

الرجوع الى ر.
(Month of Ramadan 1430 H - 2009 M)

Patience, the lost treasure (4)

14 sep. 2009

Ways of strengthening Patience

Alhamdulillah, we learned about the beautiful patience,
^{difficult}
the most type of patience, patience of the noble people
and the great value of patience for the believers and the
importance of patience in the sight of Allah.

I nsha Allah, today we will learn about the
ways and means of obtaining and strengthening the quality
of patience.

First We must realize that :

Allah the Almighty never instructed us to do something
without providing us with help and support to do it, and
ways and means of achieving it. Allah has never
created a disease, without creating a cure for it

Regarding Patience, it consists of 2 elements :-

1- Knowledge

2- Action

1- Knowledge:  The element of knowledge

is necessary because

1- when you learn the benefits of following the commands of Allah regarding patience e.g Love of Allah -

Allah's help and support to As-sabiqeen and Unlimited reward from Allah, you will be ready to forget about and to

tolerate the bitterness of patience for the sake of attaining its great benefits.

2- Through knowledge, you can know the punishment of Allah to those who are not patient (with His Commands, Decree)

3- Through knowledge, you can realize that patience

is the cure for the pain of any adversity and you can escape any feeling of despair, sadness or depression through patience with the Decree of Allah.

4- Through knowledge, you can realize the role of Shaitan in our life as shaitan is always trying to make patience very difficult for us so that we follow our desires and live away from the commands of Allah regarding the (Halal and Haram).

2 Action :-

As we learn, patience is a constant battle between

motives of religion

and

motives of desires

So if you are Looking to obey the commands of
your religion, so you must ^{strengthen} increase the motives
of religion and weaken the motives of desires

Q How?

A Through putting your patience in action.

Let's have an example :

A person who has strong desire to commit adultery
He has ↓
to strengthen the motives of the religion
and weaken the motives of the desire, through
being patient with the following rules :-

① obeying the command of Allah regarding

Lowering his gaze and avoid looking at woman
i.e. protecting himself from illegal relations as

Allah mentioned in Surat An-Nur/24-V30.

2. Being patient regarding Allah's command to

Lower his gaze → Surat An-Nur 24 V.31

Also prophet Mohamed (S.A.W) said:

4 ' Looking at woman is one of the arrows of Shyطان "

It is the Looking at the women that provoke sexual desire, as this Looking is like an arrow

which on reaching its target (your heart)

can be fatal i.e you become strongly attached to that woman, trying to reach her by any means

Halal or haram.

The second action

To know → The harm of adultery i.e HIV and other illnesses also Prophet said about him "his belief will be dragged out of him until it goes over his head like a cloud" 4- Being patient through reminding himself of

the great punishment of that sin in this world and hereafter: A

Allah said in Surat An-Nur/24 in (1/2) about

the great punishment of this sin.

All of the above are proofs of the power of patience which can protect the believer from

(A) disobeying the commands of Allah

(B) obeying the commands of Shaitan who is whispering continuously for mankind to deviate them from Right path

So the question is : How to strengthen the motive of religion ?

In the battle between the religion and desires we have following weapons at our disposal:-

(1) The belief in the unity of Allah i.e the belief of the greatness of Allah, The One who creates, owns, knows and controls every thing in the heavens and the earth. Allah is the Only Power and Will in the Universe, Whoever thinks and believe of the greatness of Allah will never be at

way of strengthening the motives of religion

at ease in committing wrong actions.

1. Love of Allah:-

2. If we claim to Love Allah, then we should not

disobey Him because of that Love. A person should

be obedient to the One who claims to Love.

5

Those who refrain from committing wrong actions out of their Love for Allah, are of the highest status in His sight, as are those who worship Him out of Love for Him.

3- Remembering the blessings and favours of Allah:-

It is the rule that: noble and decent people always appreciate those who treat them kindly. It is their noble nature and manners that makes them to reward the good with the good.

So let's count the uncountable blessings and ability of Allah The Almighty: creation, vision, hearing, talking, walking - understanding and etc:-

Let's remember some of the blessings of Allah

Let's recite from Surat 16 (An-Nahl) from (V 10 → V 19)

In these verses of the Quran, Allah, The Creator,
The Almighty mentions some of ^{His} His unaccountable
blessings i.e. the rain, the sun, the moon, the
stars, the day and the night, the sea and the
mountains, the metals that are available in the
soil. ^{Most} blessings remain unnoticed by man

because they are too familiar to him. He only
notices the importance of a blessing that he has
taken for granted when it is withdrawn.

Let's Learn more about Allah's blessings from
these facts, which Allah mentioned on the
tongue of Prophet Ibrahim in surat Ash-Shuara
(26) - V 75 → V 89.

- All what we have in this worldly life is a blessing from Allah
- + • Forgiveness of our sins is → " " " "
- + • To be one of the inheritors of Paradise is → " " " "

This is the reality of our existence which is by itself a blessing from Allah.

So if we are the noble people who appreciate all these numerous blessings of the Most Merciful, we should not respond by doing against His commands, instead we must be very patient with His commands, His prohibitions and His Decree, as He is the Source of our existence, our blessings and our destination.

4 Believing⁴ that: Patience is the way to defeat your Shaytan:

Always remind yourself that 1- Your main enemy in life is the Shaytan who is trying continuously to deviate you from Right Path and 2 Patience is your weapon to defeat the Shaytan and overcoming him as he is trying to make you one of the inhabitants of the Hell i.e Patience is your way to be always following the Right Path which is the Path of the winners in both lives.

Allah said in the Quran in Surat Fatr (35) - V 6.

:- It is only through Patience with Allah's command
and Patience with being away from Satan

whispers that you can save yourself from Hell fire.

5. Remembrance and realization of the nature of
the worldly life :-

Let's learn and remember about the nature of
the worldly life so that we can realize the blessings
of Patience regarding this decaying enjoyment.

Surat 57 (AL-Hadid) - V 20.

6. Being mindful of death,

- Death comes upon us suddenly and without warning
- Death means closure of the book of deeds
- Death means end of the time of the test (worldly life)
- Death means the start of the other life, i.e. the grave, the Day of Judgement and then either eternal

happiness in Paradise or eternal punishment in Hell
Fire

Death magnifies the importance of Patience as a quality ^{Fundamental} for the eternal happiness in Paradise which must be the goal of every believer

• Realization of the blessings of having Paradise as final destination

When you realize that Patience is your way to the Paradise, and you try to imagine it according to the words of its Creator.

• In Surat Mohamed (47) - V 15

And In Surat AL-Rahman (55) - V 46 - 78

It is the paradise the reward of the Muttaqeen
The Ones who fear Allah and are patient regarding obeying his commands and accepting His Decree.

We should know that : Allah has created us to live

- ① an eternal life with no death , .
- ② a life of pride and ease with no humiliation.
- ③ a life of security with no fear.
- ④ a life of joy with no pain
- 14 ⑤ a life of richness with no poverty.
- ⑥ a life of perfection with no flaws .

This is the Paradise the Final destination of
the true believers.

But in order to reach this eternal happiness we must
be tested in this world with: ~~a life~~

- (1) a life which ends with death.
- (2) a life full of fear , pain , poverty and losses.
- (3) a life of pride which is accompanied by humiliation
and degradation.
- (4) a life where joy and ease are mixed with
pain and sorrow.

So, many people are making a big mistake by seeking an easy life of power and pleasure in this world, but most of them never manage to achieve it and those who do, enjoy it only for a brief time before it vanishes.

The Prophets called people to an eternal life of plenty, and whoever answers their call will have the best life in this world, better than the life of kings. It is the life in the mercy of Allah, a life full of acceptance, patience, peace and security. Strengthening our religious motive in fighting the desires

This can be done by (A) having the Quran as the closest companion, striving to live according to its Laws.

(B) having Prophet Mohamed (S.A.W) as role model i.e following his manners and ways of life
(C) choosing the religious company.

8- Fear of the eternal life in the Hell fire.

If any of us realises for 5 minutes, the reality of the pain - sorrow and Loss of having friends the eternal final destination, we will be so patient with all Allah's commands and we will be so patient practicing the obedience of Allah's rules.

The fire of the Hell is beyond the imagination of mankind regarding its severity and long duration and great punishment.

Allah said in Surat An-Naba 78(21-26)

M.S.
Hasten
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