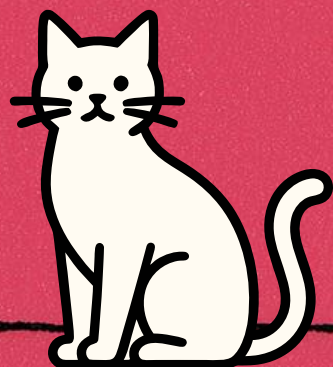
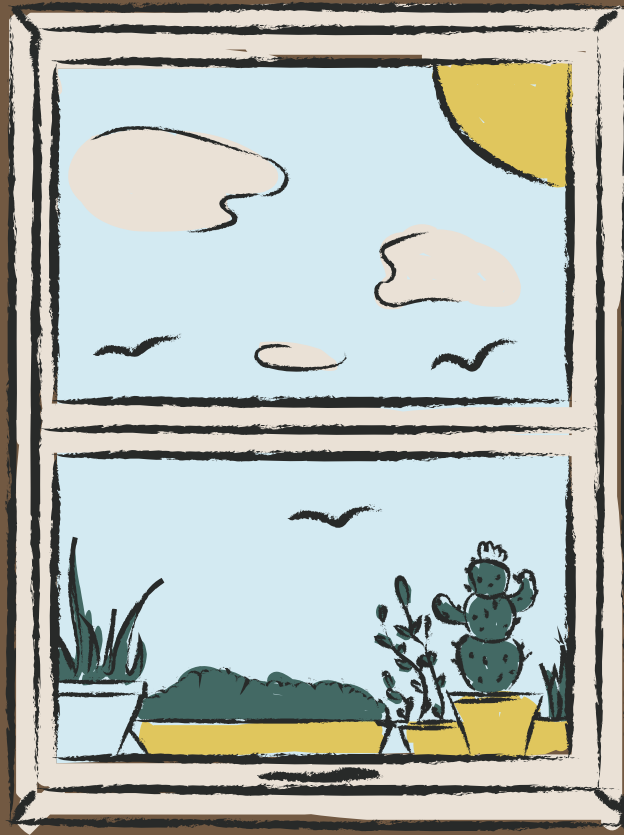


aa plus

Healing through His Names

Ar-Rahman & Ar-Rahim in Practice
with Ustazah Syariatul Sulaiman





His Introduction as the Most Merciful

Allah Introduced Himself As...

- We start with acknowledging that the Names of Allah SWT are not man-made. It's not what we decide how Allah SWT is for us, or what we interpret.
- These Names were given by Allah SWT Himself. He tells us about Himself, and in the very beginning of Revelation, Allah already introduced Himself as Ar-Rahman Ar-Rahim.
- Allah SWT consistently tells us in almost every Surah in the Quran that begins with Bismillahirrahmanirrahim, that He is Ar-Rahman (The Most Merciful), Ar-Rahim (The Most Compassionate, The Most Loving).

Two Essential Names

- Allah chooses these two Names, and it is repetitive. **Anything repetitive is essential and important for us to say and teach.**
- These are the two Names that we teach to our young ones. Everything they do need to begin with Bismillah. We teach them these Names to them, even before they themselves can say

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ .

- These Names are highly emphasised, and Allah SWT has chosen these Names to introduce Himself.
- Reflect: **How often do you reflect on these two Names?**



An Honour for the Ummah of Rasulallah ﷺ

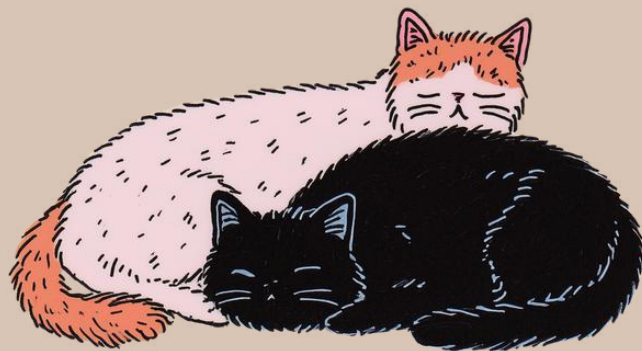
- Allah SWT began the first revelation / the first contact / the first message sent to the Prophet ﷺ with Bismillah Ar-Rahman Ar-Rahim.
- This holds immense importance, and **it is a profound honour for us, the Ummah of Rasulallah ﷺ, to have embraced these Names as a part of our daily expressions.**
- Muslims call out to Ar-Rahman Ar-Rahim every day, even if we do not memorise the other 97 Names of Allah SWT. Allah purposely wants us to know and remember these Names about Himself.



The First Revelation

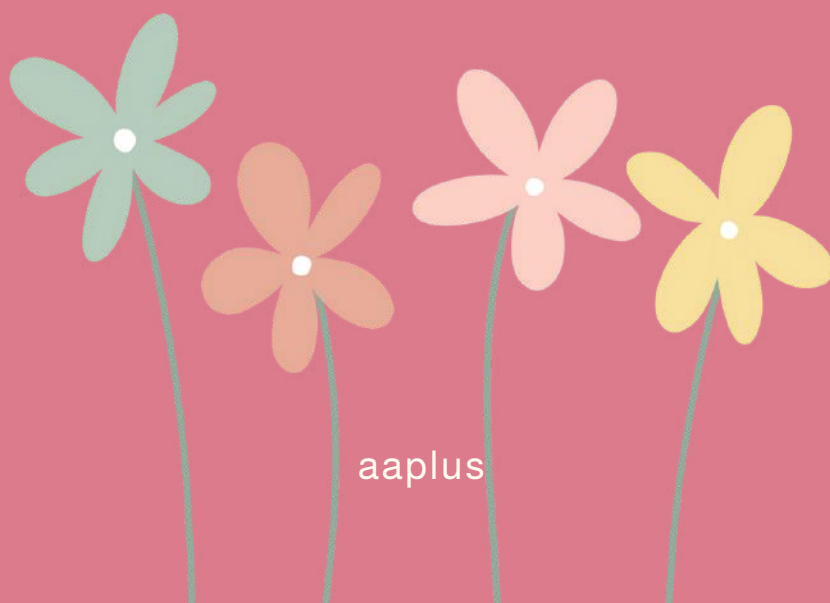
- The Names Ar-Rahman Ar-Rahim are part of the revelation. Bismillahirrahmanirrahim was sent down. It is divine and something that we know from Allah Himself.
- Before Islam, people who used to believe in Allah also believed in other idols. They would attribute other names to God, and also use names of idols like Hubal, Lat, and Al-Uzza, in place of Allah SWT.
- When Allah SWT sent down revelation, Allah said, 'Bismillah' (In the name of Allah) and added the attributes of Ar-Rahman Ar-Rahim. This was the beginning of Allah SWT's Mercy.
- People always feel the need to have **more**. In the past, those who were used to 300 idols might feel calling 'Allah' as incomplete.

- This is the human capacity; the limited human mind would think they would now have less, when in reality, Allah SWT in His Mercy added Ar-Rahman, Ar-Rahim to eradicate the many names of idols.
- Before Islam, people used to say 'Bismikallahumma' (In Your Name, O Allah), but revelation began with Bismillah (In The Name of Allah).
- They would replace 'Bismikallahumma' with 'In your name, Hubal' etc. **With the revelation, Allah started immediately with His name, 'Bismillah'.**
- **This was the beginning of guidance, and the beginning of guidance is the beginning of life, and Allah started this with mercy.**



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

This is the
perfection of
Mercy that Allah
SWT chose for
Himself - the
attributes of
Mercy as a
beginning.



The First Surah

- In the first surah, Allah SWT began with:

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

***In the name of God, the Most Gracious,
the Most Merciful***

اقْرَأْ بِاسْمِ رَبِّكَ الَّذِي خَلَقَ

***Read, 'O Prophet, 'in the Name of your Lord
Who created—***

- First, Allah introduces Himself as 'Allah Ar-Rahman Ar-Rahim' (The Most Compassionate, The Most Loving, The Most Merciful), before referring to Himself as 'The Rabb' (The Master, The Creator).
- When a slave looks upon the Master, there is a sense of inferiority. We will feel small and less, and we are at the mercy of the master.

- Ar-Rahman Ar-Rahim is the basis of our faith to know that God has introduced Himself as a Master who is Merciful first before Commanding. A Master who is loving before having power. **Allah emphasised these two attributes before emphasising other attributes of Himself.**
- Ar-Rahman Ar-Rahim encourages us as slaves with compassion and softness. In the time of Jahiliyyah, people were slaves and had masters, but Allah is not a master like a human master, who has gaps and gives no rights to their slaves. **He is a Master who gives rights to His slaves - this is Mercy, Compassion and softness towards the slave.**



The Most Merciful

- **Allah is nurturing the whole of His creation as their Master.** Allah takes care of everything, yet He is Ar-Rahman Ar-Rahim. This attribute of Allah SWT is His own demand.
- It is His own demand that He is the Rahman and the Rahim. **No one else can supersede Allah SWT in His own quality of mercy.** No one can come close to the mercy, compassion, love and softness of Allah SWT.
- Ar-Rahman Ar-Rahim: These are two important Names that we hold on to and go back to again and again. The fact that Allah is compassionate and giving with overwhelming mercy is the reason why human beings keep returning to Him, making tawbah to Him again and again.

Mercy to the new Believers

- We have spoken about how mercy is usually given to those who do not deserve it. **If Allah were not Rahman and Rahim, those unfamiliar with Him would hesitate to approach Him.**
- For those who have never been introduced to Allah, as they begin to learn about Him and read that He is Ever-Powerful and Almighty, it may instil fear in them regarding a God who is Mighty or one Who is swift to judge.
- Yet, **Ar-Rahman, Ar-Rahim is the first thing that they will hear about Allah SWT when they enter Islam.** This is part of Allah's great Mercy.

Allah defines Himself

- As human beings, we do not get to define Allah's qualities and attributes. It is through verses in the Quran and Hadith Qudsi, which were revealed to the Prophet ﷺ, that we discover and contemplate Allah SWT and what He wants to convey to us. We do not have to generate or imagine how Allah is.
- Allah clearly tells us how He is merciful. He clearly conveys the effect of His Mercy, making us feel something in our hearts when we are broken.
- **Our hearts and souls are compelled to go near to the Merciful Creator.** We know that whatever happens in the world, or whatever rejections we have, we choose Allah SWT and He will have us.

Effect of the Words of Ar-Rahman

- One of the effects of Allah SWT's Mercy upon people is that when the verses of Allah Ar-Rahman are recited to them, they fall in prostration and start weeping, as seen in Al-Isra, Verse 107-109.

قُلْ ءَامِنُوا بِهِ أَوْ لَا تُؤْمِنُوا إِنَّ الَّذِينَ أُوتُوا الْعِلْمَ مِنْ
قَبْلِهِ إِذَا يُتْلَى عَلَيْهِمْ يَخِرُّونَ لِلْأَذْقَانِ سُجَّدًا

Say, 'O Prophet, '“Believe in this ‘Quran’, or do not. Indeed, when it is recited to those who were gifted with knowledge before it ‘was revealed’, they fall upon their faces in prostration,

وَيَقُولُونَ سُبْحَانَ رَبِّنَا إِن كَانَ وَعْدُ رَبِّنَا لَمَفْعُولًا

and say, ‘Glory be to our Lord! Surely the promise of our Lord has been fulfilled.’

وَيَخِرُّونَ لِلْأَذْقَانِ يَبْكُونَ وَيَزِيدُهُمْ خُشُوعًا

***And they fall down upon their faces weeping,
and it increases them in humility.”***

- They were so touched when hearing the recitations of the verses of mercy from Allah SWT.
- People would bow in prostration not because of fear of Allah SWT, but because **the mercy touched them**. They cry because of the mercy and love that they receive.
- When we receive kindness from someone in a place we least expect, we would feel so grateful that we would feel like crying. Yet Allah SWT can make people fall in prostration just by hearing His Words of Mercy.
- When we discover and see the Mercy of Allah, this makes us bow down to Him SWT.

A Guiding Light

- Allah began with mercy, and every single day we follow in the footsteps of the Prophet ﷺ, by beginning everything with mercy. We begin reciting the Quran and by extension, anything good with 'Bismillahirrahmanirrahim'.
- **Ar-Rahman Ar-Rahim becomes a guiding light, a compass to tell us if we're doing something merciful.** We would not recite 'Bismillahirrahmanirrahim' if we know our act won't please Allah SWT. These Names deter us from doing things that do not feel right.



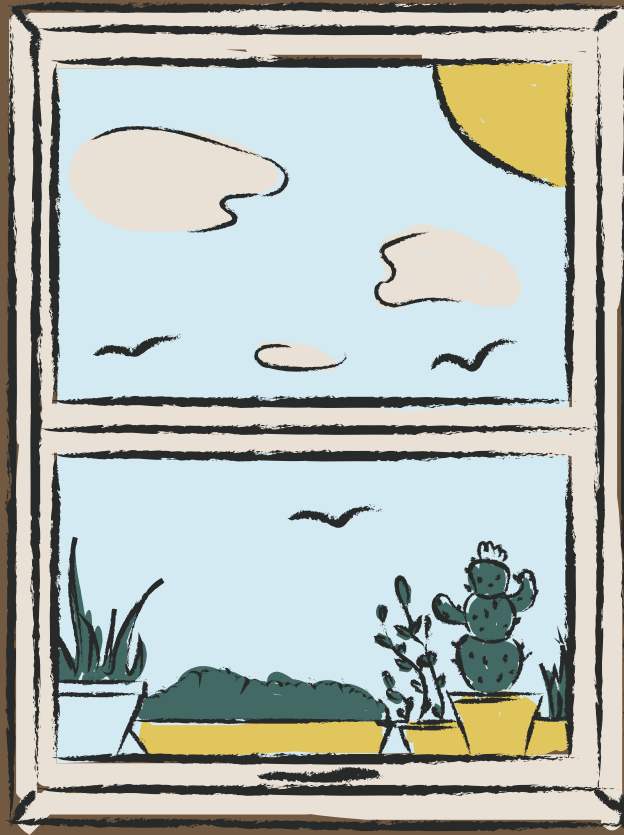
Mercy > Power

- Allah could have chosen to show off His Power; He has the right to show off because He created everything.
- He could have shown how generous He is, or anything out of the 99 Names. He could have chosen Al-Jabbar, or Names that show Him as always forgiving. But He doesn't; He chose Mercy and Love first.
- Allah sends the message to Earth with Ar-Rahman Ar-Rahim, with mercy and embrace (Jibreel AS came to the Prophet ﷺ and hugged him ﷺ).
- Every single revelation started with Ar-Rahman Ar-Rahim. Every single verse is with Ar-Rahman Ar-Rahim.

It means that..

*Allah is
both
entirely
and
especially
Merciful.*

For us believers, this becomes an
extremely intense mercy that
brings us back to Him.



His Mercy
is in
Everything



Beyond This World

- Allah SWT includes His Mercy even in punishments and warnings.
- Because of His Mercy, there is nowhere else in the world that a person would feel safe to go other than back to Allah SWT.
- We always make this du'a for those who have passed away - For Allah SWT to shower them with mercy. This tells us that **the immense Mercy of Allah SWT is not just at the beginning of our life and our faith; it extends even after we have left this world.**

Mercy for our Parents

- Allah SWT can extend His immense Mercy to us even after we are no longer here :(

رَبِّ اَرْحَمْهُمَا كَمَا رَبَّيَّانِي صَغِيرًا

**O Allah, have mercy on them
as they have raised me**

- We make the above Du'a for our parents. We don't ask Allah to have mercy on them as they have had mercy on us because, in reality, some parents may not be merciful to their children. Allah SWT teaches us to ask Him for mercy for our parents, no matter their treatment and upbringing of us.



All About Mercy

- Who and what is this compassion and mercy for? Who is Allah Ar-Rahman to? Who is Allah ar-Rahim to? What kind of mercy and love is Allah's Love and Mercy?
- Ar-Rahman Ar-Rahim comes from the same root word, and it can mean all of these - **tenderness, sympathy, affection, compassion, love, mercy, graciousness** - and more.
- This could be why Allah SWT chose to introduce to us, Ar-Rahman Ar-Rahim. It exemplifies His generous nature towards His servant, despite their lack of knowledge. They recognise that Allah SWT wishes for them to experience His tenderness, affection, and compassion.



'Umar b. Khattab reported that there were brought some prisoners to Allah's Messenger (ﷺ) amongst whom there was also a woman, who was searching (for someone) and when she found a child amongst the prisoners, she took hold of it, pressed it against her chest and provided it suck.

Thereupon Allah's Messenger (ﷺ) said: Do you think this woman would ever afford to throw her child in the Fire? We said: By Allah, so far as it lies in her power, she would never throw the child in Fire. '

Thereupon Allah's Messenger (ﷺ) said: **Allah is more kind to His servants than this woman is to her child.**

(Muslim)



Mercy for All

- No matter how much a mother loves her child, they get tired on some days. Sometimes, they question themselves and wish they were “free”. Their compassion and love are limited, and they are tested to feel that limit to recognise that they cannot handle everything all the time.
- In reality, it is too much to show love to your child 24/7. This is human nature, but this is not Allah’s Love and Mercy. **Allah never takes breaks from being Ar-Rahman Ar-Rahim.**
- Ar-Rahman is all-encompassing. Allah's nature of Rahman is immediate. It is expansive and vast in mercy. This shows the intensity and overflowing mercy of Allah SWT, which extends to His entire creation, not just Muslims.

Signs in His Creation

- If we learn about Allah and ourselves, we would realise how Allah shows mercy to us. How our body functions and how we are able to breathe - **this is a mercy** from Allah SWT.
- We know that sickness means Allah is raising our ranks and forgiving our sins - **this is a mercy.**
- We know that if any calamity befalls us and we are patient, Allah will reward us - **this is mercy.**
- But where is the mercy for the plants that can't move by themselves? Allah puts in them cells and allows their green components to generate food from the sun. They also bear fruit and benefit others.

- It is a Mercy from Allah SWT to allow plants in the rainforest to shoot up very high, to reach the sun. In the rainforest, trees reach remarkable heights, contrasting with those found in gardens or parks, which are typically spaced apart and of average stature.
- These rainforest trees in very dense places are all taken care of by Allah SWT, and have been given the ability to reach up high.
- Stones receive guidance from Allah SWT in their forms and purpose. They serve as strong pillars for people to live in, and they obey Allah SWT in that guidance.





The Sustainer

- Allah SWT gives guidance to every single creation. They received mercy from Allah SWT, and one of the mercies is through how He creates and sustains them as it is. Allah has given them direction and guidance to be what Allah wants them to be.
- For example, there is mercy in the plants having two tubes - one of which is to suck up water from the roots to deliver to the rest of the plants.
- Allah has created a perfect, beautiful system in them that people cannot replicate.

All-Inclusive Mercy

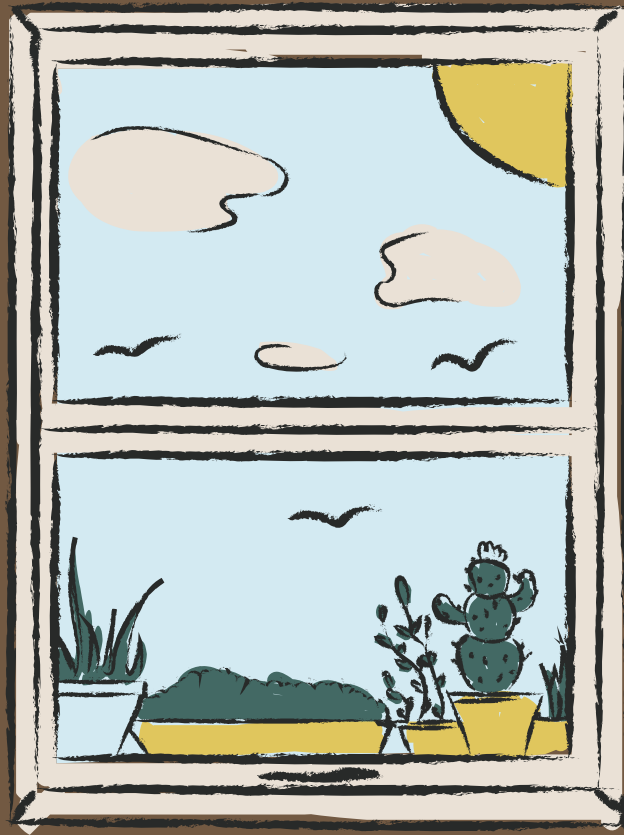
- Imam Ghazali states that **Allah's mercy is all-inclusive**. Nothing escapes Allah SWT; everything is included in the mercy of Allah, whether they are worthy or unworthy, whether they are men or women, whether they are young or old, whether they are believers or not, whether they're human or stone.
- This attribute and this extent of mercy and this name Ar-Rahman are for Allah alone. Nobody can claim to be ar-Rahman.
- Human beings have mercy, but they are not The Merciful One. Our mercy is nothing like Allah's. For example - we take care of plants, but sometimes we forget to water them, and they die.

- Allah takes care of everything, and everything happens precisely when it is supposed to happen.
- Allah SWT says in Al-Isra, Verse 110:

قُلِ ادْعُوا اللَّهَ أَوْ ادْعُوا الرَّحْمَنَ

Say, "Call upon Allah or call upon the Most Merciful [ar-Rahman].

- Allah SWT mentions to call Allah or to call Ar-Rahman side by side. Hence, mercy is so central that Allah teaches us, the believers, to call Him Ar-Rahman.
- When we are close and comfortable with someone, they have access to our special nicknames. Allah SWT has 99 Names, yet He picked Ar-Rahman for us to call Him. This is so central that we can interchangeably use Allah Ar-Rahman to call upon Allah SWT.



His Mercy for the Believers

Ar-Rahman vs Ar-Rahim

- In the Arabic language, **the attribute of Ar-Rahman has a time limit; it can be temporary.** This is why Allah SWT pairs it with Ar-Rahim.

Reflection Break:

1. How has Allah been merciful to you?
2. What part of you is a mercy from Allah?
3. Where is Mercy that you see around you?

- What is the difference between Ar-Rahman and Ar-Rahim? While Ar-Rahman is usually given to all His Creation, **Ar-Rahim is something that is more permanent.**

- Allah SWT is possibly deferring for us certain things for after this world, and Allah SWT extends this mercy **specifically to the believers.**
- Allah bestows His mercy not only at the time of our departure but also during death, throughout the transition, while we reside in the Kubr (grave), as we enter the Barzakh, and during our journey to the Akhirah.
- When someone can't find someone they love in Jannah, they would ask Allah SWT about her. If she were a believer or if there was a tiny bit of faith and mercy in her heart, where she died with 'La ilaha illallah', Allah will allow her to exit hellfire and go to Jannah. This is the kind of mercy extended to the believer from Ar-Rahim.

Additional Mercy

- We ask Allah to ease for us beyond this life, and help us gain Husnul Khatima (a good ending).
- We tend to focus so much on beginnings, but what about the end? Allah SWT teaches us to ask for good endings because **a good ending is the beginning of a good beginning in the next life.**

وَكَانَ بِالْمُؤْمِنِينَ رَحِيمًا

And ever is He, to the believers, Merciful.

(Al-Ahzab 33:43)

- **Allah perfected mercy and ‘plus’ it, for the believers**, through His Extension of His Mercy.

Ar-Rahim + Al-Wadud

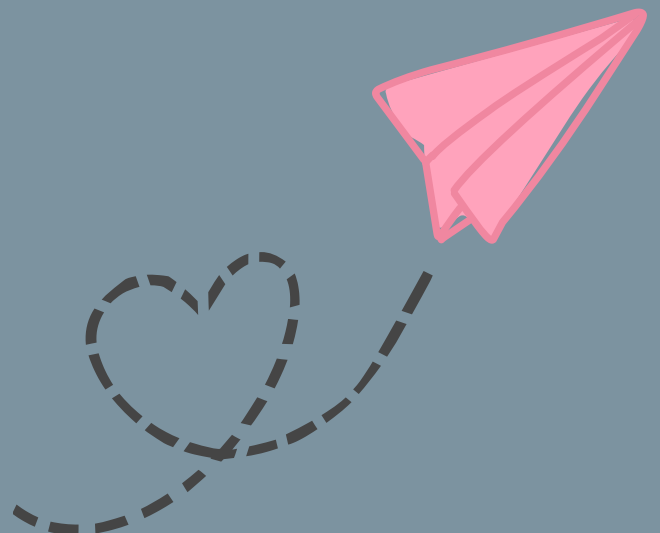
إِنَّ رَبِّي رَحِيمٌ وَدُودٌ

Indeed, my Lord is Merciful and Affectionate.

(Hud 11:90)

- We know that mercy is something that encompasses love, gentleness, kindness and sympathy. Allah adds Al-Wadud to show affection to the believers.
- Allah's love is “plussed” with a divine show of affection. **Al-Wadud is Allah SWT being affectionate to the believers.** We need to know how Allah loves us and how He shows us love.
- ‘Al-Wadud’ in Arabic means ‘to love, to be affectionate, to long for, to desire’.

- Everyone expresses love, but ‘Hubb’ (love) is an easy love. **‘Mawaddah’**, however, is a longing to love. You long to do good things for a person, whether it is easy or difficult. It is an outward expression or act of love.
- Al-Wadud is a deeper, active kind of love. This is what Allah does beyond the mercy; He shows affection to the believers. **It is a type of mercy that we can feel, see, and experience.**
- In conclusion, Allah has extended mercy for us as believers, and He has ‘plussed’ it by being a God that shows and give affection to the believers.



Ar-Rahim + Al-Ghafur

إِنَّهُ كَانَ غَفُورًا رَحِيمًا

Indeed, He is ever Forgiving and Merciful.

(Al-Furqan 25:6)

- Al-Ghafur means ‘continuously forgiving’.
The slave is continuously making mistakes and going back to Allah SWT for His Mercy.
- While forgiveness does not come easily for human beings, Allah is constantly forgiving, and His Forgiveness comes with mercy.
- Divine forgiveness comes with compassion. You've heard the story about how the man killed 99 people and proceeded to kill 100. Yet Allah SWT sends the angels of mercy to get his soul.

Ar-Rahim + At-Tawwab

إِنَّهُ هُوَ التَّوَّابُ الرَّحِيمُ

He is the Acceptor of repentance, the Merciful.

(Al-Baqarah 2:37)

- Allah SWT accepts repentance just like how He accepts forgiveness with continuous mercy.
- It's not easy for people who live in sin to stop it and not return to it. Although there are projects to reintegrate convicts back into society, some mistakes are visible. Some have marks on their body that indicate the life they used to lead, and this may not be as easily accepted by society.
- But Allah SWT is not like this. His acceptance of repentance is 'plussed' by His continuous mercy.

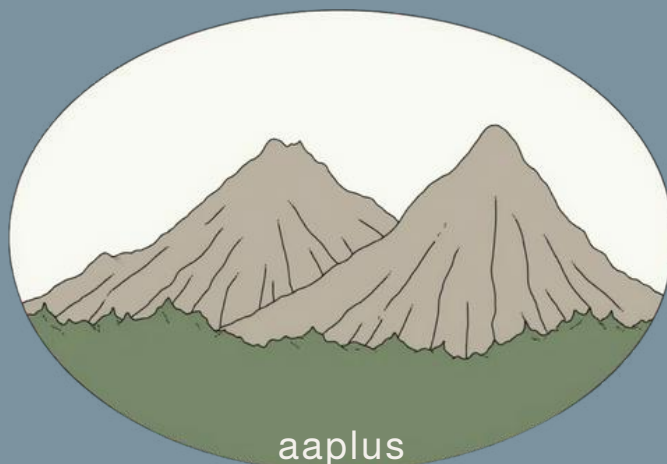
Ar-Rahim + Al-Aziz

وَإِنَّ رَبَّكَ لَهُوَ الْعَزِيزُ الرَّحِيمُ

And indeed, your Lord - He is the Exalted
in Might, the Merciful.

(As-Shuara 26:9)

- Allah has absolute power, but His power is also with mercy. He raises mountains for us, mountains that hold the earth together. Allah holds them by these great structures. It is also from His Power that He raised the ground higher than the sea levels.
- Allah is powerful, but He doesn't do it with harshness. **Even in power, He shows mercy.**



aaplus

- Allah is Al-'Alim; He knows everything, the hidden and the apparent. **He knows everything that we do, and yet in that knowledge of His, He shows mercy.**
- He knows the mistakes that we don't tell people, and the secrets that we keep in our hearts. He knows what we used to do and what we plan to do. Allah doesn't send us lightning each time we have an evil thought. There is mercy in Allah's knowledge.
- There are windows and doors of repentance, and He keeps them there knowing how human beings are. Allah is extending mercy, especially to the believers and those He guides.
- Even in power, Allah doesn't reduce mercy at all.

Ar-Rahim + Ar-Ra'uf

- Ar-Rahim is already an extension of Ar-Rahman, and yet Allah gives more. This is just an extension of how generous, compassionate and loving Allah SWT is with the human being.
- This is why when people read the verses of Ar-Rahman, they cry. They cannot comprehend how they can receive this much from their Creator and Master that they were supposed to obey, but didn't. Allah is so gentle and extends immense mercy to us with kindness.

وَإِنَّ اللَّهَ بِكُمْ لَرَءُوفٌ رَحِيمٌ

And indeed, Allah is to you Kind and Merciful.

(Al Hadid 57:9)

- When you think about love and mercy, it may seem gentle, nurturing, warm and comforting. But life is not always comforting.

- Sometimes, life is painful. We may think, “Why is Allah merciful, but I am going through pain?”
“How is this mercy?”
- If you check the weather and it shows that it will be windy tomorrow, you would prepare for it. You bundle up in thicker clothes or close the windows. When you do go out, you reap the rewards of all that preparation and extra effort to be warm. This is mercy.
- Sometimes, Allah SWT makes you do inconvenient things because He knows you need it. There are things that Allah puts you through to prepare you for the experience of benefit. The process may be very uncomfortable, but you have to go through it.



- We always question why things happen, and we don't realise that this journey or discomfort is Allah SWT showing us mercy, to prepare us for what lies ahead.
- When we are forced to swallow something bitter or experience pain, it may not align with what we want. However, this is a mercy from Allah SWT as it is a means for us recover and be healed.
- When you cut yourself, the skin cells in your body start working to cover up the wound and repair it. You will feel an itch to peel off the scab, but you resist the urge to do that because you understand that the scab will fall off and your skin will be completely healed.

- You have to be patient as you wait for the healing to take place. This is kindness from Allah SWT.
- When Allah sets us to go through difficult things or discomforts, it is because He is giving us what's best for us. But we are impatient and not merciful to ourselves. We read the Quran, and don't want to try to understand. We hurt ourselves.
- Allah knows what it is we are expecting, but sometimes we have no idea why we are feeling this way when Allah SWT has already given us so much.
- There is nothing like the mercy of Allah SWT. If we fail to observe the way in which Allah SWT is demonstrating His mercy, we will unfortunately not recognise it.

How is Allah Kind to You?

- Allah SWT is very, very kind: Children would hurt themselves doing something they are told not to, yet the parents would still be there to clean up their mess or to treat their wounds. **This is Allah SWT with us and more.** He is even more caring and kind.
- Allah is being kind because He is merciful. He is being kind to us by giving us time and a chance to repent.
- He is being kind to us by giving us the month of Ramadan. He gives concession to some of us to not fast because He is Kind and Merciful. We just do not realise this.



Salman reported that Allah's Messenger (ﷺ) said:

Verily, Allah created, on the same very day when He created the heavens and the earth, one hundred parts of mercy. Every part of mercy is coextensive with the space between the heavens. and the earth and He out of this mercy endowed one part to the earth and it is because of this that the mother shows affection to her child and even the beasts and birds show kindness to one another and when there would be the Day of Resurrection, *Allah would make full (use of Mercy).*

(Muslim)

Are you Merciful?

- Even with this one part of mercy, there will be times when we are not merciful, and we fail to see the mercy of Allah SWT.
- When you look at the animals and how they care for one another, you would wonder how many parts of that one part of mercy are in that animal?
- We pass judgment on people and punish them for a small mistake. Where is our mercy?
- We cannot imagine how merciful Allah SWT is going to be in the Hereafter when we can already see the immense mercy He showed through the 1/99 mercy sent on earth.

Mercy in Akhirah

- It is an obligation for us as Muslims to believe that Allah SWT is going to use that full mercy on the Day of Resurrection. This is beyond our imagination - how Allah is going to be so merciful.
- All we can think about is our sin and how we will not end up in Jannah. We would have forgotten the amount of kindness and mercy we receive on earth.
- This 1/99 Mercy has been sent to Earth since Allah created the heavens and the earth, and will be extended to the believers, after their death, and to continue even in the hereafter, where this mercy will be multiplied by 99.

The Successful Ones

- If we can experience the love, mercy, and compassion of Allah SWT and accept them in this life, and if we can recognise them within ourselves, in our surroundings, and in other beings and creations, it would undoubtedly be a source of healing. In the process of healing and experiencing love, it has a profound effect on our hearts and bodies.
- In the hereafter, Allah SWT describes the successful individuals as those **whose faces are illuminated with joy**. They have succeeded because they used to hasten to do good deeds, and they compete with one another in goodness. Allah SWT will place them in the Hereafter in all beautiful seats.

Allah's Love & Reward

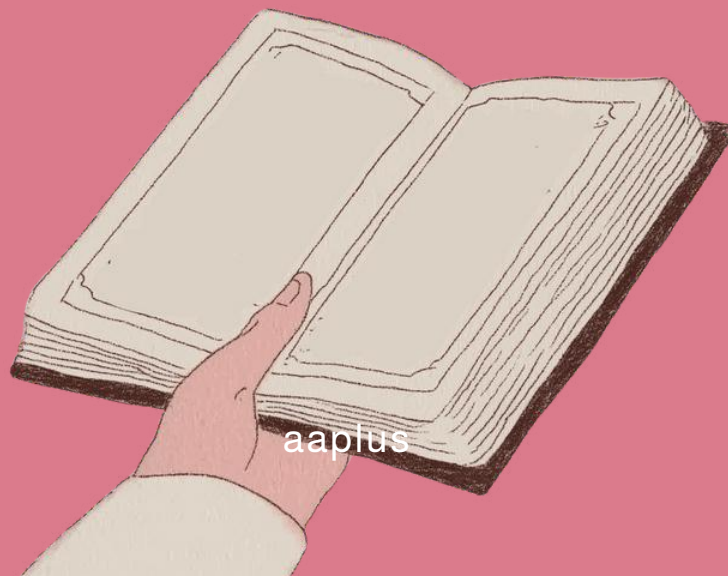
- If we can feel Allah's love and mercy multiple times in our lives, how much more will we receive in the Hereafter? It's definitely worth it to accept Allah's kindness in what He has created for us.
- When Allah tells us to do something good, such as charity, it's for us. When we give charity, Allah multiplies it by 7, 70, 700 or 7000!
- When you do deeds out of sincerity, it becomes planted, and it grows trees. When you say dhikr, and you remember Allah, the reality is that Allah is giving to you.
- When you recite 'Subhanallah, Alhamdulillah, La ilaha illallah, Allahu akbar', Allah gives you planters in Jannah. How is this not mercy and love?

- There are people whom Allah SWT has comforted with news of Jannah. There are also people whom Allah loves and allows them to dream of Rasulallah ﷺ in their sleep.
- He fulfils the desires of those who wish to visit Rasulallah ﷺ in Madinah through unexplainable means. **Allah performs miracles and moves things for us because of His love for us**, so that we can appreciate and be healed.
- We cannot imagine what it would be like in the Hereafter. Allah's love and mercy show up when we ask for it and also when we don't ask for it.



Reflection Activity:

*Write down
what healing
through divine
love and mercy
is to you.*



Some prompts to help with your writing:

- What do you think you will get when you receive the healing of Allah SWT's Love and Touch? What are you going to do with it? How are you going to feel?
- What kind of person do you think you will be when you are healing through Divine Love? Think about how Allah is taking care of you, and about all the places and achievements and all the good that you feel because you have felt and you have recognised Ar-Rahman, Ar-Rahim.
- How is life going to be for you? How is it going to transform you? How will your life be after you have healed yourself from the pains, aches and burdens after Allah's love has come to you?