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Struggling Against The Self (Jihad An-Nafs)

Struggling against the Self (Jihad an-Nafs) جهاد النفس

1. Indeed *Jih□d* is the price of Paradise, so the one who struggles against his self will acquire it, and this is the greatest reward of Allah for the one who is cognizant of it.

ألا وإنَّ الجِهادَ ثَمَنُ الجَنَّةِ، فَمَنْ جاهَدَ نَفْسَهُ مَلَكَها، وهِيَ أكْرَمُ ثَوابِ اللّهِ لِمَنْ عَرَفَها1 ـ

2. The best *Jih□d* is the struggle of a man against his [carnal] soul.

أفْضَلُ الجِهادِ مُجاهَدَةُ المَرْءِ نَفْسَهُ2 ـ

3. The best *Jih□d* is the struggle of the self against lustful desires, and its weaning away from the pleasures of this world.

أفْضَلُ الجِهادِ جِهادُ النَّفْسِ عَنِ الهَوى، وفِطامُها عَنْ لَذّاتِ الدُّنيا3 ـ

4. The first thing that you disavow from *Jih□d* is struggling against your selves.

أوَّلُ ما تُنْكِرُونَ مِنَ الجِهادِ، جِهادُ أنْفُسِكُمْ4 ـ

5. The last things that you [should] lose are: the struggling against your selves and obedience to those who have authority among you.

آخِرُ ما تَفْقِدُونَ مُجاهَدَةُ أهْوائِكُمْ وطاعَةُ أُولِي الأَمْرِ مِنْكُمْ5 ـ

6. Indeed the best *Jih□d* is the struggle of a man against his [carnal] soul.

6ـ إنَّ أفْضَلَ الجِهادِ مُجاهَدَةُ الرَّجُلِ نَفْسَهُ

7. Verily struggling against the self restrains it from sins and protects it from destruction.

7ـ إنَّ مُجاهَدَةَ النَّفْسِ لَتَزِمُّها عَنِ المَعاصِي، وتَعْصِمُها عَنِ الرَّدى

8. Verily the one who struggles with his [lower] self, in obedience to Allah and against disobedience to Him, has the status of a virtuous martyr in the sight of Allah.

8ـ إنَّ المُجاهِدَ نَفْسَهُ عَلى طاعَةِ اللّهِ وَعَنْ مَعاصِيهِ، عِنْدَاللّهِ سُبْحانَهُ بِمَنْزِلَةِ بَرّ شَهيد

9. Indeed the one who struggles against his [lower] self, overcomes his anger and is careful in obeying [the commandments of] Allah, is raised by Allah, the Glorified, to the status of the one who fasts by day and stands in prayer by night, and is granted the rank of the patient soldier [who fights in His way].

9ـ إنَّ المُجاهِدَ نَفْسَهُ، والمُغالِبَ غَضَبَهُ، والمُحافِظَ عَلى طاعَةِ رَبِّهِ، يَرْفَعُ اللّهُ سُبْحانَهُ لَهُ ثَوابَ الصَّائِمِ القائِمِ ويُنيلُهُ دَرَجَةَ المُرابِطِ الصّابِرِ.

10. Verily if you struggle against your [lower] self you will obtain the pleasure of Allah.

10ـ إنَّكَ إنْ جاهَدْتَ نَفْسَكَ حُزْتَ رِضَى اللّهِ

11. The fruit of struggle [against the self] is overpowering the self.

11ـ ثَمَرَةُ المُجاهَدَةِ قَهْرُ النَّفْسِ

12. Struggling against the self is the dowry for Paradise.

12ـ جِهادُ النَّفْسِ مَهْرُ الجَنَّةِ

13. Struggling against vain desires is the price of Paradise.

13ـ جِهادُ الهَوى ثَمَنُ الجَنَّةِ

14. Struggling against the self is the best *Jihad*.

14ـ جِهادُ النَّفْسِ أفْضَلُ جِهاد

15. Struggle against your [lower] self and seek repentance, you will be successful in the obedience of your Lord.

15ـ جاهِدْ نَفْسَكَ، وَقَدِّمْ تَوْبَتَكَ، تَفُزْ بِطاعَةِ رَبِّكَ

16. Struggle against your vain desires, overcome your anger and resist your bad habits, [by this] your soul will become pure, your intellect will become perfect and the reward of your Lord will be complete.

16ـ جاهِدْ شَهْوَتَكَ، وغالِبْ غَضَبَك،وَخالِفْ سُوءَ عادَتِكَ، تَزْكُ نَفْسُكَ، ويَكْمُلْ عَقْلُكَ، وتَسْتَكْمِلْ ثَوابَ رَبِّكَ

17. Fight against your [lower] self in obedience to Allah the way an enemy would fight his enemy, and overpower it the way a rival would overpower his opponent, for indeed the strongest person is the one who subdues his self.

17ـ جاهِدْ نَفْسَكَ عَلى طاعَةِ اللّهِ مُجاهَدَة العَدُوِّ عَدُوَّهُ، وغالِبْها مُغالَبَةَ الضِّدِّ ضِدَّهُ، فَإنَّ أقْوىَ النّاسِ مَنْ قَوِيَ على نَفْسِهِ.

18. Struggle against your [lower] self and call it to account the way a partner would hold his partner accountable, and demand from it the right of Allah the way an adversary would demand from his foe, for verily the most felicitous of people is the one who undertakes to hold his self to account.

18ـ جاهِدْ نَفْسَكَ وحاسِبْها مُحاسَبَةَ الشَّريكِ شَريكَهُ وطالِبْها بِحُقُوقِ اللّهِ مُطالَبَةَ الخَصْمِ خَصْمَهُ، فَإنَّ أسْعَدَ النّاسِ مَنِ انْتَدَبَ لِمحاسَبَةِ نَفْسِهِ.

19. Struggling against the [lower] self is the price of Paradise, so the one who struggles against it will acquire it, and this is the greatest reward of Allah for the one who is cognizant of it.

19ـ جِهادُ النَّفْسِ ثَمَنُ الجَنَّةِ، فَمَنْ جاهَدَها مَلَكَها وهِيَ أكْرَمُ ثَوابِ اللّهِ لِمَنْ عَرَفَها

20. Struggling against the self with knowledge is a symbol of intelligence.

20. جِهادُ النَّفْسِ بِالعِلْمِ عُنْوانُ العَقْلِ ..

21. Fighting anger with forbearance is evidence of nobility.

21. جِهادُ الغَضَبِ بِالحِلْمِ بُرْهانُ النُّبْلِ ..

22. The most excellent *Jih*ḍ*d* is struggling against the self.

22. خَيْرُ الجِهادِ جِهادُ النَّفْسِ ..

23. The highest form of struggle is for a man to struggle against his self.

23. غايَةُ المُجاهَدَةِ أنْ يُجاهِدَ المَرْءُ نَفْسَهُ ..

24. It is sufficient for you, in your struggle against your [lower] self, that you always prevail over it and fight its vain desires.

24. كَفاكَ في مُجاهَدَةِ نَفْسِكَ أنْ لاتَزالَ أبَداً لَها مُغالِباً، وعَلى أهْوِيَتِها مُحارِباً ..

25. One who fights his [lower] self perfects his piety.

25. مَنْ جاهَدَ نَفْسَهُ أَكْمَلَ التُّقى ..

26. One who knows his self struggles against it.

26. مَنْ عَرَفَ نَفْسَهُ جاهَدَها ..

27. One who does not struggle against his self will not achieve victory.

27. مَنْ لَمْ يُجاهِدْ نَفْسَهُ لَمْ يَنَلِ الفَوْزَ ..

28. There is no struggle more worthy than struggling against the self.

28. ما مِنْ جِهاد أفْضَلُ مِنْ جِهادِ النَّفْسِ ..

29. Struggling against the self is a trait of the noble ones.

29مُجاهَدَةُ النَّفْسِ شيمَةُ النُّبَلاءِ ..

30. Struggling against the self is a symbol of nobility.

30مُجاهَدَةُ النَّفْسِ عُنْوانُ النُّبْلِ ..

31. Struggling against the self is the best *Jih□d*.

31مُجاهَدَةُ النَّفْسِ أفْضَلُ جِهاد ..

32. There is no *Jih□d* like struggle against the self.

32لا جِهادَ كَجِهادِ النَّفْسِ ..

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