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Happiness

السُّرورُ Happiness

What To Be Happy About

ما يَنبَغِي السُّرورُ بهِ

- الإمامُ عليٌّ (عَلَيهِ السَّلامُ) - لِعَبدِ اللَّهِ بنِ عبَّاسٍ رحمةُ اللَّهِ علَيهِ وكانَ يقولُ: ما انتَفَعتُ بكلام بَعدَ كلام رسولِ اللَّهِ الْمَامُ عليٌّ (عَلَيهِ السَّلامُ) - لِعَبدِ اللَّهِ بنِ عبَّاسٍ رحمةُ اللَّهِ عليهِ وكانَ يقولُ: ما لَم يَكُن لِيَفُوتَهُ ، ويَسُووُهُ فَوتُ ما صلى الله عليه و آله كانتِفاعِي بَهذا الكلامِ -: أمَّا بَعدُ، فإنَّ المَرءَ قد يَسُرُّهُ دَرْكُ ما لَم يَكُن لِيُفُوتَهُ ، ويَسُووُهُ فَوتُ ما .

1– Imam Ali (a.s.) said to 'Aabdallah b. 'Aabbas, 'I have not benefited from any saying after the sayings of the Prophet, apart from this one, 'Verily man feels happy when he manages to grasp something that he was about to miss, and he is saddened when he misses something that was within his grasp. So let your happiness lie in all that you can seize of the Hereafter, and let your regret lie in all that which passes you by of it.'[Sharh Nahjul Balaghah li Ibn Abi al–Hadid, v. 15, p. 140]

The Basics of Happiness

عَوامِلُ السُّرور

ــ الإمامُ علىٌّ (عَلَيهِ السَّلامُ): أصلُ العَقل القُدرَةُ ، وتُمَرَّتُها السُّرورُ2

2- Imam Ali (a.s.) said, 'Happiness is useless without tenderness.' [Matalib al-Sa'ul, no. 50]

3– Imam Ali (a.s.) said, 'The root of the intellect is power, and its fruit is happiness.'[Bihar al-Anwar, v. 78, p. 7, no. 59]

One Who Fills Others' Hearts With Happiness

مَن أُودَعَ قَلباً سُروراً

4– The Prophet (S) said, 'There is a place in Paradise called the House of Happiness which none shall enter except those who cheered up the orphans from amongst the believers.' [Kanz al-'Ummal, no. 6008]

5— The Prophet (S) said, 'There is a place in Paradise called the House of Happiness which none shall enter except those who cheered up children.' [Kanz al-'Ummal, no. 6009]

6- Imam Ali (a.s.) said, 'By the One whose Hearing encompasses all voices, no sooner does one fill somebody else's heart with happiness than Allah creates a special grace for him from that very happiness, such that when he is faced with a calamity, he is able to pass over it like water flows over a slope, until he chases it away as wild camels are chased away.' [Nahjul Balaghah, Saying 257]

7- Imam al-Sadiq (a.s.) said, 'When one of you brings joy to another believer, let him not see it as having only made him happy. Rather, by Allah, he makes us happy, and by Allah, he makes the Prophet (S) happy too.'[al-Kafi, v. 2, p. 189, no. 6]

Whoever Makes Another Believer Happy Makes Allah Happy

8– The Prophet (S) said, 'Whoever makes another believer happy makes me happy, and whoever makes me happy makes Allah happy.'[al-Kafi, p. 188, no. 1]

The Reward for Alleviating a Fellow Believer of His Sorrows

9- Imam al-Sadiq (a.s.) said, 'Whoever alleviates a fellow believer's anguish, Allah will alleviate him of the anguish of the Hereafter, and will bring him out of his grave with a light heart.'[al-Kafi, p. 199, no. 3]

10– Imam al–Sadiq (a.s.) said, 'When Allah will raise the believer out of his grave, another presence will also come out with him and walk ahead of him, and whenever the believer will come across one of the terrors of the Day of Resurrection, the presence will console him saying, 'Do not worry or be saddened...' and the believer will ask, 'Who are you?, at which it will reply, 'I am the happiness that you used to bring upon your fellow believer.'[al–Kafi, p. 190, no. 8]

11– Imam Ar–Ridha' (a.s.) said, 'Whoever alleviates a believer's worries, Allah will alleviate his heart on the Day of Resurrection.'[al–Kafi, p. 200, no. 4]

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