُ فَلَيْسَ بَعْدَكَ شَيْءٌ، وَأَنْتَ الظَّاهِرُ فَلَيْسَ فَوْقَكَ شَيْءٌ، وَأَنْتَ الْبَاطِنُ فَلَيْسَ دُونَكَ شَيْءٌ، اقْضِ عَنَّا الدَّيْنَ وَأَغْنِنَا مِنَ الْفَقْرِ

“O Allah, You are The First so there is nothing before You and You are The Last so there is nothing after You. You are Ath-Thahir so there is nothing above You and You are Al-Baatin so there is nothing closer than You. Settle our debt for us and spare us from poverty.”

(Muslim 2713)

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 Al-Awwal Wal-Aakhir is?

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

PERSONAL DUAS

What duaa will you ask Allaah for, using His name Al-Awwal Wal-Aakhir?

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

What is a painful experience in your life that you can place within context after knowing these names of Allaah?

What is currently distracting your heart from internally realising the reality of Al-Awwal Wal-Aakhir? How can you use that to turn to Him instead?