An Nawawi’s Forty Hadith

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**Hadith no 16 – Al tag’zab – Don’t be Angry**

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1st a reminder of what we should say as much as possible during the first 10 days of Dhul Hijjah:

Hadith no. 16:

- The meaning of **At Taq’zab**
- Why do we feel angry?
- What is an angry person saying to themselves?
- What accompanies the anger?
- What does ‘Don’t be angry’ mean exactly?
- The Rewards
- The Cure
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Abu Hurairah, radiyallahu ‘anhu, reported that a man said to the Prophet, sallallāhu ‘alayhi wasallam:

"Advise me! "The Prophet said, "Do not become angry and furious." The man asked (the same) again and again, and the Prophet said in each case, "Do not become angry and furious."

[Al-Bukhari; Vol. 8 No. 137]

Give me advice – a man said to the Prophet șallallāhu ‘alayhi wa sallam. What advice did Prophet Muhammad șallallāhu ‘alayhi wa sallam give him?

Don’t be angry - 3 times.

In another hadith a man also asked Prophet Muhammad șallallāhu ‘alayhi wa sallam for advice;

Abdullah ibn Busr reported: Two men came to the Prophet, peace be upon him, and one of them said, “Who is the best man, O Muhammad?” He said, “One who has a long life filled with good deeds.” The other man said, “Indeed, the laws of Islam are too many for us, so give us something comprehensive we can hold onto.” He said, “Keep your tongue wet with the remembrance of Allah the Exalted.”

[Musnad Ahmad, Number 17227, Sahih]

In hadith no. 16 the advice is not to get angry so that you remember Allah subhāna wa ta’āla. There are many gates to enter Paradise and many levels in Paradise. The advice should be according to your struggle. Prophet Muhammad șallallāhu ‘alayhi wa sallam saw that this man was an angry person so you need to advise people according to what they don’t have, what they lack.

Don’t compare yourself to others.

We all lack something – we may lack being calm, lack in our worship, in our good deeds etc. Allah subhāna wa ta’āla bestowed upon you different qualities and blessings, use them to go to Allah subhāna wa ta’āla.

For your good qualities thank Allah subhāna wa ta’āla,
the bad qualities you need to overcome with the help of Allah subhāna wa ta'ālā.

Why did Prophet Muhammad ṣallallāhu ‘alayhi wa sallam repeat this advice?

– for effect, our hearts are like a valley, it needs lots water in order to clean it. Repetition is good for your ‘yaqīn’, for your heart. New information will not strengthen your faith. Repetition will give you the firmness to build upon.

THE MEANING OF TAG‘ZAB

La tag'zab = don’t be angry. Anger is like shaitan throwing the fire in the heart of the son of Adam.

An angry person – their heart is boiling.

Their face will be red. The anger can be seen on the face.

The hair will stand up
WHY DO WE FEEL ANGRY?

Anger is not good.

Prophet Muhammad  săw would not forbid us from something unless there is harm in it. Everyone’s anger is different, everyone’s limits are different, everyone’s temperament is different.

When **humiliated** by someone.

When you feel that you are **loosing control** you get angry.

When feeling **threatened** or feeling that you are in danger.

Difficulties in **dealing with certain people**. This causes you to feel discouraged leading to anger.
Not being able to accept a situation which you don’t like negates the TAWWAKAL and the Name of Allah AL WAKEEL.

WHAT IS AN ANGRY PERSON SAYING TO THEMSELVES?

Somebody is dealing with me with a type of dealing which I don’t accept.

I don’t allow anyone to behave in a certain way.

This is about pride and the ego. People get angry because of their ego.

I don’t accept anything which is opposite my own expectations.
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Don’t assume everybody knows the same as you or thinks the same as you. Don’t say people shouldn’t do certain things. Don’t expect your husband to take you somewhere for Eid. When things happen against your expectations you get angry and frustrated.

In life deal with Allah subhana wa ta’ala, Allah subhana wa ta’ala will give you more than you expect. Jannah is more than our expectations.

When things go wrong again and again this is nurturing from Allah subhana wa ta’ala.

The solution is Tawheed – live in this life a Slave of Allah. You are not a slave of yourself, or a slave of somebody, you don’t need to prove yourself to everybody, you need to prove yourself infront of Allah subhana wa ta’ala.

Who are you?

Are you among the mustaqeen, the muh’sineen, the mukhliseen?

There are so many things you need to work on. The anger is about
- yourself,
- your desires,
- your expectations.
An angry person will make a border around themselves – even though this will not help them, he will only restrict himself further.

What comes with the anger?

Anger is not something small & minor, it is something major. The majority of the problems are because of the anger in the heart.
WHAT ACCOMPANIES ANGER?

• You are angry about one matter, you will fight with everyone around you. The anger will accumulates and cause other fights & problems.

• You remember all your old problems. Shaytan will make you to remember these bad memories – especially between husband and wife, the marriage is like a battlefield.

• You see everything negatively. An angry person always tries to harm the people most beloved to them – with actions, with words.

• Regret. When someone is angry regret comes with it. To say sorry is very difficult.

This hadith is not easy. Don’t ever say ‘I am never angry, that I am a calm person’. Don’t say ‘I will never do it’. We need tawwakalAllah. Ask Allah subhāna wa ta’āla to keep you firm. The moment we say we are not angry we will be angry.

• What will you do if someone is very angry? For example a wife is angry with her husband, she will leave the house, on the way to her mothers she is speeding. An angry person can cause danger to themselves – kill themselves, hurt themselves.
The person is not in their senses, not normal.

- Diseases are caused by anger.

Today life is easier but a small thing can make you angry. Previously people were calmer – letters would take months to reach a loved one.

People believe it is better to take out the anger otherwise you will get sick on the inside. Actually it is the opposite.

Hitting things / people, breaking things, screaming & shouting – they take out their anger on something. This is wrong.

People are different – different nature.
Prophet Muhammad  said ‘Don’t be angry’.

What does ‘Don’t be angry’ mean exactly?

Some people say ‘I am an angry person, I get so irritated. How will I not be angry?’

Sometimes it is very difficult not to be angry. Any means that lead to anger, just stay away from it. Certain people, certain places or certain situations can make you angry, it is better to avoid them.

Sometimes you cannot avoid a situation / person. To follow the hadith DON’T SHOW THE ANGER. If it shows on the face don’t say anything. Don’t react upon your anger.

How will you not react? Who said you will do it? At that moment flee to Allah subhana wa ta’ala. ‘Ya Rabbi You keep me firm’.

The cure is all about the reliance on Allah subhana wa ta’ala.

- Reliance on Allah subhana wa ta’ala to keep away from the means
- In order not to react when angry only think about Allah subhana wa ta’ala

Allah subhana wa ta’ala is sufficient for me. You rely on Allah subhana wa ta’ala not to react. With the tawwakal everything can help you.

Dispaise – when you are angry don’t you hate yourself. Anger is from the shaytan, anything from the shaytan is not good.
Today the values are different. For example, someone with responsibility, someone who is head of a department will be angry because everyone will be scared of him. He is considered strong. This is wrong. People think power comes with anger, with raising your voice, shouting and screaming.

Hadith: Not a strong personality is one who reacts, the strong one is one who controls his anger.

What is easy? Getting angry.

What is harder? Controlling your anger is harder.

In the Qur’an Allah subhana wa ta’ala praised the people who suppress their anger. We all get angry, but Allah subhana wa ta’ala praises you for controlling your anger.

Chapter (3) sūrat āl ʿimrān (The Family of Imrān)

3:134 Who spend [in the cause of Allah] during ease and hardship and who restrain anger and who pardon the people - and Allah loves the doers of good;

Waalkathimeena alghaytha – one full of anger. When you don’t react with the help of Allah subhana wa ta’ala, Allah subhana wa ta’ala praises you – this is the reward.
The Messenger of Allah (sal Allahu alaihi wa sallam) said: "Whoever suppresses his rage, while he is able to exact it, Allah will call him before all of creation [on the Day of Judgment] so that he can choose whichever of the Hoor he wishes." [Jami at-Tirmidhi]

The person suppressing their anger
- will get the honor
- Allah subhana wa ta'ala will call him in front of everybody on the Day of Judgment as an honor and Allah subhana wa ta'ala will let him choose anyone as a Hoor

Wasiya – requires practice, is a command from Allah to be calm. Husna Khuluq - don’t say someone should be like this or like that. People will be how Allah wills. Anger comes because you always look at the other side – who said they should do what you want. Everything is around the tawheed. With the tawheed you will not open your mouth. The best of the people are those who not acting according to their desires. Sometimes the small things in life don’t come as you desire. Don’t point at people. Always saying ‘It should be…’, ‘they must…..’ – you will be angry. If your desire is to love, to do all the good this is the best. Look at yourself before looking at the people or a situation to be angry at.

A prisoner trapped with his desires – A person who want to mould and make the universe to what suits him. This is the worst of the people. Even with your own children, you cannot mould them. Tawakkal – do what Allah subhana wa ta'ala wants from you.
Change yourself to please Allah *subhana wa ta'ala*.

The key to deal with the anger

Jump over the situation. At Taga'ful = Ignore.

Ahmad Hanbal; a man came to Ahmad Hanbal and said ‘The good in life, 9 out 10 is ‘At Taga'ful’. Ahmad Hanbal said ‘Wrong 10 out of 10 is good, one part is not good.

For example you come home and no one fed your kids any lunch. Best is At Taga’ful. The tailor has not got your clothes ready for Eid – At Taga’ful. If something happens just ignore it, don’t take everything personally. People are not accountable to others.

Two types of cure, one with words, one with actions.
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Prophet Muhammad  ṣallallāhu ‘alayhi wa sallam  came across a man whose face was red with anger. Prophet Muhammad  ṣallallāhu ‘alayhi wa sallam  said he would teach him some words to relieve the anger.

What will make an angry person to remember this? Allah subhana wa ta’ala, so trust in Allah subhana wa ta’ala.

Hadith; If a person is angry the worst situation is when he is standing so make them sit down.

If you are already sitting, lie down.

Then make wudu if you are still angry.

Finally leave the room.
All these actions are before reacting.

An Arabi man who was very angry came to Prophet Muhammad ﷺ and grabbed his garment until it left traces on his face. But Prophet Muhammad ﷺ smiled.

Prophet Muhammad ﷺ never became angry for himself, only for the Sake of Allah.

Isa alaihi as-salaam said to Yahya alaihi as-salaam ‘Don’t be angry’. Yahya alaihi as-salaam asked ‘How can I not be angry?’. Isa alaihi as-salaam replied ‘If someone tells you something which you already have, (i.e. you are lazy) don’t be angry, make istighfar’.

If someone tells you about something which you don’t have - you need to thank Allah subhana wa ta’ala, say ‘AlhamduliLlah, Allah subhana wa ta’ala protected me from this sin’.

We ask Allah subhana wa ta’ala for His forgiveness and His Mercy. Anything that is good from these notes is from Allah subhana wa ta’ala. Any mistakes & misrepresentations are my own. I ask Allah subhana wa ta’ala for His forgiveness and to put forgiveness in the hearts of those who read them. JazakAllah Khairan.