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وَهُوَ مَعَكُمْ أَيْنَ مَا كُنْتُمْ

*"And He is with you
wherever you are."*

— QUR'AN 57:4 —

The Child Allah Sees

HEALING THE WOUNDS OF CHILDHOOD
THROUGH THE QUR'AN AND SUNNAH

*"Did He not find you
an orphan and give
you shelter?"*

— QUR'AN 93:6 —



A FAITH-BASED
GUIDE TO HEALING
CHILDHOOD WOUNDS
AND DISCOVERING
THE LOVE OF ALLAH
THAT NEVER LEFT
YOU



HEAL THE PAIN
OF BEING
OVERLOOKED



OVERCOME
BULLYING &
REJECTION



FIND STRENGTH
AFTER DIVORCE
OR ABSENT PARENTS



LET GO OF HARSH
WORDS & HARD
MEMORIES



DISCOVER ALLAH'S
LOVE THAT HEALS
EVERY WOUND

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The Child Allah Sees

*Healing the Wounds of Childhood
through the Qur'an and Sunnah*

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The Child Allah Sees
Healing the Wounds of Childhood through the Qur'an and Sunnah

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Qur'anic meanings and hadith translations are the author's renderings, presented for reflection. Readers are encouraged to return to the original sources and qualified scholars.

This book offers faith-based reflection, not psychological treatment. Those carrying heavy childhood trauma are warmly encouraged to seek qualified support alongside it.

First edition.

*For the child you were —
the one no one saw,
but Allah never stopped seeing.*

وهو السميع البصير

“And He is the All-Hearing, the All-Seeing.”

Sūrah ash-Shūrā 42:11

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BEFORE YOU BEGIN

The Child No One Saw



Inside almost every adult walks a child. Not a memory of a child — a living presence, the part of you that formed before you had any say in the matter, and that still flinches, still hopes, still aches in the exact shape of what happened to you long before you were old enough to defend yourself. We learn to dress that child in adult clothes. We give it a job, a reputation, responsibilities. But in the quiet moments, when the lights go out or the criticism lands or the loneliness rises, it is often the child who answers.

And for a great many of us, that child grew up with a particular conviction it could never quite shake: that it was not seen. Overlooked at home, where someone else always mattered more. Unseen at school, where it was the target, or the ghost, or the one picked last. Invisible in a house that was breaking, where the adults were too consumed by their own war to notice the small person watching it all. We grew up performing for attention that did not come, shrinking from attention that hurt, and concluding — somewhere too deep for words — that we were the kind of thing the world simply does not notice.



This book exists to overturn that conviction at its root, with a truth that revelation states more clearly than almost anything else: *you were seen*. Not by everyone you needed. Often not by the very people whose job it was to see you. But by the One whose seeing matters infinitely more than all of theirs combined — the One who calls Himself, again and again across the Qur'an, As-Samī' al-Baṣīr: the All-Hearing, the All-Seeing.



ليس كمثله شيء وهو السميع البصير

“There is nothing like unto Him, and He is the All-Hearing, the All-Seeing.”

Sūrah ash-Shūrā 42:11



Sit with what that means for the unseen child. There was never a single moment of your childhood that went unwitnessed. Every cruelty you absorbed in silence, every night you cried where no one came, every time you were passed over, overlooked, or made to feel like nothing — there was an Eye upon you the entire time, and not a cold, indifferent eye, but the Eye of the Most Merciful, who saw, and recorded, and did not forget, and who will set right what the world left broken.

And He did not merely watch from a distance. The Qur'an is full of children whom the world failed and Allah saw — and not only saw, but rescued. A baby boy was once left crying in an empty desert with no food and no water and no one, and Allah *heard* him, and split the earth to give him a spring that flows to this day. A newborn was placed in a basket and set adrift on a river by a mother with no other choice, and Allah carried him safely to shore, and then returned him to her



arms. A girl was handed over to a temple, raised apart from her family, and Allah provided for her so directly that fruit appeared before her out of season. The most beloved human being who ever lived was an orphan twice over before he was eight, and Allah Himself became his shelter. These are not bedtime stories. They are Allah's testimony, preserved forever, that the overlooked child is never overlooked by Him.

So this is what we will do, chapter by chapter. We will name the wounds of childhood honestly — being overlooked, being bullied, the breaking of a home, the parent who was not there, the heavy hand, the ache of loneliness, the sting of rejection. And against each one, we will hold up the way Allah addressed it in revelation: the child He saw, the child He heard, the child He rescued. Because the deepest healing for the child inside you is not to be told the wound was small. It is to discover that through all of it, you were never, for one instant, unseen.

IN PRACTICE

Meet the child inside you

◆ Picture yourself at the age you were most unseen. Do not judge that child or rush past them. Just notice them — the way no one did then.

◆ Hold this sentence over that memory: *Allah saw me here. He was never not watching.* Say it until the child in you begins to hear it.

◆ Read Sūrah aḍ-Ḍuḥā this week. It was revealed to comfort an overlooked, orphaned child who grew up to be the best of creation. Let it speak to the child in you.



CHAPTER ONE

The Child Allah Sees

You were never invisible, not for a single moment



“Does he not know that Allah sees?”

— Sūrah al-ʿAlaq 96:14

There is a kind of loneliness specific to the child who is not seen, and it is different from simply being alone. A child can be surrounded by people — a full house, a busy classroom, a large family — and still carry the conviction that no one actually *sees* them: their inner world, their small griefs, the person they are becoming behind the face everyone ignores. That conviction, formed young, can last a lifetime. And it is, in the deepest sense, a lie — because there was always One who saw.

The Qurʾan does not present Allah’s seeing as a vague abstraction. It presents it as total, intimate, and inescapable — reaching past the surface into the places no human eye, not even a parent’s, ever reached:

يعلم خائنة الأعين وما تخفي الصدور

“He knows the treachery of the eyes and what the breasts conceal.”

Sūrah Ghāfir 40:19

Read that with the unseen child in mind, and it transforms from a warning into a comfort. Allah sees what the breasts conceal — which means He saw the grief you hid, the longing you never spoke, the tears you learned to cry silently so no one would know. The very inner life that no one in your childhood ever bothered to ask about was fully known, in complete detail, to the Lord of the worlds. You were not performing to an empty universe. The deepest, truest, most hidden version of you — the one no one saw — was seen all along by the only One whose attention could never be earned and never be lost.

And His nearness is closer than any we can picture. To the human heart that felt abandoned, overlooked, kept at arm’s length, Allah says something almost too intimate to absorb:

ونحن أقرب إليه من حبل الوريد

“And We are closer to him than his jugular vein.”

Sūrah Qāf 50:16

Closer than the vein in your own neck. Not watching from a distant throne, indifferent to the small sufferings of a small child, but nearer to you than your own pulse — through every overlooked birthday, every prize-giving where no one clapped for you, every night you

waited for a comfort that never came. The tragedy of the unseen child is that they conclude they are unworthy of being seen. The truth revelation offers is that they were seen more completely, more tenderly, and more constantly than any human being is capable of seeing another.

HADĪTH

إِنَّ اللَّهَ لَا يَنْظُرُ إِلَى صُورِكُمْ وَأَمْوَالِكُمْ وَلَكِنْ يَنْظُرُ إِلَى
قُلُوبِكُمْ وَأَعْمَالِكُمْ

Inna-llāha lā yanzuru ilā ṣuwarikum wa amwālikum, wa lākin yanzuru ilā qulūbikum wa a‘mālikum.

Indeed Allah does not look at your outward forms or your wealth, but He looks at your hearts and your deeds.

Ṣaḥīḥ Muslim

Here is the reversal that can free an overlooked child even decades later. The world that failed to see you was looking at the wrong things — at appearances, at usefulness, at whoever was loudest or most impressive or most convenient to notice. Allah looks at none of that. He looks at the heart. So the very qualities that made you invisible to people — your quietness, your gentleness, your refusal to push to the front — were never invisible to Him, because He was never looking at the surface in the first place. The child the world overlooked may well have been, in the sight of Allah, the one most worth seeing.



IN PRACTICE

Be seen by the One who matters

◆ When the old feeling of being invisible rises, answer it with revelation: *He knows what the breasts conceal. He saw even what I hid.*

◆ Remember what Allah looks at — the heart, not the surface. The traits that made you easy to overlook were never what He was measuring.

◆ Pray one prayer this week aware that you stand before the All-Seeing — not performing to an empty room, but seen completely by the One whose attention you never had to earn.