

## Being Angry

Compiled and Translated by Abbas Abu Yahya

Article taken and slightly adapted from: [followingthesunnah.wordpress.com](http://followingthesunnah.wordpress.com)

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the name of Allaah, the Most Merciful, the Bestower of Mercy

عَنْ أَبِي هُرَيْرَةَ أَنَّ رَجُلًا قَالَ لِلنَّبِيِّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ: أَوْصِنِي. قَالَ: «لَا تَغْضَبْ» فَرَدَّ ذَلِكَ مِرَارًا قَالَ: «لَا تَغْضَبْ» .

رَوَاهُ الْبُخَارِيُّ

From Aboo Hurairah–Radi Allaahu anhu– who said: a man said to the Prophet–sallallaahu alayhi wa sallam-: ‘Advise me.’

He –sallallaahu alayhi wa sallam- said:

‘Do not become angry.’

The man repeated [his request] several times, and he –sallallaahu alayhi wa sallam- said:

‘Do not become angry.’<sup>1</sup>

Shaykh Abdul-Muhsin Abbaad al-Badr quotes:

‘al-Haafidh said in ‘al-Fath’ (10/520): ‘al-Khattabi said: ‘The meaning of the saying of the Messenger -sallallaahu alayhi wa sallam- ‘Do not get angry’ is keep away from reasons which cause anger, and do not expose yourself to what causes you to become angry.’

Al-Haafidh also said: ‘Ibn at-Teen said: ‘What is gathered in the statement of the Messenger -sallallaahu alayhi wa sallam- ‘Do not get angry’ is the good of the Dunyaa and the Hereafter; because anger leads to boycotting and prevents gentleness, and it may lead to harming the one you have become angry with and therefore diminishes from the Deen.’<sup>2</sup>

<sup>1</sup> Collected by Bukhaaree

<sup>2</sup> [Taken from ‘Fath al-Qawee al-Mobeen fee Sharh al-Arbaeen’ – Abdul-Muhsin al-Abbaad p.138 point 1]