

المُحْسِن

Al-Muhsin

The Good Doer, The One Who does Ultimate Good.

Al-Muhsin refers to the One who is perfectly good in His Essence, who possesses the perfect good and excellence, The One who does all His actions in the best possible manner, achieving excellence and reaching ultimate beauty and perfection. Al-Muhsin is the one who loves and inspires doing good in His slaves towards Him and towards all other creation too.

Reflection: Of all the qualities that we take from the Names of Allah and try to reflect in our own behaviour and actions, Ihsaan must be one of the most important.

The Prophet ﷺ said: Surely Allah is Muhsin and He loves ihsaan in everything; if you kill, kill in a good way and if you slaughtered, slaughter in a good way. [At-Tabaraani]

What is ihsaan? There are three degrees of Islam, which are Islam (outward submission to the will of Allah), eemaan (which is to have belief in the heart), and ihsaan (spiritual excellence). Ihsaan is the highest level of eemaan (faith).

It means worshipping Allah as if you can see Him, and although you cannot see Him, He can see you. [Al-Bukhaari, Muslim]

AFFIRMATIONS

I firmly believe with all of my heart that Allah, Al-Muhsin is Good, His Actions are Good and He Accepts Only Good from us. I believe that Allah intends for me ease and does not intend for me hardship ever, and He knows best what my ease and hardship lie in.

I acknowledge with gratitude all the beautiful ways Al-Muhsin arranges, orders and guides me to good.

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

AYAT

“For them who have done good is the best [reward] - and extra. No darkness will cover their faces, nor humiliation. Those are companions of Paradise; they will abide therein eternally.”

(Quran. 10:26)

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Living with this Name:

- In your relationship with Allah ‘azza wa jall, trying to worship Him as if you see Him; and strive for al-Ihsan in your relationships with others, showing extra kindness to your parents, relatives, and the poor.

Strive to make al-ihsaan part of your character- meaning in every deed you do, you try your best to give it all you can at that moment. The Prophet ﷺ said: Allah has prescribed al-ihsaan in every matter. [Muslim] SubhanAllah, we are even asked as Muslims to sharpen the knife when we slaughter so as to cause minimal distress to the animal.

Have Ihsaan in your duaa and ask Allah for the best

«إِذَا سَأَلْتُمُ اللَّهَ الْجَنَّةَ فَاسْأَلُوهُ الْفِرْدَوْسَ. فَإِنَّهُ أَعْلَى الْجَنَّةِ، وَأَوْسَطُ الْجَنَّةِ، وَمِنْهُ تَفَجَّرُ أَنْهَارُ الْجَنَّةِ، وَسَقْفُهَا عَرْشُ الرَّحْمَنِ»
(When you ask Allah for Paradise, ask Him for Al-Firdaws which is the highest and best part of Paradise.
From it originate the rivers of Paradise, and above it is the Throne of the Most Beneficent (Allah)

Connect with the Quran

In many places in the Quran, Allah talks about the muhsineen, and we can learn the path to ihsaan by being close to and understanding the words of Al-Muhsin.

- Cultivate gratitude in your heart towards Al-Muhsin for all the good He sends to you. everything Allah ‘azza wa jall gives and takes from you, is for your own good and is good, or rather the best.

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 إِنِّي أَسْأَلُكَ الْجَنَّةَ وَمَا قَرَّبَ إِلَيْهَا مِنْ قَوْلٍ أَوْ عَمَلٍ وَأَعُوذُ بِكَ مِنَ النَّارِ وَمَا قَرَّبَ إِلَيْهَا مِنْ قَوْلٍ أَوْ عَمَلٍ وَأَسْأَلُكَ أَنْ تَجْعَلَ كُلَّ قَضَاءٍ قَضَيْتَهُ لِي خَيْرًا

“O Allah, I ask You for Paradise and for that which brings one closer to it, in word and deed, and I seek refuge in You from Hell and from that which brings one closer to it, in word and deed. And I ask You to make every decree that You decree concerning me good.”

(Saheeh ibn Majah 2/327)



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-Muhsin is?

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

PERSONAL DUAS

What dua will you ask Allaah for, using His name Al-Muhsin?

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

Where in your life do you feel called to have more excellence, for Allah?

What acts of worship will benefit most from this increased awareness of Al-Muhsin, and how will you take this forward with you?

When I feel.....

I choose to remember that Al-Muhsin is...