

الْحَمِيدُ

"Al-Hameed"

The One Who deserves every manner of praise and glorification, for His self, His perfect names, His attributes, and his perfect actions. He deserves praise at all times, not just for His actions, but for His inherent nature.

Reflection: "Hamd" or praise in Arabic has connotations of love, adoration, gratitude, and submission, and those are the feelings we need to evoke in our hearts when we praise Allah. In fact, any act that we offer to Allah can only be elevated to the level of worship if we accompany it with love. How can we learn to praise Allah and really thank Him from our hearts?

We take His Name al-Hameed and internalise that everything He does, is indeed praiseworthy; as the Prophet saws taught us to say when we are in a difficult situation: "alhamdulillah 'alaa kulli haal"- all praise is for Allah in all circumstances. We remind ourselves that just because we don't like something, doesn't mean it isn't the best thing for us. Just because we find something hard, doesn't mean that Allah does not deserve praise. In every situation, we open our eyes and our hearts to seeing what we can praise Allah for: that the situation is not worse, that He's building you through this, that He will replace your hardship with something better, that He is guiding you to Him, that He tests those whom He loves.... what can you see when you make "hamd" the lens through which you choose to view your life?

We also become humble when we remind ourselves that we can never encompass His Perfection in order to praise Him as He actually deserves. The Prophet saws said in a duaa, "I cannot enumerate Your praises- You are as You have praised yourself..."

AFFIRMATIONS

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

AYAT

"I praise Allah in every situation that comes to me, and I open my eyes and heart to actively seek out ways and things to praise Allah for."

Living with this Name: We can never praise Him as He truly deserves- All we can do is get into the habit of praising Allah, of thinking well of Him, of seeking Him through your praise of Him. Take the habit of praising Allah for things unrelated to you. Praise Him for the beauty of His creation. Praise Him for His majesty. Praise Him for whatever is around you, so you use your environment as a cue to train yourself to be in worship constantly because you remember that while you are busy with worldly affairs, whatever is in the heavens and earth exalts Allah, all the time. When we praise Allah, it is as if we are in sync with the entire universe with its entire purpose, to worship Allah.

When we train ourselves like this, we move from being transactional in our relationship with Allah, to truly loving Him- we move from only thanking and praising ALLAAH when we receive good news or life is good and we get what we want in this world, to love Him truly for His Essence and Attributes.

Train yourself to bring this love and praise to your prayers – Take a moment to prepare yourself before each prayer and make the intention to make your salaah a means of praising Allah with the full force of all your love and submission to Him. Just remind yourself- “I am praying in order to Praise Allah for all of His actions and all of His perfect Names and attributes, even though I acknowledge that I cannot praise Him as He deserves.”

ACTION POINTS

Where in your life have you already experienced this name al-Hameed? Is there a situation in your life that you can look back on and praise Allah with love and gratitude?

DUAS

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



ACTION POINTS

Is there a challenging situation or person you are facing right now? What is there in this situation, along with the challenge, that you can praise Allah for, right now?

Is there a person in your life who you could praise a little more that you sometimes overlook? Plan how you will or what you can praise them for?

DUAS