

# SABR

## WITH THE NAME OF ALLAH, MOST GRACIOUS, MOST MERCIFUL.

The Arabic term 'Sabr' has the following shades of Meaning: 'patience, perseverance, consistency, resistance, steadfastness, firmness of purpose, and cheerful attitude of resignation and understanding in sorrow, defeat or suffering'.

Who can dispute the fact that evil exists in the world?  
Is there anyone who does not undergo pain and sorrow?  
Is there a single person who is not physically or mentally a victim of some calamity?  
Breathes there a person who does not complain of the woes inflicted on him / her by fate?

Be he a king, a wealthy person or a poor person, -- all of them are beset with sorrow, pain and tragedy.

These realities of life are meant to test our endurance, and the divine writ shows us the way of handling tragedies:--

One such way is to develop Sabr.

There are many verses of the Holy Quraan and Ahadith that deal with Sabr and its benefits.

Examples are:-

- 1) It is a necessary ingredient in order that we may receive assistance from our Rabb when we are in difficulties. -- 2: 153
- 2) it is a necessary element in the success of a community. -- 3: 200
- 3) Our Rabb sides with those who practice Sabr -- 2: 153
- 4) It is considered a virtue by our Maker -- 11: 115

5) If we maintain Sabr, the transference of moral and spiritual energy takes

Place:

- A) Blessings from Allah (S.W.T.) -- 2: 153
- B) Mercy -- 2: 153
- C) Guidance -- 2: 155 - 157
- D) Criterion to judge between right and wrong -- 8: 29
- E) Removal of evil from one's heart -- 8: 29
- F) Forgiveness -- 8: 29
- G) Removal of difficulties -- 65: 2

Our beloved Nabie (S.A.W.) said:-

"Sabr stands in the same relation to faith as the head stands in relation to the body."

Sheikh Abdul Qadir (R.A.) of Jilan said that every deed is rewarded according to its measure but the reward for practising Sabr is without measure. -- (39: 10)

In point of fact, those who practice Sabr will be rewarded with the highest place in Al-Jannah -- (25: 75)

However, Sabr is due to (or rests with) Allah (S.W.T.) -- it must never be permitted to become a source of spiritual arrogance and a false sense of self-righteousness --- 16: 127

### **Worksheet**

- 1) Our modern life-style has succeeded in promoting high-blood pressure, low-blood pressure, depression, suicide and whatever else besides. Can Sabr counteract these maladies? Explain.

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