



جڤاتڤن اءاماء اسلام سلڤنءور  
JABATAN AGAMA ISLAM SELANGOR

...

***SUPPRESS DESIRE,  
AVOID ANGER***

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

I humbly call upon all of  
us to altogether strive  
in increasing our *taqwa*  
of Allah *Subhaanahu*  
*Wa Ta'aala* by  
performing all of

**His Commands and  
leaving out all of His  
prohibitions. May we all  
attain happiness and  
success in this world  
and the Hereafter.**

On this very noble day, I will expound on a *khutbah*, titled...



***SUPPRESS DESIRE,  
AVOID ANGER***

[#bahagianpengurusanmasjid](#)

Anger is from the traits of *madhmoomah* (blameworthy) and a branch of *nafs* (desire) that exist within the human soul. As believers, we are demanded to control our *nafs* from destroying our hearts and *imaan* (faith).



**Often times mankind would commit sin due to the failure in suppressing their desire and the fire of anger, but we must attempt our utmost in managing our anger. Similarly, the need to**

satisfy our *nafs* in our lives are related with our daily affairs such as eating, drinking, and getting married. Anger that is uncontrolled will lead to vile behavior such as harming and

**assaulting others, hurling profanities including in the written format such as slander, cursing, obscenities, and other form of actions including injuring others.**



Anger can only be  
curbed by truly  
practicing *sabr*  
(patience) in one's daily  
affairs. However, to  
remain *sabr* while in the  
state of anger is no

easy feat to be  
accomplished. It  
necessitates the  
endurance and firmness  
of *imaan* to rationalize  
aggressive emotions  
and tangled thoughts.

On the authority of Abu  
Sa'eed al-Khudri  
*radiyAllaahu 'anh,*

Rasulullah صلى الله عليه وسلم said:

***“Verily, anger is an  
ember in the heart of  
the son of Adam.”***

*(at-Tirmidhi)*

**Of late, we have been shocked by various tragic criminal cases reported in the newspapers and social media. A series of murderous crimes that are causing worries within the society are**

**circulating within the  
social media. It truly  
manifests the acts of  
cruelty that totally  
contradict the norm and  
common sense of human  
beings. They were  
committed by the**

**assailant who succumbs  
to the evil lustful desire  
and failed in suppressing  
his or her anger that has  
overtaken the soul. A  
series of events that had  
taken place and even  
repeatedly occurring has**



made us ponder and look  
far within our own souls,  
where have the traits of  
*ihsaan* (compassionate)  
and humane vanished  
that gone are  
compassion and kind  
consideration among

humans.

Rasulullah

صلى الله  
عليه وسلم

stated that his

must always

affection for one another

and with other creations.

While,

firmly

*ummah*

have

**‘Abdullah bin ‘Amr  
*radiyAllaahu ‘anhuma*  
narrated that  
Rasulullah ﷺ said:**

***“The merciful are shown mercy by Ar-Rahmaan. Be merciful on the earth, and you will be shown mercy from Who is above the heavens.”***

***(at-Tirmidhi)***

**The truth is, we know that every cruelty is wrong both morally and from the religious aspect. However, efforts in curbing and preventing such heinous act within the society have failed,**

**and even destroys  
universal human values.  
Whatever given as  
excuse by the perpetrator  
in taking away the life of  
others unrightfully, he or  
she remains sinful and it  
is from among the major**



sins. The murderer must perform *tawbah* (repentance) with earnestness by returning to the obedience in Allah *Subhaanahu Wa Ta'aala* and must have full regret upon the sin committed,

as well as seeking  
forgiveness from Allah  
*Subhaanahu Wa Ta'aala.*

Similarly, Allah  
*Subhaanahu Wa Ta'aala*  
threatened those that  
have committed those  
sinful act and

transgressed with the  
torment of Hellfire.

Allah *Subhaanahu Wa  
Ta'aala* mentions in  
verse 14 of soorah an-  
Nisaa':

***“And whoever disobeys Allah and His Messenger and transgresses His limits - He will put him into the Fire to abide eternally therein, and he will have a humiliating punishment.”***

**It is undeniable that sometimes the deeds and actions that are beyond human control stems from anger that keeps on intensifying until it becomes grudge.**

Aside from that,  
unstable emotional  
pressure and  
succumbing to the  
whispers of the devil's  
deception that is  
misleading, seduces



mankind into committing acts of *munkar* (evil). This is because those that surrenders to anger will be easily trapped and duped by the temptation of the *nafs* into committing indecency.

In the *hadeeth* of Abu  
Hurayrah  
*radiyAllaahu 'anh*, he  
reported:

***A man asked the Prophet  
(ﷺ) to give him advice, and  
he (ﷺ) said, “Do not get  
angry.” The man repeated  
that several times and he  
(ﷺ) replied (every time),  
“Do not get angry.”***

***(al-Bukhaari)***

In living life as the caliph  
of Allah *Subhaanahu Wa  
Ta'aala*, we must  
suppress our desire and  
avoid anger by adhering  
to the commands and  
prohibitions of Allah  
*Subhaanahu Wa Ta'aala*.

**Every human must treat  
the various types of  
illness within the soul.**

**The meaning of diseases  
within the soul is not  
mental illnesses, but  
diseases of the heart.**

They are *madhmoomah* traits that entangle and encircle the heart such as revenge, *hasad* (envy), anger, jealousy, and others. Moreover, *madhmoomah* diseases serve as the

**main source and cause  
for external diseases.  
This means that if  
diseases within the soul  
and mind can be treated,  
then definitely external  
diseases can also be  
treated.**



Allah *Subhaanahu Wa Ta'aala*  
mentions in verse 53 of soorah  
Yoosuf:

***“Indeed, the soul is a  
persistent enjoiner of evil,  
except those upon which  
my Lord has mercy.  
Indeed, my Lord is  
Forgiving and Merciful.”***

**Next, let us get closer to al-Qur'an in our daily affairs. Take al-Qur'an as a companion in every single affair of our lives. This is because reciting al-Qur'an is a priority, for those that love al-Qur'an**

are promised with  
various virtues and  
wisdoms that are  
unparallel. Through  
reflection and *tadabbur*  
(contemplation) of al-  
Qur'an, the soul  
becomes serene and

tranquil, the heart and  
mind are also educated  
and trained with regard  
to the greatness and  
power of Allah  
*Subhaanahu Wa Ta'aala,*  
the existence of  
Paradise, Hellfire, and

other Unseen matters. At this stage, the *imaan* begins to sprout, piercing through the heart and soul of the *mu'min* (believer), founded upon revealed knowledge and divine words.

Let us learn and attempt  
our level best to restrain  
and control our anger.  
This is because it is a  
praiseworthy trait and  
practice, and also  
demanded by Allah  
*Subhaanahu Wa Ta'aala.*

**The reality is that we are incapable of holding back our anger when being tested, be it major or minor. Sometimes, when the trial appears, restraining oneself from anger is very difficult to**



**be practiced, even  
when it comes to trivial  
matters. As believers,  
we must realize and  
strive diligently to  
control our anger. This  
is because suppressing**

**the anger teaches the  
soul to remain calm and  
adapting to changes  
within, due to emotions  
and stress that  
overwhelms oneself.**

Let it be known that the process of holding back anger is no easy feat, for it necessitate diligence with *istiqamah* (steadfastness) and *sabr* upon the trials of life.

**There are severe impact upon individuals, communities, and societies due to indecencies stemming from anger. The doer that has been punished will surely regret upon his or**

her actions, suffering throughout the entire life, and haunted with guilt for the rest of his or her life, just like the saying: early regret is beneficial, but regretting afterwards is futile. From another

**angle, one who is close with the doer from among the relatives, colleagues, and local community will also endure its adverse effect. The family members will be engulfed with shame, embarrassed**

to be out in public. These are all the long-term effect upon the actions and deeds that went overboard, which only took several moments but destroys the entire life.



**Therefore, as believers  
we must become  
individuals that are  
considerate and patient,  
even though sometimes  
we endure difficult  
situations so as to calm  
our hearts that we can**

**educate the soul unto  
becoming righteous and  
responsible Muslims.  
Hence, treat the variety  
of emotions namely  
anger, sadness, grief,  
fear, happiness, and  
disappointment, by**

strengthening our *imaan*  
and *tawheed* (asserting  
the Oneness of Allah),  
instilling *sabr* within the  
heart, increasing our  
good deeds, and  
*istiqaamah* in performing  
prayers in congregation.

Allah *Subhaanahu Wa Ta'aala* mentions in verse 277 of soorah al-Baqarah:

*“Indeed, those who believe and do righteous deeds and*

***establish prayer and  
give zakaah will have  
their reward with their  
Lord, and there will be  
no fear concerning  
them, nor will they  
grieve.”***

To end the sermon today, let us derive several lessons from this *khutbah* as guidance in our lives, namely:

1. The Muslim *ummah* must have certainty that Allah *Subhaanahu Wa Ta'aala* loves His servants whom are loving and merciful to fellow human beings and other creations.



2. The Muslim *ummah* must know that anger is one of the branches of *nafs* within the human that can destroy the heart and *imaan*.


**3. The Muslim *ummah* must avoid from succumbing to anger, for then it becomes easy to get entrapped and deceived by the temptation in committing indecent acts.**

***“O reassured soul,  
Return to your Lord,  
well-pleased and  
pleasing [to Him], And  
enter among My  
[righteous] servants,  
And enter My Paradise.”***


***(Soorah al-Fajr 89:27-30)***



**THE SECOND  
KHUTBAH**




**O Allah! We seek refuge in  
You from severe trials, from  
being afflicted with  
calamities, from evil in  
destiny, and from the joy of  
the enemies upon the  
tribulations and misfortunes**




**that befell us. O Allah! We beseech Your protection, from losing the favors that You have bestowed, from the loss of health that You have granted, protect our state from calamity and disaster.**






**O Allah! You are our One  
and Only Savior, we  
humbly beg You to save  
the Muslims and Masjid al-  
Aqsa in Palestine.**






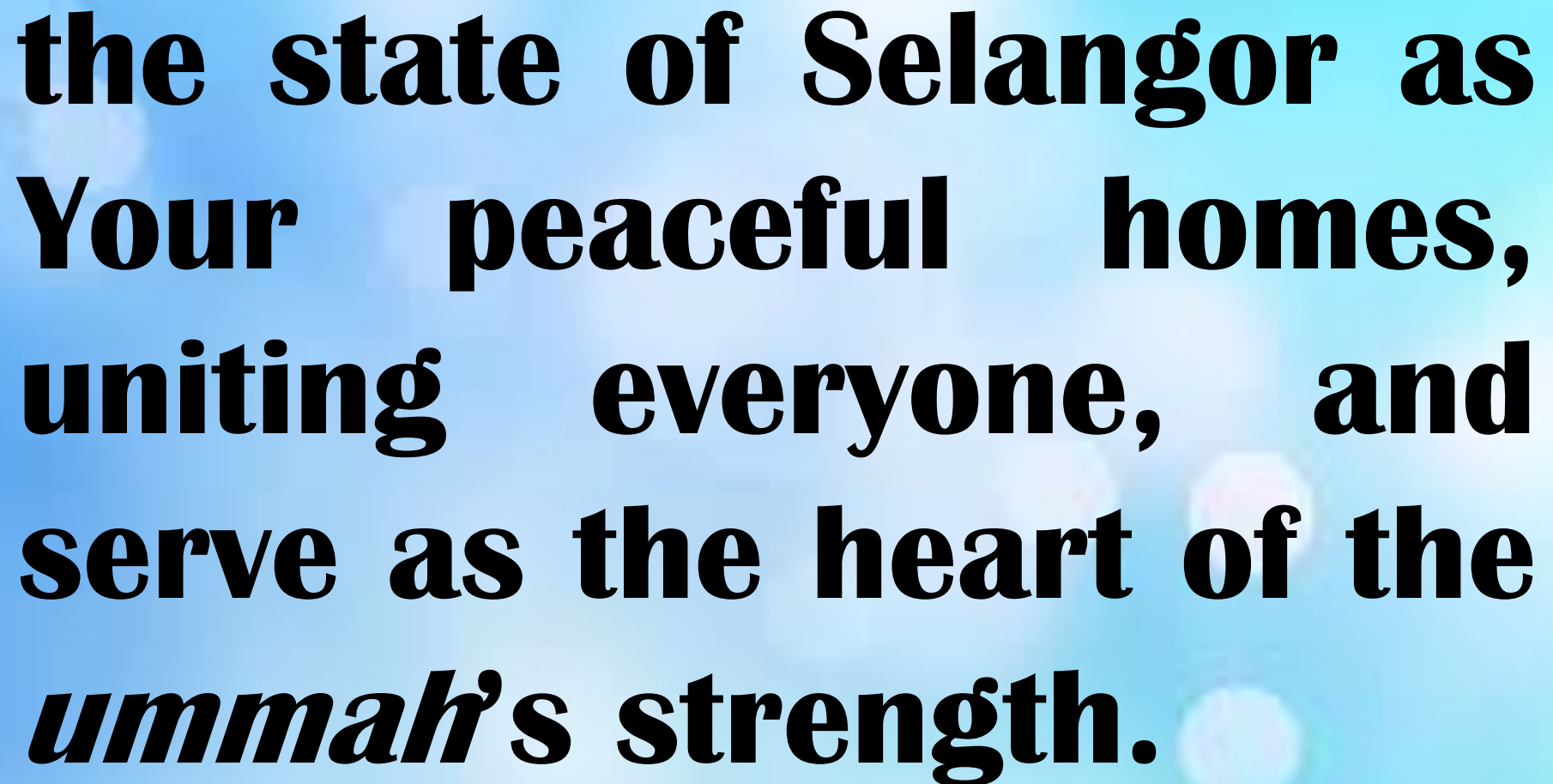
**O Allah! Make us among Your slaves that fulfills the *amaanah*. Strengthen our *imaan* so that we avoid treachery, protect us from becoming among those that neglect their responsibilities,**



**and protect our state and nation from destruction due to bribery, embezzlement, and power abuse. Render the duty to lead our country upon Your slaves whom are trustworthy and honest,**



**as well as firm and  
courageous in upholding  
the truth and executing  
justice according to the  
*Sharee'ah*. O Allah, make  
the *masaajid* and *suraus* in**



**the state of Selangor as  
Your peaceful homes,  
uniting everyone, and  
serve as the heart of the  
*ummah's* strength.**





**ILUSTRASI INI  
DISEDIAKAN OLEH**

**unit khutbah  
bahagian pengurusan masjid**