

## Patience and Perseverance: The Signs of Strong Faith

The true believer in Al-Qadar requires the Muslims to demonstrate two attitudes:

1. Patience towards life's trials & difficulties
2. Gratefulness to Allah for His favors

In this chapter and the following one, you will learn the two important attitudes a Muslim should demonstrate in his or her daily life; **Sabr**, or patience and **Shukr**, thankfulness to Allah. These two positive attitudes are signs of strong faith.

### Hadeeth Shareef

عن صهيب الرومي رضي الله عنه قال: قال رسول الله صلى الله عليه وسلم: "عجبا لأمر المؤمن, ان أمره كله خير, وليس ذلك لأحد الا للمؤمن, ان أصابته سراء شكر فكان خيرا له, وان أصابته ضراء صبر فكان خيرا له" (رواه مسلم)

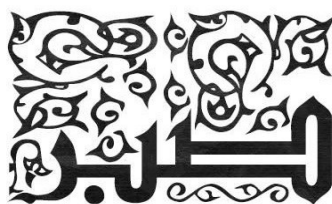
Suhayb ibn Sinan ar-Rumi narrated that Rasoolullah said, "strange is the manner of the true believer for there is good in all of his manners. And only the believer has this manner. If he is blessed with a happy time then he will thank Allah, thus there is good for him in it, and if he gets into trouble, he endures it patiently, thus there is a good for him in it".

### What is patience?

Sabr is an Arabic word which means patience perseverance and steady fasting.

Scholars have defined patience as a good human trait or attitude a patient person bravely face pains and difficulties of life and refrain from doing evil actions in reaction to life's calamities.

In the spiritual sense, patience means to stop ourselves from despairing and panicking, to stop our tongues from complaining, and to stop our hands from striking our faces and tearing our clothes at times of grief and stress.



Patience

## Definition of patience by scholars

Abu Uthman said: “the one who has patience is the one who trained himself to handle difficulties.”

Amr ibn Uthman al-Makki said: “patience means to keep close to Allah and to accept calmly the trials He sends, without complaining or feeling sad”. Ali ibn Abi Talib رضي الله عنه said: “Patience means to seek Allah’s help”.

Patience is when a person restrains himself from being fearful during hard times. Also a person who is patient restrains himself from doing prohibited acts and does what is obliged and righteous.

## Faces of Patience

Imam Ibn-ul-Qayyim said, “There are three types of patience:

### 1. Patience in obeying Allah and doing righteous deeds.

Worshipping Allah and obeying Him requires patience, perseverance and discipline.

Therefore, Allah commanded to be patient as He was taking acts of worship and obedience. Allah says in Surat Maryam, (رَبُّ السَّمَاوَاتِ وَالْأَرْضِ وَمَا بَيْنَهُمَا فَاعْبُدْهُ وَاصْطَبِرْ لِعِبَادَتِهِ)

“{Allah is the} Lord of the heavens and the earth, and all that is between them, so worship Him and be constant and patient in his worship.”

Allah also ordered the Prophet and all parents, (وَأْمُرْ أَهْلَكَ بِالصَّلَاةِ وَاصْطَبِرْ عَلَيْهَا)

“and enjoin prayer on your family, and be patient in offering them.” (Surat Taha)

The Messenger of Allah and all true believers needed great patience in order to fulfil their obligations of conveying the message and uplifting the conditions of individuals and society. Without the patience, they could not succeed in their tasks. Therefore, Allah commanded to the prophet Muhammad فَاصْبِرْ كَمَا صَبَرَ أُولُو الْعَزْمِ مِنَ الرُّسُلِ

“therefore be patient {O Muhammad} as did the Messengers of strong will”

### 2. Patience on abstaining from evil, disobedience and prohibited acts.

Abstaining from Haram, or prohibited acts requires a great struggle and discipline against one’s desires. It takes much patience to reject the evil influences of shaytan. Therefore, Allah will generously reward those who patiently abstain from evil. The Prophet Muhammad told us about the people who will receive special reward: “Seven are the persons whom Allah would give protection with His shade on the Day when there would no shade but His shade (i.e., on the Day of judgment) and among them: a youth who

grew up with the worship of Allah,...a man whom an extremely beautiful woman seduces (for illicit relation), but he rejected this offer by saying: I fear Allah ...”

Prophet Yusuf is another example of a person who abstained patiently from the evil lure of the wife of the king of Egypt. Prophet Yusuf chose incarceration for several years rather than committing an evil act.

### 3. Patience during times of hardship without complaints.

A true believer practices patience during time of hardship without voicing complaints. Facing calamities and hardship without complaining is the fruit of believing in Al-Qadar and accepting Allah’s will.

Prophet Muhammad (ﷺ) said: “never a believer is stricken with a discomfort, an illness, an anxiety, a grief or mental worry, or even the picking of a thorn, that his sins are not removed for him”. (Bukhari and Muslim)

### Benefits of patience

Allah has guaranteed those who patient that He will give them reward and blessings without measure. Following are few important benefits of Sabr, or patience:

#### 1. Allah supports those who are patient.

He tells them that is He is with them by guiding and supporting them and granting them a clear victory. Allah says in Surat-ul-Anfal: **وَاصْبِرُوا ۚ إِنَّ اللَّهَ مَعَ الصَّابِرِينَ**

“surely, Allah is with those who are patient.”

#### 2. Allah loves those who are patient. **وَاللَّهُ يُحِبُّ الصَّابِرِينَ**

#### 3. Allah forgive and rewards those who are righteous and patient. Allah says in SuratHud:

**إِلَّا الَّذِينَ صَبَرُوا وَعَمِلُوا الصَّالِحَاتِ أُولَٰئِكَ لَهُمْ مَغْفِرَةٌ وَأَجْرٌ كَبِيرٌ**

“Except those who show patience and do righteous good deeds: those will be forgiven and win a good great reward (paradise).”

#### 4. Patience is a quality of leaders.

Allah tells us that the patience and piety of His Prophet Yusuf brought him to a position of power and leadership. Allah says in Surat As-Sajdah:

**وَجَعَلْنَا مِنْهُمْ أَئِمَّةً يَهْدُونَ بِأَمْرِنَا لَمَّا صَبَرُوا ۖ وَكَانُوا بِآيَاتِنَا يُوقِنُونَ**

“And We made from among them (children of Isra’eel) leaders, giving guiding under Our command, when they were patient and used to believe with certainty in Our ayaat.”

## 5. Patience enables believers to turn enemies into close friends.

Allah tells us that repelling evil with kind attitude makes the evildoer become like a close friend. Allah says in Surat Fussilat:

وَلَا تَسْتَوِي الْحَسَنَةُ وَلَا السَّيِّئَةُ ۗ ادْفَعْ بِالَّتِي هِيَ أَحْسَنُ فَإِذَا الَّذِي بَيْنَكَ وَبَيْنَهُ عَدَاوَةٌ كَأَنَّهُ وَلِيٌّ حَمِيمٌ

“The good deed and the evil deed cannot be equal. Repel (the evil) with one which is better (i.e. Allah orders the faithful believers to be patient at the time of anger to excuse those who treat them badly) then verily he, between whom and you there was enmity, (will become) as though he was a close friend. “ (41:34)

**6. Allah rewards the believers with Jannah for their patience.** وَجَزَاهُمْ بِمَا صَبَرُوا جَنَّةً وَحَرِيرًا  
And (Allah) rewarded them, because they were patient, with garden and silk.” (76:12)

## Foundations of patience

To have true patience a Muslim must have the following foundations in his mind.

1. Following clear conscience.
2. Demonstrating High Morals.
3. Shunning Shaitan’s Deceit
4. Fearing nothing but Allah

### 1. Following Clear Conscience

Allah created each person with a conscience to let him know what is right and wrong in all situations. This conscience calls upon people to think and behave in the manner that pleases Allah. Every person also has a lower self that urges him to follow his whims and desires.

A believer always display a sure determination to ignore their lower selves by listening only to their consciences.

Even if their lower self-calls them to do something that appears attractive and appealing, they ignore and resist these urges.

In daily life, this can mean ignoring the lower self’s urges to behave selfishly and instead following the conscience’s advice to be self-sacrificing. This behavior of the faithful people is the result of the extreme patience they display while following their consciences.

## 2. Living the Qur'an's Morality

Only those who possess the superior morality portrayed in the Qur'an can always display true patience. For example, one might have a very strong temper, but upon learning that Allah refers to believers as "those who control their rage and pardon other people" (3: 134), he exhibits forgiving behavior even when faced with an event that normally makes them angry.

Whatever may happen, believers continue to speak pleasantly, remain tolerant, control their anger, and show other fine moral characteristics taught by the Qur'an.

In short, what makes the believers' character superior is their consistent and high morality. The faithful try to display high moral as long as they are alive not only in pardoning other people but also in displaying self-sacrifice, humility, compassion, kindheartedness, tolerance, justice, love, and respect.

## 3. Shunning Satan's Deceit

When Allah created, Prophet Adam He required all angels to prostrate to him. Iblis rebelled against Allah's order and refused to do so. Allah cast him out of Paradise and declared him cursed until the end of time. But Shaitan demanded that Allah allow him to tempt people to lose themselves in the allures of this world until the Day of Judgment. Allah granted this, but also declared that Shaitan would have no power over His faithful servants.

Satan cannot influence those who display patience in maintaining their faith in our Lord, because Allah has declared that Shaitan can deceive and divert only those who rebel against Allah. Allah calls on the faithful to take refuge in Him from Shaitan's wiles and deceptions.

"If an evil impulse from Satan provokes you, seek refuge in Allah. He is All-Hearing, All-Seeing"

## 4. Fearing nothing but Allah

People who do not truly believe in Allah's Power and greatness are subject to innumerable fears. Among these fears are the fears of other people, the dark or certain numbers or colors, believing that they have an independent power of their own.

True believers know that only Allah has power and that no one can harm or help anybody else without His permission and will.

## Study Questions

- 1) Explain the virtue of Sabr in Islam.
- 2) What did Allah promise those who practice sabr?
- 3) Explain the three main types of patience.
- 4) What are the foundations that you need to develop the attitude to be patient and perseverant?
- 5) How did the prophets complain of the difficult situations they went through?