

The Almighty, The Magnificent, The Most Great, The Supreme

Al-Atheem is The Magnificent, The Most Great, The Supreme in Glory, the One Who is the Ultimate Owner of all power, might and strength.

Al-Atheem signifies the unparalleled majesty and glory of Allah, encompassing all forms of perfection and greatness in knowledge, power, and essence. His Greatness cannot be grasped by our sight nor comprehended by the limits of our minds.

Reflection: Al-'Atheem is the greatest and the strongest and He chose for us to contemplate His greatness and strength in our prayer each time we bow down and say 'Subhaana Rabbiyal 'Atheem' When we bow in rukoo' we are in a position of humility, of weakness before Al-Atheem, and we can use that moment to focus all of our body and mind on how inferior we are in comparison with Al-'Atheem. Bowing is a physical manifestation of our heart admitting and testifying to the grandeur and the might of Allah Al-Atheem.

This name Al-'Atheem is also one of the Names that concludes "ayatul kursi" -the greatest "a'adham" verse of the Quran, that we are encouraged to recite after each fard (obligatory) prayer, before sleeping, as well as at the two ends of the day when we do our morning and evening remembrance of Allaah, so we know that Al-Atheem is an important Name and Description of Allah, and something we need to internalise and live by.

AFFIRMATIONS

I stand before Al-Atheem in awe of His Majesty, His Greatness, and I submit to Him in full humility as I bow in Rukoo' and pray.

I am nothing and have no power before Al-Atheem, and recognise it is His Power, Strength and Might that we rely upon.

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

When I call upon Allaah Al-Atheem, I do so with (eg love / awe/ humility / reverence) because He is the One Who...

AYAT

"So glorify the name of your Lord, the Most Great."

(Quran 69:52)

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Living with this Name:

Call on Al-Atheem whenever you feel you need strength to carry on in life. When you feel overwhelmed by your lack of power, reconnect to al-Atheem and know that nothing is too great for Him to solve, no duaa too big to answer, no person or army too great to conquer.

This Name reminds us to maintain our humility, no matter how much power or status or fame we may get in this life, none of us is anything before His Majesty and Supreme Glory. And at the same time, have confidence that even the strongest and mightiest of opponents is nothing before Allah Al-Atheem, so train your heart to see Him and connect with Him even when you are afraid.

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

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ سُبْحَانَ اللَّهِ الْعَظِيمِ

Glory and praise to Allah, and glory to Allah the Almighty.

The Messenger of Allah salallahu 'alayhi wa sallam said: 'There are two statements that are light for the tongue to remember, heavy in the Scales and are dear to the Merciful: Subhan-Allahi wa bihamdihi, Subhan-Allahil-'Adheem (Glory and praise to Allah, and glory to Allah the Almighty).'

(Sahih al-Bukhari)



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-Atheem is?

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

PERSONAL DUAS

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

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

How can you cultivate a sense of humility and awe in your daily routine, inspired by the majesty of Al-Atheem?

When I feel.... I choose to remember that..