

Anger

What it is:

1. A strong emotion; a feeling that is oriented toward some real or supposed grievance
2. The state of being angry
3. Belligerence aroused by a real or supposed wrong (personified as one of the deadly sins)

1. What did you do?
2. Who did it hurt?
3. Read/copy/discuss the assigned Hadith or ayaat.
4. What might you have done differently?
5. How can you rectify the situation?

Things to Think About

Abu Hurayra reported that the Messenger of Allah, ﷺ, said, "The person who is strong is not strong because he can knock people down. The person who is strong is the one who controls himself when he is angry."

Al Adab Al Mufrad, Bukhari, #1317

Ibn 'Umar said, "There is nothing that is swallowed greater with Allah in reward than a slave of Allah who swallows and contains his rancour out of desire for the pleasure of Allah

Al Adab Al Mufrad, Bukhari, #1318

Do not let your anger be destruction
Aslam said, " Umar ibn al-Khattab said, 'Do not let your love be a total infatuation. Do not let your anger be destruction.' I asked, 'How is that?' He replied, 'When you love, you are infatuated like a child. When you hate, you desire destruction for your companion.'" AAAM #1322

What can you do?

Sulayman ibn Surad said, "Two men abused one another in the presence of the Prophet, ﷺ and one of them began to get angry and his face got red. The Prophet, ﷺ, looked at him and said, 'I know some words that, if he says them, will remove this from him. They are: "**I seek refuge with Allah from the Accursed Shaytan.**"' The man went to that man and said, 'Do you know what he said? He said, "I seek refuge with Allah from the Accursed Shaytan."
AAAM 1319

A person should remain silent when he is angry

Ibn 'Abbas said, "The Messenger of Allah, ﷺ, ' Teach and make it easy. Teach and make it easy.' three times. He went on, 'When you are angry, be silent' twice." AAAM 1320

Narrated By Abu Huraira: A man said to the Prophet , "Advise me! "The Prophet ﷺ said, "Do not become angry and furious." The man asked (the same) again and again, and the Prophet said in each case, "Do not become angry and furious."
Saheeh Bukhari Book 73, #137