

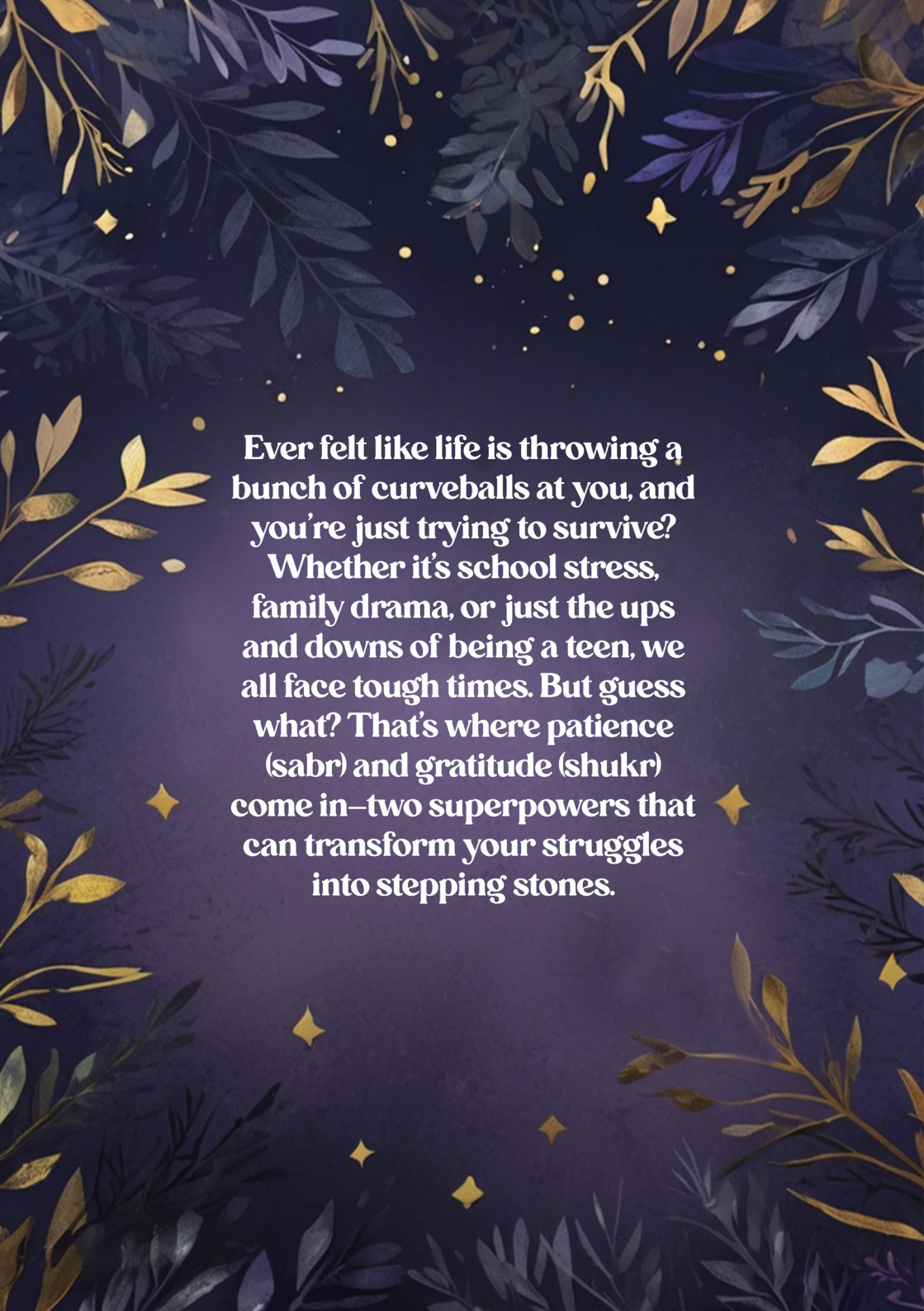


Excellence of
**Patience &
Gratitude**



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Ever felt like life is throwing a bunch of curveballs at you, and you're just trying to survive? Whether it's school stress, family drama, or just the ups and downs of being a teen, we all face tough times. But guess what? That's where patience (sabr) and gratitude (shukr) come in—two superpowers that can transform your struggles into stepping stones.



This e-book brings the wisdom of **Ibn Qayyim al-Jawziyyah**, a legendary 14th-century scholar, into your world. Known for breaking down life's toughest lessons with clarity and heart, Ibn Qayyim taught how **patience** isn't just about enduring but thriving, and how gratitude can elevate your soul.

In these pages, you'll find relatable examples, simple explanations, and practical tips to help you stay strong during tough times, appreciate the good around you, and deepen your faith.

Let's dive in and uncover how patience and gratitude can not only help you survive life's challenges but thrive through them!





It is... what is it?

In Arabic, the word "sabr" (patience) means to "stop" or "hold back".

When you're going through a tough time, patience is the strength to pause and not act out in frustration. It's stopping yourself from complaining, freaking out, or making bad decisions in the heat of the moment.

It's about taking a deep breath, controlling your emotions, and trusting that better times are ahead.

Sounds powerful, right?



Patience vs. Complaining (Shakwah)

Now, this doesn't mean you should bottle up all your feelings or not shed a tear. It's totally okay to complain to Allah when things get hard, even the prophets did!

Prophet Ya'qub

"I only complain of my distraction and anguish to Allah" [Quran 12:86]

Prophet Muhammad ﷺ

"O Allah! I complain to you of my weakness and helplessness."

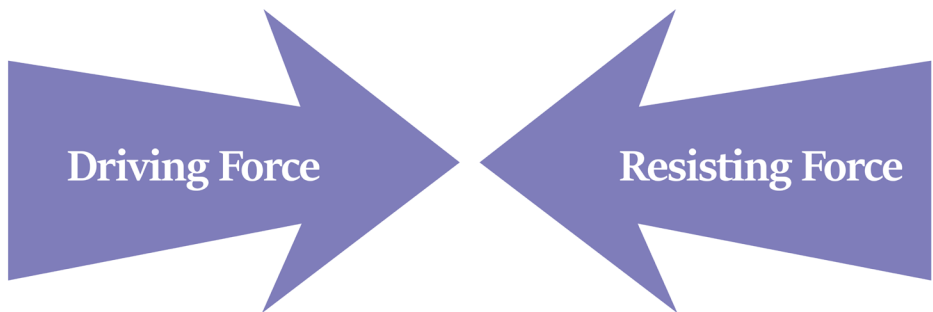
Prophet Ayub

"I have been touched with adversity, and You are the Most Merciful of the merciful." [Quran 21:83]

The good kind of <i>shakwah</i>	The bad kind of <i>shakwah</i>
<ul style="list-style-type: none">• Complaining of your weakness/pain to Allah (SWT)	<ul style="list-style-type: none">• Direct complaints to people by our words• Indirect complaints through how we behave/look



The Opposing Forces



Pushes you to do good

Holds you back from wrongs

You could break records in one while lagging behind in the other, for example, it may be easy breezy to stand in tahajjud (driving force) but so tough to keep your gaze low (resisting force). Some people might even struggle with both, everyone's different. Both forces need patience!

When Patience is needed



1. **Doing good acts:** This type of patience rings true when you do it consistently.
2. **Stopping from wrongs:** fear of Allah (SWT)'s punishment or out of hayā (shyness before Him). Hayā is higher—it shows you're mindful of Allah (SWT)'s greatness. Fear protects you, but hayā makes you act like Allah (SWT) is watching, elevating you to true excellence (ihsān).
3. **Accepting fate** can be helped by:
 - Thinking of the reward that lies ahead
 - Hoping for a time of ease
 - Counting our blessings
 - Thinking of Allah (SWT)'s care in the past



Colours of Patience

Patience over...	When you ace it, it's...	When you don't, it's...
Sexual desire	Honour	Promiscuity
One's stomach	Self-restraint	Greed
Your tongue	Discretion	Lying, Slander, Disclosing secrets
Anger	Forbearance	Impulsive reactivity
Hastiness	Gracefulness, steadiness	Hotheadedness
Running away	Courage	Cowardice
Vengefulness	Forgiveness	Revenge
Stinginess	Generosity	Stinginess



But I can't!

What if you feel like patience just doesn't come to you naturally?

Here's good news: you can develop it! It's like a muscle—the more you use it, the stronger it gets.

Before you know it, it becomes your second nature. The same goes for all other good characteristics. So keep at it and level up.

Different Types of Patience

	Voluntary	Involuntary
Physical	<p><i>Physical patience by choice</i></p> <p>Examples: doing hard labour</p>	<p><i>Enforced physical patience</i></p> <p>Examples: bearing illness, beatings, the hot or cold</p>
Psychological	<p><i>Psychological patience by choice</i></p> <p>Examples: refraining from what Shariah says is wrong</p>	<p><i>Enforced psychological patience</i></p> <p>Examples: Bearing separation from someone you love</p>





The patience by choice holds a higher place than the patience without choice. While everyone has to go through the involuntary kind of patience, only the best go for patience by choice - talk about extra achievement points!

Patience of Animals Only involuntary	Patience of Jinns Both
Patience of Humans Both	Patience of Angels None!



Five Categories of Patience

Wajib (Obligatory) Patience

Abstaining from forbidden actions (harâm).
Performing obligatory deeds (e.g., prayer, fasting).
Enduring hardships like illness or poverty.

Mandub (Encouraged) Patience

Avoiding disliked (makrûh) actions.
Performing extra, non-mandatory worship (mustahabb).
Choosing not to take revenge when permissible.

Makruh (Disliked) Patience

Abstaining from physical needs (food, drink, or sex) to the point of harming health.
Enduring makrûh actions unnecessarily.

Mubah (Permissible) Patience

Abstaining from permissible (mubâh) deeds without any specific obligation.

Madhur (Forbidden) Patience

Starving to death by refusing food and drink.
Avoiding harâm food (e.g., carrion) when survival depends on it.
Avoiding begging even when necessary to survive (debated).
Enduring unnecessary life-threatening dangers (e.g., predators, fire).
Abstaining from fighting in conflicts among Muslims (recommended by the Prophet ﷺ)



The Worst Kind of Patience

Imagine choosing to distance yourself from Allah (SWT), the One who gives your life meaning and purpose. That's what Ibn Qayyim calls the worst kind of patience—using strength to stay away from your Creator. It's like rejecting eternal treasures in favor of a fading illusion.



Emulating Allah (SWT)'s Attributes

In this section, Ibn Qayyim reminds us that Allah (SWT) is as-Sabûr (The Patient), and as believers, we are encouraged to emulate His attributes. If we truly love Allah (SWT), we should try to reflect His qualities in our lives.

- **Patience in Allah (SWT)'s way:** If Allah (SWT) is patient, then we should also be patient in dealing with life's trials. This doesn't mean that we shouldn't express our emotions or ask for help. The Prophet Muhammad ﷺ himself would express his sadness and struggles to Allah (SWT), but he would never give up hope. Emulating Allah (SWT)'s patience means remaining steadfast in worship and submitting to His will, no matter what happens.
- **The reward for patience:** Ibn Qayyim emphasises that patience for the sake of Allah (SWT) brings special closeness to Him. It's like developing a deeper relationship with Allah (SWT)—through patience, you earn His favor and become part of a higher spiritual circle. Allah (SWT) rewards those who are patient in times of hardship, and this reward is far greater than any temporary relief you might seek.



No Contradiction Between Patience and Complaining to Allah (SWT)

The chapter also addresses a common misconception: complaining to Allah (SWT) does not negate patience. Sometimes, when going through difficulties, it's okay to express your pain and seek Allah (SWT)'s help. Even the Prophets complained to Him in their moments of distress, but they always maintained their patience by not complaining to others.

This is where beautiful patience (sabrun jamîl) comes in—it's the patience where you hold on to your faith, express your distress to Allah (SWT), and still remain hopeful and trusting that Allah (SWT)'s plan is best.

For example, Prophet Ya'qub (AS) said,

"I only complain of my distraction and anguish to Allah"
[Quran 12:86],

showing that while it's normal to feel pain, our ultimate trust remains with Allah (SWT).





Noble People:

Face tough times like pros.

- Accept difficulties with a good attitude.
- Know patience brings rewards
Stay calm because they understand the bigger picture.
- Choose to be patient before things get rough.

Not-So-Noble People:

Only patient when forced.

- Like someone tied up who has no choice but to wait.
- Waste time complaining before finally accepting reality.
- Only patient after exhausting all other options.

Noble vs Not-So-Noble

Patience

The Plot Twist: Not-so-noble people often show amazing patience for the wrong things (like waiting hours for a game download) but can't wait 5 minutes in prayer!

The real heroes are patient for the right reasons, not because they're forced to be!

The Power-Up Formula



1

Knowledge Mode

- Know why patience is worth it.
- Understand the rewards coming your way.
- Learn what you're protecting yourself from.

2

Action Mode

- Put that knowledge to work.
- Train your patience like a muscle.
- Start with small challenges.

3

Level Up Your Willpower

- Strengthen your connection with Allah.
- Let your faith fuel your patience.
- Remember the end goal.

Pro Tip: Patience is like a skill in a game - hard to unlock at first, but gets easier with practice! The more you train, the stronger you get.



Remember,

Allah (SWT) never gives you a challenge without giving you the tools to handle it!



The Toughest Type of Patience

The hardest patience depends on your situation and ability. Like someone who has no interest in stealing will find it easy to avoid theft, but the real challenge hits where temptation is strong.

The toughest tests?

- **For rulers:** Staying just when they have power
- **For young people:** Resisting temptations
- **For the wealthy:** Controlling their desires

Prophet Muhammad ﷺ said, those who'll get Allah (SWT)'s special shade include youth who stay righteous and leaders who stay just.

Key challenge: Controlling your tongue! It's often harder than controlling physical actions.



Patience in The Qurán,

Here are 5 key points from the image:

- 1 Instruction. Patience is enjoined upon believers: 'And be patient for your patience is but by Allah...
- 2 "The rewards of those who exercise patience will be doubled: 'Twice will they be given their reward, for that they have persevered...'"
- 3 "Patience and iman are prerequisites for leadership in religion: 'And We appointed, from among them, leaders, giving guidance under Our commands, so long as they persevered with patience...'"
- 4 "Patience is the way to earn the companionship of Allah: '..and be patient and persevering: for Allah is with those who patiently persevere'"
- 5 "Patience and taqwa are conditions for Allah's help and support: 'Yea - if you remain firm, and act aright, even if the enemy should rush here on you in hot haste, your Lord would help you...'"

Patience During Sickness

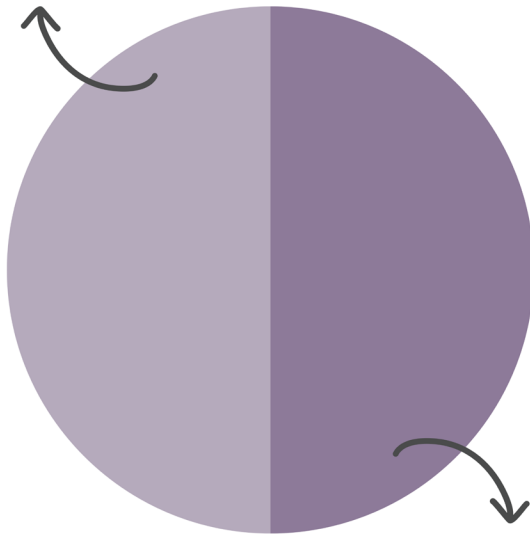
Key lessons about being patient when sick:

1. The Prophet Muhammad ﷺ said "Our pain is multiplied so our rewards will be multiplied" - when found with high fever
2. He taught us to see fever as a blessing that removes sins, like a blacksmith's fire removes impurities from iron
3. The most tested among people are:
 - **The Prophets**
 - **Then the righteous**
 - **Then others according to their faith level**
4. Even in severe pain, Prophet Muhammad ﷺ stayed patient for 19 nights without sleep
5. **Bonus wisdom:** "The prayer of a sick person will never be rejected until they recover"

Remember: Sickness isn't just suffering - it's a chance for both purification and answered prayers!

Two Parts of Imaan

50%
Gratefulness



50%
Patience