

الرَّقِيبُ

Ar-Raqeeb

The Watcher, The Observer

Ar-Raqeeb is The One who is closely watching over all His Creation, hearing, seeing, perceiving everything, He is the Observer and Witness to everything at all times, The One who is closely watching over all His Creation, hearing.

Reflection: He is the One who watches, or who's looking, who's observing to protect you, to keep you safe. When Allah revealed to the Prophet ﷺ about the plots of the disbelievers: فَسَيَكْفِيكَهُمُ اللَّهُ وَهُوَ السَّمِيعُ الْعَلِيمُ (Quran 2:137) "And Allāh will be sufficient for you against them, For He is the All-Hearing, All-Knowing."

This ayah that was one of the greatest sources of comfort, reassurance and peace for the Prophet ﷺ and for us, that even though we may not have the tools, the armies, or the resources, we have Ar-Raqeeb, Al-'Aleem and He is watching over you and I, protecting us.

Knowing that there is the Almighty Protector, Ar-Raqeeb, who is watching, and that He has your back, and that He is looking after you, allows you to keep going even when it looks like the odds are stacked against you. Knowing that you are never alone enables you to find and use the resources Allah has blessed you with, and have contentment in your heart.

AFFIRMATIONS

I am under the Protective Gaze of Allah, ar-Raqeeb, at all times, and I am safe with Him.

Allah, ar-Raqeeb sees my heart and my deeds, and I remind myself that HE is watching so that I am being sincere for Him in every act I do.

I am deeply grateful to Allah Ar-Raqeeb for...

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

because He is the One Who...

AYAT

"O humanity! Be mindful of your Lord Who created you from a single soul, and from it He created its mate, [1] and through both He spread countless men and women. And be mindful of Allah—in Whose Name you appeal to one another—and 'honour' family ties. Surely Allah is ever Watchful over you."

(Qur'an 4:1)

“O humanity! Be mindful of your Lord Who created you from a single soul, and from it He created its mate,^[1] and through both He spread countless men and women. And be mindful of Allah—in Whose Name you appeal to one another—and ‘honour’ family ties. Surely Allah is ever Watchful over you.”

(Qur'an 4:1)

Living with this Name:

- Remind yourself constantly refresh in your mind this idea that Allah is watching, that He is protecting us, that He is recording every moment.
- Impress Allah Ar-Raqeeb – when you know you’re being watched and observed, we try to impress the observer, so Instead of trying to impress people, let us remember that Allah Ar-Raqeeb is watching and try to impress Him. Al-Ghazali states, “The attribute of watchfulness is only praiseworthy in man if his watchfulness is directed to his Lord and his heart”
- Have hayaa/ shyness in front of Him of doing bad deeds
- Developing more sincerity and ihsaan (to worship Allah knowing that He is watching you, and observing both your inner sincerity and the deed itself).
- Mind your words

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 اقْسِمْ لَنَا مِنْ خَشْيَتِكَ مَا تَحُولُ بِهِ بَيْنَنَا وَبَيْنَ مَعَاصِيكَ، وَمِنْ طَاعَتِكَ مَا تَبْلُغُنَا بِهِ جَنَّاتِكَ، وَمِنْ الْيَقِينِ مَا تَهْوُنُ بِهِ عَلَيْنَا مَصَائِبَ الدُّنْيَا،

“O Allah, apportion to us enough fear and awe of You to prevent us from sinning against You; and enough obedience to You to make us reach Your Paradise; and enough certainty to make the difficulties of this world easy for us.”

(Tirmidhi)



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 Ar-Raqeeb is?

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

PERSONAL DUAS

What duaa will you ask Allah for, using His name Ar-Raqeeb?

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

Where and with whom in your life do you feel your awareness of Ar-Raqeeb will help you to act in more aligned ways ?

When I feel

I choose to remember that Ar-Raqeeb.....

What personal duaa will you ask Allaah for, using His name Ar-Raqeeb?....