

SABR – (PATIENCE)

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صبر علي العمر

• Brave

صبر عن الشيء

• Stop, Control

صبرا النفسي

• Desire control

SABR – (PATIENCE)

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

WHAT IS SABR? (DICTIONARY MEANING)



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

**To hold
yourself back
from
something you
love**

Bravery

**Not
complaining of
difficulties**

SABR – EPITOME OF MANNERS

***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**

IMPORTANCE OF SABR

in the light of Quran

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

وَلَنَبْلُوَنَّكُمْ بِشَيْءٍ مِّنَ الْخَوْفِ وَالْجُوعِ وَنَقْصٍ مِّنَ الْأَمْوَالِ
وَالْأَنْفُسِ وَالْثَّمَرَاتِ ۗ وَبَشِّرِ الصَّابِرِينَ ﴿١٥٥﴾

- 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,

WHO ARE AS-SABIREEN?

**AS-SABIREEN = THOSE WHO REMEMBER THEIR
RETURN TO ALLAH!**

الَّذِينَ إِذَا أَصَابَتْهُمُ مُصِيبَةٌ قَالُوا إِنَّا لِلَّهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ ﴿١٥٦﴾

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

FORMULA FOR SUCCESS

يَأْتِيهَا الَّذِينَ ءَامَنُوا اسْتَعِينُوا بِالصَّبْرِ وَالصَّلَاةِ إِنَّ اللَّهَ مَعَ

الصَّابِرِينَ ﴿١٥٣﴾

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

WEAPON OF BELIEVER= SABR + SALAH



Sabr

**Stops
negative
reactions**



Salah

**Bonding with
Allah Ta'ala
for catharsis**



REWARDS FOR THE PATIENT ONES

BLESSINGS, MERCY AND GUIDANCE FROM ALLAH

أُولَئِكَ عَلَيْهِمْ صَلَوَاتٌ مِّن رَّبِّهِمْ وَرَحْمَةٌ وَأُولَئِكَ هُمُ
الْمُهْتَدُونَ ﴿١٥٧﴾

- *“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 الَّذِينَ صَبَرُوا وَعَمِلُوا الصَّالِحَاتِ أُولَٰئِكَ لَهُمْ مَغْفِرَةٌ وَأَجْرٌ

كَبِيرٌ ﴿١١﴾

- 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 يَاعِبَادِ الَّذِينَ ءَامَنُوا اتَّقُوا رَبَّكُمْ لِلَّذِينَ أَحْسَنُوا فِي هَذِهِ الدُّنْيَا

حَسَنَةٌ وَأَرْضُ اللَّهِ وَاسِعَةٌ إِنَّمَا يُوَفَّى الصَّابِرُونَ أَجْرَهُمْ بِغَيْرِ حِسَابٍ ﴿١٠﴾

- 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!

 فَاصْبِرْ صَبْرًا جَمِيلًا

Therefore be patient with a beautiful patience

(Surat al-Ma'arij, 5)

BUT HOW?!

**How can I be patient always?
It's so difficult!**

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**

SABR – IN THE LIGHT OF HADITH

REWARD FOR BEING PATIENT!

24. عَنِ ابْنِ عُمَرَ قَالَ: قَالَ رَسُولُ اللَّهِ ﷺ: الْمُؤْمِنُ الَّذِي يُخَالِطُ النَّاسَ، وَيَصْبِرُ عَلَى آذَانِهِمْ، أَكْبَرُ أَجْرًا مِنَ الْمُؤْمِنِ الَّذِي لَا يُخَالِطُ النَّاسَ، وَلَا يَصْبِرُ عَلَى آذَانِهِمْ [رواه ابن ماجه، كتاب الفتن: 4032]

Ibn Umar رضي الله عنهما narrated: Allah's messenger ﷺ 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 اللَّهِ ﷺ: عَجَبًا لِأَمْرِ الْمُؤْمِنِ، إِنَّ أَمْرَهُ كُلَّهُ لَهُ خَيْرٌ، وَ لَيْسَ ذَلِكَ لِأَحَدٍ إِلَّا لِلْمُؤْمِنِ، إِنْ أَصَابَتْهُ سَرَاءٌ شَكَرَ، فَكَانَ خَيْرًا لَهُ، وَإِنْ أَصَابَتْهُ ضَرَاءٌ صَبَرَ، فَكَانَ خَيْرًا لَهُ

[رواه مسلم، كتاب الزهد: 7500]

Suhaib رضي الله عنه narrated : Allah's messenger ﷺ 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."

WHAT SABR IS NOT

Cowardice!

EXAMPLES OF SABR

EXAMPLES OF SABR.....WORK

**Finish the
work you
started**



**Being brave and
strong in times
of difficulty**



**Not complaining
of your problems**

MORE EXAMPLES OF SABR.....SALAH

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

Fasting

Persistent effort to cleanse your heart

Not giving in to grief so much so that it destroys your abilities

Replying in a polite, kind manner to rude remarks

FOR SABR, YOU NEED:

**Immense breadth of
vision!**

To DO SABR,

**Visualize EVERY situation
as a test!**

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**



SOME WAYS TO MAKE SABR EASY

ONE

**Realize the Benefits of
Sabr**

IMPORTANT TIP!

**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 رضى الله عنه said, "If I had not heard The Prophet ﷺ 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 رضي الله عنه narrated, "Allah's Messenger ﷺ 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)

- **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 رضي الله عنه say that The Prophet ﷺ 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**

REMEMBER!

**Of all types of management, self management is the most important
- and the most critical to success!**

DUA FOR SABR

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

رَبَّنَا أَفْرِغْ عَلَيْنَا صَبْرًا وَثَبِّتْ أَقْدَامَنَا وَانصُرْنَا عَلَى الْقَوْمِ

الْكَافِرِينَ ﴿٢٥٠﴾

- 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."