

God Blesses Those who Patiently Preserve

By Afsa Raja

يَا أَيُّهَا الَّذِينَ ءَامَنُوا اسْتَعِينُوا بِالصَّبْرِ وَالصَّلَاةِ ۚ إِنَّ اللَّهَ مَعَ الصَّابِرِينَ ١٥٣

“O believers! Seek comfort in patience and prayer. Allah is truly with those who are patient.”

(Surah Baqarah, Ayah 153)

Countless times throughout our days, we face interactions, big or small, where we should exhibit patience (sabr in arabic). But, it can get extremely difficult, especially in instances where you are in a bad mood from something prior, or if someone is truly acting in a mean and disrespectful manner. In the above ayah, Allah states that He is with those who are patient and as believers, we want Allah to always be with us. But, before we can act patiently, we must get a deeper understanding of what patience actually means, how to achieve it, and the many more benefits that become unlocked when we demonstrate true patience.

Imagine this, you were working with a group on a crucial school project. Everyone was assigned a part to complete for the group presentation, but one of your partners used artificial intelligence (AI) for their part. Your teacher was pleased with your project, till she noticed that some of the slides were made with AI. She gets extremely disappointed and doesn't believe that it was only one member using AI. Your teacher proceeds to give every group member a zero for that project. How would you react? Would you go on to yell at the group member who did it? Would you get frustrated with your teacher? In a situation like this, it can be easy to let your anger take control. But, doing that means you don't act the right way, which is with patience. According to Oxford Learner's Dictionary, patience means “the ability to stay calm and accept a delay or something annoying without complaining”, but it can mean so much more than that.

Patience can mean not yelling or getting mad, even when you have every right too. Patience can mean choosing to trust in Allah's plan when things don't go your way. Patience can mean letting go of a hurtful thing someone said to you, because you know that Allah has something great stored for you. Allah has stated, *وَلَمَّنْ صَبَرَ وَعَفَرَ إِنَّ ذَلِكَ لَمِنْ عَزْمِ الْأُمُورِ* "And whoever endures patiently and forgives—surely this is a resolve to aspire to." (Surah Ash-Shura, Ayah 43)

To truly achieve patience can be a life-long journey. We might be able to demonstrate immense patience in one instant, but absolutely none in the next. That doesn't mean we are bad people, it just means we need to work on ourselves more to conquer even the highest levels of patience. We can also achieve patience by doing things like taking deep breaths when in an overwhelming situation, leaving a place where you feel you will get angry, or making wudu to calm ourselves.

One example of a Prophet who showed great patience was Prophet Ayoub (AS). Prophet Ayoub (AS) was blessed with health, wealth, land, livestock, and a righteous family. He always remained humble and thankful. When the angels praised Ayoub (AS) for his worship and patience, Shaitan argued that he only worships Allah because of the blessings. So, Allah removed Prophet Ayoub's (AS) wealth to test him but he stayed strong to his deen. Shaitan was disappointed and wanted Allah to test him further with his health. His body became extremely weak, and people abandoned him except for his wife Rahma. Despite all the pain and loss, Prophet Ayoub (AS) never complained and remained patient with the will of Allah. He said, *"Allah gives me what is good for me, and takes away what Allah sees that is displeasing for Him and for me. Allah sees that all of these children may be a strong test & trial for me, so Allah took them away from me. Whether a thing is beneficial or harmful to me, I will remain firm in my belief and remain thankful to my Creator."* After many years of hardship, he prayed sincerely to Allah.

Allah told him to strike the ground, and a healing spring appeared. He washed and drank from it, and Allah restored his health, wealth, and family.

This whole story teaches us that true faith means staying patient and trusting Allah even during the hardest tests. We should remember all of the blessings that we do have, like how Prophet Ayoub (AS) remembered all the good years he had in his life.

Allah says in Quran:

إِن تَمْسَسْكُمْ حَسَنَةٌ تَسُؤْهُمْ وَإِن تُصِيبْكُمْ سَيِّئَةٌ يَفْرَحُوا بِهَا وَإِن تَصْبِرُوا وَتَتَّقُوا لَا يَضُرُّكُمْ كَيْدُهُمْ شَيْئًا إِنَّ اللَّهَ بِمَا يَعْمَلُونَ مُحِيطٌ ١٢٠

"When you `believers` are touched with good, they grieve; but when you are afflicted with evil, they rejoice. `Yet,` if you are patient and mindful `of Allah`, their schemes will not harm you in the least. Surely Allah is Fully Aware of what they do". (Surah Al-Imran, Ayah 120)

This ayah shows us that Allah is always there for those who are patient. This reward of patience should encourage muslims to work on their patience levels so that Allah may protect them.

وعن أبي سعيد وأبي هريرة رضي الله عنهما عن النبي صلى الله عليه وسلم قال: "ما يصيب المسلم من نصب ولا وصب ولا هم ولا حزن ولا أذى ولا غم، حتى الشوكة يشاكها إلا كفر الله بها من خطاياها" ((متفق عليه)).

و الوصب: المرض.

Abu Sa'id and Abu Hurairah (May Allah be pleased with him) reported that the Prophet صلى الله عليه وسلم

said: "Never a believer is stricken with a discomfort, an illness, an anxiety, a grief or mental worry or even the pricking of a thorn but Allah will expiate his sins on account of his patience".

[Al-Bukhari and Muslim].

The hadith above speaks to another virtue of patience. This hadith explains that those who are patient in hard times, Allah will reward them by covering their sins. Unlocking great levels of patience can be difficult, but the reward we get makes it all worth it.

These are just a few of the many, many benefits we get from being patient in Islam. They show us how significant it is to be patient and that even if being patient is a struggle for us, we should remember the rewards we could reap.

To conclude, all of us go through countless struggles. However, how we choose to react to those struggles can make all the difference. One could either choose to become aggravated and make a decision they would regret, or make the better choice and be patient knowing all of the rewards that Allah has for you. The journey to becoming of those who are truly patient will be bumpy, but that doesn't mean we shouldn't try because we know that Allah loves and rewards those who patiently persevere.

Sources:

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