

Memorise and practice a new hadeeth every week!



قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ

لَيْسَ الشَّدِيدُ بِالصُّرْعَةِ؛ إِنَّمَا الشَّدِيدُ الَّذِي يَمْلِكُ نَفْسَهُ عِنْدَ الْغَضَبِ

Our Beloved Nabi ﷺ said, the strong is not the one who overcomes the people by his strength, but the strong is the one who controls himself while in anger.”

*Sahih al-Bukhari*

#### Explanation

When we think of someone being strong, we think of muscle, we think of someone big, we think of the one who everyone is scared of. Sure, these are all different forms of strength, but these aren't the only forms of strength.

In fact, from this hadeeth we learn about another strength which is the real strength. This is the strength to control one's anger.

It takes a really strong person to control their anger. Those who react to their anger and start throwing abuse at someone or start throwing punches at someone are not really the strong ones because they lack the strength to control their anger.

#### How can we control our anger?

Our amazing Nabi ﷺ has taught us what to do when we become angry. Think of it as a secret weapon to gain the true strength required to control your anger!

1. First things first, recite Ta'awwuz – أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ
2. If this doesn't help, then sit down or lie down.
3. If anger still remains, then perform Wudhu – Wudhu helps cool a person down.

When a person becomes angry shaytaan takes control of a person and leads him towards a regrettable outcome. The above steps will help take back control and allow the anger to cool.

#### Interesting Facts:

Shaytaan has been created from fire, and fire is extinguished only with water; so, when one becomes angry, by performing wudhu this fire is extinguished.

Fire rises, so by sitting or lying down one will lower the effect of this fire.

By reading ta'wwuz one will push shaytaan far away.

So, the next time you feel angry and want to react with your anger let's see how strong you are. If you manage to control it, you're strong. If you fail then sorry, you're weak.