

Ash-Shakoor, The Most Appreciative, The Most Grateful is the One who appreciates your efforts, no matter how small they are, and rewards you abundantly in this world and in the hereafter.

He appreciates the smallest of deeds, He appreciates efforts all the time, and His appreciation is unlimited and beyond what is expected or deserved.

Reflection: He never gives up on you, even when you give up on yourself: He never forgets or ignores the good in you just because there's also some bad; He will never stop appreciating and rewarding any little effort towards Him, even if those efforts don't compare to those around you; He never expects perfection and says it has to be all or nothing; Ash-Shakoor wants us to always know that He appreciates all good, to have hope in Him, and to keep coming towards Him, no matter how small we feel that effort is, and He invites us to remember this through this Name Ash-Shakoor, that rewards so bountifully and appreciates so little. Allah wants us to hope in Him, not in our own ability to be great, or be perfect believers. When we understand that Allah is Ash-Shakoor, we begin to understand that our life is a reflection of what we allow ourselves to see. How much are we allowing our preoccupation with what's NOT there from seeing what is there?

AFFIRMATIONS

My heart is full of the blessings of Allah, Ash-Shakoor, and I am grateful to Him for them all.

Ash-Shakoor is the One Who sees and appreciates all of my efforts.

Nothing is wasted, no action is too small when the heart is directed towards Him.

I am deeply grateful to Allah, Ash-Shakoor, for...

When I call upon Allaah As-Shakoor, I do so with (eg love/awe/humility/reverence)...

because He is the One Who...

AYAT

"So that He will reward them in full and increase them out of His grace. He is truly All-Forgiving, Most Appreciative."

(Quran 35:30)

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Living with this Name:

Don't belittle any good deed, no matter how small. The Prophet Muhammad (PBUH) reminds us, “Do not belittle any good deed, even meeting your brother with a cheerful face,” [Muslim]. Recognising Ash-Shakoor helps us embrace and look for opportunities of good, even in the tiniest of ways, knowing that our efforts are never lost or overlooked.

- Don't take things for granted, take them as granted – gifts that have been granted to you to see if you are truly grateful or not. We can embed gratitude into our hearts by learning to really open our hearts to and look for small micro-moments of peace and blessings in our day.
- We sometimes yearn for recognition from others, When feeling that your efforts go unnoticed or undervalued, remember that Ash-Shakoor appreciates every sincere act. Let this knowledge encourage your perseverance and increase your sincerity for Him alone. Remind your heart that it doesn't matter if others don't recognise or see your efforts because The One whom we are doing all this for is appreciative and all- Knowing.
- Appreciate and thank people. The Prophet (PBUH) taught us that “The one who does not thank people had not thanked God.” [Abu Dawud]
- Use your blessings in His Path. Al-Ghazali states, “The best way of manifesting thankfulness for the blessings of God Most High is to make use of these blessings in obeying, and not disobeying Him.” Gratitude Journaling: Write a daily gratitude list acknowledging specific blessings, reminding yourself of Allah's appreciation and rewards for your gratitude.

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 اَعِنِّي عَلَى ذِكْرِكَ وَشُكْرِكَ ، وَحُسْنِ عِبَادَتِكَ

“O Allah, help me to be grateful to You, to remember You, and to worship You in the best manner.”

The Prophet Muhammad (PBUH) taught his companions to say this duaa at the end of every single prayer.

(Musnad Ahmad 7982)



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 Ash-Shakoor is?

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

PERSONAL DUAS

What duaa will you ask Allah for, using His name Ash-Shakoor?

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

If the only things I had in my life were those things that I was grateful for, what would I actually have?

Think of one blessing in your life. Ask yourself, "How much did I recognise my inability and weakness to obtain this gift or blessing through my own effort? And how much did I humble myself before Allaah and recognise His Blessing?"