



الرَّحْمَنُ

"Ar-Rahmaan"

The Entirely Merciful from whose Mercy all creation benefits. The one who is Full of Mercy and whose mercy is vast and limitless. Allah is always described as Ar-Rahman. He always has Mercy, Allah is always merciful. His Rahmah is His permanent description. He chooses to introduce Himself to us, in the very first chapter of the Quran, as ar-Rahmaan, The Lord of Mercy

Reflection: Choose the lens of Rahmah! We all view our lives with a certain lens that comes from our values, upbringing and experiences. Since Ar-Rahman is one of the foundational names of Allah, imagine if we were to choose to view our lives through the Lens of the Rahmah of Allah...imagine if we were to be able to see everything that comes to us and everything that is withheld from us, as a manifestation of His Rahmah..how would you experience life differently?

Wouldn't you have mercy on yourself, and prescribe mercy upon yourself? Forgive yourself for being weak in the past if you now seek to be strong and seek forgiveness from Allah- prescribe mercy upon yourself and know that you learned something from those sins and mistakes, you learned that you are human and limited and that your Lord is sufficient for you, and that you can rejoice in His Mercy.

AFFIRMATIONS

I am deeply grateful to Allah,
ar-Rahmaan for...

AYAT

"I choose to view my life through the lens of Allah's Rahmah – I know with deep certainty that everything He sends to me and everything He withholds from me, is because of His Rahmah, and His wanting what is good for me in this life and the next. "



Living with this Name: What is the Mercy that you are enjoying in your life right now? What Mercy are you looking forward to receiving from the Most Merciful whose Mercy envelopes all things?

ACTION POINTS

Where in your life have you already experienced His Mercy?

Do you remember a situation where something happened that you didn't like at the time, but which you can now see, was a manifestation of His Mercy?

Where in your life can you live with more Rahmah (mercy, compassion)?

DUAS

What dua will you ask Allah for, using His name ar-Rahmaan?