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الرحيم

Ar-Raheem

The One who bestows His continuous mercy on all of creation.

Ar-Raheem is the One who bestows His continuous mercy on all of creation and who bestows even more grace and greater rewards in response to the good deeds of the believers!
Both raheem and rahmaan come from the root raa-haa-meem, which points to four main meanings. The first meaning is to have gentleness and to love, the second is to have mercy. The third meaning is to show favour, and the fourth meaning is to have all that is required for beneficence.

Reflection: The root letters of Allah's Beautiful Name Ar-Rahmaan and Ar-Raheem are connected to the word "Rahm" in Arabic, which refers to the womb of a mother- and gives us the sense that just as the foetus is taken care of, and surrounded and protected by the womb, in the same way, all of our needs are taken care of by Ar-Rahmaan Ar-Raheem, without us even articulating them or knowing them. Just like the foetus, we are constantly receiving – rizq, care, love, warmth, protection, guidance- and we are hardly even aware of the One, Ar-Rahmaan Ar-Raheem who is doing all that.

Ar-Rahmaan refers to Allah as being extremely merciful and Ar-Raheem as being especially merciful to the believers. Ar-Rahmaan indicates intense mercy and Ar-Raheem indicates consistent mercy.

AFFIRMATIONS

I choose to see my life through the Lens of Allah's Mercy and Rahmah, I choose to see the gifts of Ar-Rahmaan Ar-Raheem in every situation I find myself in.

I am deeply grateful to Allah, Ar-Raheem for…

When I call upon Allaah by His Name Ar-Raheem, I do so with (eg love/awe/humility/reverence) because He is the One Who…

AYAT

"[O Muhammad], Inform My servants that it is I who am the Forgiving, the Merciful."

(Quran, 15:49)

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Living with this Name:

To live with this Name, let us keep two things in mind:

1. **Let us not compare ourselves to those who have more than us, rather we can compare ourselves to those who have nothing (or to ourselves when we had less in the past)**

2. Let us always look around us in the world with the lens of Allah being Ar-Raheem, so that we see the signs of Allah's mercy and Rahmah- from the rain to the animals, to the water in our tap- with our "Rahmah" lens on, even when difficulties hit, we trust in His Rahmah.

How can you have a share in this name so you receive Rahmah?

1. **Following the Quran and being attached to it is a cause of receiving Allah's Rahmah.**
2. **Inculcating "taqwa" in our hearts, so that we are mindful of Allah and eager to do that which pleases Him and stay away from that which displeases Him as much as possible.**
3. **Listening to the Quran: The more you respect and honour the Book of Allah, the more cure, guidance and mercy you will receive through it.**

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

أَنِّى مَسَّنِىَ ٱلضُّرُّ وَأَنتَ أَرْحَمُ ٱلرَّٰحِمِينَ

"Indeed, adversity has touched me, and You are the most merciful of the merciful."

(Quran 21:83)

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-Raheem is?

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

PERSONAL DUAS

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

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

When I find something challenging, I choose to remember Ar-Raheem who blessed me with...

Where or with whom in your life are you withholding love and Rahmah, and what effect is that having on you, on your heart, on your relationship with others, and on your relationship with Allah?...

Where and with whom can you grow your relationship by being a vessel for the Rahmah of Allah for others? I invite you to unleash the Rahmah inside of you and give yourself permission to let it flow where your heart calls it towards, and that will be good for you in this life and the next …

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