

الحليم Al-Halim

Journey to Allah through His Names



Life With Allah

الحياة مع الله



Why are you here?

“I am attending this session
because ... so that I can ...”



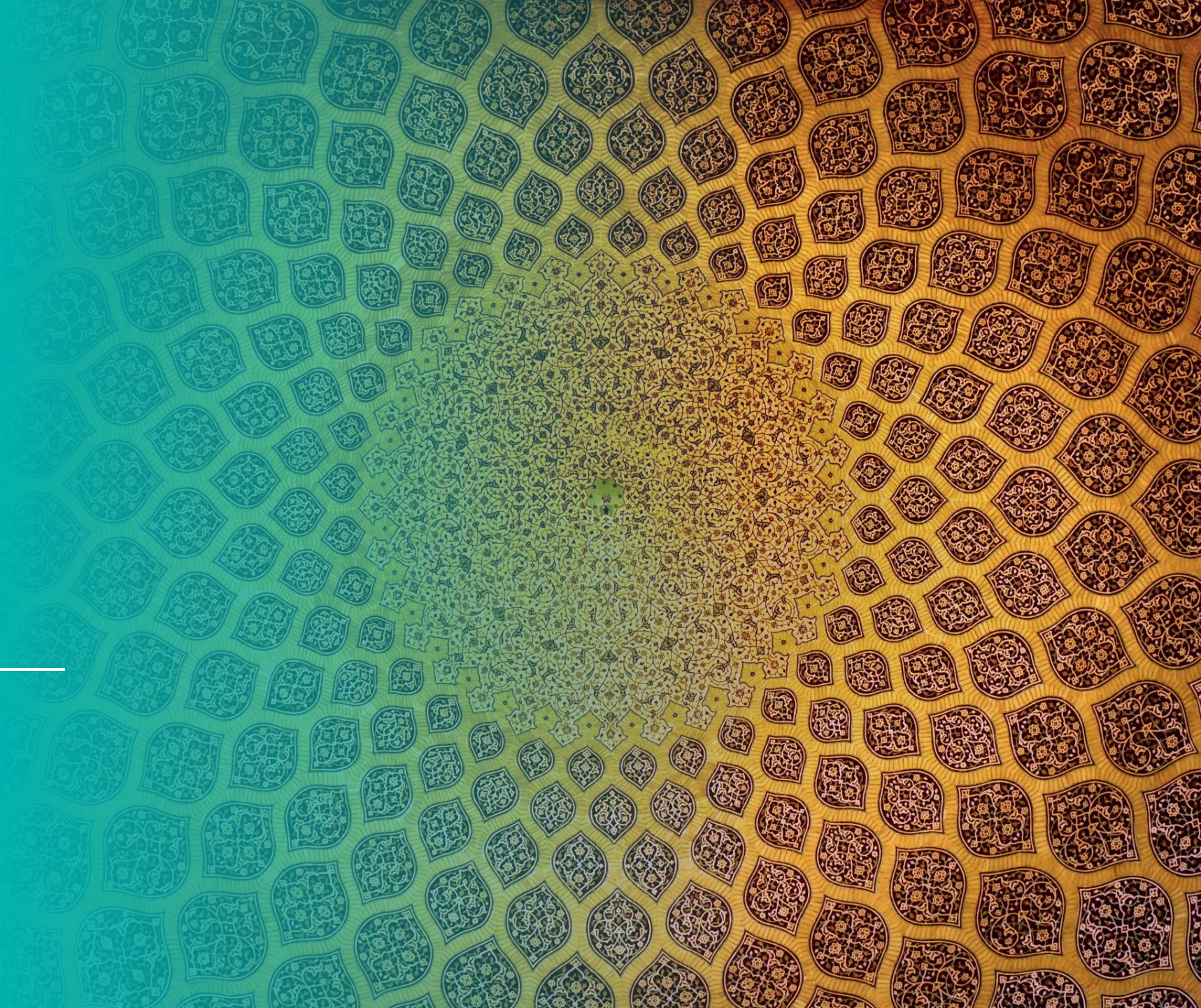
How many times would you overlook the following?

1. Spouse did not take the bins out in time for the bin collection
2. Child spoke rudely to you
3. Friend ignored your message requesting help

Imagine if Allah punished us
every time we upset or
disobeyed Him...



Allah is
Al-Halim
(The Most
Forbearing)



By the end of this session, you will ...

01

Define 'Al-Halim' and contrast Allah's forbearance to our forbearance

02

Identify what true forbearance is and how to develop this trait

03

Learn how to connect with Allah through this Name

04

Reflect on what you have learnt and identify one practical action point

Overview

**1. What is
Forbearance?**

2. Allah al-Halim

**4. Connect with
these Names**

Live your life with Al-Halim

4. Reflections & close

1. What is Forbearance?



What is forbearance?

When someone hurts us, staying calm and in control of our emotions & not retaliating or taking revenge, despite having the right and means to

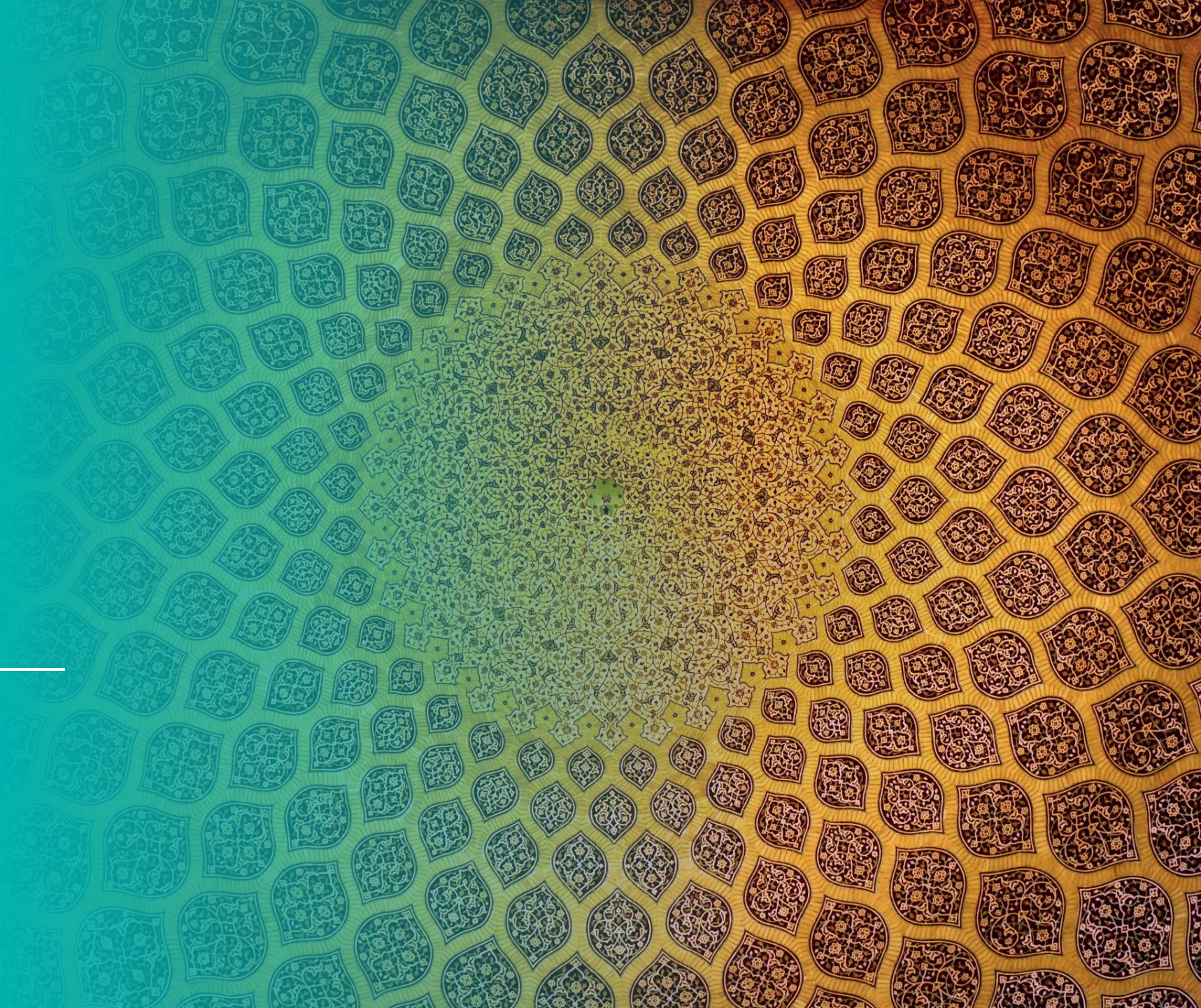
Why are some humans forbearing?

- Avoid confrontation
- Feel weak
- Oppressed and don't have means to retaliate
- Think there's no other option





Allah is
Al-Halim
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2. Allah al-Halim



Close your eyes

وَلَوْ يُؤَاخِذُ اللَّهُ النَّاسَ بِظُلْمِهِمْ مَا تَرَكَ عَلَيْهَا مِنْ دَابَّةٍ وَلَكِنْ
يُؤَخِّرُهُمْ إِلَىٰ أَجَلٍ مُّسَمًّى

“If Allah were to punish people (immediately) for their wrongdoing, He would not have left a single living being on earth. But He gives them respite for an appointed term.”

(16:61)

Al-Halim (The Most Forbearing)

1. Delays punishment

2. Sends us subtle reminders
so we turn back to Him

3. Delays recording of our
sins



The Prophet ﷺ said:
“The scribe (angel) on the left delays
registering the sin of a Muslim for six periods
of time. If he repents (within these six periods
of time), and seeks Allah’s forgiveness, they
drop it off. If he doesn’t, they write it down as
a single sin.” (Ṭabarānī)

Questions

1. Does that mean it's OK for me to keep sinning?

2. But I have felt Allah's punishment?

3. Forbearance of the Prophets & Righteous



Allah loves those who are forbearing

- Allah praises Ibrāhīm (‘alayhis-salām) in the Qur’ān twice, by describing him as ‘forbearing (*ḥalīm*)’.
- The Messenger of Allah ﷺ said to Al-Ashajj ‘Abd al-Qays, “Indeed you have two qualities which Allah loves: forbearance and patience” (Muslim).



What stood out for you on this video clip we just watched?

4. Connect with these Names

Live your life with Al-Halim



**How can we worship
Allah with His Name
al-Halim?**

A heart-shaped stone, light brown and smooth, sits prominently in the foreground. It is surrounded by a dense layer of autumn leaves in various shades of brown, orange, and purple. The background is softly blurred, emphasizing the heart-shaped stone.

1. Love and thank Allah al-Halim

No one is more capable than Him in punishing us, yet no one is more forbearing and forgiving with us than Him

2. Always turn to Him in repentance



3. Ask Allah with His Name al-Halim

لَا إِلَهَ إِلَّا اللَّهُ الْعَظِيمُ الْحَلِيمُ ، لَا إِلَهَ إِلَّا
اللَّهُ رَبُّ الْعَرْشِ الْعَظِيمِ ، لَا إِلَهَ إِلَّا اللَّهُ
رَبُّ السَّمَوَاتِ وَرَبُّ الْأَرْضِ وَرَبُّ الْعَرْشِ
الْكَرِيمِ

There is no god worthy of worship but Allah, the Magnificent, The Forbearing. There is no god worthy of worship but Allah, Lord of the Magnificent Throne. There is no god worthy of worship but Allah, Lord of the heavens, Lord of the earth, Lord of the Noble Throne.

(Bukhārī)



4. Be forbearing and patient with others



Activity

- Forbearance is learnt through practice.
- What practical tips can we adopt to become forbearing?

Tips to be forbearing

- Stay silent
- Move
- Say ta'awwudh
- Go and do Wudu
- Move to another room
- Make du'a for the other person
- Try and look at things from the other person's perspective
- Remember who you are being forbearing for
- Work on your ego and pride – learn how to purify your heart

Does this mean we
should be forbearing
to everyone & in
every situation?



Forbearance must be used with wisdom and for the
greater good

4. Reflections & close



What is the most
beneficial thing
you've learnt in this
session?



What one thing
are you going to
do this week
based on what
we've covered
today?

By the end of this session, you will ...

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Any questions?

سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ ، أَشْهَدُ أَنْ لَا
إِلَهَ إِلَّا أَنْتَ ، أَسْتَغْفِرُكَ وَأَتُوبُ إِلَيْكَ

You are free from imperfection, O Allah, and all praise is to You. I bear witness that there is no god worthy of worship but You. I seek Your forgiveness and turn to You in repentance.

