

# اللطيف

"Al-Lateef"

The Knower of Subtleties, The Kind, The Gentle; His actions with us are so gentle that He takes care of us, without us even perceiving it. He is able to do what others cannot even imagine and be infinitely kinder than we could ever think, because of His knowledge of all the subtleties of any situation and person.

**Reflection:** How would our life view change if we were to view everything that happened to us, as an action of Al-Lateef?

There are times in our life when someone sends an article to us that we really needed to read that day, or a video that had an ayah, a dua or message that we really needed for the situation we found ourselves in. That is al-Lateef, sending us what we need when we need it, often without us even asking. Sometimes a friend will call you, out of the blue, and after you spoke to her you felt so much better, lighter and had renewed perspective on your situation– that is al-Lateef, sending you what you need in the most subtle and kind of ways.

Sometimes we are left out of things that we really wanted to be part of, or we don't get the job we want, the person we want, the place in the school we wanted for our children, and we are so heartbroken and dejected, and left wondering why our duas weren't answered when it looks like other peoples were; we are left wondering if there's something wrong with us, or something wrong that we are doing that is holding us back. And then, later down the line, Al-Lateef shows us how that thing that we wanted so badly, wasn't good for us; or how what we thought we were being deprived of, was actually a gift that we were being given instead.

## AFFIRMATIONS

I am deeply grateful to Allah, al-Lateef, for...

Who can I take care of, in a subtle way, without their even realising it, because I know that al-Lateef is aware of it...

## AYAT

"Allah is taking care of me and helping me grow in subtle ways that I don't even notice. He, al -Lateef is always guiding my life so that it can unfold in the best way."

**Living with this Name:** As Al-Lateef Himself says: Allah is Subtle with His servants; He gives provisions to whom He wills. And He is the Powerful, the Exalted in Might. [Quran, 42:19]

A-Lateef is subtly taking care of us. Sometimes He sends tears as a healing for our heart and sometimes He sends laughter as a tonic for our stress. Sometimes He weans us off people that are not good for us, and sometimes He weans us off habits that will destroy us. His actions are supremely Kind, gentle and Subtle in every area of our lives. Once we see that, let us also be vessels of kindness, subtlety and gentles with those in our lives!

### ACTION POINTS

Where in your life have you already experienced Allah being Al-Lateef? Was there a situation that had many turns and twists before it was resolved?

Where in your life can you live with this name, al Lateef, more? Is there someone I need to be gentler with, or a situation in which I can be gentler and kinder?

### DUAS

What duaa will you ask Allah for, using His name al-Lateef?