

## SUGGESTED LESSON PLAN FOR TEACHING

## Ayatul Birr 2:177 CHARACTER TRAITS PERSEVERANCE

### INTRODUCTION

Continuing with the manifestation of BELIEF in our behaviours...

Look at the characteristics that one who has adopted birr manifests in his behaviours in every aspect of his life.

The second characteristic of one who has adopted birr.

**WAS SAABIREENA FIL BA'SAAI WADH DHAR-RAAI WA HIYNAL BA'AS**

**They persevere in patience in distress, affliction and in the midst of conflict.**



### ELABORATE

The grammar of the word (SAABIREEN) in this sentence tells us that all the previous behaviours pivot around this quality. There are over 100 ayaat in the Qur'an on Sabr.

Sabr consists of 6 components:

1. Constancy
2. Perseverance
3. Patience
4. Endurance
5. Restrain
6. Forbearance

SABR IN ESSENCE IS TO HOLD SOMETHING BACK \_ TO CONTROL ACTIONS AND WORDS  
We often see it as a weakness, Qur'an sees it as strength - "WA BASHIRIS SAABIREEN...." 2:155  
And give good news to those who have Sabr...

It continues to describe them \_ when they are touched by a museeba (a difficulty which targets precisely) they say "Innaa lilani wa innaa ilayhi raajiu" (We are from Allah and to Him we return"

### DISCUSS

Talk about day to day interactions when Sabr needs to be exercised.

### EXAMPLES

Give the example of Prophet Yaqub who lost his son Prophet Yusuf for a very long time. There was no closure - he didn't know whether his child was hungry, scared, hurt..... It is indescribable agony. He says "FASABRUN JAMEEL, WALLAHU MUSTA"AANU "ALAA MAA YASIFUN" 12:18 (Sabr is the only beautiful; thing I have, Allah is He whose help is sought against what you describe"

His other sons tell him the if he doesn't stop grieving over Yusuf, he will kill himself (Get over it) 12:85

His Reply is what Sabr is about 12:86  
INNAMAA ASHKU BATHIY WA HUZZIY ILALLAH WA A"LAMU MINALLAHI MAA LAA TA'LAMUN"  
I complain of my grief and sadness only to Allah, and I know from Him what you do not know"

Note: He cried until he loses his eyesight and Qur'an does not condemn the crying.

Another example is of Sayyida Zaynab who is known as Sabira.

When asked by Yazid about the event of Ashura, she replied "MAA RA'AYTU ILLAA JAMEELA"  
(I see nothing but beauty)