



جَابَاتَانِ اِغَامَا اِسْلَامِ سِلَانْغُورِ

JABATAN AGAMA ISLAM SELANGOR

CONTROLLING THE ANGER





Let us altogether strive to increase our *taqwa* of Allah by fulfilling all of His Commands and avoiding all of His prohibitions. May we become among the slaves of

**Allah that are bestowed
with His Love, Mercy, and
Protection in this world
and the Hereafter.**

**On this blessed day of
Friday, *sayyid al-ayyaam*
(the master of all days),**

let us altogether
ponder upon the
khutbah titled:

***“CONTROLLING
THE ANGER.”***

On the 7th of October 2015, the nation was shocked with the tragic death of an elderly couple. The motorcycle that they were both riding had exploded due to the homemade bomb that was

**planted by their own son.
The son was fuming with
anger when his parents
had refused to sell their
4.85-hectare farmland.
Similarly with various
cases reported in the daily
newspapers that**

are just shocking, only due to anger that could not be contained. *Masha Allah*, the world today is witnessing that anger has become a daily disease that is very difficult to be cured within

the society.

Anger is actually an individual's inner feeling that is produced unconsciously, causing nervous tension, disturbed

**emotions and thoughts,
with the loss of reasoning,
increased heartbeat,
increased blood pressure,
and accelerated blood
flow to the brain. All these
can cause one's facial**

**complexion to change,
shivering of the limbs, and
the stretching of the neck.
In the end, the tongue will
utter words that are vile
and wicked. The limbs
such as the hands and
legs, will act**

out of control, cursing,
strangling, striking, and
terrorizing, even willing to
commit murder.

Narrated Abu Sa'eed al-
Khudri *radhiyAllaahu 'anh:*

Rasulullah صلى الله
عليه وسلم said:

“Anger is an ember in the heart of the son of Adam, as you see it in the redness of his eyes and the bulge of his jugular veins.”

(Ahmad)

**Anger will further intensify
ill feeling, jealousy, hate,
and at times it would lead
to divorce, scuffle, and
bloodshed within the
society.**

**Anger not only opens up
the**

**door of evil, it annihilates
the feeling of
cheerfulness, tranquility,
and joyfulness. The wrath
of anger also causes grief.
Anger is a reprehensible
trait, while forgiving
purifies the soul.**

Anger will cause our lives to be disrupted, while to forgive will make our soul sublime. Anger will cause our sleep to become interrupted, while forgiving allows us to sleep peacefully.

**Anger can lead to stress,
high blood pressure, heart
attack, and damages to the
body, while forgiving is the
antidote for good health.**

***Allah Subhaanahu Wa
Ta'aala* praised the believers**

whom are forgiving, as mentioned in al-Qur'an (interpretation of the meaning):

“And those who avoid the major sins and immoralities,

**and when they are
angry, they forgive.”
(ash-Shoora 42:37)**

**Therefore, let us avoid
anger for it is the root of
all evil, bringing the
human dignity**

down low to the lowest possible.

Islam urges its adherents to control their anger and always remain forgiving. Indeed, those that restrain

their anger and forgive others, they truly have the true characteristics of the *muhsineen*, meaning the good doers. It is they whom are truly loved by Allah *Subhaanahu Wa Ta'aala*.

*Allah Subhaanahu Wa
Ta'aala* mentions in al-
Qur'an:

**“...and who restrain anger
and who pardon the
people - and Allah loves
the doers of good.”**

(Aal-'Imraan 3:134)

Hence, let us control our anger and instill a forgiving nature. Let us possess *tawaddu'* (humility) and gentleness in our dealings. The Arab proverb states:

*“Every time you get angry,
you are poisoning your
body.”*

**Verily, strength and victory
are not measured based
on one’s intensity of fight
and anger, but instead one
is**

deemed as strong when
he or she is able to
restrain their anger.

Narrated Abu Hurayrah
radiyAllaahu 'anh:

Rasulullah صلى الله
عليه وسلم 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.”

(Agreed Upon)

Islam has outlined several guidelines in managing and controlling one's anger.

1. Uttering *isti'aadhah* (*a'oodhubillaah*)

Narrated ibn Mas'ood *radhiyAllaahu 'anh*:

Rasulullah **صلى الله عليه وسلم** said:

“If a man gets angry and says, ‘I seek refuge with Allah,’ his anger will go away.”

(at-Tabaraani: *saheeh*)

2. Changing the position
Changing one's position
will help avoid the anger
from further escalating.
From the *hadeeth* of Abu
Dharr *radiyAllaahu 'anh,*
Rasulullah صلى الله عليه وسلم said:

“If any of you becomes angry and he is standing, let him sit down, so his anger will go away; if it does not go away, let him lie down.”

**(Abu Dawood and Ahmad:
saheeh)**

3. Performing *wudoo*' (ablution)

**Performing *wudoo*' while
in the state of anger can
help extinguish the raging
fire of anger. Narrated
'Atiyyah as-Sa'di
*radhiyAllaahu 'anh:***

Rasulullah ﷺ said:

“Anger comes from the devil, the devil was created of fire, and fire is extinguished only with water; so when one of you becomes angry, he should perform ablution.”

(Abu Dawood and Ahmad)

4. Remaining silent

To restrain anger, we are advised by Rasulullah صلى الله عليه وسلم to remain quiet and not speak, as mentioned in the *hadeeth* of ibn ‘Abbaas *radiyAllaahu ‘anhuma* where he صلى الله عليه وسلم said:

**“If any of you becomes
angry, let him keep silent.”**

(Ahmad: *saheeh*)

**These clearly shows that
when angry, our speech
will go beyond our
realization,**

**with the words uttered
leading to enmity,
separation, revenge or
destruction, and even
uttering words that
would incur the Wrath
of Allah.**

In concluding today's *khutbah*, let us internalize upon several lessons as in the following:

1. The Muslims must strive to control their anger and

increase the forgiving nature within them.

2. The Muslims must strive to avoid envy, contempt, and revenge, which all originates from anger.

3. The Muslims must inculcate noble *akhlaaq* and avoid reprehensible traits

4. Anger that is controlled and justified is deemed permissible in the effort of

**preventing evil and
disobedience.**

**“Show forgiveness,
enjoin what is good, and
turn away from the
ignorant.**

**And if an evil
suggestion comes to
you from Satan, then
seek refuge in Allah.
Indeed, He is Hearing
and Knowing.”**

(al-A‘raaf 7:199-200)

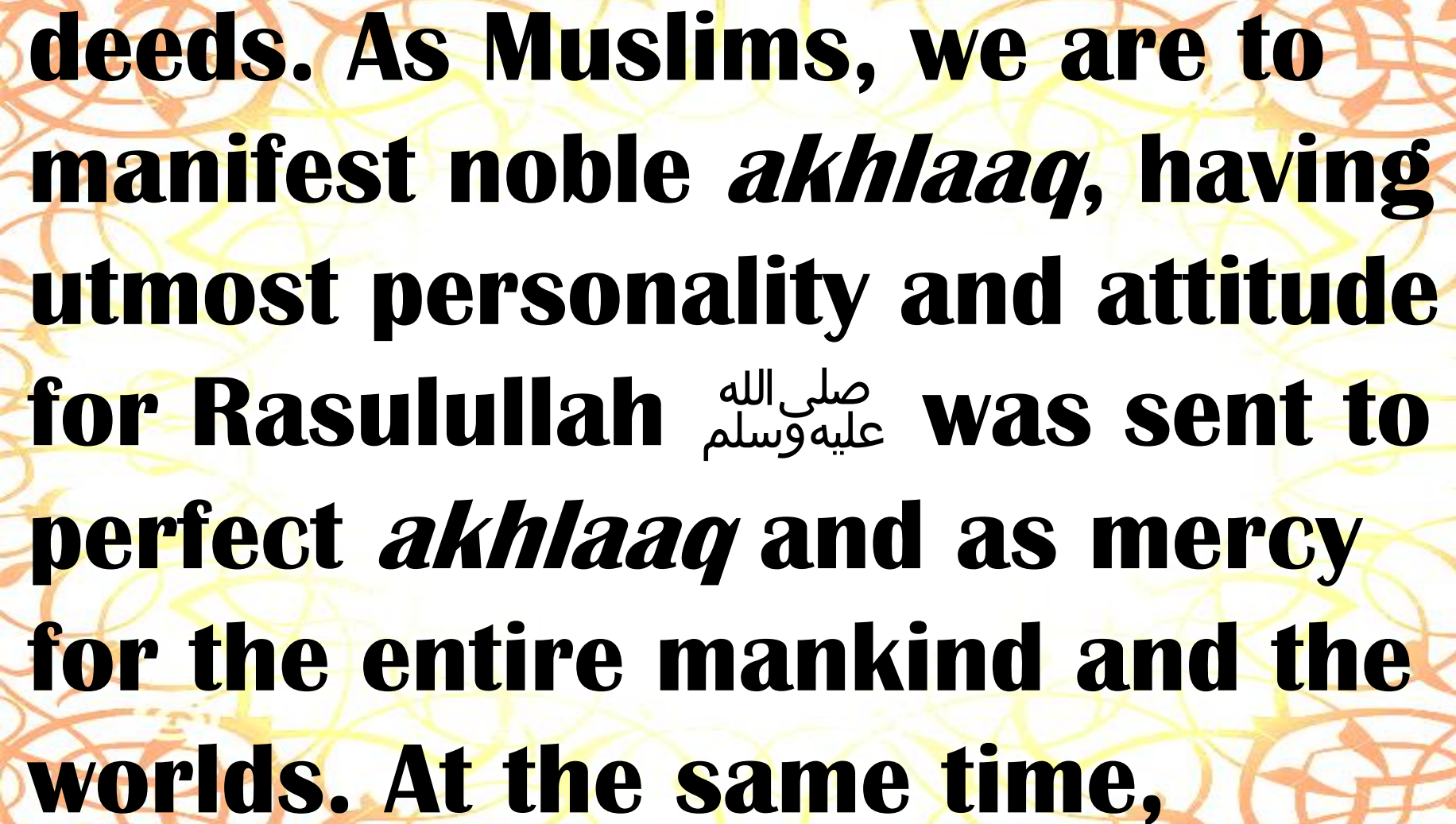


THE SECOND KHUTBAH

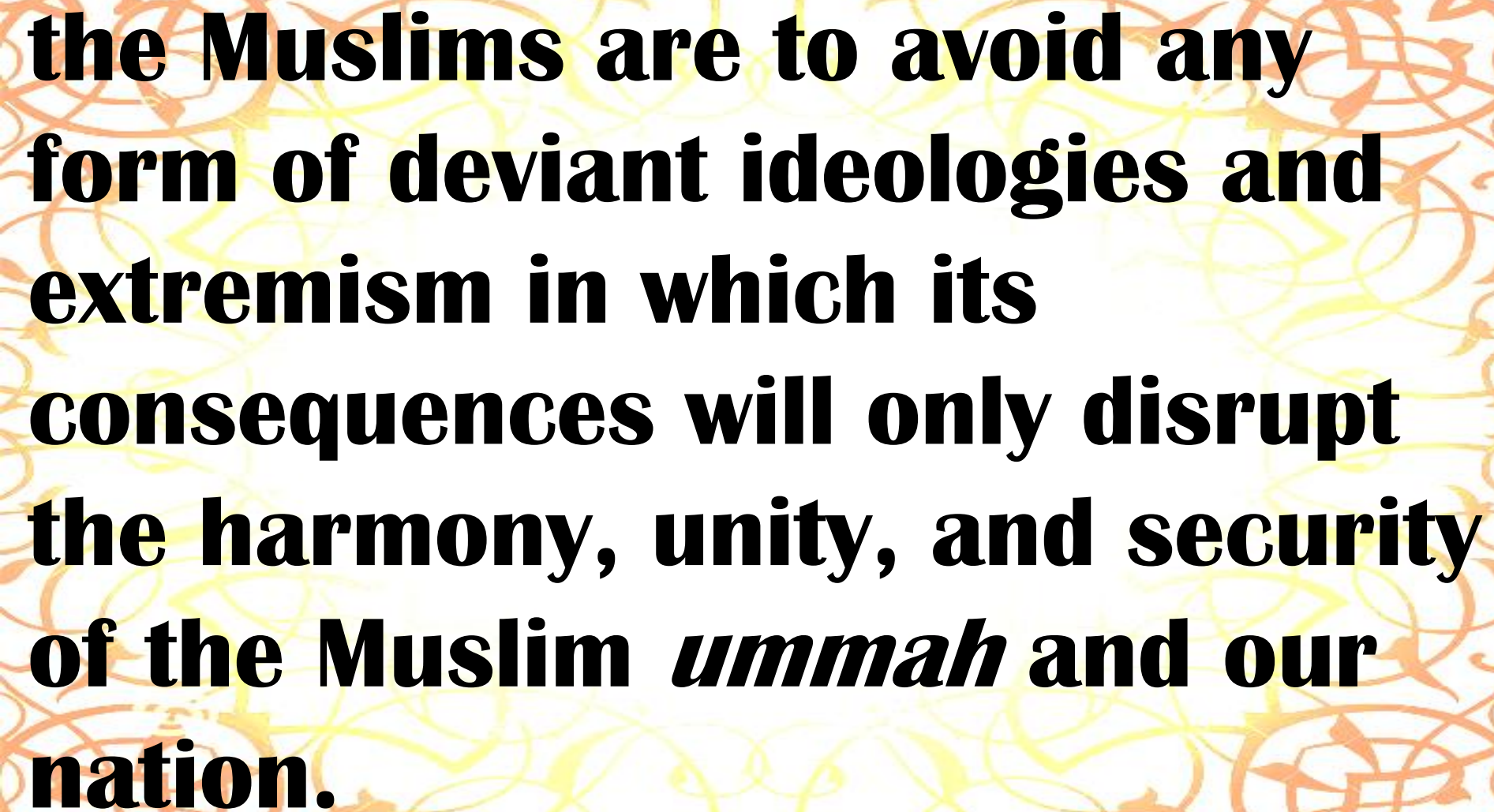




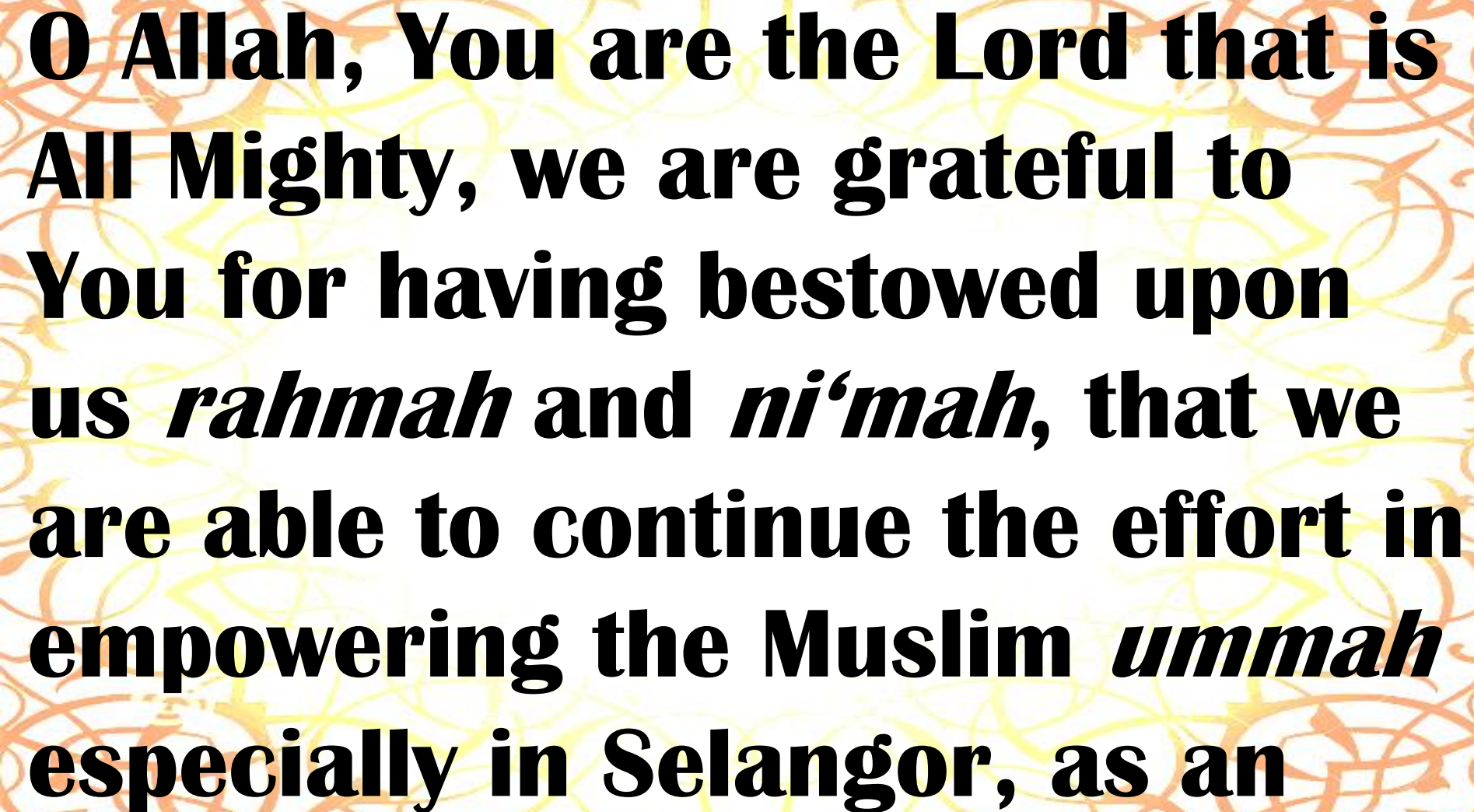
Once again, I would like to remind all of us to always have the *taqwa* of Allah *Subhaanahu Wa Ta'aala* with true *taqwa*, and that Islam consistently teaches its adherents to remain moderate in every actions and



deeds. As Muslims, we are to manifest noble *akhlaaq*, having utmost personality and attitude for Rasulullah ﷺ was sent to perfect *akhlaaq* and as mercy for the entire mankind and the worlds. At the same time,



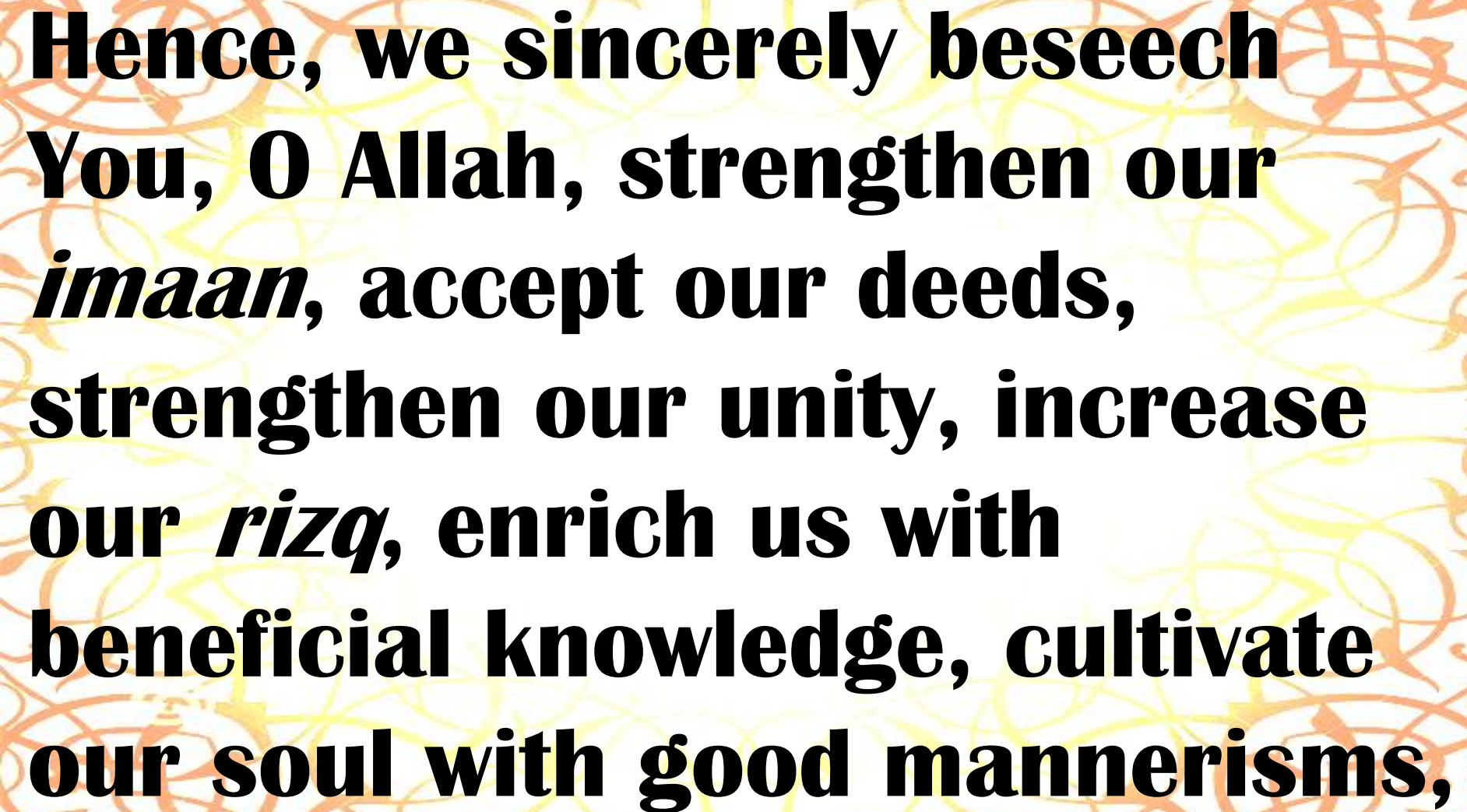
the Muslims are to avoid any form of deviant ideologies and extremism in which its consequences will only disrupt the harmony, unity, and security of the Muslim *ummah* and our nation.



O Allah, You are the Lord that is All Mighty, we are grateful to You for having bestowed upon us *rahmah* and *ni'mah*, that we are able to continue the effort in empowering the Muslim *ummah* especially in Selangor, as an



advanced state, prosperous, and providing welfare, under the auspices and leadership of our Ruler as the Head of Islamic Affairs in this state.




**Hence, we sincerely beseech
You, O Allah, strengthen our
imaan, accept our deeds,
strengthen our unity, increase
our *rizq*, enrich us with
beneficial knowledge, cultivate
our soul with good mannerisms,**




**return us to the path that You
are pleased with, protect us
from disasters and Your severe
trials, so that our state will
become more peaceful and
blessed.**



O Allah, we sincerely beseech You, strengthen our beliefs according to the creed of *Ahl as-Sunnah wal Jamaa'ah*, and protect us from the practices and *'aqeedah* that are astray such as *Shee'ah*, *Qadiyaani*, and other ideologies.



O Allah, open up our hearts in fulfilling the five daily prayers, performing *zakaat*, and other obligations, as well as making *waqf* and *infaaq* of our wealth especially to *Perbadanan Wakaf Negeri Selangor* (Selangor *Waqf*



**Corporation) and *Tabung Amanah
Pembangunan Islam Selangor*
(Islamic Development Trust Fund
of Selangor). With these deeds, O
Allah, bless our lives and widen
our *rizq* with perpetual rewards
until the Last Day.**



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

JABATAN AGAMA ISLAM SELANGOR

JABATAN AGAMA ISLAM SELANGOR

DISEDIAKAN OLEH / PREPARED BY :

UNIT KHUTBAH,

BAHAGIAN PENGURUSAN MASJID,

JABATAN AGAMA ISLAM SELANGOR