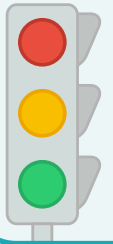


My Prophet صلى الله عليه وسلم Taught Me to Manage My Anger



Learning Objectives

In this lesson, I will:



Discuss the harms of anger

State how to manage my anger

Reflect on the forbearance of the Prophet
صلى الله عليه وسلم



Key Words

Manage

Regret

Forbearance



T Thinking Starter

When did you last get angry? What did you do?

Anger

Once a man came to the Messenger of Allah صلى الله عليه وسلم and asked him: "Give me some advice." The Prophet صلى الله عليه وسلم replied:

لَا تَغْضَبْ

"Do not get angry." (Bukhari)

The man wanted more advice, but each time the Prophet would give the same reply: "Do not get angry."

Anger is a natural feeling that we all experience sometimes. Maybe your sibling took your toy without asking, or a friend said something hurtful. It's okay to feel angry in these situations, but what matters is how we react. It is important that we **manage** our anger.

When we get angry, sometimes we say things or do things that may really **hurt others**. Sometimes we may even say or do something which we really **regret** later.



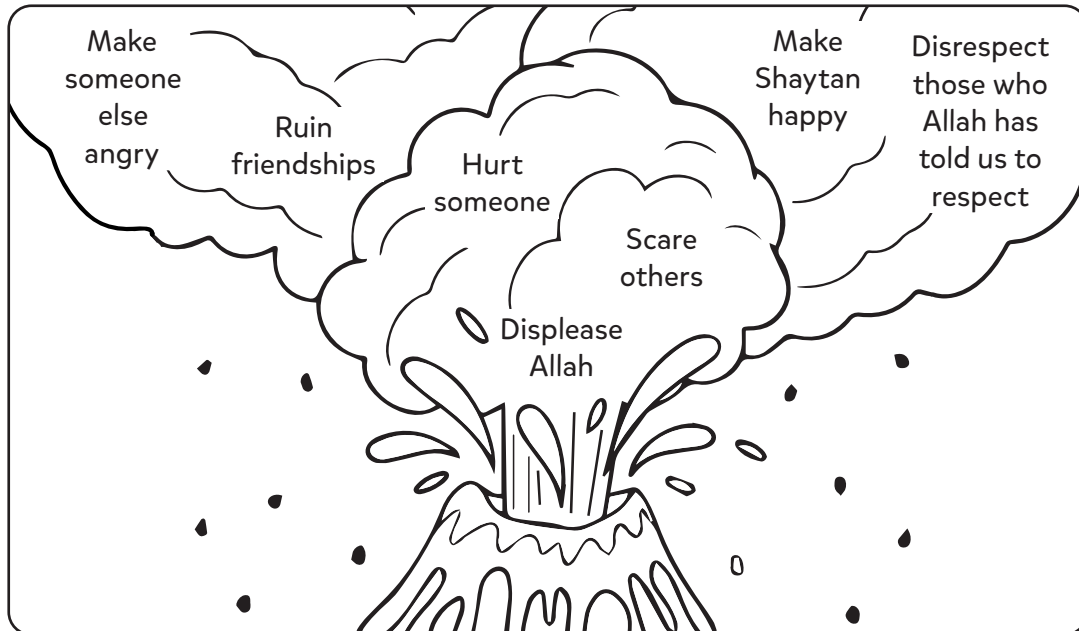
Task 1

Think about how a volcano might sound or look when it is erupting.

How would you feel if you were near this volcano?

How do you feel when others get angry?

Colour in the volcano and all the consequences of getting angry.



Task 2

The Prophet صلى الله عليه وسلم taught us how to manage our anger.

In the boxes below, draw images for the methods of managing anger.

When I feel angry, I should

Say the isti'adhah to make Shaytan run away

أَعُوذُ بِاللَّهِ مِنَ
الشَّيْطَانِ الرَّجِيمِ

Do wudu

Drink water

Sit down if I am standing

Lie down if I am sitting

Remain quiet



Why do you think we ask Allah to protect us from Shaytan when we get angry?

The Forbearance of the Prophet ﷺ

Forbearance is to control your anger even when you have the power to take revenge. The Prophet ﷺ was extremely forbearing. People would say or do nasty things to him, but he would remain calm.

The Prophet ﷺ did get angry at times – but it was always for the right reason and to please Allah. And even when he did get angry, he would not say bad words or throw things. He would **manage** his anger.



Can you think of a right reason for getting angry?

IT'S STORY TIME!

The Demanding Desert Man

One day, the Prophet ﷺ was walking with young Anas – his loyal servant. The Prophet ﷺ was wearing a simple cloak which had a rough edge. The Prophet did not wear fancy clothes like powerful leaders usually do – he lived a simple life.

All of a sudden, a Bedouin (someone who lives in the desert) man came up behind him, took hold of the shawl and pulled it with great force. He pulled it so hard that the edge of the garment left marks on the neck of the Prophet ﷺ.

Imagine how angry you would be if somebody did that to you!

Not only that, the man then rudely exclaimed, “Muhammad!” He didn’t even call him ‘O Messenger of Allah’ like the other Companions used to. He then said, “Order them (your Companions) to give me something from Allah’s money which you have!”

The Prophet turned to him and **he smiled** warmly! He then asked one of his Companions to give some money to this bedouin man.



What can you learn from this story?



Task 3

Sometimes, others around us can get angry or lose control. From the previous story, we learn that we should be extra kind to an angry person to help them to calm down.

What can you do the next time someone does something to make you angry?



Write a short reminder to yourself.

If someone does something to make me angry, I will...

One of Allah's Beautiful Names is **al-Halim (The Forbearing)**. So many people disobey Allah and do bad things. But Allah does not punish them even though He easily can. Allah gives them so many chances!



I Act On What I Learn

I will stay calm like my Prophet ﷺ

P Progress Check



1. What are the harms of anger? ☐

2. What can you do to control your anger? ☐

3. How would the Prophet ﷺ respond when people did and said nasty things to him? ☐
