



الرَّبُّ

"Ar-Rabb"

The Lord, Nurturer, Sustainer. The Lord and Master, who nurtures us from weakness to strength, with total perfection. He is the only One who takes care of all the creation, nourishing it and regulating it in the most perfect way.

Reflection: When you are worried and distressed, know that only Ar-Rabb can bring benefit and ward off harm, and when you need something, know that only He answers prayers, He is the One who is Nurturing you and taking care of you. He is the Lord and Provider, so let us call upon Him with our needs before asking anyone else. Even if we feel overwhelmed and don't know what we can do, we can still have the belief and call out to Rabbee – my nurturer, my Sustainer. Feeling overcome or overwhelmed does not negate that you believe that your Rabb is taking care of you, rather it's an opportunity for us to channel that emotion and use that pain and that feeling to come closer to Ar-Rabb.

AFFIRMATIONS

I am deeply grateful to Ar-Rabb for...

When I call upon my Rabb, I choose to remember that...

AYAT



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“My Rabb is with me, He nurtures me through my life so that I can reach Him.”

Living with this Name: Where in your life have you already experienced His taking care of you so perfectly? How is the situation that you are in right now, a manifestation of how ar-Rabb is nurturing you to become better and grow? What are you learning through this?

ACTION POINTS

Where in your life have you already experienced His taking care of you so perfectly?

How is the situation that you are in right now, a manifestation of how ar-Rabb is nurturing you to become better and grow?
What are you learning through this?

DUAS

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