

Noble Character of the Holy Prophet (s) in the Holy Quran

Today's Topic: Calmness

Today's Verses

- 1) Sura Tawbah, 9:26 and 9:40
- 2) Sura al-Fath, 48:26

What points do you get from these verses?

Question:

Is calmness always good?

Agenda

- Understanding Calmness
- Stages of calmness
- Types of calmness
- Tranquility - a gift from Allah
9:26, 9:40 and 48:26
- Descriptions of the Holy Prophet (s)'s behavior



Understanding Calmness

What is Calmness:

- not being disturbed by emotions
- composed reaction to stress
- quiet, slow, manner
- not reacting negatively
- being at peace

Stages of Calmness

- Calmness from confidence
- Calmness from faith
- Calmness from Allah - tranquility

Types of Calmness

Ayatullah Jawad Amuli in his book 'Stages of Akhlaq in the Quran' talks about two types of calmness:


- 1) Before movement and action. This is not liked, as it can create stagnancy, apathy, being oblivious, unprepared . . .
- 2) After movement and action. Highly recommended. Comes from faith, trust in God, confidence . . .

Tranquility – a gift from Allah

Sura Tawbah, verse 26

ثُمَّ أَنْزَلَ اللَّهُ سَكِينَتَهُ عَلَىٰ رَسُولِهِ وَعَلَى الْمُؤْمِنِينَ وَأَنْزَلَ جُنُودًا
لَمْ تَرَوْهَا وَعَذَّبَ الَّذِينَ كَفَرُوا ۖ وَذَٰلِكَ جَزَاءُ الْكَافِرِينَ


Then Allah sent down His tranquillity upon His Messenger and upon the believers, and sent down hosts which you did not see, and chastised those who disbelieved, and that is the reward of the unbelievers.

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- 1) Tranquility is an inner state of peace
 - 2) It is the removal of doubt, fear, grief . . .
 - 3) Tranquility is linked with faith
 - 4) Tranquility has been compared to a breeze from Heaven in human form
 - 5) When a believer is granted tranquility he can overcome huge and overwhelming challenges

Sura Tawbah, verse 40

إِلَّا تَنْصُرُوهُ فَقَدْ نَصَرَهُ اللَّهُ إِذْ أَخْرَجَهُ الَّذِينَ كَفَرُوا ثَانِيَ اثْنَيْنِ إِذْ هُمَا فِي الْغَارِ إِذْ يَقُولُ لِصَاحِبِهِ لَا تَحْزَنْ إِنَّ اللَّهَ مَعَنَا ۖ فَأَنْزَلَ اللَّهُ سَكِينَتَهُ عَلَيْهِ وَأَيَّدَهُ بِجُنُودٍ لَمْ تَرَوْهَا وَجَعَلَ كَلِمَةَ الَّذِينَ كَفَرُوا السُّفْلَى ۗ وَكَلِمَةُ اللَّهِ هِيَ الْعُلْيَا ۗ وَاللَّهُ عَزِيزٌ حَكِيمٌ


If you will not aid him, Allah certainly aided him when those who disbelieved expelled him, he being the second of the two, when they were both in the cave, when he said to his companion: Grieve not, surely Allah is with us. So Allah sent down His tranquillity upon him and strengthened him with hosts which you did not see, and made lowest the word of those who disbelieved; and the word of Allah, that is the highest; and Allah is Mighty, Wise.

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- 1) The real helper and protector is Allah, not people.
 - 2) Calmness and tranquility are gifts from God, not acquired by worldly means.
 - 3) God sends His angels to help believers
 - 4) Enemy forces, despite all their power, cannot stand against believers that are strengthened with tranquility that comes from God.

Sura al-Fath, verse 26

إِذْ جَعَلَ الَّذِينَ كَفَرُوا فِي قُلُوبِهِمُ الْحَمِيَّةَ حَمِيَّةَ الْجَاهِلِيَّةِ
فَأَنْزَلَ اللَّهُ سَكِينَتَهُ عَلَى رَسُولِهِ وَعَلَى الْمُؤْمِنِينَ وَأَلْزَمَهُمْ
كَلِمَةَ التَّقْوَىٰ وَكَانُوا أَحَقَّ بِهَا وَأَهْلَهَا ۚ وَكَانَ اللَّهُ بِكُلِّ
شَيْءٍ عَلِيمًا


When those who disbelieved harbored in their hearts (feelings of) disdain, the disdain of (the days of) ignorance, but Allah sent down His tranquillity on His Messenger and on the believers, and made them keep the word of guarding (against evil), and they were entitled to it and worthy of it; and Allah is Cognizant of all things.

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- 1) Tranquility granted by Allah allowed the believers to be calm and not respond negatively to the stubbornness of the disbelievers.
 - 2) They were able to keep the bigger picture in mind and overcome their disappointment.

Descriptions of the Holy Prophet (s)'s behavior

- When angry for the sake of His Lord, he expressed it clearly.
- When happy he lowered his eyes and did not express too much of happiness.
- His laugh was only a smile which seldom gave out a noise . . .
- Nothing could make him furious or restless

From Hayatul Qulub, by Allamah Majlisi



The Holy Prophet (S) would keep silent for four reasons:

- 1) Because of calmness when an ignorant man would talk nonsense
- 2) to remain safe from evil
- 3) a silence which was proportionate to the other man's rank
- 4) when he was engaged in some thought.

From Hayatul Qulub, by Allamah Majlisi