

# RAMADAN

## IMMERSION



Shaykh Daood Butt

### Chapter 57: Anger

#### Hadith #1

لَيْسَ الشَّدِيدُ بِالصُّرَعَةِ، إِنَّمَا الشَّدِيدُ الَّذِي يَمْلِكُ نَفْسَهُ عِنْدَ الْغَضَبِ.

*"The person who is strong is not strong because he can knock people down. The person who is strong is the one who controls himself when he is angry."*

- Strength comes from within. Controlling ourselves in times of anger will make us stronger than one who has physical strength.
- The Prophet (ﷺ) was always composed during all major battles. For example, prior to the Battle of Badr, despite feeling anxious, he continuously made du'a and prayed all night.

◦ Ali reported:

مَا كَانَ فِيْنَا فَارِسُ يَوْمَ بَدْرٍ غَيْرَ الْمِقْدَادِ وَلَقَدْ رَأَيْنَا وَمَا فِيْنَا إِلَّا نَائِمٌ إِلَّا رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ تَحْتَ شَجَرَةٍ يُصَلِّي، وَيَبْكِي، حَتَّى أَصْبَحَ

*None among us was upon a horse on the day of Badr other than Al-Miqdad. We saw, although everyone else was sleeping, the Messenger of Allah, peace and blessings be upon him, under a tree praying and weeping until dawn. (Sahih Ibn Khuzaymah)*

- We need to train our mind and emotions, not just our body. Today, most of us focus only on the latter.
- A person who wants to be physically strong, needs to be mentally and emotionally strong.
- Our Deen teaches us the importance of self-control. While we work on controlling ourselves, we acknowledge that Allah is the ultimate controller.

- Anger is the key to every evil – sins are committed out of anger. Hence, we have to redefine our perception of strength and work on our inner strength.

## Hadith #2

لَا يَكُنْ حُبُّكَ كَلْفًا، وَلَا بُغْضُكَ تَلْفًا، فَقُلْتُ: كَيْفَ ذَاكَ؟ قَالَ: إِذَا أَحْبَبْتَ كَلِفْتَ كَلْفَ الصَّبِيِّ، وَإِذَا أَبْغَضْتَ أَحْبَبْتَ لِصَاحِبِكَ التَّلْفَ.

*'Umar ibn al-Khattab said, 'Do not let your love be a total infatuation. Do not let your anger be destruction.' I asked, 'How is that?' He replied, 'When you love, you are infatuated like a child. When you hate, you desire destruction for your companion.'*

- This speaks about the contrast of love and hate – both these emotions may take a person away from Allah.
- The things we love in this world, even our children, can be a distraction to us and are harmful for us.
  - Allah reminds us:

يَا أَيُّهَا الَّذِينَ ءَامَنُوا لَا تُلْهِكُمْ أَمْوَالُكُمْ وَلَا أَوْلَادُكُمْ عَن ذِكْرِ اللَّهِ وَمَن يَفْعَلْ ذَلِكَ فَأُولَئِكَ هُمُ الْخٰسِرُونَ

*O believers! Do not let your wealth or your children divert you from the remembrance of Allah. For whoever does so, it is they who are the 'true' losers. (63:9)*

- Allah does not want us to be angry to the point that we wish harm upon others. He wants us to be those who show restraint.
- For example, we should make du'a for those who wronged us to be guided instead of lashing out our anger.
- Anger is a creation of Allah; it is a feeling He created. It is not haram, but rather it is only valid and not prohibited for just reasons.
- The Prophet (ﷺ) was a human being who got angry as well but his anger was always justified.
  - Narrated from Salman: The Messenger of Allah (ﷺ) addressed, saying:

" أَيُّمَا رَجُلٍ مِنْ أُمَّتِي سَبَبْتُهُ سَبَبَةً أَوْ لَعَنْتُهُ لَعْنَةً فِي غَضَبِي - فَإِنَّمَا أَنَا مِنْ وَلَدِ آدَمَ أَغْضَبُ  
 كَمَا يَغْضَبُونَ وَإِنَّمَا بَعَثَنِي رَحْمَةً لِلْعَالَمِينَ - فَاجْعَلْهَا عَلَيْهِمْ صَلَاةً يَوْمَ الْقِيَامَةِ "

*If I abused any person of my people, or cursed him in my anger. I am one of the children of Adam : I become angry as they become angry. He (Allah) has sent me as a mercy for all worlds. (O Allah!) make them (Abuse or curse) blessing for them on the Day of Judgment! (Sunan Abi Dawud)*

- The difference is in being able to control our reaction in moments when the emotion of anger arises within us. Anger becomes forbidden based on the way we react.
- Ramadan is a month that trains us to work on shaping up our character and restrain ourselves from anger.
- It is important to submit to Allah by controlling ourselves.
  - Allah said:

يَا أَيُّهَا الَّذِينَ آمَنُوا اتَّقُوا اللَّهَ وَقُولُوا قَوْلًا سَدِيدًا ﴿٧٠﴾ يُصْلِحْ لَكُمْ أَعْمَالَكُمْ وَيَغْفِرْ لَكُمْ ذُنُوبَكُمْ  
 وَمَنْ يُطِيعِ اللَّهَ وَرَسُولَهُ فَقَدْ فَازَ فَوْزًا عَظِيمًا ﴿٧١﴾

*O believers! Be mindful of Allah, and say what is right. He will bless your deeds for you, and forgive your sins. And whoever obeys Allah and His Messenger, has truly achieved a great triumph. (33:70-71)*

- Anger is humanly intrinsic – it is a natural trait within us. This is why Imam Shafi'i said:

من استغضب فلم يغضب فهو حمار

*“Whoever is provoked to get angry and doesn't show anger is a donkey.”*

- Anger can be a virtue when displayed in the right place, with the right degree. It has to be constructive and pertain to an important topic.
- There are several ahadith which mention that when the Prophet (ﷺ) was angry, his face would turn red.
  - Narrated `Aisha: The Prophet (ﷺ) entered upon me while there was a curtain having pictures (of animals) in the house. His face got red with anger, and then he got hold of the curtain and tore it into pieces. The Prophet (ﷺ) said,

" مِنْ أَشَدِّ النَّاسِ عَذَابًا يَوْمَ الْقِيَامَةِ الَّذِينَ يُصَوِّرُونَ هَذِهِ الصُّورَ ".  
"Such people as paint these pictures will receive the severest punishment on the Day of Resurrection."

### Hadith #3

مَا مِنْ جَرَعَةٍ أَعْظَمَ عِنْدَ اللَّهِ أَجْرًا مِنْ جَرَعَةٍ غَيْظٍ كَظَمَهَا عَبْدٌ ابْتِغَاءَ وَجْهِ اللَّهِ.  
Ibn Umar said, "There is nothing that is swallowed greater with Allah in reward than a slave of Allah who swallows and contains his rancor out of desire for the pleasure of Allah."

- When anger intensifies within ourselves, we have to try our best to suppress it for the sake of pleasing Allah.
- There is nothing more rewarding than controlling ourselves while seeking Allah's reward.
- Controlling ourselves in times of anger means not being physically or verbally abusive with others.
- Allah will test us and Shaytan will work hard to make us displease Allah. Hence, we have to seek refuge from Allah.
  - In Surah al-Mulk, He said:

تَبَارَكَ الَّذِي بِيَدِهِ الْمُلْكُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ ﴿١﴾ الَّذِي خَلَقَ الْمَوْتَ وَالْحَيَاةَ لِيَبْلُوَكُمْ أَيُّكُمْ أَحْسَنُ عَمَلًا

*Blessed is the One in Whose Hands rests all authority. And He is Most Capable of everything. 'He is the One' Who created death and life in order to test which of you is best in deeds. (67:1-2)*

- The Prophet (ﷺ) showed anger when the rights of Allah or people were violated. He was never seen angry over a personal matter, but rather he showed us the best way to live in this world.
  - Jabir ibn Abdullah reported:

كَانَ مُعَاذُ بْنُ جَبَلٍ يُصَلِّي مَعَ النَّبِيِّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ ثُمَّ يَرْجِعُ فَيَوْمُّ قَوْمَهُ فَصَلَّى  
 الْعِشَاءَ فَقَرَأَ بِالْبَقَرَةِ فَأَنْصَرَفَ الرَّجُلُ فَكَانَ مُعَاذًا تَنَاوَلَ مِنْهُ فَبَلَغَ النَّبِيَّ صَلَّى اللَّهُ عَلَيْهِ  
 وَسَلَّمَ فَقَالَ فَتَانُ فَتَانُ فَتَانُ ثَلَاثَ مَرَّاتٍ وَأَمَرَهُ بِسُورَتَيْنِ مِنْ أَوْسَطِ الْمُفَصَّلِ

*Mu'adh ibn Jabal used to pray with the Prophet (ﷺ). Then, he returned to his people and led them in prayer. Mu'adh prayed the evening prayer and recited Surat al-Baqarah, until a man left the prayer, and Mu'adh was critical of him. The news reached the Prophet and he said three times, "You put them to trial!" The Prophet ordered him to recite two medium chapters from the end of the Quran. (Saḥih al-Bukhari)*

- What angered the Prophet (ﷺ), angers Allah. Hence, we have to pay close attention to the Sunnah and put it into practice.
- In everything we do, we have to develop a mindset of asking ourselves: "Is Allah pleased with me and my reaction?"

### Ways to Control Anger

- Step #1: Be honest
  - Identify, accept and admit that there is a problem with ourselves. Once we are able to do this, we can rectify our anger.
- Step #2: Ask Allah
  - Make du'a to control our anger. Humble ourselves before Allah and beg Him to strengthen us to become better.

اللَّهُمَّ وَأَسْأَلُكَ خَشِيَّتَكَ فِي الْغَيْبِ وَالشَّهَادَةِ وَأَسْأَلُكَ كَلِمَةَ الْحَقِّ فِي الرِّضَا وَالْغَضَبِ  
 وَأَسْأَلُكَ الْقُصْدَ فِي الْفَقْرِ وَالْغِنَى

*O Allah, cause me to fear You in secret and in public. I ask You to make me true in speech in times of pleasure and of anger. I ask You to make me moderate in times of wealth and poverty.*

- Step #3: Practice silence
  - Reflect on ourselves and remove ourselves from any negative emotions. This will train us not to be outraged and react uncontrollably.
  - The only way to stay silent in times of anger is if we practice silence in times of calmness and composure.
  - Narrated Abu Hurairah: The Prophet (ﷺ) said,

" مَنْ كَانَ يُؤْمِنُ بِاللَّهِ وَالْيَوْمِ الْآخِرِ فَلَا يُؤْذِ جَارَهُ، وَمَنْ كَانَ يُؤْمِنُ بِاللَّهِ وَالْيَوْمِ الْآخِرِ فَلْيُكْرِمْ ضَيْفَهُ، وَمَنْ كَانَ يُؤْمِنُ بِاللَّهِ وَالْيَوْمِ الْآخِرِ فَلْيَقُلْ خَيْرًا أَوْ لِيَصْمُتْ " .

*"Whoever believes in Allah and the Last Day, should not hurt his neighbor and whoever believes in Allah and the Last Day, should serve his guest generously and whoever believes in Allah and the Last Day, should speak what is good or keep silent." (Sahih al-Bukhari)*

- Step #4: Prophetic ways
  - Perform wudu. Water extinguishes our anger. Alternatively, we can drink water or take a shower.
    - Narrated Atiyah as-Sa'di: Abu Wa'il al-Qass said: We entered upon Urwah ibn Muhammad ibn as-Sa'di. A man spoke to him and made him angry. So, he stood and performed ablution; he then returned and performed ablution, and said: My father told me on the authority of my grandfather Atiyah who reported the Messenger of Allah (ﷺ) as saying:

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 Dawud)*

- Leave the environment and remove ourselves from the situation; lie down.
    - Abu Sa'id al-Khudri reported: The Messenger of Allah (ﷺ) said,
- إِنَّ الْغَضَبَ جَمْرَةٌ فِي قَلْبِ ابْنِ آدَمَ أَمَا رَأَيْتُمْ إِلَى حُمْرَةِ عَيْنَيْهِ وَانْتِفَاحِ أَوْدَاجِهِ فَمَنْ أَحْسَسَ بِشَيْءٍ مِنْ ذَلِكَ فَلْيَلِصِقْ بِالْأَرْضِ

*"Verily, anger is a burning ember in the heart of the son of Adam, as you see it in the redness of his eyes and the bulging of his veins. Whoever feels anything like that, let him lie down on the ground." Sunan al-Tirmidhī*

- Speak when we are calm, composed and are able to reason.

- Abd al-Rahman b. Abu Bakra reported: My father dictated (and I wrote for him) to Ubaidullah b. Abu Bakra while he was the judge of Sijistan: Do not judge between two persons when you are angry, for I have heard Allah's Messenger (ﷺ) as saying:

لَا يَحْكُمُ أَحَدٌ بَيْنَ اثْنَيْنِ وَهُوَ غَضَبَانُ

*"No judge should give judgment between two people while he is angry."*

*(Sahih Muslim)*