

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

الْحَمْدُ لِلَّهِ كَمَا هُوَ أَهْلُهُ وَالصَّلَاةُ وَالسَّلَامُ عَلَى سَيِّدِ وَلَدِ أَدَمَ كَمَا يُحِبُّ وَيَرْضَى بِأَنْ يُصَلَّى عَلَيْهِ

In The Name Of Allah The Most Compassionate Very Merciful  
All Praise Due To Allah And Peace And Blessings Be Upon His Beloved Messenger

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## Riyadus Saliheen – Hadeeth No. 46

### Remedy for Anger

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Allah Almighty states in the Holy Quran:

يَا أَيُّهَا الَّذِينَ آمَنُوا اصْبِرُوا وَصَابِرُوا<sup>ع</sup>

'O believers! be patient, and excel in patience with the enemies.  
(Aale 'Imran 3, Verse 200)

#### Hadeeth:

وَعَنْ سُلَيْمَانَ بْنِ صُرَدٍ - رَضِيَ اللَّهُ عَنْهُ - قَالَ: كُنْتُ جَالِسًا مَعَ النَّبِيِّ - صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ -

وَرَجُلَانِ يَسْتَبْتَانِ، وَأَحَدُهُمَا قَدْ احْبَرَّ وَجْهَهُ، وَاتَّفَعَتْ أَوْدَاجُهُ، فَقَالَ رَسُولُ اللَّهِ - صَلَّى اللَّهُ

عَلَيْهِ وَسَلَّمَ: «إِنِّي لَأَعْلَمُ كَلِمَةً لَوْ قَالَهَا لَذَهَبَ عَنْهُ مَا يَجِدُ، لَوْ قَالَ: أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ

الرَّجِيمِ، ذَهَبَ مِنْهُ مَا يَجِدُ». فَقَالُوا لَهُ: إِنَّ النَّبِيَّ - صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ - قَالَ: «تَعَوَّذُ بِاللَّهِ

مِنَ الشَّيْطَانِ الرَّجِيمِ».

مُتَّفَقٌ عَلَيْهِ.

Sayyiduna Sulaiman bin Surad – may Allah be pleased with him – reported: I was sitting with the Holy Prophet – may Allah send peace and blessings upon him – when two men began to quarrel and curse each other and the face of one of them turned red and the veins of his neck were swollen (from rage). The Messenger of Allah – may Allah send peace and blessings upon him – said, "I know of a word, if he were to utter that, his rage would vanish and that is: A'udhu billahi minash-Shaitan nir-rajim (I seek Allah's refuge from satan, the accursed)." So they (Companions) said to him: "The Holy Prophet – may Allah send peace and blessings upon him – tells you to utter: 'I seek refuge with Allah from satan, the accursed'".

(Bukhari, Muslim)

### Commentary:

This Hadeeth teaches us that to become angry for worldly reasons is one of the great traps of satan. Therefore, anyone who feels angry should immediately recite "A'udhu billahi minash-Shaitan nir-rajim", for it will diminish his anger.

(Sharh Muslim of Imam Nawawi Vol. 8, p. 163)

### **Anger is the Fire of satan:**

The Holy Prophet – may Allah send peace and blessings upon him – has stated: Anger is from satan and the satan is made of fire. Water extinguishes the fire, so when one of you feels angry, he should make Wudhu." (Extinguish the fire of satan with the water of Wudhu)

(Sunan Abi Dawood Hadeeth No. 4784)

### **Gate of Hell:**

The Holy Prophet – may Allah send peace and blessings upon him – has stated: Indeed there is a gate in hell especially made for those whose anger is only subsided upon the disobedience of Allah.”

(Kanz al-‘Ummal Hadeeth No. 7696)

### **Human Psychology Taught by Al-Mu’allim, the Holy Prophet – may Allah send peace and belssings upon him:**

The Holy Prophet – may Allah send peace and blessings upon him – has stated: I shall tell you about people’s general affairs and their habits. There are those who get angry rapidly and it is diminished just as quickly. This neither inflicts any harm to anyone nor such a person bear any loss due to it. Then there are those who get angry late but it is diminished faster. It is better for him and not harmful. Then there are those kind of individuals who expect their rights from other while fulfilling others’ rights as well. This action of his neither harms himself nor others. There are then those who expect their rights but do not fulfil others’. This is bad for him.

(Kanz al-‘Ummal Hadeeth No. 7299)

### **Anger is Harmful to Iman:**

The Holy Prophet – may Allah send peace and blessings upon him – has stated: O Mu’awiya ibn Haidah, do not get angry, for anger spoils Iman the same way Ailwa (it is the solidified liquid derived from a bitter tree) spoils the honey.

(Kanz al-‘Ummal Hadeeth No. 7709)

### **The Patience of the Saint**

There is no doubt that patience and forbearance is something which is a trademark character of the true Saint. Whenever harm is caused to them, they treat the person with kindness. They very rarely become angry and also consider

themselves as one of the lowest of creatures. In other words, in front of others, they try to make themselves look as ordinary as possible without having any airs or pride.

The same with one of the great Saints of his era, namely Hadrat Sayyiduna Abu Uthman Heeri – may Allah be pleased with him. Once a person decided to test his patience and forbearance and invited him for a meal. However, when the Saint reached there the person informed him that there was no more food available. Hadrat Sayyiduna Abu Uthman Heeri – may Allah be pleased with him – did not display anger and quietly walked back.

However, the person again followed him and mentioned that there was more food available. Hadrat Sayyiduna Abu Uthman Heeri – may Allah be pleased with him – returned to the house of this person. But when he came near the house, the person informed him that there was no more food and Hadrat Sayyiduna Abu Uthman Heeri – may Allah be pleased with him – turned back. He did not display any displeasure or anger.

When the person saw this amazing behaviour, he mentioned to Hadrat Sayyiduna Abu Uthman Heeri – may Allah be pleased with him, “Hadrat! My intention was merely to test your patience and forbearance and nothing else. There is also no doubt that I have never met someone who has such immense patience and forbearance as you.”

Hadrat Sayyiduna Abu Uthman Heeri – may Allah be pleased with him – replied that this was nothing and that even a dog behaved in this manner. If you chase it away, it runs away and if you call it, it comes forward.

When the person heard this amazing reply, he became an even greater admirer of the great saint.

(Kimiya Sa’adat)

**Lesson:**

- ✓ In the event of rage if a person becomes conscious that what he is feeling is a suggestion from satan and should thus recite Ta'awwudh.
- ✓ Those who are easily infuriated could make use of this prescription.
- ✓ One should never let go of patience in a fit of fury.
- ✓ When one is extremely angry he is just inches away from on the receiving end of Allah's Wrath.
- ✓ One whose anger only subsided after disobeying Allah, then the portal of hell is awaiting his arrival.