

The Anger البغض

One of the most terrible moments in our lives is anger. It can destroy family ties and any social bonds. The right use of anger is when we see any incorrect thing is happening in front of us and we get angry for the sake of Allah SWT. Getting angry at everything is not good. Sometimes Satan uses our temper to create mischief amongst us. Normally the devil uses anger as a weapon to start fitnah, chaos in our society. There is a hadith which mentions controlling anger is a work of bravery.

حَدَّثَنَا إِسْمَاعِيلُ قَالَ: حَدَّثَنِي مَالِكٌ، عَنْ ابْنِ شِهَابٍ، عَنْ سَعِيدِ بْنِ الْمُسَيَّبِ، عَنْ أَبِي هُرَيْرَةَ، أَنَّ رَسُولَ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ قَالَ: لَيْسَ الشَّدِيدُ بِالصُّرْعَةِ، إِنَّمَا الشَّدِيدُ الَّذِي يَمْلِكُ نَفْسَهُ عِنْدَ الْغَضَبِ.

Abu Hurayra reported that the Messenger of Allah, (ﷺ), said, "The person who is strong is not strong because he can knock people down. The person who is strong is the one who controls himself when he is angry." (Al-Adab Al-Mufrad)

Often we fail ourselves to be controlled over anger. Anger is like fire, when it gets the touch of its fuelling materials it keeps grabbing everything. But when materials like extinguishers are applied, then it stops. Reading awoozu billahi minash-shaitanir rajeem is the extinguisher of the fire of anger. Our ancestors of Deen (aslaaf) have recommended to change positions of oneself when we get angry. Such as if I'm angry while I'm standing up, I should sit down somewhere nearby to lower the anger.

Omar radhi allahu anhu used to change his temper immediately if he hears Quranic verses being recited next to him.

There's a story in a hadith

حَدَّثَنَا عَلِيُّ بْنُ عَبْدِ اللَّهِ، قَالَ: حَدَّثَنَا أَبُو أُسَامَةَ قَالَ: سَمِعْتُ الْأَعْمَشَ يَقُولُ: حَدَّثَنَا عَدِيُّ بْنُ ثَابِتٍ، عَنْ سُلَيْمَانَ بْنِ صُرَدٍ قَالَ: اسْتَبَّ رَجُلَانِ عِنْدَ النَّبِيِّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ، فَجَعَلَ أَحَدُهُمَا يَغْضِبُ، وَيَحْمَرُّ وَجْهُهُ، فَتَنَظَرَ إِلَيْهِ النَّبِيُّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ فَقَالَ: إِنِّي لَأَعْلَمُ كَلِمَةً لَوْ قَالَهَا لَذَهَبَ هَذَا عَنْهُ: أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ، فَقَامَ رَجُلٌ إِلَى ذَاكَ الرَّجُلِ فَقَالَ: تَدْرِي مَا قَالَ؟ قَالَ: قُلْ: أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ، فَقَالَ الرَّجُلُ: أَمَجْنُونًا تَرَانِي؟

Sulayman ibn Surad said, "Two men abused one another in the presence of the Prophet, (ﷺ), and one of them began to get angry and his face got red. The Prophet, (ﷺ), looked at him and said, 'I know some words that, if he says them, will remove this from him. They are: "I seek refuge with Allah from the Accursed Shaytan.'" Then a man went to that man and said, 'Do you know what he said? He said, "I seek refuge with Allah from the Accursed Shaytan.'" The man retorted. 'Do you see me mad?'" (Al-Adab Al-Mufrad)

At the time of sahabas; getting angry over another Muslim brother used to be considered as an act of embarrassment. They used to help each other to come out of this mental state. Showing a happy face in front of other Muslim brothers is an act of charity. Rasool sallallahu alaihi wasallam has mentioned in a hadith that "meeting your Muslim brother with a happy face is a charity".

Our health can be affected if we always stay angry over things. Medical science says those who stay angry for the maximum time of their lives have a shorter lifespan. Although we necessarily do not take that word as an evident statement from Islamic point of view, nonetheless it does damage human lives in many ways. And those damages are well understood by people. So keeping ourselves calm in all aspects of life is very important. If we do not get angry about certain things in our lives, we can save ourselves from falling in any trouble. Such as an individual will never get angry to fight with a tiger when he knows for sure that predators do not look at what you are. Another example is when we are angry our normal movements of life get impacted by the anger and we feel ashamed of our work later. So we have to ask Allah for help in those moments of our lives.

Allah Swt loves those who control their anger. Allah says in surah Aal-Imran

الَّذِينَ يُنْفِقُونَ فِي السَّرَّاءِ وَالضَّرَّاءِ وَالْكَاطِمِينَ الْغَيْظَ وَالْعَافِينَ عَنِ النَّاسِ ۗ وَاللَّهُ يُحِبُّ الْمُحْسِنِينَ (١٣٤)

Those who give in prosperity and in adversity, and restrain anger, and forgive people. Allah loves the doers of good
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