

*O Allah! Open the Doors of Your Mercy*

**THE IQRA 5-MINUTE COURSE**

# **ANGER MANAGEMENT**

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## *Who should take this Course?*

All those who need help managing their temper, should benefit from the 5 minutes of this course Inshallah. Plus, don't take lightly the saying *"For every minute you are angry, you lose 60 seconds of happiness!"*

And remember, a day has 1,440 minutes. All we're asking is your 5 minutes!

## *Minute 1*

### **THINK ABOUT THIS**

*Assalamu Alaikum Dear Brother or Sister,*

The observance of patience is required all the more in today's "instant" world. Sure it is natural for us to lose patience when things don't work out the way we wanted them to – but those feelings must be contained lest they bring about a destructive vice of anger – the chief cause behind most sins.

It goes without saying that jealousy, arrogance, hostility and slander flow directly or indirectly from unrestrained anger.

How many times have we regretted our "bad moods" or "sour words"?

How many of our hateful actions have bought tears to those we promised to keep happy? And of course, how many times have people's tongues wounded our hearts?

That's why controlling anger has been stressed upon in Islam. As Abu Hurairah (رضي الله عنه) reported: A man asked the Prophet for an advice, and he (صلى الله عليه وآله) said,

« لا تَعْضَبْ »

*"Do not get angry."*

The man repeated that several times and he (صلى الله عليه وآله) replied, *"Do not get angry."*

And given our sordid state of affairs, no-doubt we need these Prophetic words of advice, much more than the man identified in the *hadith*. So if the question now is, "how do I take care of it?" then read-on to complete the remaining 4 minutes of the course.

## Minute 2

# LEARN FROM YOUR PROPHET'S (ﷺ) LIFE

Allah Says:

﴿لَقَدْ كَانَ لَكُمْ فِي رَسُولِ اللَّهِ أُسْوَةٌ حَسَنَةٌ لِّمَن

كَانَ يَرْجُو اللَّهَ وَالْيَوْمَ الْآخِرَ وَذَكَرَ اللَّهَ كَثِيرًا﴾

**“Indeed in the Messenger of Allah you have a good example to follow for him who hopes for (the Meeting with) Allah and the Last Day and remembers Allah much.”**

[33: 21]

The Prophet's (ﷺ) blessed life is a treasure trove of wisdom and righteousness – as such, there is much that we can learn on how to deal provocative instances with composure.

Take for instance Habir ibn al-Aswad, a vicious opponent of Islam. His hatred for *deen* was such that when Zainab, the Prophet's (ﷺ) daughter started her migration to Madinah - Ibn al-Aswad intentionally caused her to fall off her camel at a time when she was pregnant! This caused her to miscarry her baby, and was badly injured herself. Ibn al-Aswad wanted to flee to Persia, but when he decided to come to the Prophet (ﷺ), the one sent as the mercy to the 'Alamin magna-nimously forgave him.

The Prophet's (ﷺ) mercy shined even on Wahshi, who stealthily killed *Asadullah* Hamza, the Prophet's (ﷺ) dear uncle. That the Prophet's loved his so much can be gauged from the fact that he sobbed at his death. Yet, even as the companions were eager to finish him, the Prophet (ﷺ) forgave Wahshi when he embraced Islam.

Now, when the Messenger of Allah (ﷺ) can forgive the one who caused his daughter's miscarriage and killed his dear uncle - can't we "atleast" forgive those who annoy us and watch our tongues from slipping?



## *Minute 3*

# WHAT TO DO WHEN ANGER HITS YOU?

The *Deen* you follow is full of practical remedies for its adherents. That way it teaches you not just managing, but even suppressing many ways of controlling and stifling anger. From amongst them are:

### *1. Seek Refuge in Allah*

*Al-Bukhari* and *Muslim* record Sulaiman bin Surad (رضي الله عنه) as narrating: “I was sitting with the Prophet (ﷺ) when two men began to quarrel and curse each other and the face of one of them turned red and the veins of his neck were swollen (from rage). The Messenger of Allah (ﷺ) said,

« إِنِّي لِأَعْلَمُ كَلِمَةً لَوْ قَالَهَا لَذَهَبَ عَنْهُ مَا يَجِدُ ، لَوْ قَالَ :  
أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ ، ذَهَبَ عَنْهُ مَا يَجِدُ »

*“I know of a word, if he were to utter that, his rage would vanish and that is: ‘A’udhu billahi minash-Shaitan nir-rajim (I seek refuge with Allah from Satan, the accursed).”*

## **2. Remain silent**

This is from amongst the best remedies for managing anger and saving oneself from uttering words of regret. As the Messenger of Allah (ﷺ) said in the *Musnad* of Ahmad:

« وَإِذَا غَضِبَ أَحَدُكُمْ فَلْيَسْكُتْ »

*“And when any of you gets angry; he should remain silent.”*

### 3. Take the right steps

Scholars have opined this to be a successful psychological procedure. The Messenger of Allah (ﷺ) said in the *hadith* of Abu Dawud:

« إِذَا غَضِبَ أَحَدُكُمْ وَهُوَ قَائِمٌ فَلْيَجْلِسْ فَإِنْ ذَهَبَ عَنْهُ  
الْغَضَبُ وَالْأَفْئِدَةُ فَلْيَضْطَجِعْ »

“When any of you becomes angry while standing, he should sit down. If his anger subsides, well and good; otherwise he should lie down.”

### 4. Quench fire with water

Another way of dealing with anger is to cool it with water, as the Messenger of Allah (ﷺ) said in the *hadith* of Abu Dawud:

« إِنَّ الْغَضَبَ مِنَ الشَّيْطَانِ وَإِنَّ الشَّيْطَانَ خُلِقَ مِنْ نَّارٍ وَإِنَّمَا  
تُطْفَأُ النَّارُ بِالْمَاءِ فَإِذَا غَضِبَ أَحَدُكُمْ فَلْيَتَوَضَّأْ »

*“Undoubtedly, anger comes from Shaitan. Indeed Shaitan is created from fire, and truly, fire is extinguished with water. So if one of you becomes angry, he should perform Wudu.”*

### **5. Learn to smile away anger**

*Al-Bukhari and Muslim record that Anas (رضي الله عنه) said: “I was walking with the Messenger of Allah (صلى الله عليه وسلم), and he was wearing a Najraani cloak with a stiff collar. A Bedouin came up to him and grabbed him roughly, and I looked at the prophet’s shoulder and saw the mark left by his collar because of his rough approach. Then the Bedouin said, ‘O Muhammad, order that I be given some of the wealth of Allah that you have!’*

*The Prophet (صلى الله عليه وسلم) turned to him and smiled, then ordered that he be given something.”*

## *Minute 4*

### AND WHAT NOT TO DO

#### *1) Watch your Frustration*

First off, taking care of your thoughts when pricked with anger is really important. Words like *“It’s not fair! Why (always) me?”* show that you’re in denial and that could very well take you outside the fold of Islam. So careful there.

Even lines like *“Oh I wish I shouldn’t have done that, or if I would’ve done that it would be better,”* suggest that you are turning against Allah’s *Qadr*, and there was no way you could’ve missed it.

## 2) *Taking it out on the rest*

Now, the last thing anybody would want to do when touched with anger is to take it out on others – and most definitely not on wife and kids, who've been waiting all day to smile with you.

The next time you think of doing it, just pause and think for a moment – wouldn't my dear wife's eyes well up with tears to see me in pain? Wouldn't she laugh for my low-class humour just to see me happy? Wouldn't she stay by me when I need her most?

Then how can I cause pain to the person who only wishes good for me? Saying a "sorry" later might help, but that's never the solution!

And the words of the Prophet (ﷺ) recorded in *Muslim*, should help you a great deal here:

« لَا يَفْرُكُ مُؤْمِنٌ مُؤْمِنَةً إِنْ كَرِهَ مِنْهَا خُلُقًا رَضِيَ مِنْهَا

آخَرَ»

*“A believer must not hate (his wife) a believing woman; if he dislikes one of her features, he will be content with another.”*

So take it easy if the food gets a little cold or you can't find your sock in the morning. Can you say you've never messed up with your boss's order, or lost a key customer sometime before?

And it's not just with your wife. The same is true for others too - parents, workers, kids and all those who're vulnerable from being affected by your anger.

### 3) Remember you will be held accountable

And if it's still not working out, say to yourself: "Suppose Allah was to be angry at me in the same way I am angry at this person, then what will become of me?"

He, 'Azza wa Jall Says:

﴿وَلِيَعْفُوا وَلِيَصْفَحُوا ۗ أَلَا تُحِبُّونَ أَنْ يَغْفِرَ اللَّهُ

لَكُمْ﴾

**"Let them pardon and forgive. Do you not love that Allah should forgive you?"**

**[24: 22]**



## Minute 5

### WILL I GET ANYTHING FOR IT?

Absolutely! Your *Rabb* will never let your righteousness go waste – even if it's a trivial thing as containing anger. And besides the great health and personal benefits that come from doing so, there also exist endless delights in the *Aakhirah*:

#### 1) *Forgiveness from Allah*

To this effect, the *Sahih* narration of Allah's Messenger (ﷺ) as recorded by *Ibn Hibban* runs thus:

« مَنْ أَقَالَ مُسْلِمًا عَشْرَتَهُ ، أَقَالَهُ اللَّهُ عَشْرَتَهُ يَوْمَ الْقِيَامَةِ »

*"The one who forgives the faults of a Muslim, Allah will forgive his faults on the Day of Resurrection."*

That way, don't let go of the chance to attain Allah's forgiveness the next time you get angry at someone.

## 2) *The Reward of Al- Hoor-al 'Ayn*

The Messenger of Allah (ﷺ) said in the *Hasan hadith* recorded by *Abu Dawud, Ahmad, Ibn Maajah* and *At-Tirmidhi*:

« مَنْ كَظَمَ غَيْظًا ، وَهُوَ قَادِرٌ عَلَى أَنْ يُنْفِذَهُ ، دَعَاهُ اللَّهُ

سُبْحَانَهُ وَتَعَالَى عَلَى رُؤُوسِ الْخَلَائِقِ يَوْمَ الْقِيَامَةِ حَتَّى يُخَيَّرَهُ

مِنَ الْهُورِ الْعِينِ مَا شَاءَ »

*“The one who suppresses his anger when he was capable of giving vent to it, will be called out by Allah Ta’ala before all the creatures on the day of resurrection; and he will be asked to choose any of the Hoor-al ‘Ayn that he likes.”*

So when you're all set at venting out your anger at someone, think for a second: "Is my 5 minutes of frustration greater than Allah granting me a gorgeous *Hur* of *Jannah* - about whom the Messenger of Allah (ﷺ) has informed us in *Al-Bukhari* that - were she (the *Hoor*) to look upon the earth, the entire space between paradise and earth would be filled with light and fragrance!

### 3) *The Granting of Jannah*

The Messenger of Allah (ﷺ) said in the *Sahih hadith* recorded by *At-Tabrani*:

« لَا تَغْضَبْ وَلَكَ الْجَنَّةُ »

*"Do not get angry and you will enter Jannah."*

If you still turn red for some reason ask yourself, "Isn't entering the garden of my dreams better than this?"

And that would be the supreme success!

#### 4) *And Allah will love you!*

He, *Subhanahu wa Ta'ala* Says:

﴿الَّذِينَ يُنْفِقُونَ فِي السَّرَّاءِ وَالضَّرَّاءِ وَالْكَاطِمِينَ

الغَيْظِ وَالْعَافِينَ عَنِ النَّاسِ ۗ وَاللَّهُ يُحِبُّ

الْمُحْسِنِينَ﴾

**“Those who spend [in Allah’s Cause] in prosperity and in adversity, who repress anger, and who pardon men; verily, Allah loves *Al-Muhsinun* (the good-doers).”**

[3: 134]

Now is there anything greater than that dear believers?