

# Importance & benefits of patience in Islam

Adversities and comforts are a trial for Muslims. Everything Allah Almighty chooses for us either it is good or evil, is for our own benefits. Whatever is chosen by Allah, it cannot be changed and similarly whatever is not chosen by Allah, we cannot attain it by our own desires. But the great rewards are only for those among us who are patient with the Decree of Allah Almighty.

Patience is a good, praise-worthy and desirable character. It is a distinct moral of a Muslim. It has many graceful effects, good benefits and generous consequences. It is an excellent mean of strength against adversities, harms, hardships and anxieties. It provides us resistance against weakness and endows us with steadfastness in obeying Allah. It is the best tool of firmness against tribulations and temptations. Moreover, it is the weapon of a Muslim through which he will be successful both in this world and in the Hereafter.

What is Patience (Sabr)

Patience is to hold one's soul from being impatient and displeased, holding the tongue from complaining and the body parts from harming himself or others. The word (sabr) patience in Quran and Sunnah of the beloved Prophet (peace and blessings be upon him) is mentioned at many places, which indicates the virtues and excellence of patience.

## What the Holy Qur'an Says About Sabr?

1. The Glorious Qur'an has given a lot of emphasis on patience and has given glad tidings to those who are patient. One who is patient earns Allah's mercy, blessings and guidance. "Allah surely loves those who are the Sabireen (patient)." (Qur'an: Surah Aa'le Imran 3:146)

***"And certainly, We shall test you with something of fear, hunger, loss of wealth, lives and fruits, but give glad tidings to as-Saabireen (the patient ones). Who, when afflicted with calamity, say: 'Inna lillaahi wa Inna Ilaihi Raaji'un (Verily to Allah we belong and verily, to Him we shall return)***

2. Those who have patience are the rightful people to lead, because Allah Almighty conditioned the leadership with patience. He says:

***"And We made from among them leaders guiding by Our command when they were patient and [when] they were certain of Our signs." (As-Sajdah 32:24).***

3. Patience is the source of all goods. Allah Almighty informed us with certainty in the following verse:

***"But if you endure patiently, verily, it is better for As-Sabirin (the patient ones, etc.)." (An-Nahl 16:126).***

## In Sunnah of the Beloved Prophet:

1. The patience is illumination. The Prophet (Peace and blessings be upon him) said:

***"Allah said: 'If I deprive my slave of his two beloved things (i.e., his eyes) and he remains patient, I will let him enter Paradise in compensation for them."***

2. The one whose beloved ones or relatives die and endures patiently, Allah will also admit him to Paradise as a recompense of his patience. The Prophet (peace and blessings be upon him) said:

***“Allah says, ‘I have nothing to give but Paradise as a reward to my slave, a true believer of Islamic Monotheism, who, if I cause his dear friend (or relative) to die, remains patient (and hopes for Allah’s Reward).” (Al-Bukhari 6424).***

3. The reward of being patient while the true believer is afflicted with any kind of calamities and trials. The Prophet (peace and blessings be upon him) said:

***“No fatigue, nor disease, nor sorrow, nor sadness, nor hurt, nor distress befalls a Muslim, even if it were the prick he receives from a thorn, but that Allah expiates some of his sins for that.” (Al-Bukhari 5641, 5642).***

## The Reward of Patience

A person who loves Almighty Allah finds it much easier to be patient and to persevere. This is because he sees everything as coming from Allah, and if it comes from Allah, there must be a reason for it. A person who loves wants the Beloved to see him in the best of states, and so he proves the best of patience. Patience is a virtue, which enables the individual to proceed towards worthy goals.

If we don’t get the reward of Patience in this world then it will surely be saved by Almighty Allah for the Hereafter that will never end. Our beloved Prophet Muhammad (peace and blessings be upon him) said: ***“Whoever persists in being patient, Allah will make him patient. Nobody can be given a blessing better and greater than patience.”*** (Al-Bukhari)

## Importance of patient in our daily life

### 1 Patience Shapes a Talent into Achievement

To shape your talents and inborn abilities into real achievements, you must have patience.

To master any art or to enhance your talent, you need to make continuous effort for a long time.

To achieve your dreams, you must have the zeal to overcome challenges and the power to overcome roadblocks comes only from patience.

### 2 Patience transforms relationships

Sometimes, in our relationships, we become defensive, irritated, and say something to hurt others. We do not realize the importance of patience and end up making hasty decisions. Whenever you feel defensive against the person, try to be patient enough to take time to think over another person’s positive qualities.

### 3 Patience helps you to be empathetic

Building empathy towards others is very important if you want to live a hassle-free life. If you get irritated by a crying baby or a loud child playing in front of you, you must think about developing your patience. Patience helps you build empathy towards others.

### 4 Patience helps you to acquire positive attitude

If things are not going the way you want them to, instead of getting frustrated, you must learn to be patient. You need to see things and situations in a positive light to make your life happier. And to get that positivity, you need to be patient.

If you find any life situation challenging, or find it difficult to bear, try to re-frame that situation and try to see its positive side.

## 5 Patience makes you healthier

Anger and stress are two things that are enough to ruin a person's health. And patience is the antidote to both these illnesses. Being patient, you can overcome any challenging situation with more flexibility and in a better way. Being stress-free and happy helps you stay you healthier.

## Conclusion

By knowing the benefits and meaning of patience, we must learn and develop how to have patience in our personality. How to develop patience characteristics in adverse scenarios and always be thankful to Al-Mighty Allah. Because we learn that whatever happens in life is decreed by Allah and we cannot avert that, hence having patience and feeling content in our life is important. I ask Allah to endure us with patience and endurance. Ameen!

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