

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

ILM UL MUKARRAM
“DARSUL HADITH”

LESSONS FROM AHÂDEETH SHAREEF

commentary on

40 ahâdeeth | arba'een | of Imaam Nawawi

رحمة الله عليه

with emphasis on perfecting one's character

Notes by Maulana Naeem Motala

Hadith 16

The Forbiddance of Anger

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The Forbiddance of Anger

عَنْ أَبِي هُرَيْرَةَ رَضِيَ اللَّهُ عَنْهُ أَنَّ رَجُلًا قَالَ لِلنَّبِيِّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ أَوْصِنِي
قَالَ : لَا تَغْضَبْ، فَرَدَّدَ مَرَارًا، قَالَ : لَا تَغْضَبُ
[رَوَاهُ الْبُخَارِيُّ]

Hazrat Abu Hurayrah *Radiyahallahu Anhu* narrates : a man said to Rasulullah *Sallallahu Alayhi Wa Sallam* “Advise me ...”

Rasulullah *Sallallahu Alayhi Wa Sallam* said :

“Do not become angry”

The man repeated [his request for counsel] several times, and [each time] Rasulullah *Sallallahu Alayhi Wa Sallam* said, “Do not become angry.”

[*Saheeh Buhkaari*]

| BRIEF EXPLANTION |

In this Hadith Rasulullah *Sallallahu Alayhi Wa Sallam* emphasized abstention from anger. It is essential to keep anger under control.

Allah *Subhaanahu Wa Ta'ala* has endowed man with the ability to control his anger. One should ensure that it is not misappropriated or unjustly employed.

Rasulullah *Sallallahu Alayhi Wa Sallam* has mentioned in a Hadith :

“A powerful man is not one who defeats another in physical contact. Verily, a powerful man is he who controls his Nafs (ego) at the time of anger. [*Saheeh Buhkaari*]

There are Qur'aanic verses that emphasize the need to avoid getting angry and many Ahadeeth are replete with remedies for controlling one's anger.

Allah *Subhaanahu Wa Ta'ala* has mentioned in the Noble Qur'aan :

وَالْكَاطِمِينَ الْغَيْظَ وَالْعَافِينَ عَنِ النَّاسِ وَاللَّهُ يُحِبُّ الْمُحْسِنِينَ

... And those who swallow (restrain) their anger (rage) and pardon people - and Allah loves the doers of good;

Anger Management ~ Some Solutions and Remedies

1. Seeking refuge in Allah from the Shaytaan. One should read: A'oozu Billaahi Minashaytaanir Rajeem.

Rasulullah Sallallahu Alayhi Wasallam has said :

إِنِّي لَأَعْلَمُ كَلِمَةً لَوْ قَالَهَا لَذَهَبَ غَضَبُهُ أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

Verily, I know a statement, that if he were to say it, his anger would leave: “I seek refuge in Allah from Shaitan, the rejected” [Tirmidhi]

2. Remain Silent. Rasulallah Sallallahu Alayhi Wasallam has said :

... وَإِذَا غَضِبَ أَحَدُكُمْ فَلْيَسْكُتْ

“When one of you is angry, he should be silent.” [Al-Adab Al-Mufrad]

Make Wudhu. Rasulallah Sallallahu Alayhi Wasallam has said

إِنَّ الْغَضَبَ مِنَ الشَّيْطَانِ وَإِنَّ الشَّيْطَانَ خُلِقَ مِنَ النَّارِ وَإِنَّمَا تُطْفَأُ النَّارُ بِالْمَاءِ فَإِذَا غَضِبَ أَحَدُكُمْ فَلْيَتَوَضَّأْ...

“Anger comes from the devil, the devil was created of fire, and fire is extinguished only with water; so when one of you becomes angry, he should perform ablution.”

[Sunan Abi Dawood]

3. Sit or Lie Down.

Rasulullah Sallallahu Alayhi Wasallam has said :

إِذَا غَضِبَ أَحَدُكُمْ وَهُوَ قَائِمٌ فَلْيَجْلِسْ فَإِنْ ذَهَبَ عَنْهُ الْغَضَبُ وَإِلَّا فَلْيَضْطَجِعْ

“When one of you becomes angry while standing, he should sit down. If the anger leaves him, well and good; otherwise he should lie down”. [Sunan Abi Dawood]

In another Hadith, Rasulallah Sallallahu Alayhi Wasallam has mentioned the effects of anger with a simple analogy.

Rasulullah Sallallahu Alayhi Wasallam said : “Anger spoils a person’s Imaan (faith), just like how the aloe plant destroys the sweetness of honey” [Bayhaqi].

The extreme bitterness of the aloe plant (when dipped into honey) removes all traces of sweetness.

Hazrat Abdullah bin Umar Radiyallahu Anhu narrates that Rasulallah Sallallahu Alayhi Wasallam has mentioned :

“There is no drinking more excellent to Allah, than the drinking (the withholding) of one’s anger, for Allah’s pleasure” [Sunan Ibn Majah].

When a person becomes angry, he should remember that Allah *Subhaanahu Wa Ta’ala* has more greater power and authority over him.

He should ponder over the fact that he himself has many times been in the disobedience of Allah *Subhaanahu Wa Ta’ala*.

Should Allah *Subhaanahu Wa Ta’ala* also adopt the attitude of wrath and rage with him, then what will his condition be?

He should remember that Allah *Subhaanahu Wa Ta'ala* is the defender of the honour and right of those who have no defender. Hence, when he becomes angry, perhaps he may be becoming angry upon an innocent person. Allah Ta'ala will take revenge on behalf of that innocent person.

Even a judge has been warned in the Hadith, not to rule against two parties whilst in the state of anger.