

The virtue of patience in Islam

Patience, or [Sabr] in Arabic, is one of the most revered virtues in Islam. It is profoundly emphasized in both the Quran and the Hadith (the sayings and actions of the Prophet Muhammad, peace be upon him, PBUH). Patience is not merely a passive trait but an active, dynamic force that sustains believers through trials and tribulations while fostering growth in their faith and character.

In Islam, patience is considered a central component of faith. Those who exercise patience are promised immense rewards in this life and the Hereafter. Allah (Allah is the name of God in Arabic and Aramaic) has always promised those who have patience that they will be the winners. Today I shall explore the Islamic concept of patience through Quranic verses, the Prophet Muhammad’s (PBUH) sayings, and its practical applications in the believer’s life.

So, what is patience in Islam? And why is it important? In Islam, patience is broadly defined as maintaining self-composure and perseverance during times of hardship such as sickness, poverty, natural disasters, and war. Resisting the temptation to act impulsively, and remaining steadfast in one’s faith is the essence of patience. The Quran frequently addresses the importance of patience, highlighting it as a core attribute of a true believer. Allah, SWT(SWT, Sobhana-hu

Wa Ta’ala = Glorified and Exalted He is), tells us in the Quran, “**O believers! Seek comfort in patience and prayer. [Indeed] Allah is truly with those who are patient..**” [Quran 2: 153]. This verse signifies that patience, alongside prayer, is one of the essential means through which believers attain the help and guidance of Allah. Patience is not limited to enduring physical suffering(s) but also encompasses mental, emotional, and spiritual perseverance. A believer’s capacity to remain patient in adversity demonstrates trust in Allah’s divine wisdom and timing. The Quran says, “**(156) Those who say, when struck by a disaster, ‘Surely to Allah we belong and to Him, we will [all] return’. (157) Those are the ones who will receive Allah’s blessings and mercy. And it is they who are [rightly] guided.**” [Quran 2: 156-157].

Patience is also placing trust in Allah. A patient individual understands that trials and tribulations are part of God’s fate. They believe that everything happens for a reason, even if that reason is not immediately apparent. The Prophet Muhammad (PBUH) emphasized the comprehensive nature of patience when he said: “How wonderful is the case of a believer; there is good for him in everything and this applies only to a believer. If prosperity attends him, he expresses gratitude to Allah and that is good for him; and if adversity befalls him, he



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endures it patiently and that is better for him”.

Patience in Islam comes in three forms which encompass the various aspects of a believer’s life. First, there is “Patience in Obedience to God”. This form of patience entails the endurance and consistency required to adhere to the commandments of God, such as regular prayer, fasting, and maintaining ethical conduct. Acts of worship require a level of perseverance, as they demand time, energy, and dedication. The Prophet (PBUH) said, “Take on only as much as you can do of good deeds, for the best of deeds is that which is done consistently, even if it is little.” This hadith (saying) emphasizes that consistency in obedience is an act of patience.

“Patience in Refraining from Sin” is the second form. This includes resisting temptations and avoiding bad actions. This type of patience necessitates discipline and self-control to avoid prohibited behaviors such as lying, stealing, or indulging in illicit desires. Allah, SWT, states in the Quran: “And be patient, for indeed, Allah does not allow the reward of those who do

good to be lost.” [Quran, 11:115]. God rewards patience in the face of sin by promising that the fight to avoid doing evil will never go unrewarded.

“Patience during Hardships” is the third demonstration of patience. The endurance required to endure hardships and tribulations, such as disease, loss, disaster, or conflict (war), is the most widely acknowledged type of patience. Challenges in life are unavoidable, but how a believer responds to them is important in Islam. Allah, SWT, says, “**(155) And We will surely test you with something of fear and hunger and a loss of wealth and lives and fruits [food], but give good tidings to the patient, (156) who, when disaster strikes them, say, ‘Indeed we belong to Allah, and indeed to Him we will return.’”** [2: 155-156]. These verses acknowledge that hardships are a part of life, but those who respond with patience and remember their return to Allah are the ones who will receive His mercy and blessings the most.

Islam promises great rewards for those who exercise patience. The rewards for patience in Islam are immense in this life and the Hereafter. Patience is one of the qualities that lead to God’s forgiveness. Allah, SWT, says, “**Indeed, the patient will be given their reward without account (limit).**” [Quran 39: 10]. This verse is a profound statement of the magnitude of reward

that awaits the patient, emphasizing that their reward is beyond measure. The Prophet Muhammad (PBUH) also reassured the believers that enduring difficulties with patience erases sins. He said: “*No Muslim is afflicted by difficulty, continuous pain, anxiety, grief, injury, or care, or even by a thorn with which he is pierced, without God thereby making an atonement for his sins.*”. Therefore, every hardship, when met with patience, serves as an opportunity for rewards and blessings from God.

Patience manifests in various ways in daily life. In family relationships, patience fosters understanding and tolerance. Maintaining patience when dealing with a spouse, children, or relatives strengthens bonds and prevents conflicts. The Prophet Muhammad (PBUH) demonstrated immense patience in his personal life, especially when faced with the difficulties of his community. His conduct serves as a model for Muslims in how to deal with challenging situations with grace and patience.

In social interactions, patience prevents hasty judgments and angry reactions. The Quran advises against reacting in anger, instructing believers to respond with calmness and restraint, Allah, SWT, says, “**Good and evil cannot be equal. Respond [to evil] with what is best, then the one you are in a feud with will be like**

a close friend.” [Quran 41:34]. This verse shows that responding to the bad-tempered with goodness [which requires patience] can turn hostility into friendship, highlighting the transformative nature of patience.

Furthermore, patience is critical in the pursuit of knowledge. Islamic scholars have often emphasized that acquiring knowledge, whether religious or otherwise, requires patience, dedication, and persistence. Imam Al-Shafi’i once said, “Knowledge is not given to those who are too shy or arrogant.” This statement underscores the search for knowledge requires humility and the patience to learn and grow continuously.

Patience is also a form of worship. It is not merely a personal attribute but a worship in itself. The Prophet Muhammad (PBUH) said: “*There is no gift better and more vast that Allah bestows upon His servant than patience.*”. Patience is intertwined with other acts of worship, such as fasting during Ramadan, where the believer exercises patience in abstaining from food, drink, and sinful behavior from dawn until sunset.

In the end, patience, in Islam, is not just a virtue but an essential part of a believer’s faith and practice.

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French culture minister proposes entrance fee for Notre Dame to help fund preservation work

PARIS – France’s culture minister, Rachida Dati, has proposed introducing an entrance fee to visit Notre Dame cathedral when it reopens in December, aiming to raise funds for the preservation of the nation’s religious heritage. The iconic cathedral is set to open its lofty doors again five years after it was ravaged by fire. The storied interiors, with their soaring ceiling, intricate

stained-glass windows and world-class organ, are set to welcome visitors once more – five years after the catastrophic fire in April 2019. Dati’s plan would charge tourists 5 euros (\$4.16), which could generate 75 million euros (\$62.41 million) annually to help restore France’s crumbling religious buildings. Dati believes Notre Dame could serve as a model for the country’s pres-

ervation efforts. “Across Europe, visitors pay to access the most remarkable religious sites. With 5 euros per visitor at Notre Dame, we could save churches all over France. It would be a beautiful symbol,” Dati said in an interview with Le Figaro newspaper published Wednesday evening. The funds are desperately needed. France is home to ap-

proximately 42,000 Catholic churches, many of which are in a state of disrepair. Experts estimate that one religious building is lost every two weeks due to neglect, fire or vandalism. The French government has launched several campaigns to combat this crisis, including the Loto du patrimoine, which funds restoration efforts. In 2022 alone, the Interior Ministry

spent 57 million euros on religious heritage, and over the past five years 280 million euros have gone toward restoring over 8,000 sites. Yet many rural churches remain at risk. Notre Dame’s reopening is particularly poignant. It once stood as one of the world’s most-visited monuments, attracting 12 to 14 million visitors each year. —AP

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For prophecy never had its origin in the human will, but prophets, though human, spoke from God as they were carried along by the Holy Spirit.



2 Peter 1:21

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JB Bond, Senior Pastor

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