

الشعور الحقيقي

الفروق النفسية بين صفات النفس الطيبة والخبيثة

الإمام ابن القيم الجوزية

you never complain, but you convey your complaints only to Allah. Allah is the only One who appreciates your patience and understands your complaints.

وَاصْبِرْ وَمَا صَبِرْكَ إِلَّا بِاللَّهِ وَلَا تَحْزُنْ
عَلَيْهِمْ وَلَا تَكُنْ فِي ضَيْقٍ مِّمَّا يَمْكُرُونَ

And be patient and your patience is not but through Allah. And do not grieve over them and do not be in distress over what they conspire
سورة النحل
16:127

The word sabr is mentioned 90 times in the Qura'an.

Be patient when dealing with people, they will put you in trial. (القلم) 48

Patience is accompanied with success. Allah will reward the patient person abundantly. (الزمر) 10

Leadership is with patience and certainty. (السجدة) 24

Your sabr must be for the Face of Allah, to draw closer to Him, hoping for His reward. So you hold yourself, not to show bravery and strength, but to please Allah. (الرعد) 22

The hard hearted person also holds himself, and seems to be strong outside. He may not complain, but he is not patient. He doesn't express any feelings because of his hard heart. There is no mercy in his heart. He is brave with a kind of hatred. He doesn't care about the pain of

others, so he will not react when he sees people in a calamity or hardship.

The hearts can be as hard as stone, or even harder than that. The one whose heart is open for Islam, he will be patient and grateful. The hard heart is dry, it doesn't remember Allah, it is misguided.

When there is no reminder, the heart hardens, and the

person is rebellious. (الحديد) 16. He will be attracted to the evil of the shaitan, and they will accept his evil plans. (الحج) 53.

True Feelings

Patience is a good and praised character. It is manifest in holding back from the haram, being patient when fulfilling the obligations, and not complaining about a disliked decree.

You must not complain to anyone else but Allah.

Sabr doesn't mean that

يُلْقِرُهُ الرَّبُّ. الصَّابِرُ هُوَ الْمُرْكُبُ الْمُكْبُرُ مِنْ أَلْمِ الْبَلْوَى لِغَيْرِ اللَّهِ لَا إِلَهَ إِلَّا اللَّهُ

الصبر هو خلق كسبى يتخلى به العبد. الصبر هو حبس النفس عن محارم الله وحبسها على فرائضه. وحسبها عن التسخط والتشكي لإقراره. الصبر هو ترك الشكوى من ألم البلوى لغير الله لا إلى الله. الصبر من أكثر الأخلاق التي اعنى بها دين الإسلام. ذكر سبحانه الصبر في القرآن في تسعين موضعا.

أحداها : الأمر به

الثاني : النهى عما يضاده

الثالث : تعليق الفلاح به

الرابع : الإخبار عن مضاعفة أجر الصابرين على غيره

الخامس : تعليق الإمامة في الدين ، به وباليقين

القسوة في القلب ، ذهاب الدين ، والرحمة ، والخشوع منه

التساواة ، وهو خلق مركب من البعض ، والشجاعة ، والتساواة ، وهو التهاون بما يلحق الغير

الغير من الألم والأذى. القسوة ليس في القلب يمنعه من الانفعال

وغلظة تمنعه من التأثر بالنوازل

فلا يتزور لقساوته لا لصبره

وإحتماله.

ثُمَّ قَسْتُ قُلُوبَكُمْ مِّنْ بَعْدِ ذَلِكَ فَهِيَ كَالْحَجَارَةِ أَوْ أَشَدُ قَسْوَةً وَإِنْ مِنْ الْحَجَارَةِ لَا يَنْفَرِجُ مِنْهُ الْأَنْهَارُ وَإِنْ مِنْهَا لَا يُشْقِقُ فَيُخْرُجُ مِنْهُ الْمَاءُ وَإِنْ مِنْهَا مَا يَهْبِطُ مِنْ خَشْيَةِ اللَّهِ وَمَا اللَّهُ بِغَافِلٍ عَمَّا تَعْمَلُونَ

Then your hearts became hardened after that, being like stones or even harder. For indeed, there are stones from which rivers burst forth, and there are some of them that split open and water comes out, and there are some of them that fall down for fear of Allah . And Allah is not unaware of what you do
سورة البقرة
2:74

أَفَمَنْ شَرَحَ اللَّهُ صَدْرَهُ لِلْإِسْلَامِ فَهُوَ عَلَى نُورٍ مِّنْ رَبِّهِ فَوَأْلَى لِلْقَاسِيَةِ قُلُوبُهُمْ مِنْ ذِكْرِ اللَّهِ أُولَئِكَ فِي ضَلَالٍ مُّبِينٍ

So is one whose breast Allah has expanded to [accept] Islam and he is upon a light from his Lord [like one whose heart rejects it]? Then woe to those whose hearts are hardened against the remembrance of Allah . Those are in manifest error

سورة الزمر

39:22