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I ask of you no payment for it, my reward is from none but Allah.

[Qur'aan 11:29]

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وَكَانَ اللَّهُ بِكُلِّ شَيْءٍ عَلِيمًا

"... And Allah is Ever All-Aware of everything."

[Soorah al-Ahzaab 33:40]

# References & Text Sources

This educational resource has been designed by Iman's HomeSchool using the following references and texts.



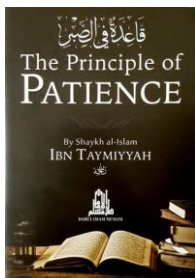
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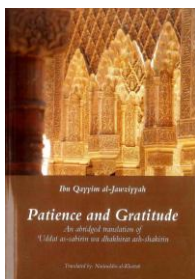
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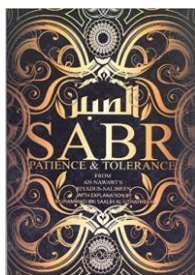
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[The Principle of Patience by Shaykhul Islam Ibn Taymiyyah](#)



[Patience and Gratitude by Ibn Qayyim](#)

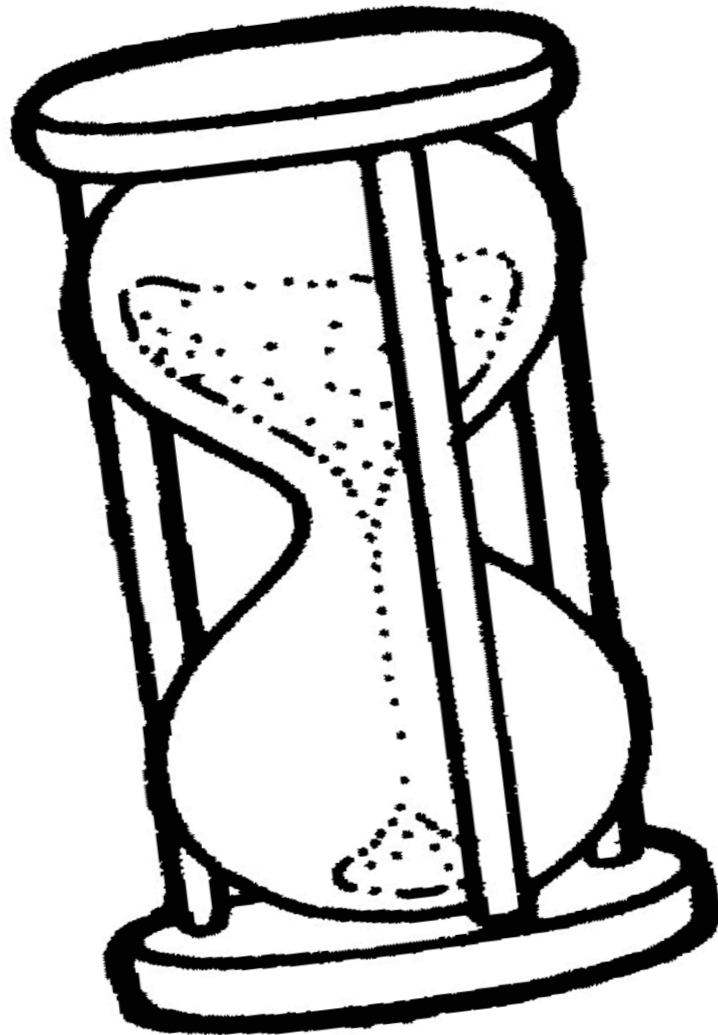


[Sabr - Patience & Tolerance by Shaykh Ibn Uthaymeen](#)



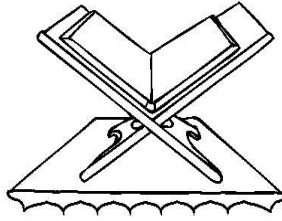
[The Explanation of the Chapters on Patience, Greetings & Advice on Women by Shaykh Ibn Uthaymeen](#)  
[From An-Nawawi's 'Riyad-us-Saliheen'](#)

الصَّبْرُ  
Sabr



Patience

# The Meaning & Definition of Sabr



يَا أَيُّهَا الَّذِينَ آمَنُوا اصْبِرُوا وَصَابِرُوا

O you who believe! Endure and be more patient ...

(Qur'an 3:200)

## The Linguistic Meaning of Sabr

## The Islamic Meaning of Sabr

## The Meaning & Definition of Sabr

# الصَّبْر

Shaykh Sa'di رحمه الله mentions in his tafseer the definition of Sabr

والصبر: هو حبس النفس ومنعها، مما تميل بطبعها إليه، وهذا يشمل أنواع الصبر الثلاثة: الصبر على طاعة الله والصبر عن معصية الله، والصبر على أقدار الله المؤلمة، فلا يستحق العبد اسم الصبر التام، حتى يوفي هذه الثلاثة حقها

And al-Sabr: it is withholding the **nafs** and prohibiting it from that towards which it is inclined by its natural inclinations. And this includes three types of **sabr**:

- 1) **sabr** upon the obedience to Allah,
- 2) **sabr** against the disobedience of Allah, and
- 3) **sabr** with the painful decrees of Allah.

So the slave has not earned the title of **sabr** completely until he has fulfilled the full due of these three.

[Tafseer of Surah al-Anbiya 21:85-86]

## Sabr upon obedience to Allah

## Sabr against disobedience to Allah

## Sabr with the painful decree of Allah

# The Fruits of Sabr

Forgiveness and Great Reward

Qur'an 11:11

Twice the Reward

Qur'an 28:54

Excellent is the Final Home

Qur'an 13:24

An Endowment from Allah

Qur'an 16:127

Reward According to the Best Deed

Qur'an 16:96

Reward without Reckoning

Qur'an 39:10

The Reward with Paradise

Qur'an 76:12

The Reward with Nearness to Allah

Qur'an 8:46

# Mention Some Narrations on Sabr

The Messenger of Allah ﷺ  
Said:

"... and whoever tries to be  
patient, Allah will bestow  
patience upon him, and no  
one is given a better and  
greater gift than patience."

[Saheeh al-Bukhaari]

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The Prophet ﷺ said:

**“No one is given a richer or better gift than patience”.**

If a person is patient, he or she can endure anything.

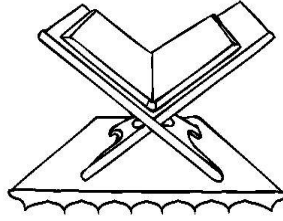
If a hardship befalls them, they are patient. If Shaytan incites them to do something prohibited or to abandon Allah's commands, they are patient.

In times of need, Allah commands us to seek help through patience. Whenever someone remains patient and waits for relief from Allah, their affair becomes easy. So if you are ever tested with some type of adversity that requires patience, be patient. “Know that help comes with patience, relief follows grief and ease replaces hardship”.

Whenever a believer is blessed with patience, they have received the greatest gift. If a patient person is injured by the actions or offensive words of others, you'll find them calm and undisturbed in the face of their insults. They don't become angry and they maintain their tolerance and patience

Excerpt from the Chapter on Patience of An-Nawawi's Riyad-us-Saliheen  
Explained by Shaykh Muhammad Ibn Salih al-Uthaymeen رحمه الله

# Explanation of the Ayah 2:155



وَلَنَبْلُوَنَّكُمْ بِشَيْءٍ مِّنَ الْخَوْفِ وَالْجُوعِ وَنَقْصٍ مِّنَ  
الْأَمْوَالِ وَالْأَنْفُسِ وَالثَّمَرَاتِ وَبَشِّرِ الصَّابِرِينَ

And certainly, We shall test you with  
Something of fear, hunger, loss of wealth, lives  
and fruits, but give glad tidings to AS-Sabirun  
(the patient).

(Qur'an 2:155)

Shaykh Ibn 'Uthaymeen's Explanation of An-Nawawi's  
'Riyad-us-Saliheen', Chapter on Patience

Explanation of the word 'fear'

Explanation of the word 'hunger'



# Explanation of the Ayah 2:155

Explanation of the words 'loss of wealth'

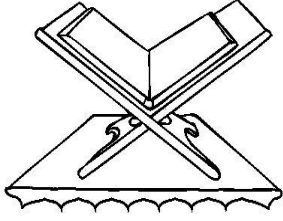
Explanation of the word '(loss of) lives'

Explanation of the word '(loss of) fruits'

Explanation of the words 'give glad tidings'

Shaykh Ibn 'Uthaymeen's Explanation of An-Nawawi's  
'Riyad-us-Saliheen', Chapter on Patience

# What to Say in Times of Calamity

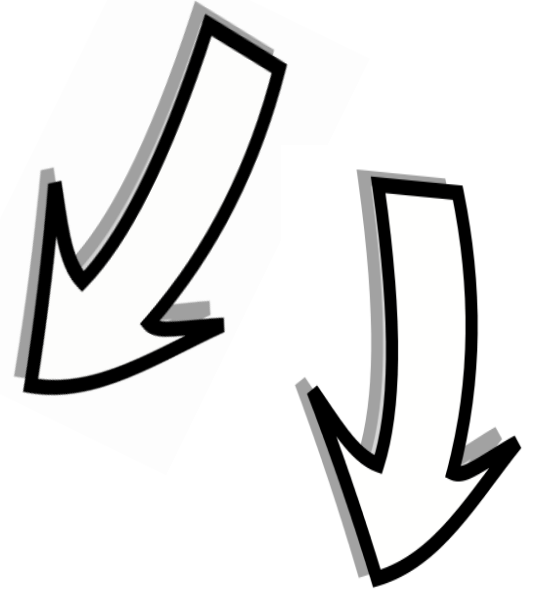


الَّذِينَ إِذَا أَصَابَتْهُمْ مُصِيبَةٌ قَالُوا  
إِنَّا لِلَّهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ

(Qur'an 2:156)

## EVIDENCE

From the Qur'an & Sunnah



وَحَدَّثَنَا أَبُو بَكْرِ بْنُ أَبِي شَيْبَةَ، حَدَّثَنَا أَبُو أُسَامَةَ، عَنْ  
سَعْدِ بْنِ سَعِيدٍ، قَالَ أَخْبَرَنِي عُمَرُ بْنُ كَثِيرٍ بْنُ أَفْلَحَ،  
قَالَ سَمِعْتُ ابْنَ سَفِينَةَ، يُحَدِّثُ أَنَّهُ سَمِعَ أُمَّ  
سَلَمَةَ، رَوْجَ النَّبِيِّ ﷺ تَقُولُ سَمِعْتُ رَسُولَ اللَّهِ  
مَا مِنْ عَبْدٍ تُصِيبُهُ مُصِيبَةٌ فَيَقُولُ إِنَّا لِلَّهِ يَقُولُ  
لِلَّهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ اللَّهُمَّ أَجْزِنِي فِي مُصِيبَتِي  
وَأَخْلِفْ لِي خَيْرًا مِنْهَا إِلَّا أَجَرَهُ اللَّهُ فِي مُصِيبَتِهِ  
. قَالَتْ فَلَمَّا تَوَفَّى أَبُو سَلَمَةَ "وَأَخْلَفَ لَهُ خَيْرًا مِنْهَا  
فُلْتُ كَمَا أَمَرَنِي رَسُولُ اللَّهِ ﷺ فَأَخْلَفَ اللَّهُ لِي خَيْرًا  
مِنْهُ رَسُولُ اللَّهِ ﷺ

Umm Salama, the wife of the Messenger of Allah ﷺ, reported Allah's Messenger ﷺ as saying:

"If any servant (of Allah) who suffers a calamity says: 'We belong to Allah and to Him shall we return; O Allah, reward me for my affliction and give me something better than it in exchange for it,' ' Allah will give him reward for affliction, and would give him something better than it in exchange. She (Umm Salama) said: When Abu Salama died. I uttered (these very words) as I was commanded (to do) by the Messenger of Allah ﷺ. So Allah gave me better in exchange than him. i.e. (I was taken as the wife of) the Messenger of Allah ﷺ

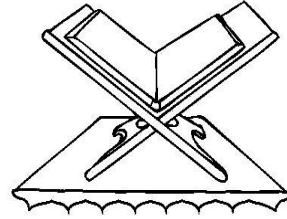


اللَّهُمَّ أَجْزِنِي فِي مُصِيبَتِي وَأَخْلِفْ  
لِي خَيْرًا مِنْهَا

(Saheeh Muslim)

# Sabr & Shakwah (Complaint)

## The Lawful Complaint



قَالَ إِنَّمَا أَشْكُو بَثِّي وَحُزْنِي إِلَى اللَّهِ

(Qur'an 12:86)

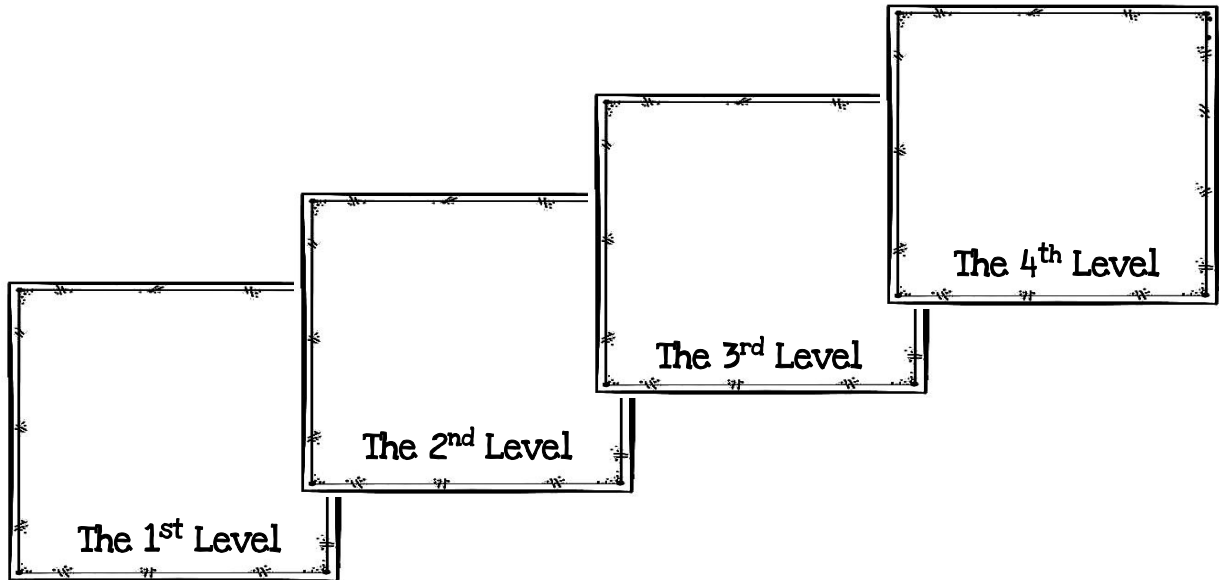
## The Unlawful Complaint



لَيْسَ مِنَّا مَنْ لَطَمَ الْخُدُودَ، وَشَقَّ  
الْجُيُوبَ، وَدَعَا بِدَعْوَى الْجَاهِلِيَّةِ

(Al-Bukhaari, Vol.2, Book 23, Hadith 382)

# Four Levels of Sabr



## The Difference between Patience & Contentment

**Patience**

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**VS.**

Contentment

## Gratitude (Shukr) - The Highest Level of Sabr

It is reported that Shurayh, رحمه الله used to say:

"If I am afflicted with a calamity I praise Allah (saying: "Alhamdulillah") for it four times ..."

[Adh-Dhahabi, Siyar A'lam al-Nubala in his biography of Shurayh al-Qadi]

<p>الحمد لله</p>	<p>الحمد لله</p>	<p>الحمد لله</p>	<p>الحمد لله</p>
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# The Sabr of Ayyub عليه السلام

إِنَّا وَجَدْنَاهُ صَابِرًا نَّعْمَ الْعَبْدُ

We found him patient. How  
excellent a Slave!

(Qur'an 38:44)

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

وَالْعَصْرِ  
إِنَّ الْإِنْسَانَ لَفِي خُسْرٍ  
إِلَّا الَّذِينَ آمَنُوا وَعَمِلُوا الصَّالِحَاتِ  
وَتَوَاصَوْا بِالْحَقِّ وَتَوَاصَوْا بِالصَّبْرِ

By Al-'ASr (the time)  
Verily, man is in loss,  
Except those who believe  
and do righteous good deeds,  
and recommend one another  
to the truth, and recommend  
one another to patience.

(Surat al-'ASr)