

He is the powerful maintainer who sustains, nourishes, protects, and oversees all that exists.

Reflection: Many times in life we face situations where we feel like we're being squeezed- we feel like we have given and given and the trial is just carrying on and on and is just not stopping. In those tests we might be making duaa, we might be calling out to Allah , But quite often what we find is when we have a test that is prolonged or going on for a long time the focus starts to shift to the fear- of what might happen if this never stops, of what will happen if it gets worse, and all of these downstream bad effects that might happen. When you trust that al-Muqēet is truly the nourisher of your body, heart and soul, it frees you up from your fears and allows you to make stronger duaa, more powerful duaa that is powered by your certainty, and it allows you to see clearly. And in those moments after the test, (because it will end) you will find that not only have you made it through the end of the test, but you have a greater gift- and that is that you found your trust and tawakkul in Allah, You saw Him providing for you, and you nourished your heart with that, and that is priceless.

AFFIRMATIONS

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

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

because He is the One Who...

AYAT

“Whoever intercedes for a good cause will have a share in the reward, and whoever intercedes for an evil cause will have a share in the burden. And Allah is Watchful over all things.”

(Quran 4:85)

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Living with this Name:

When you need help, make abundant dua to Al-Muqet. Al-Muqet hears the silent dua and responds to it and knows your affliction and is the only One Who removes it. Call upon Al-Muqet, using this beautiful name, to ask to sustain your body with provisions and your heart with the knowledge of Islam. Trust that He is the One who sustains and nourishes your heart, your inner soul, as well as your mind and your body.

2. Recognise Al-Muqet in every sustenance you receive The more we train ourselves to see what Al-Muqet is providing and nourishing and sustaining us with, in every moment, the more we develop Ihsaan- that beautiful quality of worshipping Allah as if we see Him, and then the more we trust Him, and have taqwa of Him.

3. Sustain others with the help of Al-Muqet – be a source of nourishing and sustaining others , with whatever you can- an encouraging word, a smile, a plate of food. Using your sustenance as a way of sustaining others is one of the most beautiful ways of paying it forward, and showing ALLAH that you acknowledge this gift came from Him and belongs to Him, and that you are grateful for it.

4. Reflect on Al-Muqet so you can rely on Him more, and stick to the halal means.

Reflect on how He looks after all Creation without ever getting tired- the same Lord that looks after all of that is looking after you in the best possible way. Rely on Him to provide for you, nourish you and protect you and never seeking haram means of sustenance or doubt in His Promise or His power to maintain you.

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 أَكْثِرْ مَالِي، وَوَلَدِي، وَبَارِكْ لِي فِي مَا أَعْطَيْتَنِي
[وَأُطِلْ حَيَاتِي عَلَى طَاعَتِكَ، وَأُحْسِنْ عَمَلِي وَاعْفِرْ
لِي]

“O Allah increase my wealth and offspring and bless me in what You have provided for me [and give me a long life in obedience to You and help me to do all that is good and forgive me.”

(Al-Bukhari, Adab al Mufrad 653)

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-Muqet is?

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

PERSONAL DUAS

What dua will you ask Allah for, using His name Al-Muqet?

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

Reflect on moments when you've experienced Allah's sustenance during hardship or abundance. How did recognising Al-Muqet's provision enhance your trust and gratitude?

When I am feeling.....

I choose to remember ...