

ASHRA 1 Ikhlaq

# SHURA FOCUS: IKHLAQ – CONTROLLING ANGER

## My Guidance:

***“Those who spend in prosperity and adversity, and those who suppress anger and pardon men; and Allah loves those who do good.”***

(Quran 3:135)

## My Reflection:

***How can I improve?***

***My Goal for this week:***

***My success and next steps:***



# SHURA FOCUS: IKHLAQ – CONTROLLING ANGER

## My Inspiration-The Holy Prophet's (saw) Example:

***“He was mild of temper not harsh; he would insult no one; was grateful for the smallest service, would not find fault with anything; would eat of whatever was placed before him and pass no remarks. He would be angry only when someone opposed the truth. In his personal affairs he was never angry, nor did he ever take revenge.”***

Alislam.org, Early Islamic History, [Chapter 15](#)

## My Reflection:

**How can I follow this example?**

**My Goal for this week:**

**My success and next steps:**



# **SHURA FOCUS: IKHLAQ – CONTROLLING ANGER**

## **My Inspiration**

***“A condition for those who wish to be counted amongst the righteous is that they should lead a life of humility and meekness. This is one of the branches of taqwa (God-fearing righteousness) through which we are to overcome unlawful anger.”***

***The Promised Messiah (peace be on him)***

Friday Sermon 18.05.18

## **My Reflection:**

***How can I improve in humility?***

***My Goal for this week:***

***How shall I measure success?***

***Next steps:***



# **SHURA FOCUS: IKHLAQ – CONTROLLING ANGER**

## **My Guidance:**

***“Anger comes about when an individual gives superiority to themselves over another.”***

The Promised Messiah (as)  
Malfoozat Vol 1, p35

## **Self Reflection:**

***Do I value others enough?***

***How can I measure this?***

***What is my timeframe?***





# SHURA FOCUS: IKHLAQ – CONTROLLING ANGER

## My Guidance:

The Prophet Muhammad (sa) said, 'The strong is not the one who overcomes the people by his strength, but the strong is the one who controls himself while in anger.'

Sahih Bukhari, Book of Good Manners, Hadith 6114

## Self Reflection:

*How can I improve?*

*How will I do this?*

*My Goal for this Ashra?*





# SHURA FOCUS: IKHLAQ – CONTROLLING ANGER

## My Guidance:

To control one's anger, the Holy Prophet (saw) said that if an angry person is standing, he should **sit down**, and if he is sitting, then he should **lie down** and recite prayers of **Istighfar** (seek forgiveness) and **Lahaul** (complete surrender to God) and **pour cold water** over himself or perform ablution. All these admonishments have been given so that one may act on them.  
(Garments-for-Each-Other)

## Self Reflection:

Have I tried these techniques in my daily dealings?

My goal for this week:

How will I measure my success?



# SHURA FOCUS: IKHLAQ – CONTROLLING ANGER



## My Inspiration:

*“Do not say hurtful words in the heat of emotion for Allah the Exalted does not like such people.”*

The Promised Messiah (as),  
Malfoozat Vol 1 p.8

## Self Reflection:

*How do I react in the heat of emotion?*

*What is my improvement target?*

*What will I do in this Ashra to show I am committed to making a positive change?*



# SHURA FOCUS: IKHLAQ – CONTROLLING ANGER

## My Guidance:

Once a young man approached the Holy Prophet Muhammad(saw) and asked him for some advice. The Holy Prophet (saw) replied, “Do not become angry,”(Sahih al-Bukhari, 6116) and he repeated this three times.

On another occasion The Holy Prophet (saw) taught his followers a simple, powerful supplication to recite when feeling angry: “I seek refuge with Allah from the accursed Satan.”  
(Sahih Muslim, 261)

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## Self Reflection:

*Have I been seeking Allah’s refuge to overcome anger?*

*How will I implement this advice during this Ashra?*

*Success and Next Steps::*



# SHURA FOCUS: IKHLAQ – CONTROLLING ANGER

## My Inspiration:

Beloved Huzoor (aba) states in his Friday sermon October 10th, 2014:

“The Promised Messiah (as) said: ‘Remember wisdom and anger completely repel each other. And whoever is patient and displays a model of even-mindedness is given a light which freshly illuminates his senses and then light goes on to create light. Since anger and fury darkens the heart and the mind, darkness goes on to engender darkness!’



## Self Reflection:

Am I able to be patient and even minded when challenged?

My Goal for this week:

How will I measure success and consolidate good habits?



# SHURA FOCUS: IKHLAQ – CONTROLLING ANGER

## My Guidance:

***“It is human nature to feel anger at times but God has commanded true believers to keep their emotions in check.”***

Hazrat Khalifatul-Masih V (aba)  
Friday Sermon 10.10.2014

## Self Reflection:

*How can I improve?*

*Have I implemented this advice recently?*

*Goal and Next Steps for this Ashra*



## Etiquettes of Eating & Drinking

**Hazrat Ayesha (r.a) relates that the  
Holy Prophet (s.a) said:  
When any of you begins to eat he should  
pronounce the name of Allah, the Exalted.**



**(Abu Daud Kitabul - At` ama)**



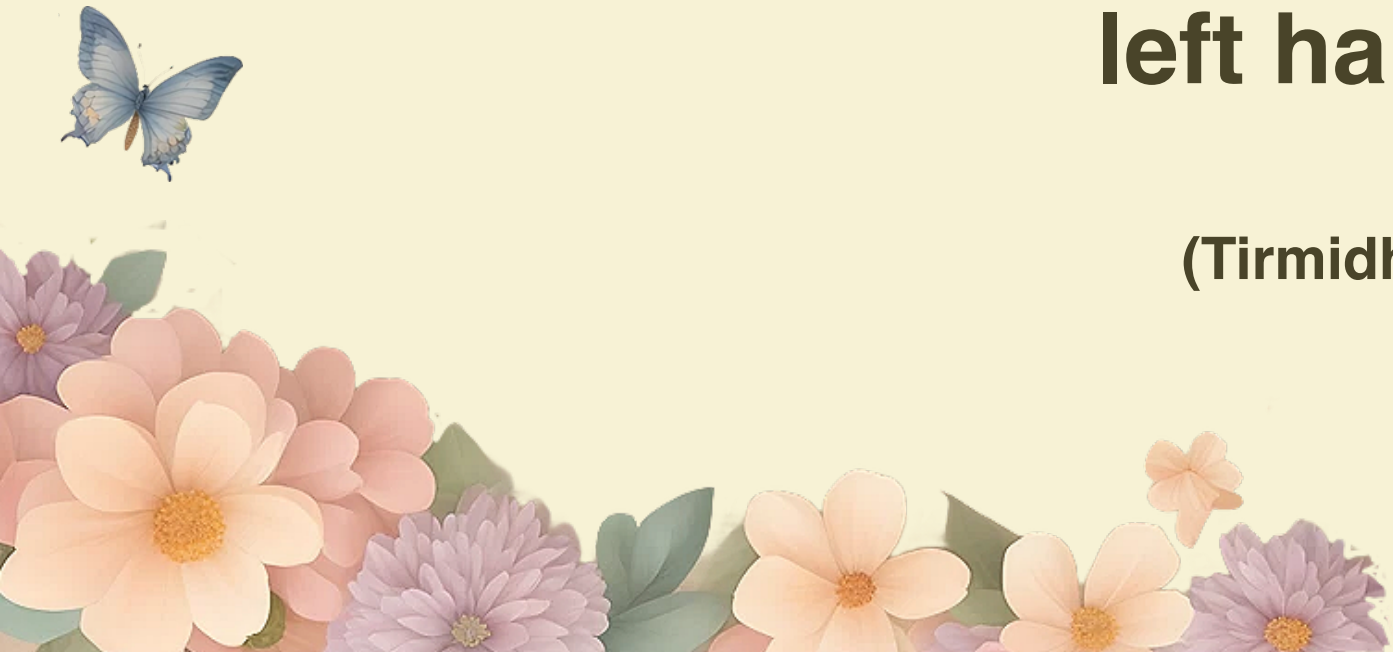
## Etiquettes of Eating & Drinking

**One should always eat with their right hand.**

**The Holy Prophet (s.a) said:**

**None of you should eat or drink with the left hand because Satan eats and drinks from his left hand.**

(Tirmidhi)



## Etiquettes of Eating & Drinking

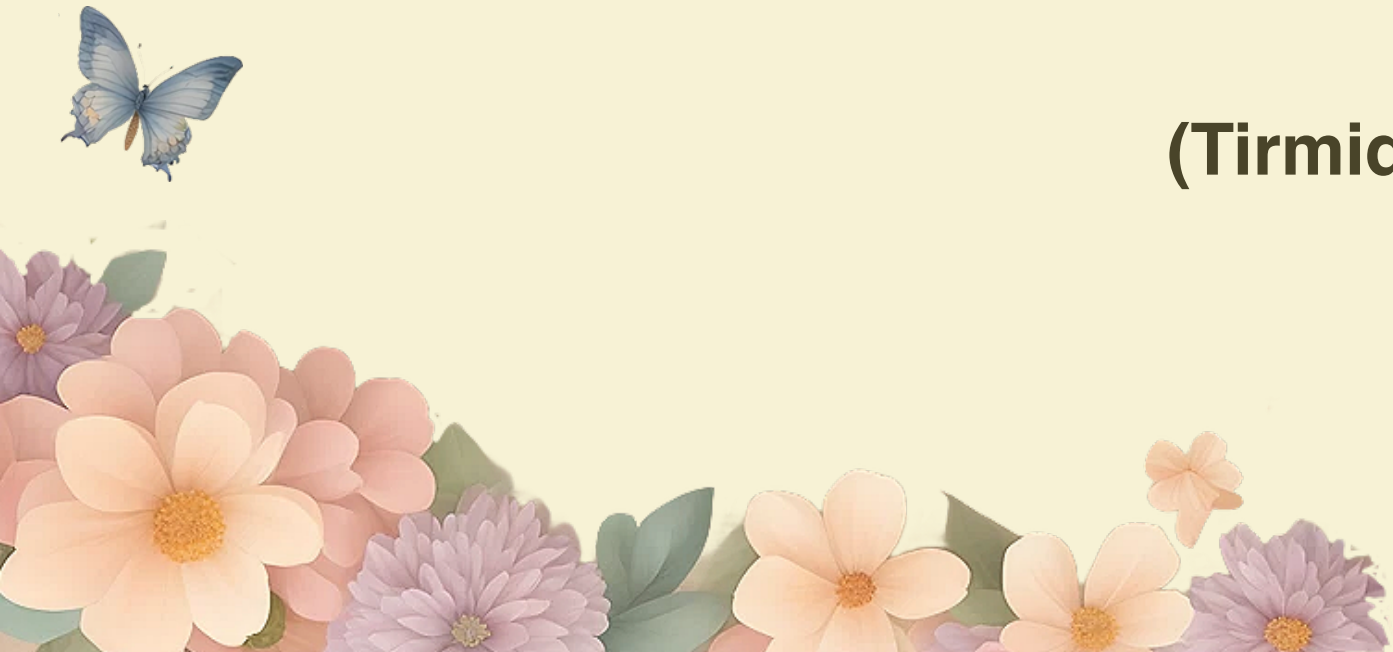
**When food is served, one should not stand to offer Prayer. Hazrat Anas bin Malik (r.a) relates that the Holy Prophet (s.a) said: When dinner is served, and the call of Prayer is made, finish eating first.**

**(Bokhari)**

## Etiquettes of Eating & Drinking

**One should not eat while standing.  
However, it is permissible to eat while  
standing in the case of necessity.**

**(Tirmidhi)**



## Etiquettes of Eating & Drinking

**The Holy Prophet (s.a) never found fault with food. If he desired it, he ate it, and if he disliked it, he left it.**



**(Bokhari Kitab ul At`ama)**



## Etiquettes of Eating & Drinking

**One should avoid drinking water while standing. Hazrat Anas (r.a) relates that the Holy Prophet (s.a) forbade a person drinking standing, without any reason.**



**(Muslim Kitab - ul - Ashraba)**



## Etiquettes of Eating & Drinking

**One should not waste food. In functions, one should put the amount of food in his plate that he can finish. Do not leave anything in your plate.**



**(Ibne Ma'ja)**

**Etiquette of Life  
Amatul Rafiq Zafar  
Lajna Ima'illah, Canada**

