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The Beauty of Patience and Gratitude Based on the Hadith narrated by Imam Muslim from Abu Suhaib Bin Sinan

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Abstract. Patience and gratitude are noble traits approved by Allah SWT as a means to strengthen one's faith and devotion to the Lord. These qualities elevate His servants in His eyes and guarantee them a place in paradise. This explicitly illustrates the beauty of patience and gratitude as manifestations of Allah's mercy towards His servants. This article aims to describe the beauty of patience and gratitude based on the perspectives of the Quran and the Hadith of the Prophet Muhammad SAW, particularly the essence of the Hadith narrated by Abu Yahya Shuhaib Bin Sinan found in Muslim's Hadith collection. This research falls under the category of literature review. In Islamic teachings, patience (*sabr*) is considered a highly esteemed attribute. The Holy Quran and the sayings of Prophet Muhammad provide guidance to the Muslim community to practice patience in the face of trials and life's challenges. Endurance in coping with various tribulations is viewed as an indicator of strong faith and a means to attain great rewards in the hereafter. Allah SWT states in the Quran, Surah Al-Baqarah (2:153), "*O you who have believed, seek help through patience and prayer. Indeed, Allah is with the patient.*" Additionally, the virtue of gratitude (*al-shukr*) is also emphasized in Islamic teachings. Allah SWT repeatedly reminds humankind to express gratitude for the blessings bestowed upon them.

Keywords: Noble, Patience, Gratitude.

1. Introduction

In this life, humans are inevitably faced with various trials and tests that Allah SWT bestows upon His servants to strengthen and evaluate their faith in their Lord [1]. Generally, in today's society, there is a desire for instant gratification, where impatience, intolerance, excessive responsiveness, and spontaneous anger have become very common [2], [3]. However, one can develop patience by understanding the situations at hand. God has directed His creatures to remain steadfast in the face of every trial He gives and to appreciate the blessings He has bestowed upon us [4].

Indeed, Allah the Almighty has stated in Surah Al-Baqarah, verse 153 [5], which means *"Indeed, Allah is with the patient."* This verse clearly illustrates that Allah will aid His servants who accept trials with patience and sincerity in their hearts. In another verse, Allah says, *"If you are grateful, I will surely increase your favor, but if you deny, indeed, My punishment is severe."* (Quran, Surah Ibrahim, verse 7) [6]. This verse emphasizes that Allah has provided a key to gratitude, and if His servants understand this, there will be no hardship or difficulty in their lives.

Furthermore, it is essential to recognize that patience and gratitude are not only individual virtues but also play a significant role in shaping the fabric of society. A community where its members practice patience and gratitude is likely to be more harmonious, compassionate, and supportive. When individuals exhibit patience, they are less likely to engage in impulsive and harmful behaviors, contributing to a safer and more stable community [7]. On the other hand, a grateful society tends to be more generous and caring, with its members willing to help those in need. Therefore, the study of

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patience and gratitude holds not only personal but also societal significance, as it can lead to the betterment of communities and ultimately, humanity as a whole.

In light of the importance of patience and gratitude in both individual and societal contexts, it is crucial to explore and understand the various narrations (*hadith*) related to the objectives of this research. Hadiths that emphasize the significance of patience and gratitude as pathways to Allah's blessings and mercy can provide valuable insights into their profound nature [8]. These hadiths serve as guidance for Muslims in their daily lives, highlighting the reward of maintaining patience during adversity and the benefits of expressing gratitude during times of ease.

One hadith, for instance, narrated by Abu Yahya Shuhaib Bin Sinan, as found in Imam Muslim's collection, underscores the idea that Allah is with those who remain patient. Another narration from the same collection emphasizes how Allah's favors multiply when His servants express gratitude. These teachings serve as a reminder that patience and gratitude are essential components of faith and devotion.

Therefore, it is only fitting for a servant that when faced with hardship and difficulty in life, they do not complain but instead remain patient in facing the trials or tribulations. Similarly, a servant to whom Allah has granted blessings, faith, Islam, and other favors should be grateful to Allah. Patience and gratitude are the keys for humans to attain happiness and ease in both worldly and hereafter life. The purpose of this research is to understand the beauty of patience and gratitude based on a hadith narrated by Imam Muslim from Abu Suhaib Bin Sinan.

2. Method

The method employed in this study is the Literature Review approach. A Literature Review involves the collection of various relevant references related to the issue under investigation. These references can consist of primary sources such as scientific journals, e-books, and articles, as well as secondary sources like websites and various types of online information. Through the Literature Review, the primary objective is to enhance the understanding of the issue being examined and provide a strong foundation for analyzing and interpreting the material to be discussed.

In addition to the Literature Review, data analysis in this study follows the Huberman and Miles method. This method involves a systematic approach to data analysis, which includes data reduction, data display, and conclusion drawing [9]. Data reduction involves selecting, simplifying, and transforming the data to make it more manageable. Data display aims to organize and present the data in a comprehensible manner, such as through tables, charts, or narratives. Finally, conclusion drawing involves drawing inferences and making interpretations based on the analyzed data, allowing for a deeper understanding of the research topic.

3. Result and Discussion

عَجَبًا لأَمْرِ الْمُؤْمِنِ إِنَّ أَمْرَهُ كُلَّهُ خَيْرٌ وَلَيْسَ ذَاكَ لأَحَدٍ إِلاَّ لِلْمُؤْمِنِ إِنْ أَصَابَتْهُ سَرَّاءُ شَكَرَ فَكَانَ خَيْرًا لَهُ وَإِنْ أَصَابَتْهُ ضَرَّاءُ صَبَرَ فَكَانَ خَيْرًا لَهُ

The meaning of the Hadith: "The affair of a believer is astonishing. Everything concerning them is good, and this is not the case with anyone except a believer. If they experience happiness, they are thankful, and it is good for them. If they encounter adversity, they are patient, and it is also good for them." (Narrated by Muslim, Hadith no. 2999) [10].

The above Hadith teaches that everything given to a believer is goodness. When someone receives blessings, the appropriate response for a believer is gratitude.

However, when facing adversity, the right course of action is patience. It should be emphasized that when someone encounters hardship, they should accept it with patience. Patience, in this context, means enduring or facing something with tranquility, without excessive distress or agitation. Patience is an integral part of faith and is a commendable virtue (*Akhlaqul Karimah*) that can elevate a person's status as a steward of God on Earth [11]. Patience serves as a strong shield in facing trials from Allah. A patient individual is someone who can endure trials without complaint or lament, even when they are bitter and challenging. However, it's essential to note that patience does not mean remaining passive and giving up without taking action. The patience referred to here is active, where a person works diligently to overcome any obstacles hindering the realization of their hopes.

In the results of this research, findings from the research process provide information that in the Hadith narrated by Abu Yahya Shuhaib Bin Sinan regarding the beauty of patience and gratitude, it is stated:

عَجَبًا لِأَمْرِ الْمُؤْمِنِ إِنَّ أَمْرَهُ كُلَّهُ لَهُ خَيْرٌ وَلَيْسَ ذَلِكَ لِأَحَدٍ إِلاَّ لِلْمُؤْمِنِ، إِنْ أَصَابَتْهُ سَرَّاءُ شَكَرَ فَكَانَ خَيْرًا لَهُ، وَإِنْ أَصَابَتْهُ ضَرَّاءُ صَبَرَ فَكَانَ خَيْراً لَهُ

It means: "Truly astonishing is the affair of a believer, all of his affairs are good for him. This is the case for no one but a believer. When he experiences pleasure, he is thankful, and it is good for him. Conversely, when he encounters hardship, he remains patient, and it is also good for him." (Authentic Hadith narrated by Muslim, Hadith no. 2999, from Abu Yahya Shuhaib bin Sinan, may Allah be pleased with him) [12].

This hadith highlights two aspects of a believer's character emphasized by the Prophet Muhammad. Firstly, a believer is always grateful for every blessing bestowed upon them by Allah, whether it is in abundance or scarcity. This attitude of gratitude signifies that they are a servant who acknowledges Allah as the Creator and Orchestrator of all affairs.

Secondly, a believer consistently practices patience when faced with difficulties, trials, or limitations in life. This patient disposition is indeed a virtue for them because it allows them to invite Allah into every aspect of their life. Even in times of hardship, they continue to experience a sense of spaciousness in their life. They maintain happiness despite adversity and willingly submit to Allah when calamities befall them.

These two aspects of character demonstrate a believer's ability to invoke Allah into every aspect of their life (*ma'iyyatullah*). If someone cannot cultivate these virtues, even if they are granted many blessings by Allah, they will not find true happiness. They will constantly feel lacking and be haunted by numerous worries, anxieties, and the like. When interacting with others, their life will be marked by irritation and emotional turmoil over trivial matters.

As Allah says:

وَلَنَبْلُوَنَّكُمْ بِشَيْءٍ مِنَ الْخَوْفِ وَالْجُوعِ وَنَقْصٍ مِنَ الْأَمْوَالِ وَالْأَنْفُسِ وَالثَّمَرَاتِ ۗ وَبَشِّرِ الصَّابِرِينَ. الَّذِينَ إِذَا أَصَابَتْهُمْ مُصِيبَةٌ قَالُوا إِنَّا لِلَّهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ. أُولَٰئِكَ عَلَيْهِمْ صَلَوَاتٌ مِنْ رَبِّهِمْ وَرَحْمَةٌ ۖ وَأُولَٰئِكَ هُمُ الْمُهْتَدُونَ

It means: "And We will surely test you with something of fear and hunger and a loss of wealth and lives and fruits, but give good tidings to the patient, Who, when disaster strikes them, say, 'Indeed we belong to Allah, and indeed to Him we will return.' Those are the ones upon whom are blessings from their Lord and mercy. And it is those who are the [rightly] guided." (Quran, Surah Al-Baqarah, 2:155-157) [13].

The Hadith and Quranic verses convey an important message about trials, patience, and piety in Islam. These teachings remind us that in this life, we will be tested by Allah SWT with various trials, such as fear, hunger, loss of wealth, difficulties in life, or even the

loss of the fruits of our labor. These trials are a natural part of life that cannot be avoided. The message encourages us to be grateful when we receive blessings and to remain patient when facing tests. When we receive blessings, we should express our gratitude to Allah for His gifts. When we encounter difficulties or hardships, we should maintain patience and hold onto our faith and piety towards Allah. Uttering the phrase "Inna lillahi wa inna ilaihi raji'un" signifies our awareness that we belong to Allah and will ultimately return to Him, demonstrating our piety and acceptance of His decree. Those who patiently endure trials are promised blessings and mercy from their Lord, as well as His guidance to lead a virtuous life. This message serves as a reminder that Allah never forsakes His patient servants and that with patience and piety, we will receive blessings and divine guidance to navigate through life successfully.

That is the reward for those who always remain patient, and so Allah will give them good tidings in their lives. So Allah says:

أُولَـٰئِكَ يُجْزَوْنَ الْغُرْفَةَ بِمَا صَبَرُوا وَيُلَقَّوْنَ فِيهَا تَحِيَّةً وَسَلَامًا. خَالِدِينَ فِيهَا ۚ حَسُنَتْ مُسْتَقَرًّا وَمُقَامًا

It means: "Those are the ones who will be rewarded with the highest place (in Paradise) because of their patience. They will be met therein with greetings and [words of] peace. Abiding eternally therein. Excellent it is as an abode and a place of residence." (Quran, Surah Al-Furqan, 25:75-76) [2].

The hadith and Quranic verses quoted convey a comprehensive message about the virtues of patience and its ultimate reward in the Hereafter. They emphasize that those who consistently maintain patience in the face of trials and tribulations will be granted a place of honor and distinction in Paradise. The use of phrases like "rewarded with the highest place" and "abiding eternally therein" underscores the elevated status and eternal bliss awaiting those who exercise patience. Furthermore, the mention of greetings and words of peace upon their entry into Paradise signifies the warm and dignified reception they will receive as a recognition of their steadfastness in this world. The message ultimately extols the value of patience as a noble attribute and an essential component of a believer's character. It reassures that the difficulties endured with patience in this world will be repaid with unimaginable rewards and eternal happiness in the Hereafter, highlighting the profound significance of this virtue in Islamic teachings.

It is imperative to comprehend that nurturing patience serves not only the interests of others but also our personal development [14]. It is crucial for us to consistently cultivate and enhance the virtue of patience within ourselves. Each individual remains uncertain about their ultimate fate in the presence of Allah and which deeds will lead us to His Paradise. One of the promising rewards for those who exhibit the characteristic of patience is the assurance of attaining Paradise. They will be received with reverence upon their entrance into Paradise. Our highest aspiration is to attain Paradise, a place coveted by every faithful servant.

It is lamentable if we become ensnared in behaviors such as slander, excessive sorrow, anger, and similar sentiments when confronted with trials, unfair treatment, betrayal, and so forth. It is only natural for such emotions to manifest within human beings. Nevertheless, Allah expects us to swiftly seek forgiveness (*istighfar*), exercise self-control in managing these negative emotions, and endure with patience [15]. The manifestation of patience signifies the emergence of supplication from a devout servant, beseeching Allah to transform the trial into a fortifier of their faith and a means of expiating their sins. Such an disposition is decidedly more commendable in the sight of Allah.

4. Conclusion

In the teachings of Islam, patience (*sabar*) is highly regarded as a virtue and is considered an integral attribute of faith. The holy book of the Quran and the sayings of Prophet Muhammad provide guidance to the Muslim community on the significance of cultivating patience in the face of trials and challenges in life. Patience is seen as a sign of strong faith and serves as a means to attain great rewards in the afterlife. The Quran, in Surah Al-Baqarah (2:153), states, *"O you who have believed, seek help through patience and prayer. Indeed, Allah is with the patient."*

In addition to patience, gratitude (al-shukr) is also emphasized in Islamic teachings. Allah SWT repeatedly reminds humanity to be grateful for the blessings bestowed upon them. Prophet Muhammad SAW likewise emphasized the importance of gratitude through his various sayings. Gratitude is viewed as an expression of appreciation and acknowledgment of Allah's favors in our lives. The Quran, in Surah Ibrahim (14:7), declares, *"And [remember] when your Lord proclaimed, 'If you are grateful, I will surely increase your favor; but if you deny, indeed, My punishment is severe.'"*

These teachings underscore that gratitude and patience are not only virtuous qualities but also have profound spiritual and moral implications, offering the promise of blessings and protection from adversity when embraced by believers.

5. Author's Declaration

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