

الْمَتِينُ

"Al-Mateen"

When you feel weak, seek strength from al-Mateen, the Strongest; When you feel that you might slip, al-Mateen will keep you firm.

Reflection: We are all humans who experience fluctuations in our strength and determination. We all experience moments of instability, feelings of insecurity and doubt. How can we not, when we don't know what the future holds for us, we don't know what the consequences for any given action could be, when we have limited knowledge and control over any given thing?

Experiencing those uncomfortable feelings is normal, and in fact, allowing yourself to feel them, rather than hiding from them, numbing them, or distracting yourself away from them, allows you to use them to get closer to Allah, al-Mateen.

Those feelings force us to seek help from someone who has greater power and control – and that is why when we know al-Mateen, we can ask Him to keep us firm when we are weak. When we feel uncertain about what is happening, about why the world seems to be skewed one way, then we are reminded that Allah's plan is "Mateen" and strong, and we can have faith in His Plan, because His Plan is never overcome by the plotters.

AFFIRMATIONS

I am deeply grateful to Allah, al-Mateen for helping me to remain steadfast when...

AYAT

"Whenever I feel weak, I take comfort in knowing that Al-Mateen can make me strong and steadfast. When I fear the plan of others, I feel comforted knowing that His Plan is always Mateen."

Living with this Name: Live with determination and steadfastness. Have confidence and courage and step forward with the name of Allah, al-Mateen.

Make your plans mateen, firm – by putting your trust in Allah, having good expectations of Him, knowing that He can help to keep you firm; and knowing that your ability to be firm grows with every decision you make. Look back at how you have already been firming, with the help of Allah. Haven't you been steadfast to get here? HE helped you to do that, and in the same way, He will help you to stay steadfast whenever you connect to Him.

ACTION POINTS

Where in your life have you already experienced this name al-Mateen? Recall a time when you were given strength to remain steadfast, or a time when Allah's plan overcame others whose plan would have been bad for you in some way...

Where in your life can you live with this name, al-Mateen more? Is there a situation where you can be more steadfast? (Remembering that being steadfast and firm does not mean being harsh or stubborn, as the Prophet sallAllaahu alayhi wa sallam never was)

DUAS

What dua will you ask Allah for, using His name al-Mateen?