Theme 6 - Being Patient

الصَّبْرُ

Learning objectives:

- To learn the meaning of patience.
- To understand that patience will be tested through suffering and difficulties in life.
- To learn the rewards of being patient.

In this theme, you will learn:

Patience is having the ability to bear suffering, to wait for something without getting upset, facing hardship without complaining and enduring pain without moaning or groaning. In all these situations a patient person will turn to Allah for support and guidance.

قَالَ الله تَعَالَى: ﴿اسْتَعِينُوا بِالصَّبْرِ وَالصَّلاةِ إِنَّ اللهَ مَعَ الصَّابِرِينَ﴾ [البقرة: 153] وَقالَ تَعَالَى: ﴿وَلَنَبْلُوَنَّكُمْ بِشَيْءٍ مِنَ الْخَوْفِ وَالْجُوعِ وَنَقْصٍ مِنَ الأَمْوَالِ وَالأَنْفُسِ وَالثَّمَرَاتِ وَبَشِّرِ الصَّابِرِينَ﴾ [البقرة: 155] وَقالَ تَعَالَى: ﴿إِنَّمَا يُوَفَّى الصَّابِرُونَ أَجْرَهُمْ بِغَيْرِ حِسَابٍ﴾ [الزمر: 10]. .

Allah ﷻ says: “Believers, find strength through patience and prayer - Allah is with those who are patient” (2:153).

“We will certainly test you: with fear, hunger, loss of wealth, health and harvests. Give good news to the patient” (2:155). “He shall fully reward the patient without limits” (39:10).

[1] عن أبي يحيى صهيب بن سنانٍ، قَالَ: قَالَ رسولُ الله: «عَجَباً لأَمْرِ المُؤمنِ إنَّ أمْرَهُ كُلَّهُ لَهُ خيرٌ ولَيسَ ذلِكَ لأَحَدٍ إلا للمُؤْمِن: إنْ أَصَابَتْهُ سَرَّاءُ شَكَرَ فَكانَ خَيراً لَهُ، وإنْ أصَابَتْهُ ضرَاءُ صَبَرَ فَكانَ خَيْراً لَهُ» رواه مسلم.

1. Abu Yahya Suhaib bin Sinan ﷺ reported that: The Messenger of Allah ﷺ said, “A Muslim is wonderful; there is good for him in everything and this is specially for him. In good times he thanks Allah and that is good for him; and in difficult times, he endures patiently and that is good for him.”

[2] عن أُسَامَةَ بنِ زيدٍ قَالَ: أرْسَلَتْ بنْتُ النَّبيِّ إنَّ ابْني قَد احْتُضِرَ فَاشْهَدنَا، فَأَرْسَلَ يُقْرئُ السَّلامَ، ويقُولُ: «إنَّ لله مَا أخَذَ وَلَهُ مَا أعطَى وَكُلُّ شَيءٍ عِندَهُ بِأجَلٍ مُسَمًّى فلتَصْبِرْ وَلْتَحْتَسِبْ» فَأَرسَلَتْ إلَيْهِ تُقْسِمُ عَلَيهِ لَيَأتِينَّهَا. فقامَ وَمَعَهُ سَعْدُ بْنُ عُبَادَةَ، وَمُعَاذُ بْنُ جَبَلٍ، وَأُبَيُّ بْنُ كَعْبٍ، وَزَيْدُ بْنُ ثَابتٍ، وَرجَالٌ، فَرُفِعَ إلَى رَسُول الله الصَّبيُّ، فَأَقْعَدَهُ في حِجْرِهِ وَنَفْسُهُ تَقَعْقَعُ، فَفَاضَتْ عَينَاهُ فَقالَ سَعدٌ: يَا رسولَ الله، مَا هَذَا؟ فَقالَ:«هذِهِ رَحمَةٌ جَعَلَها اللهُ تَعَالَى في قُلُوبِ عِبَادِهِ» وفي رواية: «فِي قُلُوبِ مَنْ شَاءَ مِنْ عِبَادِهِ، وَإنَّما يَرْحَمُ اللهُ مِنْ عِبادِهِ الرُّحَماءَ»

مُتَّفَقٌ عَلَيهِ.

2. Usamah bin Zaid ﷺ narrated: The daughter of the Prophet ﷺ sent for him when her child was dying. But the Prophet ﷺ returned the Messenger with prayers saying, "Whatever Allah takes away or gives, belongs to Him, and has fixed a limited term for it, so be patient and anticipate Allah's reward." She again sent for him, this time asking him for the sake of Allah to come. The Messenger of Allah ﷺ, accompanied by Sa'd bin 'Ubadah, Mu'adh bin Jabal, Ubayy bin Ka'b, Zaid bin Thabit and some other men went to see her. He held his grandson, the baby was gasping for air. On seeing him in pain, the Prophet's ﷺ eyes welled with tears. Sa'd said, "Messenger of Allah, what is this?" He replied, "It is compassion, which Allah placed in a servants' heart, Allah is kind to those who are kind to others."

[3] عن أنس قَالَ: مَرَّ النَّبيُّ بامرأةٍ تَبكي عِنْدَ قَبْرٍ، فَقَالَ:«اتّقِي الله واصْبِري» فَقَالَتْ: إليْكَ عَنِّي؛ فإنَّكَ لم تُصَبْ بمُصِيبَتي وَلَمْ تَعرِفْهُ، فَقيلَ لَهَا: إنَّه النَّبيُّ فَأَتَتْ بَابَ النَّبيِّ، فَلَمْ تَجِدْ عِنْدَهُ بَوَّابينَ، فقالتْ: لَمْ أعْرِفكَ، فَقَالَ: «إنَّمَا الصَّبْرُ عِنْدَ الصَّدْمَةِ الأُولى» مُتَّفَقٌ عَلَيهِ.

3. Anas ﷺ reported: The Prophet ﷺ passed by a woman sitting next to a grave and crying, he told her "Be mindful of Allah and be patient." She said, "Leave me alone. You don't know what happened to me." Afterwards the woman was told that it was the Prophet (who had advised her). She felt ashamed and came to him at his house where there was no doorkeeper. She said, "(I am

sorry) I did not know it was you." The Messenger of Allah ﷺ said, "Patience is to be calm at the time when grief strikes."

[4] عن أبي هريرة: أنَّ رسولَ الله قَالَ: «يَقُولُ اللهُ تَعَالَى: مَا لعَبدِي المُؤْمِنِ عِنْدِي جَزَاءٌ إِذَا قَبَضْتُ صَفِيَّهُ مِنْ أَهْلِ الدُّنْيَا ثُمَّ احْتَسَبَهُ إلا الجَنَّةَ» رواه البخاري.

4. Abu Hurairah ﷺ reported: The Messenger of Allah ﷺ said, "Allah ﷻ says: Paradise is the reward for the servant who is patient for my sake when his beloved dies."

[5] عن عبدِ الله بنِ مسعودٍ قَالَ: كَأَنِّي أَنْظُرُ إِلَى رسولِ الله يَحْكِي نَبِيّاً مِنَ الأَنْبِياءِ، صَلَواتُ الله وَسَلامُهُ عَلَيْهِمْ، ضَرَبه قَوْمُهُ فَأَدْمَوهُ، وَهُوَ يَمْسَحُ الدَّمَ عَنْ وَجْهِهِ، يَقُولُ: «اللَّهُمَّ اغْفِرْ لِقَومي، فَإِنَّهُمْ لا يَعْلَمونَ» مُتَّفَقٌ علَيهِ.

5. Abdullah bin Mas'ud ﷺ reported: I can still recall as if I am watching the Messenger of Allah ﷺ like one of the Prophets who was beat up and bleeding, while he wiped blood from his face, he said: "Allah, forgive my people, because they do not know."

[6] وعن أبي سعيدٍ وأبي هريرةَ عن النَّبيِّ، قَالَ: «مَا يُصيبُ المُسْلِمَ مِنْ نَصَبٍ، وَلا وَصَبٍ، وَلا هَمٍّ، وَلا حَزَنٍ، وَلا أَذَىً، وَلا غَمٍّ، حَتَّى الشَّوكَةُ يُشَاكُهَا إلا كَفَّرَ اللهُ بِهَا مِنْ خَطَايَاهُ» مُتَّفَقٌ عَلَيهِ.

6. Abu Sa'id and Abu Hurairah ﷺ reported that the Prophet ﷺ said: "when a believer is struck by discomfort, or an illness, or anxiety, grief or pricked by a thorn, Allah will forgive all his sins because of patience."

Commentary: This Hadith mentions the special grace and kindness of Allah for the Muslims. It relates how Allah turns the hardships and troubles suffered by a Muslim into a means of forgiveness for his sins. This is the divine forgiveness. But this is only possible if the believer exercises patience.

[7] عن أبي هريرة قَالَ: قَالَ رَسُولُ الله: «مَنْ يُرِدِ اللهُ بِهِ خَيْراً يُصِبْ مِنْهُ» رواه البخاري.

7. Abu Hurairah ﷺ reported: The Messenger of Allah ﷺ said: "When Allah decides to reward someone, He puts him through tests."

Activities:

- Define patience and find synonyms related to patience.
- Read stories like the "Hare and the Tortoise", or the boy who held a glass of water for his mother till she woke up. Discuss the moral of these stories.
- Write a poem about the qualities of being patient.

In this theme you have learnt:

- Those who are patient will be successful.
- The patient person is close to Allah.
- Remaining calm has great health benefits.
- The best time to remain patient is when facing difficulty.
- To get angry is to get hot, we stay cool by not being angry.