

Date: 19.04.2024

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

وَالَّذِينَ يَجْتَنِبُونَ كَبَائِرَ الْإِنَّمِ وَالْفَوَاحِشِ وَإِذَا مَا غَضِبُوا هُمْ يَغْفِرُونَ.

وَقَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ:

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

LET'S CONTROL OUR ANGER IN ALL AREAS OF LIFE

Honorable Muslims!

One day a man approached our Prophet (saw) and said, "O Messenger of Allah! Give me a piece of advice." Our beloved Prophet (saw) responded to him, "**Do not be angry!**" The man repeatedly asked the same question. Each time, the Messenger of Allah (saw) advised him, "**Do not be angry!**"¹

Dear Believers!

We are human beings. Due to our very nature, we feel happy sometimes, and sad some other times. Our behavior can swing between calm and angry. Instead of letting negative emotions control us, we should focus on good qualities to make life more meaningful.

Dear Muslims!

One of the emotions we have as human beings is anger. Channeled properly, anger can help us defeat attacks on our family, our homeland, and our values. But letting anger control us leads to irreparable problems. It cuts us off from Allah's mercy and the love of others. Unchecked anger fuels violence, unrest, and chaos in society.

Dear Believers!

A believer's anger should only be for the truth and against the falsehood. A believer's anger should only be to stand by the side of the oppressed and against the oppressor. A believer's anger should only be in the form of compassion and mercy for the good, and a barrier against the evil. In short, a believer's anger should only be a key to goodness and a lock against evil.

Overwhelming anger can cloud our judgment and make it difficult to think clearly and consciously. The eye will not see, and the ear will not hear. Consumed by anger, our senses will become numb, and our hearts will grow cold. Love

and respect will decrease, and violence and hatred will increase. When anger dominates our soul, patience and tolerance will vanish. It will make our words offensive, and make us destructive.

Dear Muslims!

Unfortunately, we hear more and more news of people who succumb to their anger. Anger, whether at home, on social media, or in traffic, causes countless disturbing incidents. A rush of anger can shatter bonds of family, friendship, and brotherhood, leaving nothing but hate and animosity in its wake. Families are torn apart, lives shattered, and hopes crushed.

Dear Believers!

Our Lord Almighty (swt) states in a verse as follows: "**Those believers avoid major sins and shameful deeds, and forgive when angered.**"² So let us make mercy the antidote to anger. Let us extend compassion to every creature that shares this world. Let us stay away from all forms of violence, hatred, and bullying. Let us break free from anger's grip through forgiveness. Let us actively cleanse our hearts of hatred, revenge, and animosity.

Honorable Muslims!

In one of his hadiths, our Prophet (saw) says, "**The strong man is not the good wrestler; but the strong man is he who controls himself when he is angry.**"³ Let us then restrain our anger with patience. Let us be resilient in times of trouble and keep our composure. Let us seek refuge in Allah in the face of difficulties. As we learn from our Prophet (saw), let us recite the following when we are angered, **أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ**, "I seek refuge in Allah from the evil of the accursed Satan." Let us perform wudu if possible. Let us try to relieve our anger by sitting if we are standing or lying down if we are sitting.⁴

I would like to conclude this Friday's khutbah with the following verse where Allah the Almighty describes His righteous servants: "**They are those who donate in prosperity and adversity, control their anger, and pardon others. And Allah loves the good-doers.**"⁵

¹ Bukhari, Adab, 76.

² Shura, 42/37.

³ Bukhari, Adab, 76; Muslim, Birr, 107.

⁴ Bukhari, Adab, 44; Abu Dawud, Adab, 3.

⁵ Ali 'Imran, 3/134.