

SABR - (PATIENCE)

صبر علي العمر

Brave

صبر عن الشيي

Stop, Control

صبر النفسي

Desire control

SABR - (PATIENCE)

- Sabr on things we desire
- Sabr on things which we don't like

WHAT IS SABR? (DICTIONARY MEANING)

Bravery

from To stop yourself from love negative reactions at things you dislike

To hold yourself back something you Not

complaining of difficulties



Sabr is essence of good Akhlaq (Ibn Hajar)

SABR - (PATIENCE)

- Brave trait
- Facing situations in such manner that do not loose own potential
- Protect benefits of duniya and akhirah

FACTORS THAT AFFECT US...

Inner self:

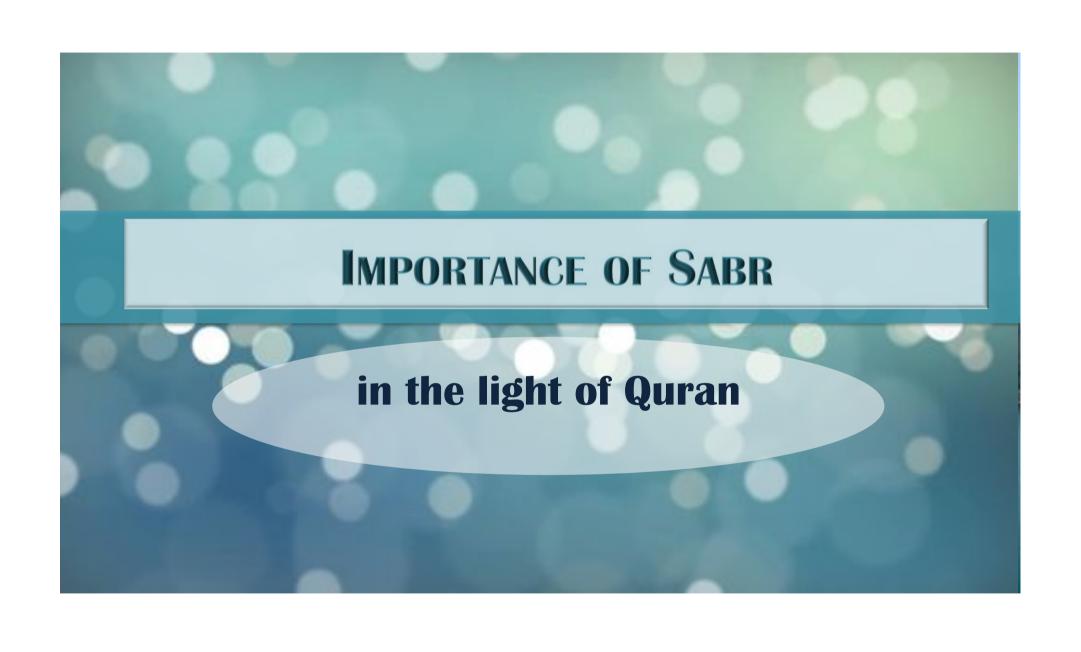
our emotions, Nafs, desires

Outer factors:

• People, situations, natural disasters

Shaitaan:

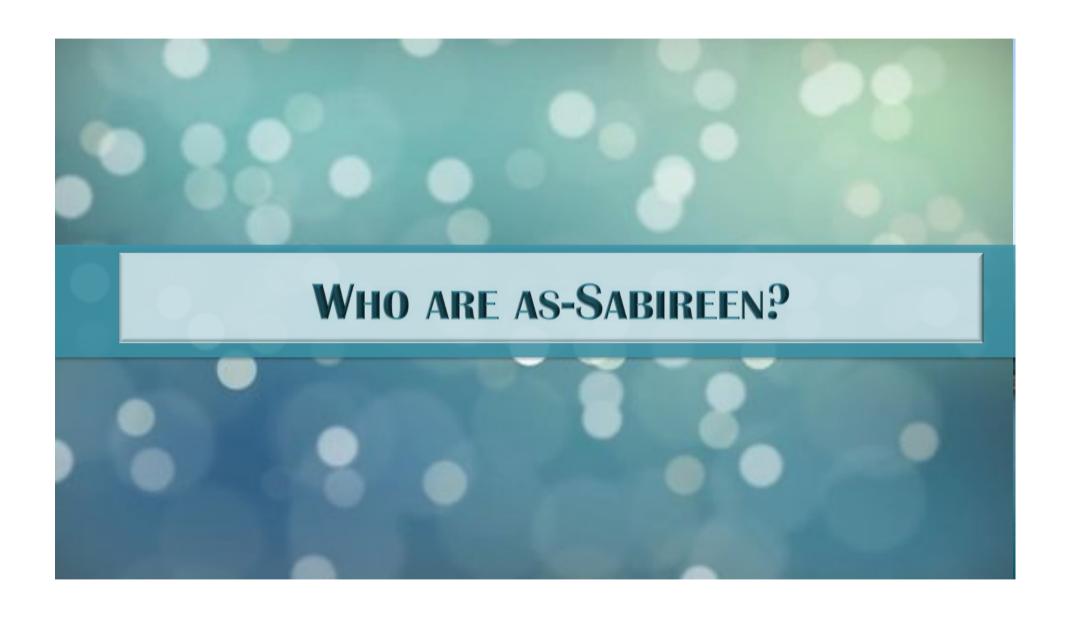
• Lowers our defense



TEST IS A MUST! BUT, CONGRATULATE THE AS-SAABIREEN!

وَلَنَبُلُونَكُم بِشَىءٍ مِّنَ ٱلْخُوفِ وَٱلْجُوعِ وَنَقْصِ مِّنَ ٱلْأَمُولِ وَالْجُوعِ وَنَقْصِ مِّنَ ٱلْأَمُولِ وَالْجُوعِ وَنَقْصِ مِّنَ ٱلْأَمُولِ وَٱلْجُوعِ وَنَقْصِ مِّنَ ٱلْأَمُولِ فَالْأَنفُسِ وَٱلثَّمَرَتِ وَبَشِرِ ٱلصَّنبِرِينَ الْمَان وَالتَّمَرَتِ وَبَشِرِ ٱلصَّنبِرِينَ الْمَانَ

 And We will surely test you with something of fear and hunger and a loss of wealth and lives and fruits, but give good tidings to the patient,



As-Sabireen = Those who remember their return to Allah!



 Who, when disaster strikes them, say, "Indeed we belong to Allah, and indeed to Him we will return."

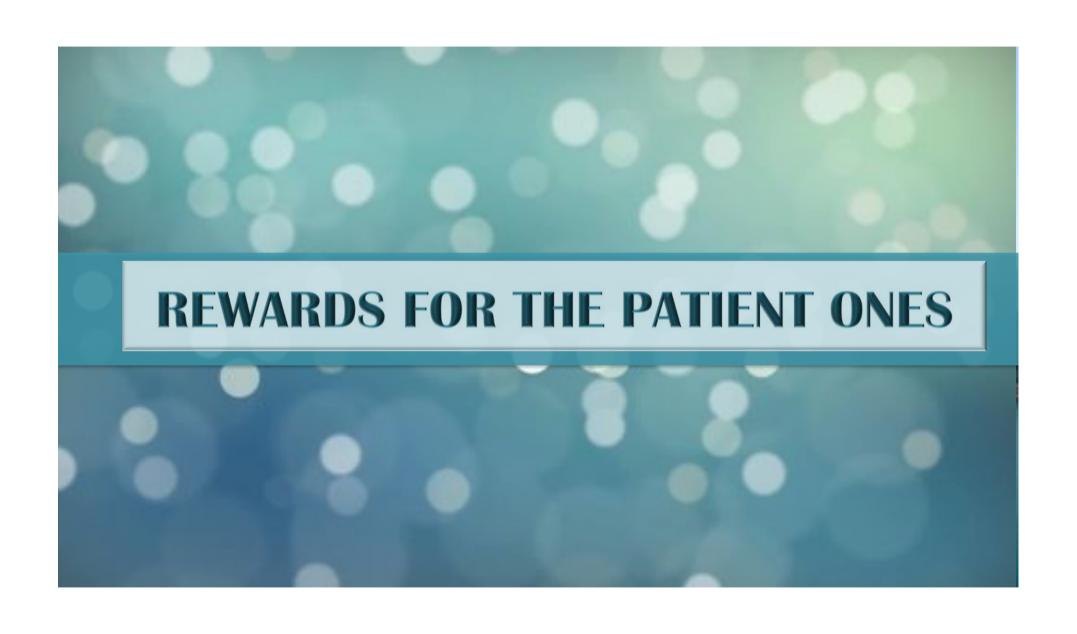
FORMULA FOR SUCCESS

• O you who have believed, seek help through patience and prayer. Indeed, Allah is with the patient.

WEAPON OF BELIEVER= SABR + SALAH



Stops negative reactions Bonding with Allah Ta'ala for catharsis



BLESSINGS, MERCY AND GUIDANCE FROM ALLAH

أُوْلَتِكَ عَلَيْهِمْ صَلَوَتُ مِن رَّبِهِمْ وَرَحْمَةٌ وَأُوْلَتِكَ هُمُ الْمُهْتَدُونَ ﴿ ﴾ الْمُهْتَدُونَ ﴿ ﴾

- "They are those on whom (Descend) blessings from Allah, and Mercy, and they are the ones that receive guidance."
- Surah Baqarah (2: 157):

REWARD FOR THOSE WHO ARE PATIENT IN ADVERSITY

إِلَّا ٱلَّذِينَ صَبَرُواْ وَعَمِلُواْ ٱلصَّالِحَاتِ أَوْلَئِكَ لَهُم مَّغْفِرَةٌ وَأَجْرٌ



• Not so do those who show patience and constancy, and work righteousness; for them is forgiveness (of sins) and a great reward.

THE QURAN TELLS US...

قُلْ يَعِبَادِ ٱلَّذِينَ ءَامَنُوا ٱلْقُواْرَبَّكُمْ لِلَّذِينَ آخْسَنُواْ فِي هَندِهِ ٱلدُّنيا قُلْ يَعِبَادِ ٱلَّذِينَ الْحَسَنُواْ فِي هَندِهِ ٱلدُّنيا حَسَنَةٌ وَأَرْضُ ٱللَّهِ وَسِعَةٌ إِنَّمَا يُوفِي ٱلصَّبِرُونَ أَجْرَهُم بِغَيْرِحِسَابِ الْ

 Say, "O My servants who have believed, fear your Lord. For those who do good in this world is good, and the earth of Allah is spacious. Indeed, the patient will be given their reward without account."

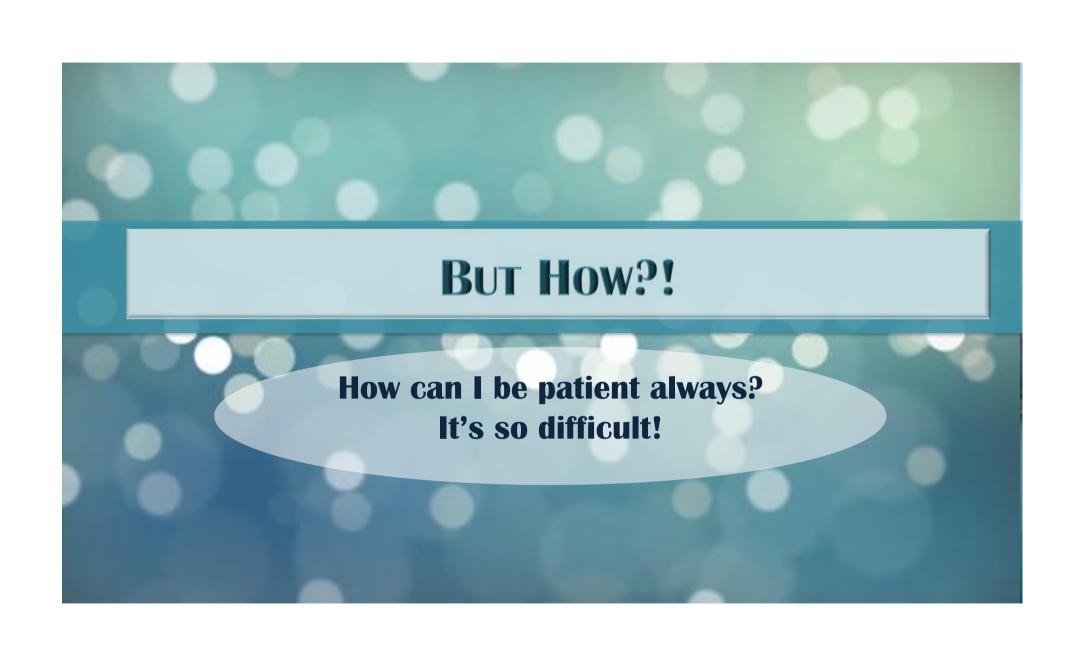
(**Az-Zumar 10**)

ALLAH COMMANDS US TO BE BEAUTIFULLY PATIENT!

فَأُصْبِرْصَبْرًاجَمِيلًا

Therefore be patient with a beautiful patience

(Surat al-Ma'arij, 5)



HOW CAN I BE PATIENT ALWAYS?

- Using logic instead of emotions to think through a situation
- Rising above personal discomfort or preferences to finish a good deed that you started
- To keep emotions in check even in happiness

HOW CAN I BE PATIENT ALWAYS? (2)

- Removing undesirable qualities, weaknesses, and negative emotions from yourself
- Requires minute analysis for weaknesses like jealousy and envy on very, very small scales



REWARD FOR BEING PATIENT!

24. عَنِ ابْنِ عُمَرَ قَالَ: قَالَ رَسُولُ اللهِ عَنَى : الْمُؤْمِنُ الَّذِي يُخَالِطُ النَّاسَ، وَ لَا وَيَصْبِرُ عَلَى أَذَاهُمْ، أَعْظَمُ أَجْرًا مِنَ الْمُؤْمِنِ الَّذِي لَا يُخَالِطُ النَّاسَ، وَ لَا يَصْبِرُ عَلَى أَذَاهُمْ [رواه ابن ماحه، كتاب الفتن: 4032]

Ibn Umar رضى الله عنهما arrated: Allah's messenger غنهما said,"The believer who mingles with the people and is patient upon their harming him, will have a greater reward than the believer who does not mingle with the people and does not show patience upon their harming him."

WIN-WIN SITUATION OF A BELIEVER

25. عَنْ صُهَيْبٍ قَالَ: قَالَ رَسُولُ اللهِ عَنْ اللهِ عَجَبًا لِا مُو الْمُؤْمِنِ، إِنَّ أَمْرَهُ كُلُهُ مَ كُلَّهُ لَهُ خَيْرٌ، وَ لَيْسَ ذَٰلِكَ لِا تَحْدِ إِلَّا لِلْمُؤْمِنِ، إِنْ أَصَابَتْهُ سَرَّاءُ شَكَرَ، فَكَانَ خَيْرًا لَهُ وَ إِنْ أَصَابَتْهُ ضَرَّاءُ صَبَرَ، فَكَانَ خَيْرًا لَهُ

[رواه مسلم، كتاب الزهد:7500]

Suhaib رضى الله عنه narrated: Allah's messenger عنه said." Strange is the case of a believer, there is good for him in everything, and this is only for the believer. If a blessing reaches him, he is grateful to Allah which is good for him, and if an adversity reaches him, he is patient which is good for him."







Finish the work you started



Being brave and strong in times of difficulty



Not complaining of your problems



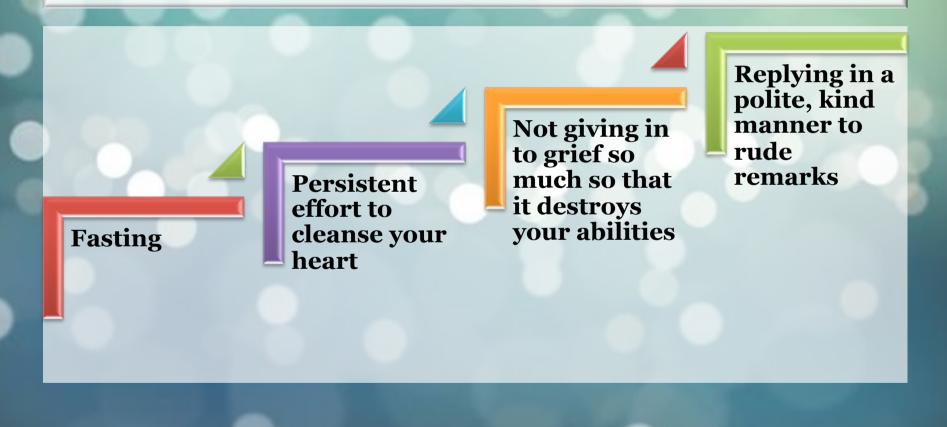
Stopping for dhikr at the end of salaah

Getting up for fajr Salah

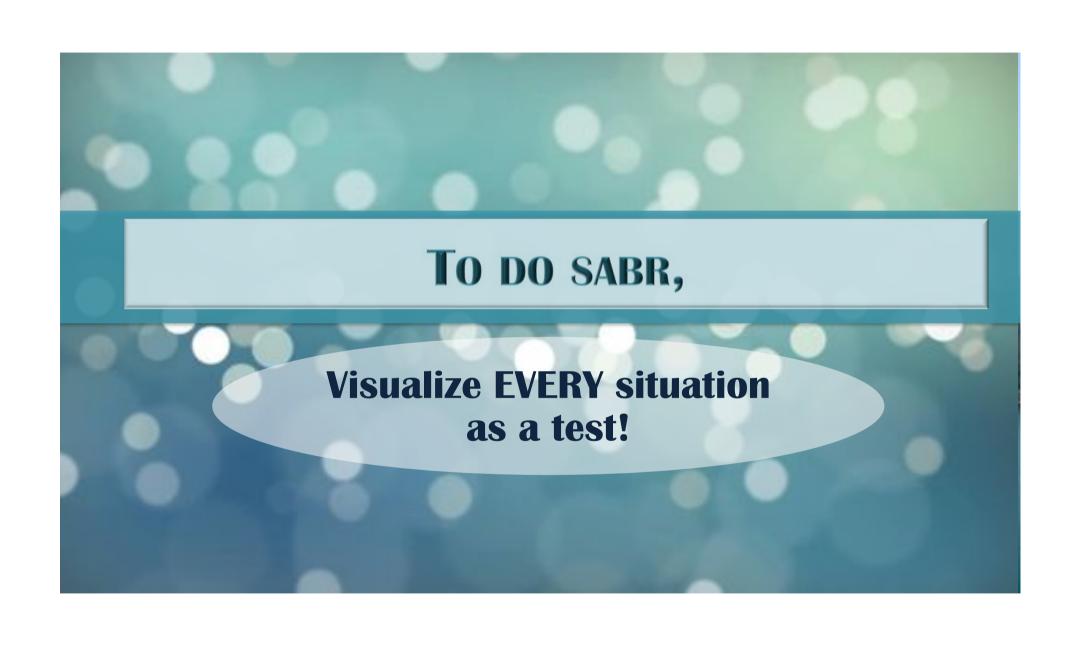
Doing long Qiyam in Salaah

Giving up comforts, pleasant activities etc in the pursuit of ilm, e.g. attending Quran class when you'd rather be in the café ©

MORE EXAMPLES OF SABR......HEART



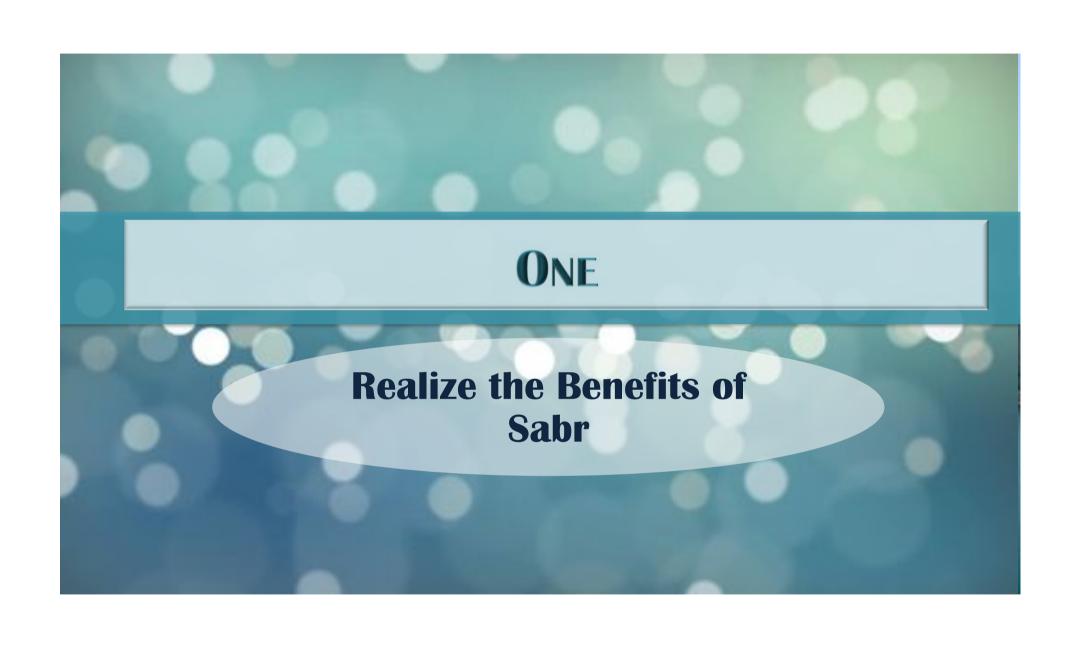




FIVE POINT CRITERIA FOR SABR

- There should be no complaint on your tongue
- There should be no complaint against Allah in your heart
- Your amal should not be affected
- Your dealings with people should not be affected
- Your ibadah should not be affected







Don't give up if you fail once – don't listen to Shaitan! Keep company of good people who practically demonstrate sabr

DON'T WISH FOR DEATH!

Nadhar bin Anas narrated that Anas منه الله عنه said,"If I had not heard The Prophet عنه say, "You should not long for death, then I would certainly have longed for it."

- Anas R.A was the longest living sahabi. He faced great sorrows in life – but still no wishing for death!
- You have just one chance to make your Hereafter successful, so use it to the max!

REWARD OF SABR = PARADISE

Abu Hurairah رضى الله عنه narrated,"Allah's Messenger الله عنه narrated: Allah The Exalted says, I have nothing to give but paradise as a reward to my slave, a true believer who if I cause his dear friend to die he remains patient."

 In such a scenario, sabr refers to not giving in to so much sorrow that it makes you angry, hopeless, or negative, or lose your abilities.

ALLAH GIVES PATIENCE IF YOU TRY

"Whoever tries to be patient, Allah will give him patience, and no one is given a better or vaster gift than patience." (From Malik's Muwatta)

(From Malik's Muwatta)

• If you accept difficulties uncomplainingly, then Allah WILL make it easy for you to bear them!

PATIENCE AT FIRST STROKE OF CALAMITY

Thabit narrated that I heard Anas رضى الله عنه say that The Prophet عنه said, "Patience is at the first stroke of a calamity."

- For any calamity that strikes you, small or big, remember that angels have their pens poised, ready to write your first reaction.
- What will they record for you???

WHAT IS ALLOWED?

- Its okay to be sad or cry
- But control the tongue and actions
- It's NOT okay to:
 - Lose hope
 - Blame Allah
 - Hurt others
 - Tear at your hair/give in to extreme emotion





رَبَّنَا أَفْرِغْ عَلَيْنَا صَبْرًا وَتَوَفَّنَا مُسْلِمِينَ

Our Lord, pour upon us patience and let us die as Muslims [in submission to You]." (7:126)

DUA FOR SABR

رَبَّنَكَ أَفْرِغَ عَلَيْنَا صَهَرًا وَثُكِيِّتُ أَقَدَامَنَكَا وَٱنصُرْنَا عَلَى ٱلْقَوْمِ اللَّهُ وَالْمَالُكُ وَالْمَالُكُ الْقَوْمِ اللَّهُ وَالْمَالُكُ الْقَوْمِ اللَّهُ وَالْمَالُكُ اللَّهُ وَالْمَالُكُ الْقَوْمِ اللَّهُ وَالْمَالُكُ الْقَوْمِ اللَّكُ الْمَالُكُ اللَّهُ وَالْمَالُكُ اللَّهُ وَاللَّهُ وَاللَّهُ اللَّهُ اللَّهُ وَاللَّهُ اللَّهُ اللَّهُ اللَّهُ اللَّهُ اللَّهُ وَاللَّهُ اللَّهُ الللَّهُ اللَّهُ اللللْمُ اللَّهُ اللَّهُ اللَّهُ اللللْمُ اللللْمُ اللَّهُ اللَّهُ اللللْمُ اللَّلْمُ اللللْمُ اللللْمُ اللللْمُ اللللْمُ اللللْمُ اللللْمُ الللْمُ اللللْمُ اللللْمُ اللللْمُ اللللْمُ اللللْمُ اللللْمُ اللللْمُ الللْمُ الللْمُ الللْمُ الللْمُ اللَّهُ الللْمُ اللللْمُ الللْمُ اللَّلُولُ الللَّلْمُ الللْمُ اللللْمُ اللللْمُ الللّهُ اللللْم

 And when they advanced to meet Jalut (Goliath) and his forces, they invoked: "Our Lord! Pour forth on us patience and make us victorious over the disbelieving people."