

غصے کے اسباب اور اس کا علاج

# ANGER

ITS CAUSES AND CURE



SHAYKH ZUBAIR MARJALVI



غصے کے اسباب اور ان کا علاج

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# INTRODUCTION

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All praise is due to Allah. We praise Him and seek His forgiveness. Whoever Allah guides, none can misguide him. And whoever He misguides, none can guide him. I testify that none has the right to be worshipped in truth except Allah, who has no partners. And I testify that Muhammad (صَلَّى اللهُ عَلَيْهِ وَعَلَى آلِهِ وَسَلَّمَ) is His servant and Messenger.

To proceed:

I seek refuge in Allah from the accursed Shaytan. In the name of Allah, the Most-Merciful, Ever-Merciful:

﴿الَّذِينَ يُنْفِقُونَ فِي السَّرَّاءِ وَالضَّرَّاءِ وَالْكُظُمِينَ الْغَيْظِ وَالْعَافِينَ عَنِ النَّاسِ وَاللَّهُ يُحِبُّ الْمُحْسِنِينَ﴾ (١٣٤)

“Those who spend in times of prosperity and adversity, and who restrain their anger and pardon people; for Allah loves those who do good.” [Surah Aal-Imran 3:134]

My respected brethren in Islam!

Allah has placed emotions inside everyone, through which they express their happiness when something happens in their favor, and express anger when something goes against them. When this anger crosses a limit and becomes an uncontrolled expression of your emotion, it can take one from fighting to killing in an instant. Children are separated from their parents,

wives are divorced, people are killed and suicides are committed; and nothing remains with this person except the feeling of regret.

For this reason, the Islamic legislation shows us a clear path to control our anger so that others and us remain safe from its harms.

In today's sermon, we will speak about the causes for being angry and how to seek a cure from it.

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# WHY DO PEOPLE GET ANGRY?

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## 1. Arrogance:

One of the major causes for the fuel of anger being lit is arrogance. The arrogant becomes angry on the most insignificant of matters and looks down upon others. Islam has condemned arrogance for this reason, and the arrogant will not enter Paradise.

Abdullah bin Mas'ud (رَضِيَ اللهُ عَنْهُ) narrated that the Messenger of Allah (صَلَّى اللهُ عَلَيْهِ وَعَلَى آلِهِ وَسَلَّمَ) said:

لَا يَدْخُلُ الْجَنَّةَ مَنْ كَانَ فِي قَلْبِهِ مِثْقَالُ ذَرَّةٍ مِنْ كِبَرٍ.

“He who has in his heart the weight of a mustard seed of arrogance shall not enter Paradise.” [Sahih Muslim 91]

## 2. Bad Manners:

Slandering, unnecessarily dragging conversations, mocking, harshness, backbiting, ill-temperament, getting annoyed and all those traits which fit the description of bad manners give birth to anger, causing the hearts to detest one another. It is from the excellence of a Believer that he is naive and well-mannered.

Abu Hurayrah (رَضِيَ اللهُ عَنْهُ) narrated that the Messenger of Allah (صَلَّى اللهُ عَلَيْهِ وَعَلَى آلِهِ وَسَلَّمَ) said:

المؤمن غرٌّ كريمٌ والفاجرُ خبٌّ لئيمٌ.

“The Believer is naive and well-mannered and the defiant is treacherous and ill-mannered.” [Sunan Abu Dawud 4790; Al-Albani said: Hasan]

We should speak less, improve our manners and stay away from meaningless things, for we have been commanded to do this.

Abu Hurayrah (رضي الله عنه) narrated that the Messenger of Allah (صلى الله عليه وعلى آله وسلم) said:

مِنْ حُسْنِ إِسْلَامِ الْمَرْءِ تَرْكُهُ مَا لَا يَعْنِيهِ.

“Indeed, among the excellence of a person's Islam is that he leaves what does not concern him.” [Sunan Al-Tirmidhi 2317; Al-Albani said: Sahih]

The summary of these evidences is that a Believer should:

- a) Behave well.
- b) Speak gently.
- c) Be respectful in his speech.
- d) Be approachable.
- e) Be cautious of what he says.
- f) Speak only that which is good.
- g) Be silent during arguments.

Then he will be safe from the affliction of anger.

### 3. Oppression:

We seek vengeance when we are oppressed, but this vengeance is a prelude to greater harm, corruption and anger. This is why Islam admires the one who forgives.

Allah said:

﴿وَالَّذِينَ يَجْتَنِبُونَ كَبِيرَ الْأَثْمِ وَالْفَوَاحِشَ وَإِذَا مَا غَضِبُوا هُمْ يَغْفِرُونَ﴾

“And those who avoid major sins and shameful deeds, and when they are angered, they forgive.” [Surah Al-Shoora 42:37]

We should speak less, improve our manners and stay away from meaningless things, for we have been commanded to do this.

Abu Hurayrah (رَضِيَ اللَّهُ عَنْهُ) narrated that the Messenger of Allah (صَلَّى اللَّهُ عَلَيْهِ وَعَلَى آلِهِ وَسَلَّمَ) said:

مَا نَقَصَتْ صَدَقَةٌ مِنْ مَالٍ وَمَا زَادَ اللَّهُ عَبْدًا بِعَفْوٍ إِلَّا عِزًّا وَمَا تَوَاضَعَ أَحَدٌ لِلَّهِ إِلَّا رَفَعَهُ اللَّهُ.

“Charity does not decrease wealth, no one forgives another except that Allah increases his honor, and no one humbles himself for the sake of Allah except that Allah raises his status.” [Sahih Muslim 2588]

### 4. Violence:

A terrible reason for getting angry is violence and being exposed to it. This includes watching videos and films containing

violence, living in a violent environment or having violent friends. We should refrain from violent films, environments and friends or it will cause anger to be filled in our body and soul.

### **5. Shaytan:**

Shaytan flows in our veins, so he knows that our body is capable of displaying anger. He only wishes that we preoccupy ourselves with it. After that, Shaytan's plans become apparent. Recognize this important point and protect yourselves from Shaytan's attack by establishing the five daily prayers, reading the prescribed invocations and supplications, and fearing Allah in front of others and in secret.

### **6. Not fearing Allah:**

Not fearing Allah, insisting on sinning and refraining from learning and acting upon Islamic knowledge causes a person to become angry. If a person fears Allah, refrains from sins, seeks Islamic knowledge and acts upon it; he will fulfill Allah's rights and the rights of His creation, and he will not treat anyone unjustly.

### **7. Truthfulness:**

In today's day and age, speaking against anyone has become a cause of getting angry, to the point that people get angry with the person who speaks the truth. Wisdom and insight is

extremely important to be observed in these affairs. Meaning that an appropriate approach and knowledge is needed to accept people speaking against you, and getting angry is simply not an option.

## **8. Mental stress:**

Mental stress and irritation are reasons why people get angry. The majority of people feel the burden of stress today. They stress about:

- a) Wealth.
- b) Poverty.
- c) Business.
- d) Politics.
- e) Household issues.
- f) Public issues.

This stress leads to widespread robberies, anarchy, disorder, killing, murder, trials, corruption and oppression reaching their peak. Islamic has given us a beautiful approach to live our lives. The one who follows it will be free of humiliation, worrisome thoughts and anxiety.

## **9. Fanaticism:**

Anger will build its home wherever fanaticism exists, growing as time passes by and eventually expressing itself, causing great

harm. People are fanatic to their:

- a) Countries.
- b) Tribes.
- c) Family.
- d) Language.

This causes destruction and blood to be spilled.

Fanaticism towards sects has made Muslims tear the strength and unity of their lands into pieces, each one happy with its piece. Whoever Islam called a brother, fanaticism dictates that they should consider him an enemy. And whoever is an enemy, fanaticism convinces him to take him as a friend.

O how we hope that fanaticism is eradicated from our Ummah, so that our societies become better and we progress in our religion.

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# ENCOURAGEMENT TO ABANDON ANGER

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## 1. Don't get angry:

Abu Hurayrah (رَضِيَ اللَّهُ عَنْهُ) narrated that that a man approached the Messenger of Allah (صَلَّى اللَّهُ عَلَيْهِ وَعَلَى آلِهِ وَسَلَّمَ) seeking advice. The Messenger of Allah (صَلَّى اللَّهُ عَلَيْهِ وَعَلَى آلِهِ وَسَلَّمَ) said:

لَا تَغْضَبْ.

“Don't get angry.”

The man repeated his question several times, to which the Prophet ﷺ said:

لَا تَغْضَبْ.

“Don't get angry.” [Sahih Al-Bukhari 6116]

## 2. Controlling anger is a characteristic of the Believer:

Allah said:

﴿وَالَّذِينَ يَجْتَنِبُونَ كَبِيرَ الْأَثْمِ وَالْفَوَاحِشَ وَإِذَا مَا غَضِبُوا هُمْ يَغْفِرُونَ﴾ (٣٧)

“And those who avoid major sins and shameful deeds, and when

they are angered, they forgive.” [Surah Al-Shoora 42:37]

In this Ayah, Allah mentioned some characteristics of the Believers, that they avoid major sins and shameful deeds. He also mentioned that from the characteristics of a Believer is that he forgives others when he is angry.

At another place in the Qur’an, Allah praised the one who spends, pardons others and controls his anger.

Allah said:

﴿الَّذِينَ يُنْفِقُونَ فِي السَّرَّاءِ وَالضَّرَّاءِ وَالْكُلُوبِ وَالْغَيْظِ وَالْعَافِينَ عَنِ النَّاسِ وَاللَّهُ يُحِبُّ الْمُحْسِنِينَ﴾  
 ﴿١٣٤﴾

“Those who spend in times of prosperity and adversity, and who restrain their anger and pardon people; for Allah loves those who do good.” [Surah Aal-Imran 3:134]

We learn from this Ayah as well that anger can be controlled; it isn’t a characteristic which is out of one’s capabilities to handle.

### **3. The strong person is the one who controls his anger:**

Abu Hurayrah (رَضِيَ اللَّهُ عَنْهُ) narrated that the Messenger of Allah (صَلَّى اللَّهُ عَلَيْهِ وَعَلَى آلِهِ وَسَلَّمَ) said:

لَيْسَ الشَّدِيدُ بِالصُّرْعَةِ، إِنَّمَا الشَّدِيدُ الَّذِي يَمْلِكُ نَفْسَهُ عِنْدَ الْعُصْبِ.

“The strong person isn’t the one who out-wrestles others, but

the one who controls himself when he is angry.” [Sahih Al-Bukhari 6114]

#### **4. Allah will not be angry with the one who doesn't get angry:**

Abdullah bin Amr bin Aas (رَضِيَ اللَّهُ عَنْهُ) narrated that the Messenger of Allah (صَلَّى اللَّهُ عَلَيْهِ وَعَلَى آلِهِ وَسَلَّمَ) was asked: Which deed will protect one from Allah's anger?

He (صَلَّى اللَّهُ عَلَيْهِ وَعَلَى آلِهِ وَسَلَّمَ) said:

لَا تَغْضَبُ.

“Don't get angry.” [Musnad Ahmad 6635; Al-Arna'ut said: The chain of transmission is Sahih li-ghairihi]

#### **5. Quenching your anger is the greatest act in Allah's sight:**

Abdullah bin Umar (رَضِيَ اللَّهُ عَنْهُ) narrated that the Messenger of Allah (صَلَّى اللَّهُ عَلَيْهِ وَعَلَى آلِهِ وَسَلَّمَ) said:

مَا تَجَرَّعَ عَبْدٌ جُرْعَةً أَفْضَلَ عِنْدَ اللَّهِ عَزَّ وَجَلَّ مِنْ جُرْعَةٍ غَيْظٍ، يَكْظُمُهَا ابْتِغَاءً  
وَجْهِ اللَّهِ تَعَالَى.

“The best quench in Allah's sight is that of a person who quenches his anger seeking Allah's Face.” [Musnad Ahmad 6114; Al-Arna'ut said: The Hadith is Sahih]

## 6. Marrying a Hoor of your choice in Jannah:

Sahl bin Muadh bin Anas narrated from his father (may Allah be pleased with him) narrated that the Messenger of Allah ﷺ said:

مَنْ كَظَمَ غَيْظًا وَهُوَ يَسْتَطِيعُ أَنْ يُنْفِذَهُ دَعَاهُ اللَّهُ يَوْمَ الْقِيَامَةِ عَلَى رُءُوسِ الْخَلَائِقِ حَتَّى يُجَيِّزَهُ فِي أَيِّ الْحُورِ شَاءَ.

“Whoever controls his anger while he can unleash it, Allah will call him in front of the people and grant him the ability to choose whichever Hoor he likes.” [Sunan Al-Tirmidhi 2021; Sahih]

Anger is an emotion expressed by choice. If someone commits murder, he will be punished by the courts in this world, and certainly be punished by Allah in the Hereafter. If a person contemplates on the negative outcomes of anger and the punishment Allah will give him for it, his anger will be cooled and he will refrain from committing any sins due to anger in the future.

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# THE HARMFUL EFFECTS OF ANGER

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Anger has many harmful effects in society, which include:

- 1) Broken interpersonal-relationships.
- 2) Envy.
- 3) Hate.
- 4) Malice.
- 5) Unpraiseworthy differing.
- 6) Fights.
- 7) Killing.
- 8) Murder.

But it also has a serious effect on ourselves.

## **1. Effects on your body:**

These effects include:

- 1) Change in your color.
- 2) Trembling of your shoulders.
- 3) Losing control over your actions.
- 4) Restlessness in your movements.
- 5) Foam forming in your mouths.

## 6) Swelling of your nostrils.

In simple terms, your entire face and body changes its shape when you become angry. If any angry person sees himself in a mirror when he is angry, he will be disgusted at himself and his anger will leave his body out of sheer shame and humiliation.

## 2. Effects on your tongue:

These effects include uttering inappropriate things, such as lewd speech and swear words etc., which every intelligent person feels ashamed of uttering in the first place. The angry person also cries after his anger fades out of shame. Sometimes he also regrets what he said.

## 3. Effects on your organs:

These effects include slapping yourselves and sometimes reaches all the way to suicide. If a person couldn't receive justice in this world, he takes out his anger on himself and tears up his clothes in the process. He doesn't delay harm from reaching him, others or other things and beings including animals due to his anger!

## 4. Effects on your heart:

These effects include malice and envy building in the heart. You feel happy when others are worried, and worried when others are happy. You become determined to mock them and spill their secrets. Many other bad effects arise as a result of this.

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# THE CURE FOR ANGER

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## 1. Seek refuge in Allah from Shaytan:

The first thing you should do is seek refuge in Allah from Shaytan, for he is the real motivator who whispers in your heart to express the anger concealed in your body.

Allah said:

﴿وَأِمَّا يَنْزَغَنَّكَ مِنَ الشَّيْطَانِ نَزْعٌ فَاسْتَعِذْ بِاللَّهِ إِنَّهُ سَمِيعٌ عَلِيمٌ ﴿٢٠٠﴾﴾

“If you are tempted by Shaytan, seek refuge with Allah, for He is All-Hearing, All-Knowing.” [Surah Al-A’raf 7:200]

Abu Hurayrah (رَضِيَ اللَّهُ عَنْهُ) narrated that the Messenger of Allah (صَلَّى اللَّهُ عَلَيْهِ وَعَلَى آلِهِ وَسَلَّمَ) said:

إِذَا غَضِبَ الرَّجُلُ فَقَالَ أَعُوذُ بِاللَّهِ سَكَنَ غَضَبُهُ.

“If a person seeks refuge in Allah when he is angry, his anger will cool down.” [Sahih Al-Jami 695]

Sulayman bin Surad (رَضِيَ اللَّهُ عَنْهُ) narrated that two people were hurling insults at one another in the presence of Allah’s Messenger (صَلَّى اللَّهُ عَلَيْهِ وَعَلَى آلِهِ وَسَلَّمَ). One of them become so angry that his eyes became red and the veins of his neck swelled. The Messenger of Allah (صَلَّى اللَّهُ عَلَيْهِ وَعَلَى آلِهِ وَسَلَّمَ) said to him:

إِنِّي لَأَعْرِفُ كَلِمَةً لَوْ قَالَهَا لَذَهَبَ عَنْهُ الَّذِي يَجِدُ أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ.

“I know of a word which would’ve ward off your anger had you said it. If only you said: I seek refuge in Allah from the accursed Shaytan.” [Sahih Al-Bukhari 3282, Sahih Muslim 2610]

Anger is a moral disease which if not cured immediately, will cause havoc in the form of disagreements, envy, malice, hatred, discrimination, swearing, insulting, abusing, hitting, killing, bloodshed, divorce and cursing of one’s wealth and family. Hence it is important for the person who values his religion to seek cure for this disease.

## **2. Remain silent:**

After seeking refuge in Allah, immediately become silent, for the more you open your mouth, the more mistakes you’ll make, the angrier you’ll get.

Abdullah bin Abbas (رضي الله عنهما) narrated that the Messenger of Allah (صلى الله عليه وعلى آله وسلم) said:

إِذَا غَضِبَ أَحَدُكُمْ فَلْيَسْكُتْ.

“When one of you gets angry, he should remain silent.” [Sahih Al-Jami 693]

## **3. Change yourselves:**

Change yourselves, meaning that if you stand, then sit to ward

off anger. If this doesn't work when you sit, then lie down.

Abu Dharr (رَضِيَ اللهُ عَنْهُ) narrated that the Messenger of Allah (صَلَّى اللهُ عَلَيْهِ وَعَلَى آلِهِ وَسَلَّمَ) said:

إِذَا غَضِبَ أَحَدُكُمْ وَهُوَ قَائِمٌ فَلْيَجْلِسْ فَإِنْ ذَهَبَ عَنْهُ الْغَضَبُ وَإِلَّا فَلْيَضْطَجِعْ.

“If one of you gets angry while he is standing, he should sit down. If the anger goes away, then that is better; otherwise he should lay down.” [Sunan Abu Dawud 4782; Sahih]

#### **4. Forgive your opponents:**

Allah said:

﴿وَالَّذِينَ يَجْتَنِبُونَ كَبِيرَ الْأَثْمِ وَالْفَوَاحِشِ وَإِذَا مَا غَضِبُوا هُمْ يَغْفِرُونَ﴾

“And those who avoid major sins and shameful deeds, and when they are angered, they forgive.” [Surah Al-Shoora 42:37]

In this Ayah, Allah mentioned that it is from the characteristics of a Muslim to forgive when they are angry. We learn that Allah has granted us the ability to seek vengeance, but the one who forgives is a better person in Allah's sight.

#### **5. Recall the virtues of quenching your anger:**

Remember those Ayat and Hadith which mention the benefits of you controlling your anger and quenching it. This wards off anger.

## 6. Picture the harmful effects of anger:

Picture the harmful effects of anger and fearing these effects coming to life also helps one ward off anger.

## 7. Keep invoking Allah alone:

The Prophet (ﷺ) asked Allah to grant him truthfulness when he was angry.

Ammar bin Yasir (رضي الله عنه) narrated that the Prophet (ﷺ) used to invoke Allah with the following words:

وَأَسْأَلُكَ كَلِمَةَ الْحَقِّ فِي الرِّضَا وَالْغَضَبِ.

O Allah! I ask you to grant me the ability to speak the truth when I am happy or angry. [Sunan Al-Nasa'i 1305; Sahih]



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Allah has placed emotions inside everyone, through which they express their happiness when something happens in their favor, and express anger when something goes against them. When this anger crosses a limit and becomes an uncontrolled expression of your emotion, it can take one from fighting to killing in an instant. Children are separated from their parents, wives are divorced, people are killed and suicides are committed; and nothing remains with this person except the feeling of regret.

For this reason, the Islamic legislation shows us a clear path to control our anger so that others and us remain safe from its harms.

In today's sermon, we will speak about the causes for being angry and how to seek a cure from it.

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