

The Supplication That Should Be Said When Angry

"A-'oo-dhu Bi-l-Laahi Mi-nash Shay-taa-nir-Ra-jeem"

On the authority of Sulaiman Ibn Surad (Radiya-llahu 'an-hu): "Two men were verbally abusing one another in the presence of the Prophet (Salla-llahu Alaihi wa Sallam), while we were sitting with him. One of the two angrily abused the other and his face turned red, and the veins in his neck (*Aw-daa-ja-hu*) became swollen.

The Messenger of Allah (Salla-llahu Alaihi wa Sallam) Said 'Verily, I know a word (i.e. statement) that would remove what he finds (in himself, of anger) if he would say it, i.e. if he would say: '**A-'oo-dhu Bi-l-Laahi mi-nash-Shay-taa nir-Ra-jeem.**' (I seek refuge in Allah from the rejected Satan). (Those present) said to the (angry) man: Do you not hear what the Prophet (Salla-llahu Alaihi wa Sallam) is saying? He replied: I am not crazy." [Al-Bukhari, no. 6048; Muslim, no. 2610 Fortress of the Muslim, no. 193]

In this hadeeth is a clear indication (daleel) that the one who stirs up anger in the human being is Satan (Shaytan). And that through seeking refuge in Allah, the Most High, Satan is driven away and all of the anger is removed.

The intended meaning of *Ghadab* (anger) in this Hadith is the anger that is *not* for the sake of Allah, but rather due to *personal* feelings and desires. As for the case of one who is angry *sincerely for the sake of Allah*, this is praiseworthy (Mah-mood).

In another narration, it has: "When a person becomes angry, and then says: 'A-'oo-dhu (I seek refuge in Allah) - his anger will calm down. [Saheeh Al-Jaami, no. 695, As-Saheehah, no. 1376, from Abu Hurairah (Radiya-llahu 'an-hu)]

To Sit Down or Lay Down When Angry

On the authority of Abu Dharr (Radiya-llahu 'an-hu) that the Messenger of Allah (Salla-llahu Alaihi wa Sallam) said: "When one of you becomes angry while he is standing, then he must **sit**. Then, if the anger leaves him (fine). Otherwise, (if he still remains angry), he must **lay down**." [Reported by Ahmad and At-Tirmidhee; Saheeh Al-Jaami, no.694, Mishkaat, no. 5114]

Shaykh Al-Albaanee (Rahima-hu-llah) said Abu Daawood (no. 4782) reported it from Ahmad, then he (Abu Daawood) reported it from Bakr (Ibn Abdullah Al-Muzanee), as a *mursal* Hadeeth - i.e. without mentioning the Companion (Sahaabee). And both (narrations of Abu Daawood) are *Saheeh* (authentic). [See: note 2, Hadeeth no. 5114, Mishkaat, with checking by Shaykh Al-Albaanee - Rahima-hu-llah]

The Command to Remain Silent When Angry

On the authority of Ibn 'Abbaas (Radiya-llahu An-hu), from the Prophet (Sallallahu Alaihi wa Sallam) that he said: "If/when anyone of you becomes angry, then he must **remain silent!** He (Salla-llahu Alaihi wa Sallam) repeated this three times." [Reported by Ahmad in his 'Musnad', vol. 1, pg. 239, and its chain of narrators is *Saheeh* (authentic). See: Sharh (Explanation of) 'Jaami Al-Uloom wal-Hikam' by Al-Haafidh Ibn Rajab - checking by Abdullah Al-Manshaawee, Maktabah Al-Emaan, al-Mansoorah, Egypt, under explanation of Hadith no. 16; Saheeh Al-Jaami, no.693; As-Saheehah, no.1375]

It is Not Authentic that One Should Make Wudoo (Ablution) When Angry

On the authority of 'Atiyyah Ibn 'Urwah As-Sa'dee (Radiya-llahu an-hu), who said that the Messenger of Allah (Salla-llahu Alaihi wa Sallam) said: "Verily, Anger (*Gha-dab*) is from Satan (Shaytaan), and Satan is created from Fire. And verily, the only thing which extinguishes fire is water. So, if/when one of you becomes angry, then he must perform Ablution (Wudoo)." [Reported by Abu Daawood]

Shaykh al-Albaanee said: **The chain of narrators is weak (Da'eef)**. See: note 4, Hadeeth no. 5113, Mishkaat, with checking by Shaykh al-Albaanee (Rahima-hu-llah).

Other Ahaadeeth (Narrations) of The Messenger of Allaah (Salla-llahu Alaihi wa Sallam) Concerning *Gha-dab* (Anger)

(1) On the authority of Abu Hurairah (Radiya-llahu an-hu) that a man said to the Messenger of Allah (Salla-llahu Alaihi wa Sallam): Advise me. He (the Prophet) Salla-llahu Alaihi wa Sallam, said: "***Laa Tagh-dab*** (Do not be angry)." The man repeated his request several times, and the Prophet repeated '***Laa Tagh-dab***' (Do not be angry)." [Reported by Al-Bukhari, See: Mishkaat, Arabic Edition, Vol.2, pg. 1413, Hadeeth no. 5104]

(2) On the authority of Abdullah Ibn 'Amr (Radiya-llahu 'an-huma), that he asked the Prophet (Salla-llahu Alaihi wa Sallam): What can remove me far from the *Gha-dab* (Anger) of Allah, the Mighty, the Majestic? He (the Prophet) (Salla-llahu Alaihi wa Sallam) said: "***Do not be Angry.***" [Reported by Ahmad 2/175 with an authentic (Saheeh) chain of narrators. Sharh (Explanation) of 'Jaami al-Uloom wal-Hikam', under the Hadeeth no.16]

(3) On the authority of Abu Ad-Dardaa (Radiya-llahu an-hu) that the Messenger of Allah (Salla-llahu Alaihi wa Sallam) said: "Do not become angry and you will be entitled to **Jannah** (Paradise)." [Reported by At-Tabaraanee. See: Saheeh Al-Jaami', no.7374]

(4) On the authority of Abu Hurairah (Radiya-llahu an-hu), who said that the Messenger of Allah (Salla-llahu Alaihi wa Sallam) said: "The strong man is not the one who can wrestle someone down to the ground. Rather, the strong man is ***the one who controls himself at the time of anger*** (*Gha-dab*)." [Reported by Al-Bukhari no. 6114 and Muslim. See: Mishkaat, Arabic Edition, vol. 2 pg.1413, Hadeeth no. 5105]

(5) On the authority of Ibn Mas'ood (Radiya-llahu 'an-hu), from the Prophet (Salla-llahu Alaihi wa Sallam) that he said: "What do you consider as a good wrestler among you? We said: the one who other men are not able to wrestle him down. He (The Prophet) said: "It is not this. Rather, (the good wrestler) is ***the one who controls himself at the time of anger.***" [Saheeh Muslim 2608, See: Sharh (Explanation) of "Jaami al-Uloom wal-Hikam", under explanation of Hadith no 16]

(6) On the authority of Mu'aadh Ibn Anas al-Juhanee, from the Prophet (Salla-llahu Alaihi wa Sallam) that he said: "***Whoever restrains his anger, while he is able to carry it out*** (i.e. his plan to harm the one he is angry with) - Allah will call him out (on the Day of Resurrection) in front of all the people, and allow him to choose any one of the virgin maids of *Jannah* to marry which ever-one he wishes. [Reported by Ahmad, Abu Daawood, At-Tirmidhee and Ibn Maajah. See: Saheeh Jaami As-Sagheer, no. 6522; Mishkaat, no. 5088]

[Translated by: Abu Muhammad 1433AH / 2012CE]