



## Forbearance and Gratitude

Forbearance and gratitude are the characteristics of a true believer. It is owing to these virtues that man adopts such a course of action which conforms to the faith and wish of God.

In the world man undergoes many types of experiences. Some experiences are pleasant and some are troublesome. In all types of circumstances, a true believer shows a positive conduct and that is the conduct of forbearance and gratitude. That is why such a conduct has a great importance in our individual and collective life.

Forbearance means the act of refraining from doing or saying something in such a manner that shows one's patience and self-control. A forbearing man does not lose patience and self-control even in the worst circumstances. Instead he remains steadfast and resolute in utter distress, and has absolute trust in God.

Gratitude means the feeling that you want to thank and praise someone because of the favour and kindness he has done to you. A grateful person also expresses his feeling of gratefulness in acknowledgment of the favours he has received from someone. It is Allah Who most of all deserves acknowledgment and thankfulness for the countless favours and unlimited kindness that He showers on mankind. For human beings there are three ways to expose their feelings or gratitude to Allah:

1. To give thanks to God verbally.
2. To have feeling of reverence for Allah and to worship Him.
3. To surrender themselves to the will of God and carry out his commands.

The Holy Quran has greatly emphasized the importance gratitude. The people who fee gratitude for the favours of God are blessed with prosperity. The Holy Quran says:

لَئِنْ شَكَرْتُمْ لَأَزِيدَنَّكُمْ (إِبْرَاهِيمَ: 7)

“If you give thanks, I will give you more”

If a Muslim undergoes suffering, pain or embarrassment, he should take it as a test given by God. It is Allah Who can rid him of all troubles. He should not show impatience nor should he be thankless on such occasions. The best way for him is to strive to overcome the difficulties and pray to God for His help. If you show patience and make efforts to change the unfavourable circumstances and continue to seek help from God, you are sure to overcome your difficulties in this world and get reward in the Hereafter.

Constant efforts with patience yield good results also in the collective life of a nation. A nation can fight the adverse circumstances only by working hard with patience and courage. We must remember that God helps these who help themselves. In the Holy Quran Allah says.

وَجَاهِدُوا فِي سَبِيلِهِ لَعَلَّكُمْ تُفْلِحُونَ (مَائِدَه: 35)

“And strive in His way in order that you may succeed.”

The nations which cannot withstand the adverse circumstances are destroyed. Indolent nations have no right to secure respectful place among the nations of the world. In the Holy Quran Allah says.

إِنَّ اللَّهَ مَعَ الصَّابِرِينَ-

"It means that Allah stands by the side of those who show patience.

The Holy Quran says that Allah ordered Hazrat Ayyub to keep patience: فَاصْبِرْ لِحُكْمِ رَبِّكَ- “Be patient by the order of your Lord “. Following the orders of Allah, Hazrat Ayyub kept patience. It was due to his patience and steadfastness that Allah declared him to be “نِعْمُ الْعَبْدُ” which means “an excellent devotee. In verse 35 of Surah Ahqaaf, Allah says that patience is the tradition of the courageous messengers of Allah. Those who keep patience deserve to hear the happy news of success in this world and in the Hereafter. In Surah Baqarah Allah says, “وَبَشِّرِ الصَّابِرِينَ” which means “and give happy news to the persons who remained steadfast.”

In order to please Allah we should keep patience and remain steadfast at the time of distress and suffering.

### EXERCISE

#### A. Answer the following questions.

1. Why does Islam teach the believers to keep patience in the adverse circumstances?
2. What is gratitude and what is its importance according to the Quran and Sunnah?
3. How can we express our gratitude to Almighty Allah.
4. What is the importance of patience in the collective life of the Muslims?
5. What good news does Allah give to those who keep patience?

#### B. Fill in the blanks.

1. In all types of circumstances, a true believer shows a positive conduct and that is the conduct of \_\_\_\_\_ and \_\_\_\_\_.
2. A forbearing man does not lose \_\_\_\_\_ and \_\_\_\_\_ even in the worst circumstances.
3. It is \_\_\_\_\_ Who most of all deserves acknowledgment and thankfulness.
4. Those who feel gratitude for the favours of God are blessed with \_\_\_\_\_.
5. If a Muslim undergoes suffering, he should take it as a \_\_\_\_\_ given by God.
6. We must remember that God helps those who \_\_\_\_\_.
7. Indolent nations have no right to secure a \_\_\_\_\_ place among the nations of the world.
8. In the Holy Quran Allah says, "Allah stands by the side of those who keep \_\_\_\_\_."
9. Allah ordered Hazrat Ayyub to keep \_\_\_\_\_.
10. Allah says that patience in the tradition of the \_\_\_\_\_ Messengers of Allah.