

Self Restraint

Self Restraint الْعِفَّةُ

Enjoinment of Self-Restraint

الْحَثُّ عَلَى الْعِفَاةِ

.. رسولُ الله (صَلَّى اللهُ عَلَيْهِ وَآلِهِ): إِنَّ اللَّهَ يُحِبُّ الْحَيَّ الْمُتَعَفِّفَ ، وَيُبْغِضُ الْبَذِيَّ السَّائِلَ الْمُلْحِفَ¹

1— The Prophet (S) said, ‘Verily Allah, Mighty and Exalted, loves the reserved and shy person, and despises the bawdy and importunate beggar.’[Amali al-Tusi, p. 39, no. 43]

- الإمامُ عليٌّ (عَلَيْهِ السَّلَامُ): مَا الْمُجَاهِدُ الشَّهِيدُ فِي سَبِيلِ اللَّهِ بِأَعْظَمَ أَجْراً مِمَّنْ قَدَرَ فَعَفَ ، لَكَادَ الْعَفِيفُ أَنْ يَكُونَ² مَلَكاً مِنَ الْمَلَائِكَةِ.

2— Imam Ali (a.s.) said, ‘The fighter who is martyred in the way of Allah has no greater reward than the one who is able to sate himself but remains chaste. The chaste person may well become one of the angels.’[Nahjul Balaghah, Saying 474]

.. الإمامُ عليٌّ (عَلَيْهِ السَّلَامُ): الْعِفَّةُ رَأْسُ كُلِّ خَيْرٍ³

3— Imam Ali (a.s.) said, ‘Self-restraint is the root of all good.’[Ghurar al-Hikam, no. 1168]

.. الإمامُ عليٌّ (عَلَيْهِ السَّلَامُ): الْعِفَّةُ أَفْضَلُ الْفُتُوَّةِ⁴

4— Imam Ali (a.s.) said, ‘Self-restraint is the best part of spiritual chivalry (futuwwa).’[Ghurar al-Hikam,

.. - الإمام عليّ (عليه السلام): العَفَافُ يَصُونُ النَّفْسَ وَيُنْزِلُهَا عَنِ الدُّنَايَا

5— Imam Ali (a.s.) said, ‘Self-restraint protects the soul from all sides and keeps it away from base things.’[Ghurur al-Hikam, no. 1989]

.. - الإمام عليّ (عليه السلام): زَكَاةُ الْجَمَالِ الْعَفَافُ

6— Imam Ali (a.s.) said, ‘The zakat of beauty is chastity.’[Ghurur al-Hikam, no. 5449]

.. - الإمام الصادق (عليه السلام): عَفَّوْا عَنْ نِسَاءِ النَّاسِ تَعِفَّ نِسَاؤُكُمْ

7— Imam al-Sadiq (a.s.) said, ‘Restraining yourselves from other people’s women and your own women will remain chaste.’[al-Khisal, p. 55, no. 75]

Enjoinment of Restraining the Stomach and the Private Parts

الْحَثُّ عَلَى عِفَّةِ الْبَطْنِ وَالْفَرْجِ

.. رسولُ الله (صَلَّى اللهُ عَلَيْهِ وَآلِهِ): أَكْثَرُ مَا تَلِجُ بِهِ أُمَّتِي النَّارَ الْأَجْوَفَانِ: الْبَطْنُ وَالْفَرْجُ

8— The Prophet (S) said, ‘Most of my community who will enter the Fire will be as a result of two cavities the stomach and the private parts.’[al-Kafi, v. 2, p. 79, no. 5]

- رسولُ الله (صَلَّى اللهُ عَلَيْهِ وَآلِهِ): إِنَّ مُوسَى - صَلَّى اللهُ عَلَيْهِ وَ سَلَّمَ - آجَرَ نَفْسَهُ ثَمَانِي سِنِينَ ، أَوْ عَشْرًا ، عَلَى عِفَّةِ فَرْجِهِ وَطَعَامِ بَطْنِهِ .

9— The Prophet (S) said, ‘Verily Moses (a.s.) engaged himself for eight or ten years in restraining his private parts and his stomach.’[Sunan Ibn Maaja, no. 2444]

.. - الإمام الباقر (عليه السلام): مَا عُبِدَ اللهُ بِشَيْءٍ أَفْضَلَ مِنْ عِفَّةِ بَطْنٍ وَفَرْجٍ

10— Imam al-Baqir (a.s.) said, ‘Allah can be worshipped with no act better than restraint of the stomach

and the private parts.’[al-Kafi, v. 2, p. 79, no. 5]

The Root of Self-Restraint

أَصْلُ الْعَفَافِ

.. الإمامُ عليٌّ (عَلَيْهِ السَّلَامُ): أَصْلُ الْعَفَافِ الْقَنَاعَةُ، وَثَمَرَتُهَا قَلَّةُ الْأَحْزَانِ¹¹

11— Imam Ali (a.s.) said, ‘The root of self-restraint is contentment, and its fruit is fewer sorrows.’[Masalib al-Sa’ul, p. 50]

.. الإمامُ عليٌّ (عَلَيْهِ السَّلَامُ): الرِّضَا بِالْكَفَافِ يُؤَدِّي إِلَى الْعَفَافِ¹²

12— Imam Ali (a.s.) said, ‘Satisfaction with one’s lot leads to self-restraint.’[Ghurar al-Hikam, no. 1512]

.. الإمامُ عليٌّ (عَلَيْهِ السَّلَامُ): قَدْرُ الرَّجُلِ عَلَى قَدْرِ هِمَّتِهِ ... وَعِفَّتُهُ عَلَى قَدْرِ غَيْرَتِهِ¹³

13— Imam Ali (a.s.) said, ‘The worth of a man is proportionate to his ambition ... and his chastity is in proportion with his sense of self-worth.’ [Nahjul Balaghah, Saying 47]

.. الإمامُ عليٌّ (عَلَيْهِ السَّلَامُ): مَنْ عَقَلَ عَفَا¹⁴

14— Imam Ali (a.s.) said, ‘He who uses his intellect restrains himself.’[Ghurar al-Hikam, no. 7646]

The Fruit of Self-Restraint

ثَمَرَةُ الْعِفَّةِ

- رَسُولُ اللَّهِ (صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ): أَمَّا الْعَفَافُ: فَيَتَشَعَّبُ مِنْهُ الرِّضَا ، وَالْإِسْتِكَانَةُ ، وَالْحِظُّ ، وَالرَّاحَةُ ، وَالتَّقَفُّدُ¹⁵ ، وَالْخُشُوعُ ، وَالتَّذَكُّرُ ، وَالتَّفَكُّرُ ، وَالْجُودُ ، وَالسَّخَاءُ ، فَهَذَا مَا يَتَشَعَّبُ لِلْعَاقِلِ بِعَفَافِهِ رِضَى بِاللَّهِ وَبِقِسْمِهِ

15— The Prophet (S) said, ‘As for self-restraint, from it branches out satisfaction, resignation, good fortune, comfort, a sense of evaluation, humbleness, a sense of remembrance, contemplation, magnanimity and generosity. These are the many ramifications for the intelligent man who practices

self-restraint and is satisfied with Allah and with his share.’[Tuhaf al-’Uqul, no. 17]

.. الإمامُ عليٌّ (عليه السّلامُ): العِفَّةُ تُضَعِّفُ الشَّهْوَةَ¹⁶

16– Imam Ali (a.s.) said, ‘Self-restraint weakens carnal desire.’[Ghurar al-Hikam, no. 2148]

.. الإمامُ عليٌّ (عليه السّلامُ): ثَمَرَةُ العِفَّةِ الْقَنَاعَةُ¹⁷

17– Imam Ali (a.s.) said, ‘The fruit of self-restraint is contentment.’[Ghurar al-Hikam, no. 4637]

.. الإمامُ عليٌّ (عليه السّلامُ): ثَمَرَةُ العِفَّةِ الصِّيَانَةُ¹⁸

18– Imam Ali (a.s.) said, ‘The fruit of self-restraint is preservation [of oneself].’[Ghurar al-Hikam, no. 4593]

.. الإمامُ عليٌّ (عليه السّلامُ): مَنْ عَفَّ خَفَّ وَزْرُهُ ، وَعَظُمَ عِنْدَ اللَّهِ قَدْرُهُ¹⁹

19– Imam Ali (a.s.) said, ‘He who practices self-restraint, his burden decreases and his worth in Allah’s eyes increases.’[Ghurar al-Hikam, no. 4597]

.. الإمامُ عليٌّ (عليه السّلامُ): بِالْعِفَافِ تَزَكُّو الْأَعْمَالُ²⁰

20– Imam Ali (a.s.) said, ‘Actions are purified through practice of self-restraint.’[Ghurar al-Hikam, no. 4238]