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Patience And The Patient

Patience and the patient-الصبر والصابر

1. Patience is the first prerequisite of proficiency (or certitude).

   1اَلصَّبْرُ أوَّلُ لَوازِمِ الإتْقانِ (الإيْقانِ).

2. Patience in times of hardship makes reward abundant.

   2اَلصَّبْرُ عَلَى المُصِيْبَةِ يُجْزِلُ المَثُوبَةَ ..

3. Patience is one of the two triumphs.

   3اَلصَّبْرُ أحَدُ الظَّفَرَيْنِ ..

4. Patience in the face of calamities makes one attain honourable ranks.

   4اَلصَّبْرُ عَلَى النَّوائِبِ يُنيلُ شَرَفَ المَراتِبِ (المَطالِبِ).

5. Patience in the obedience to Allah is easier than patience in the face of His chastisement.

   5اَلصَّبْرُ عَلى طاعَةِ اللّهِ أهْوَنُ مِنَ الصَّبْرِ عَلى عُقُوبَتِهِ ..

6. Patience in affliction is better than wellbeing in [times of] comfort.

6اَلصَّبْرُ عَلَى البَلاءِ أفْضَلُ مِنَ العافِيَةِ فِي الرَّخاءِ ..

7. Patience is the best trait and knowledge is the most honourable embellishment and gift.

7اَلصَّبْرُ أفْضَلُ سَجِيَّة، والعِلْمُ أشْرَفُ حِلْيَة وعَطِيَّة ..

8. Patience is for a person to bear that which befalls him and to suppress [his anger with] that which enrages him.

8اَلصَّبْرُ أنْ يَحْتَمِلَ الرَّجُلُ ما يَنُوبُهُ ويَكْظِمَ ما يُغْضِبُهُ ..

9. Patience is of two types: enduring what you hate and abstaining from what you love.

9اَلصَّبْرُ صبْرانِ: صَبْرٌ عَلى ما تَكْرَهُ، وصَبْرٌ عَمّا تُحِبُّ ..

10. Patience is the best vestment of faith and the most honourable of human qualities.

10اَلصَّبْرُ أحْسَنُ حُلَلِ الإيمانِ، وأشْرَفُ خَلائِقِ الإنْسانِ ..

11. Refraining from lust is chastity, from anger is courage and from sin is piety.

11اَلصَّبْرُ عَنِ الشَّهْوَةِ عِفَّةٌ، وعَنِ الغَضَبِ نَجْدَةٌ، وعَنِ المعْصِيَةِ وَرَعٌ ..

12. Patience is of two types: Patience in affliction is pleasantly beautiful, but patience in refraining from the prohibited is even better.

12اَلصَّبْرُ صَبْرانِ: صَبْرٌ فِي البَلاءِ حَسَنٌ جَميلٌ، وأحْسَنُ مِنْهُ الصَّبْرُ عَنِ المَحارِمِ ..

13. Patience in poverty with dignity is better than wealth with indignity.

13اَلصَّبْرُ عَلَى الفَقْرِ مَعَ العِزِّ أجْمَلُ مِنَ الغِنى معَ الذُّلِّ ..

14. Patience in the face of agonizing distress leads to success in attaining opportunities.

14اَلصَّبْرُ عَلى مَضَضِ الغُصَصِ يُوجِبُ الظَّفَرَ بِالفُرَصِ ..

15. Be patient [and] you will achieve.

15اِصْبِرْ تَنَلْ ..

16. Be patient [and] you will triumph.

16اِصْبِرْ تَظْفَرْ ..

17. Occupy yourself with patience in adversity instead of being distressed by it.

17اِشْتَغِلْ بِالصَّبْرِ عَلى الرَّزِيَّةِ عَنِ الجَزَعِ لَها ..

18. Be patient with the action which will surely bring you reward and refrain from the action the punishment for which you will not be able to bear.

18اِصْبِرْ عَلى عَمَل لابُدَّ لَكَ مِنْ ثَوابِهِ، وعَنْ عَمَل لاصَبْرَ لَكَ عَلى عِقابِهِ ..

19. Adopt patience, for indeed patience has a sweet end and an auspicious result.

19اِلْزَمِ الصَّبْرَ، فَإنَّ الصَّبْرَ حُلْوُ العاقِبَةِ، مَيْمُونُ المَغَبَّةِ ..

20. Be patient with the bitterness of truth and beware of being deceived by the sweetness of falsehood.

20اِصْبِرْ عَلى مَرارَةِ الحَقِّ، وإيّاكَ أنْ تَنْخَدِعَ لِحَلاوَةِ الباطِلِ ..

21. Stick to the earth, be patient in trials, and do not move your hands and follow the fancy of your tongues [in order to start quarrels].

21اِلْزَمُوا الأرْضَ، واصْبِرُوا عَلَى البَلاءِ،وَلاتَحَرِّكُوا بِأيْديكُمْ وهَوى ألْسِنَتِكُمْ ..

22. Espouse patience, for indeed it is the pillar of faith and the basis of affairs.

22 اِلْزَمُوا الصَّبْرَ، فَإِنَّهُ دِعامَةُ الإيمانِ، وَمِلاكُ الأُمُورِ ..

23. The best patience is longanimity.

23 أفْضَلُ الصَّبرِ التَّصَبُّرُ ..

24. The strongest resource for [facing] difficulties is patience.

24 أقْوى عُدَدِ الشَّدائِدِ الصَّبْرُ ..

25. The best patience is during the bitter pain of tragedy.

25 أفْضَلُ الصَّبْرِ عِنْدَ مَرِّ الفَجيْعَةِ ..

26. The best patience is abstaining from that which is loved [but prohibited].

26 أفْضَلُ الصَّبْرِ اَلصَّبْرُ عَنِ المَحْبُوبِ ..

27. The best asset is patience in difficulty.

27 أفْضَلُ عُدَّة اَلصَّبْرُ عَلَى الشِدَّةِ ..

28. The action with most praiseworthy results is patience.

28 إنَّ أحْمَدَ الأُمُورِ عاقِبَةً الصَّبْرُ ..

29. Verily patience is a virtue except if it is [when others are patient] concerning you, and apprehension is bad except if it is over you; verily the affliction [we suffer] by your loss is great whereas [the hardships] before you and after you are insignificant [in comparison].1

29 إنَّ الصَّبْرَ لَجَميلٌ إلاّ عَنْكَ، وإنَّ الجَزَعَ لَقَبيحٌ إلاّ عَلَيْكَ، وإنَّ المُصابَ بِكَ لَجَليلٌ، وإنَّهُ قَبْلَكَ وبَعْدَكَ لَجَلَلٌ ..

30. Patience is a foundation [for other good actions].

30 اَلصَّبْرُ مِلاكٌ ..

31. Patience is an elevation; agitation is degradation.

31 اَلصَّبْرُ مَرْفَعَةٌ، اَلجَزَعُ مَنْقَصَةٌ ..

32. Patience is a means of repelling [adversities].

32 اَلصَّبْرُ مَدْفَعَةٌ ..

33. Patience is a victory; haste [and impatience] is a danger.

33 اَلصَّبْرُ ظَفَرٌ، اَلعَجَلُ خَطَرٌ ..

34. Patience fights off mishaps.

34 الصَّبْرُ يُناضِلُ الحِدْثانَ ..

35. Patience is the cornerstone of faith.

35 اَلصَّبْرُ رَأْسُ الإيمانِ ..

36. Patience is the shield against poverty.

36 اَلصَّبْرُ جُنَّةُ الفاقَةِ ..

37. Patience is the fruit of conviction.

37 اَلصَّبْرُ ثَمَرَةُ اليَقينِ ..

38. Patience makes tragedy easier to bear.

38 اَلصَّبْرُ يُهَوِّنُ الفَجيعَةَ ..

39. Patience purges calamity.

39اَلصَّبْرُ يُمَحِّصُ الرَّزِيَّةَ ..

40. Patience is the fruit of faith.

40اَلصَّبْرُ ثَمَرَةُ الإيمانِ ..

41. Patience is an asset for [facing] affliction.

41اَلصَّبْرُ عُدَّةٌ لِلْبَلاءِ ..

42. Patience is the guarantor of success.

42الصَّبْرُ كَفيلٌ بِالظَّفَرِ ..

43. Patience is the symbol of [divine] succour.

43اَلصَّبْرُ عُنْوانُ النَصْرِ ..

44. Patience is more repelling for affliction[s].

44اَلصَّبْرُ أدْفَعُ للْبَلاء ..

45. Patience constrains the enemies.

45اَلصَّبْرُ يُرْغِمُ الأعْداءَ ..

46. Patience is the [best] resource for [tackling] poverty.

46اَلصَّبْرُ عُدَّةُ الفَقْرِ ..

47. Patience is an aide in every affair.

47اَلصَّبْرُ عَوْنٌ عَلى كُلِّ أمْر ..

48. Patience is the best of assets.

48اَلصَّبْرُ أفْضَلُ العُدَدِ ..

49. Patience is the strongest vestment.

49اَلصَّبْرُ أقْوى لِباس ..

50. Patience is a riding mount that does not stumble.

50الصَّبْرُ مَطِيَّةٌ لاتَكْبُو ..

51. Patience is the most helpful thing in [facing the hardships of] one's lifetime.

51اَلصَّبْرُ أعْوَنُ شَيْء عَلَى الدَّهْرِ ..

52. Patience is the best of the believer's soldiers.

52 اَلصَّبْرُ خَيْرُ جُنُودِ المُؤْمِنِ ..

53. Judiciousness and excellence lie in patience.

53اَلحَزْمُ والفَضيلَةُ فِي الصَّبْرِ ..

54. Patience in the face of suffering leads to the gaining of opportunity.

54اَلصَّبْرُ عَلَى المَضَضِ يُؤَدّي إلى إصابَةِ الفُرْصَةِ ..

55. Patience descends [in proportion to] to the extent of the hardship.

55اَلصَّبْرُ يَنْزِلُ عَلى قَدْرِ المُصيبَةِ ..

56. Patience in times of difficulty is from the best endowments.

56 اَلصَّبْرُ عَلَى المَصائِبِ مِنْ أفْضَلِ المَواهِبِ ..

57. Patience in hardship blunts the edge of the one who rejoices in your suffering.

57 اَلصَّبْرُ عَلَى المُصيبَةِ يَفُلُّ حَدَّ الشّامِتِ ..

58. Patience is more repelling for harm.

58 الصَّبْرُ أدْفَعُ لِلضَّرَرِ ..

59. If Allah tests you with some hardship, then be patient.

59 إنِ ابْتَلاكُمُ اللّهُ بِمُصيبَة فَاصْبِرُوا ..

60. If you are patient, then in [the reward of] Allah there is a restoration [and recompense] from every hardship.

60 إنْ تَصْبِرُوا فَفِي اللّهِ مِنْ كُلِّ مُصيبَة خَلَفٌ ..

61. If you are patient then things will transpire as ordained and you will be rewarded, and if you are agitated then things will transpire as ordained and you will bear the burden of sin.

61 إنْ صَبَرْتَ جَرى عَلَيْكَ القَلَمُ وأنْتَ مَأْجُورٌ، وإنْ جَزَعْتَ جَرى عَلَيْكَ القَلَمُ وأنْتَ مَأْزُورٌ ..

62. Either be patient like the freemen or else seek distraction [and forget] like the inept.

62 إنْ صَبَرْتَ صَبْرَ الأحْرارِ، وإلاّ سَلَوْتَ سُلُوَّ الأغْمارِ ..

63. If you are patient, you will attain the stations of the virtuous through your patience, and if you become agitated, then your agitation will cause you to enter the fire of hell.

63 إنْ صَبَرْتَ أدْرَكْتَ بِصَبْرِكَ مَنازِلَ الأبْرارِ، وإنْ جَزَعْتَ أوْرَدَكَ جَزَعُكَ عَذابَ النّارِ ..

64. Either be patient like the honourable ones or else seek distraction like the animals.

64إنْ صَبَرْتَ صَبْرَ الأكارِمِ، وَإلاّ سَلَوْتَ سُلُوَّ البَهائِمِ ..

65. Verily you will never attain that which you love from your Lord except by refraining from that which you desire.

65إنَّكَ لَنْ تُدْرِكَ ما تُحِبُّ مِنْ رَبِّكَ إلاّ بِالصَّبْرِ عَمّا تَشْتَهي ..

66. Verily if you are patient in affliction, thankful in comfort and satisfied with the [divine] decree, you will gain the pleasure of Allah, the Glorified.

66إنَّكُمْ إنْ صَبَرْتُمْ عَلَى البَلاءِ، وشَكَرْتُمْ فِي الرَّخاءِ، ورَضيتُمْ بِالقَضاءِ، كانَ لَكُمْ مِنَ اللّهِ سُبْحانَهُ الرِّضا ..

67. When you are patient in adversity, you blunt its edge.

67إذا صَبَرْتَ لِلْمِحْنَةِ فَلَلْتَ حَدَّها ..

68. Through patience, adversity is made lighter.

68بِالصَّبْرِ تَخِفُّ المِحْنَةُ ..

69. Through patience, [one's legitimate] desires are realized.

69بِالصَّبْرِ تُدْرَكُ الرَّغائِبُ ..

70. Through patience, the loftiness of matters is attained.

70بِالصَّبْرِ تُدْرَكُ مَعالِي الأُمُورِ ..

71. Give glad tidings of success and victory to yourself when you are patient.

71بَشِّرْ نَفْسَكَ إذا صَبَرْتَ بِالنُّجْحِ والظَّفَرِ ..

72. Dress yourself with patience and certainty, for these two are good provisions in [both] comfort and hardship.

72ـ تَجَلْبَبِ الصَّبْرَ واليَقينَ، فَإِنَّهُما نِعْمَ العُدَّةُ فِي الرَّخاءِ وَالشِّدَّةِ ..

73. The reward of patience takes away the sufferings of tribulation.

73ـ ثَوابُ الصَّبْرِ يُذْهِبُ مَضَضَ المُصيبَةِ ..

74. The reward for patience is the loftiest reward.

74ـ ثَوابُ الصَّبْرِ أعْلَى الثَّوابِ ..

75. Good patience is the vanguard of victory.

75ـ حُسْنُ الصَّبْرِ طَليعَةُ النَّصْرِ ..

76. Good patience is the basis of every affair.

76ـ حُسْنُ الصَّبْرِ مِلاكُ كُلِّ أمْرٍ ..

77. Good patience is an aide in every matter.

77ـ حُسْنُ الصَّبْرِ عَوْنٌ عَلى كُلِّ أمْرٍ ..

78. Persevering patience is the symbol of success and victory.

78ـ دَوامُ الصَّبْرِ عُنْوانُ الظَّفَرِ والنَّصْرِ ..

79. May Allah have mercy on the person who makes patience the conveyance of his life and piety the provision for his death.

79ـ رَحِمَ اللّهُ امْرَءاً جَعَلَ الصَّبْرَ مَطِيَّةَ حَياتِه، والتَّقْوى عُدَّةَ وَفاتِهِ ..

80. The cornerstone of faith is patience.

80 رَأسُ الإيمانِ الصَّبْرُ ..

81. Your patience in [times of] hardship lightens the adversity and brings abundant reward.

81 صَبْرُكَ عَلَى المُصيبَةِ يُخَفِّفُ الرَّزِيَّةَ، ويُجْزِلُ المَثُوبَةَ ..

82. Your patience in bearing agonies gains you opportunities.

82 صَبْرُكَ عَلى تَجَرُّعِ الغُصَصِ يُظْفِرُكَ بِالفُرَصِ ..

83. Bid yourselves to patiently perform acts of worship and protect yourselves from the impurity of evil deeds, [as a result] you will find the sweetness of faith.

83 صابِرُوا أنْفُسَكُمْ عَلى فِعْلِ الطّاعاتِ، وصُونُوها عَنْ دَنَسِ السَّيِّئاتِ، تَجِدُوا حَلاوَةَ الإيمانِ ..

84. Blessed is the one who makes patience the conveyance of his salvation and piety the provision of his death.

84 طُوبى لِمَنْ جَعَلَ الصَّبْرَ مَطِيَّةَ نَجاتِهِ، والتَّقْوى عُدَّةَ وَفاتِهِ ..

85. Per during patience is the quality of the virtuous.

85 طُولُ الاِصْطِبارِ مِنْ شِيَمِ الأبْرارِ ..

86. Espouse patience in distress and tribulation.

86 عَلَيْكَ بِالصَّبْرِ في الضّيقِ والبَلاءِ ..

87. Espouse patience and tolerance; for whoever espouses these two [qualities], adversities become easy for him [to bear].

87 عَلَيْكَ بِالصَّبْرِ والاِحْتِمالِ، فَمَنْ لَزِمَهُما هانَتْ عَلَيْهِ المِحَنُ ..

88. Espouse patience, for indeed it is a protective fortress and the worship of those who possess certitude.

88 عَلَيْكَ بِالصَّبْرِ فَإِنَّهُ حِصْنٌ حَصينٌ وعِبادَةُ المُوقِنينَ ..

89. Espouse patience, for the intelligent one holds on to it and the ignorant one returns to it.

89 عَلَيْكَ بِالصَّبْرِ فَبِهِ يَأخُذُ العاقِلُ، وإلَيْهِ يَرْجِعُ الجاهِلُ ..

90. Espouse patience, for the judicious one holds on to it and the agitated one turns back to it.

90 عَلَيْكَ بِلُزومِ الصَّبْرِ فَبِهِ يَأْخُذُ الحازِمُ، وإلَيْهِ يَؤُلُ الجازِعُ ..

91. It is during the first blow [of adversity] that the patience of the noble ones is seen.

91 عِنْدَ الصَّدْمَةِ الأُولى يَكُونُ صَبْرُ النُّبَلاءِ ..

92. During the descending of hardships and successive adversities, the excellence of patience becomes manifest.

92 عِنْدَ نُزُولِ المَصائِبِ وتَعاقُبِ النَّوائِبِ تَظْهَرُ فَضيلَةُ الصَّبْرِ ..

93. In patience there is triumph.

93 فِي الصَّبْرِ ظَفَرٌ ..

94. In tribulation the excellence of patience is realized.

94 فِي البَلاءِ تُحازُ فَضيلَةُ الصَّبْرِ ..

95. Sometimes patience becomes difficult [to come by].

95 قَدْ يَعِزُّ الصَّبْرُ ..

96. It is seldom that one is patient yet he does not acquire [his objective].

96 قَلَّ مَنْ صَبَرَ إلاّ مَلَكَ ..

97. It is seldom that one is patient yet he does not become powerful.

97 قَلَّ مَنْ صَبَرَ إلاّ قَدَرَ ..

98. It is seldom that one is patient yet he does not gain victory.

98 قَلَّ مَنْ صَبَرَ إلاّ ظَفِرَ ..

99. How many a lock has been opened with patience!

99 كَمْ يُفْتَحُ بِالصَّبْرِ مِنْ غَلَق ..

100. One who is not patient in his toiling [for earning his livelihood] has to be patient in destitution.

100 مَنْ لَمْ يَصْبِرْ عَلى كَدِّهِ صَبَرَ عَلَى الإفْلاسِ ..

101. The patient one is never deprived of victory, even if it takes a long time [to come].

101 لايَعْدَمُ الصَّبُورُ الظَّفَرَ، وإنْ طالَ بِهِ الزَّمانُ ..

102. None bears the bitterness of truth except the one who is certain of its sweet [and pleasing] aftermath.

102 لايَصْبِرُ عَلى مُرِّ الحَقِّ إلاّ مَنْ أيْقَنَ بِحَلاوَةِ عاقِبَتِهِ ..

103. The affair of the patient one returns to the realization of his goal and reaching his aspiration.

103 يَؤُولُ أمْرُ الصَّبُورِ إلى دَرَكِ غايَتِهِ وبُلُوغِ أمَلِهِ ..

104. With patience, there is no adversity.

104 لَيْسَ مَعَ الصَّبْرِ مُصيبَةٌ ..

105. There is nothing that gives a more praiseworthy result, or a more delightful consequence, or is more repelling for bad etiquette, or more helpful in realizing what is sought, than patience.

105 لَيْسَ شَيْءٌ أحْمَدَ عاقِبَةً، وَلا أَلَذَّ مَغَبَّةً، وَلا أدْفَعَ لِسُوءِ أدَب، وَلاأعْوَنَ على دَرْكِ مَطْلَب مِنَ الصَّبْرِ ..

106. One who is patient is victorious.

106 مَنْ يصبْرْ يَظْفَرْ ..

107. One who is patient attains his aspiration.

107 مَنْ صَبَرَ نالَ المُنى ..

108. One who seeks relief from patience is relieved by it.

108 مَنِ اسْتَنْجَدَ الصَّبْرَ أنْجَدَهُ ..

109. Have sweet patience during the bitter affair.

109 كُنْ حُلْوَ الصَّبْرِ عِنْدَ مُرِّالأمْرِ ..

110. The guarantor of succour is patience.

110 كافِلُ النَّصْرِ الصَّبْرُ ..

111. For every afflicted one there is [a refuge in] patience.

111 لِكُلِّ مُصاب اِصْطِبارٌ ..

112. Reward will never be acquired until [the bitter pill of] patience is swallowed.

112 لَنْ يَحْصُلَ الأجْرُ حَتّى يُتَجَرَّعَ الصَّبْرُ ..

113. One who seeks relief from patience will never be deprived of succor.

113 ـ لَنْ يَعْدَمَ النَّصرَ مَنِ اسْتَنْجَدَ الصَّبْرَ

114. One who is patient in the obedience of Allah will be granted [something] better than what he was patient with, by Allah, the Glorified.

114 ـ مَنْ صَبَرَ عَلى طاعَةِ اللّهِ عَوَّضَهُ اللّهُ سُبْحانَهُ خَيْراً مِمّا صَبَرَ عَلَيهِ

115. Whoever arms himself with the shield of patience, calamities become easy for him [to bear].

115 ـ مَنِ ادَّرَعَ جُنَّةَ الصَّبْرِ هانَتْ عَلَيْهِ النَّوائِبُ

116. One who remains patient throughout the long harassment [of people] has demonstrated true piety.

116 ـ مَنْ صَبَرَ عَلى طُولِ الأذى، أبانَ عَنْ صِدْقِ التُّقى

117. One who is patient in the trial of Allah, the Glorified, has fulfilled the right of Allah, has feared His chastisement and has hoped for His reward.

117 ـ مَنْ صَبَرَ على بَلاءِاللّهِ سُبْحانَهُ، فَحَقَّ اللّهِ أدّى،وَ عِقابَهُ اِتَّقى، وَثَوابَهُ رَجى

118. One who is patient honours himself, attains success with reward and obeys Allah, the Glorified.

118 ـ مَنْ صَبَرَ فَنَفْسَهُ وَقَّرَ، وبِالثَّوابِ ظَفِرَ، وَلِلّهِ سُبْحانَهُ أطاعَ

119. One who clothes himself with patience and contentment gains power and nobility.

119 ـ مَنْ تَجَلْبَبَ الصَّبْرَ والقَناعَةَ عَزَّ ونَبُلَ

120. Whoever is patient in the obedience of Allah and refrains from His disobedience, then he is [indeed] a patient struggler.

120 ـ مَنْ صَبَرَ عَلى طاعَةِ اللّهِ وَعَنْ مَعاصيهِ فَهُوَ المُجاهِدُ الصَّبُورُ

121. One whose patience is prolonged, his breast becomes straitened.

121ـ مَنْ طالَ صَبْرُهُ حَرِجَ صَدْرُهُ

122. One who sets foot upon the vessel of patience gains victory?

122ـ مَنِ اسْتَوْطَأَ مَرْكَبَ الصَّبْرِ ظَفِرَ

123. Patience during hardships is from the treasures of faith.

123ـ مِنْ كُنُوزِ الإيمانِ الصَّبْرُ علَى المَصائِبِ

124. Patience in [times of] calamities is from the best judiciousness.

124ـ مِنْ أفْضَلِ الحَزْمِ، الصَّبْرُ عَلَى النَّوائِبِ

125. Patience during tribulation is one of the signs of good character.

125ـ مِنْ عَلاماتِ حُسْنِ السَّجِيَّةِ الصَّبْرُ علَى البَلِيَّةِ

126. He who is patient is not afflicted.

126ـ ما أُصيبَ مَنْ صَبَرَ

127. One who adopts patience does not fail.

127ـ ما خابَ مَنْ لَزِمَ الصَّبْرَ

128. Nothing obtains reward like patience does.

128ـ ما حَصَلَ الأجْرُ بِمِثْلِ الصَّبْرِ

129. That which you abstain from is better than that which you delight in.

129ـ ما صَبَرْتَ عَنْهُ خَيْرٌمِمّا إلْتَذَذْتَ بِهِ

130. How good it is for a person to refrain from that which he desires!

130ـ ما أحْسَنَ بِالإنْسانِ أنْ يَصْبِرَ عَمّا يَشْتَهي

131. Afflicted one, what has made you patiently bear your disease, and [what has] made you remain steadfast in the face of your hardships, and [what has] consoled you from weeping over yourself?

131ـ ما صَبَّرَكَ أيُّها المُبْتَلى عَلى دائِكَ، وجَلَّدَكَ عَلى مَصائِبِكَ، وَعَزَّاكَ عَنِ البُكاءِ عَلى نَفْسِكَ

132. There is no stumbling with patience.

132ـ لاعِثارَ مَعَ صَبْر

133. Discomforts are not repelled except by patience.

133ـ لاتُدْفَعُ المَكارِهُ إلاّ بِالصَّبْرِ

134. There is no aide better than patience.

134ـ لاعَوْنَ أفْضَلُ مِنَ الصَّبْرِ

135. Patience (or virtue) is not realized except by experiencing the pain of going against what one is accustomed to [and enjoys].

135ـ لايَتَحَقَّقُ الصَّبْرُ (المعرُوفُ) إلاّ بِمُقاساةِ ضِدِّ المَألُوفِ

136. With patience, judiciousness is strengthened.

136ـ مَعَ الصَّبْرِ يَقْوَى الحَزْمُ

137. The bitterness of patience bears the [sweet] fruit of victory.

137مَرارَةُ الصَّبْرِ تُثْمِرُ الظَّفَرَ ..

138. The bitterness of patience is removed by the sweetness of victory.

138مَرارَةُ الصَّبْرِ تُذْهِبُها حَلاوَةُ الظَّفَرِ ..

139. How good a supporter patience is!

139نِعْمَ الظَّهيرُ الصَّبْرُ ..

140. How good a succor patience is during tribulation!

140نِعْمَ المَعُونَةُ الصَّبْرُ عَلَى البَلاءِ ..:

141. The one who wears the garment of piety and certitude is [truly] guided.

141هُدِيَ مَنِ ادَّرَعَ لِباسَ الصَّبْرِ واليَقينِ ..

142. Do not make haste in that which Allah has not hastened for you.

142لاتَسْتَعْجِلُوا بِما لَمْ يُعَجِّلْهُ اللّهُ لَكُمْ ..

143. There is no faith like patience.

143لاإيمانَ كالصَّبْرِ ..

144. Whoever is patient, his hardship becomes easy [to bear].

144مَنْ صَبَرَ هانَتْ مُصيبَتُهُ ..

145. Whoever is patient, his torment is lightened.

145مَنْ صَبَرَ خَفَّتْ مِحْنَتُهُ ..

146. One who is not saved by patience, is destroyed by agitation.

146مَنْ صَبَرَ عَلَى النَّكْبَةِ كَأَنْ لَمْ يُنْكَبْ ..

147. One who remains patient with the bitter harassment [of people] has demonstrated true piety.

147مَنْ لَمْ يُنْجِهِ الصَّبْرُ أَهْلَكَهُ الجَزَعُ ..

148مَنْ صَبَرَ على مُرِّ الأذى أبانَ عَنْ صِدْقِ التَّقْوى ..

1. Imam ‘Ali (‘a) said this at the burial of the Holy Prophet (s).

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