

Mastering anger

A man asked the Prophet (peace be upon him) for advice. He said: do not get angry. The man asked again. The same answer. What is hiding inside that command?

CENTREPIECE Sahih al-Bukhari 6116

FIRST KHUTBAH

1. The shortest counsel

A companion asked for advice. The Prophet (peace be upon him) said: do not get angry. He asked again. Same reply. Three times. Most of our worst decisions were made in five-minute windows of anger; the entire ethics of restraint live in that hadith.

2. Practical steps the Prophet (peace be upon him) taught

Seek refuge in Allah from Shaytan (Bukhari 6115). Change posture: if standing, sit; if sitting, lie down (Abu Dawud 4782). Perform wudu, because anger is from fire and water cools fire (Abu Dawud 4784, a narration scholars grade weak, though the practice is sound).

3. The strong is the one who controls himself

The Prophet (peace be upon him) said: the strong is not the one who throws others down; the strong is the one who controls himself when angry (Bukhari 6114). Strength is redefined. Not what you can do to others; what you can hold back from doing.

SECOND KHUTBAH

Return to the centrepiece and gather the message around one honest change connected to mastering anger.

Suggested closing: Before you send the message, before you raise the voice, before you reply. Pause. The angels are watching the choice.

PREPARATION NOTES

1. Read every cited verse or hadith in full before using it.
2. Add one example your own congregation will recognise.
3. Check questions of fiqh and recognised disagreement with a qualified local scholar.

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