



Domestic Violence, Anger-Management & Forgiveness

"Excessive anger leads one to lose their faith. The beauty of Islam is in high morals, suppressing needless anger and promoting forgiveness"

(Promised Messiah عليه السلام)

Published by

National Umūr Amma (General Affairs) Department
United States

Teachings of Holy Quran:

الَّذِينَ يُنْفِقُونَ فِي السَّرَّاءِ وَالضَّرَّاءِ وَالْكُظَيِّينَ الْغِيْظَ وَالْعَافِيْنَ عَنِ النَّاسِ ۗ وَاللّٰهُ يُحِبُّ الْمُحْسِنِيْنَ ﴿١٣٥﴾

“Those who spend in prosperity and adversity, and those who suppress anger and pardon men; and Allah loves those who do good.” (Quran 3:135)

خُذِ الْعَفْوَ وَأْمُرْ بِالْعُرْفِ وَأَعْرِضْ عَنِ الْجَاهِلِيْنَ ﴿٢٠٠﴾

“Take to forgiveness, and enjoin kindness, and turn away from the ignorant.” (Quran 7:200)

يَا أَيُّهَا النَّاسُ اتَّقُوا رَبَّكُمُ الَّذِي خَلَقَكُمْ مِنْ نَفْسٍ وَاحِدَةٍ وَخَلَقَ مِنْهَا زَوْجَهَا وَبَثَّ مِنْهُمَا رِجَالًا كَثِيرًا وَنِسَاءً ۚ وَاتَّقُوا اللَّهَ الَّذِي تَسَاءَلُونَ بِهِ وَالْأَرْحَامَ ۚ إِنَّ اللَّهَ كَانَ عَلَيْكُمْ رَقِيبًا ﴿٢﴾

“O ye people! fear your Lord, Who created you from a single soul and created therefrom its mate, and from them twain spread many men and women; and fear Allah, in Whose name you appeal to one another, and *fear Him particularly respecting ties of relationship*. Verily, Allah watches over you.” (Quran 4:2)

يَا أَيُّهَا الَّذِينَ آمَنُوا اتَّقُوا اللَّهَ وَلْتَنْظُرْ نَفْسٌ مَّا قَدَّمَتْ لِغَدٍ ۚ وَاتَّقُوا اللَّهَ ۚ إِنَّ اللَّهَ خَبِيرٌ بِمَا تَعْمَلُونَ ﴿١٩﴾

“O ye who believe! fear Allah; and let every soul look to what it sends forth for the morrow. And fear Allah; verily Allah is Well-Aware of what you do.” (Quran 59:19)

يَا أَيُّهَا الَّذِينَ آمَنُوا لَا يَحِلُّ لَكُمْ أَنْ تَرِثُوا النِّسَاءَ كَرْهًا ۚ وَلَا تَعْضَلُوهُنَّ لِتَذْهَبُوا بِبَعْضِ مَا آتَيْتُوهُنَّ إِلَّا أَنْ يَأْتِيَنَّ بِفَاحِشَةٍ مُّبَيِّنَةٍ ۚ وَعَاشِرُهُنَّ بِالْعُرُوفِ ۚ فَإِنْ كَرِهْتُمُوهُنَّ فَعَسَى أَنْ تَكْرَهُوا شَيْئًا وَيَجْعَلَ اللَّهُ فِيهِ خَيْرًا كَثِيرًا

“O ye who believe! it is not lawful for you to inherit women against their will; nor should you detain them wrongfully that you may take away part of that which you have given them, except that they be guilty of a flagrant evil; and consort with them in kindness; and if you dislike them, it may be that you dislike a thing wherein Allah has placed much good .” (Quran 4:20)

Sayings of Holy Prophet ﷺ:

Prophet Muhammad (PBUH) says **“Shall I tell you something that will make your palaces in Paradise higher and that would raise you in degrees.”** They said “Yes.” He replied “To be forgiving and to control one’s self in the face of someone who provokes you. To forgive a person who was unfair or unjust to you, to give someone in need who did not give you when you were in need and to keep contact with someone even though they did not reciprocate it.” *[Al Tabarani]*

“Whoever controls his temper Allah will take away punishment from him and who so ever safeguards his tongue Allah will conceal his sins.” *[Al Tabarani]*

“The strong person is not he who defeats others in wrestling. The strong person is he who has full control over himself during his anger.” *[Bukhari]*

Holy Prophet (ﷺ) said, “The best among you is the one who is best to his wives, and I am the best among you in my treatment towards my wives.” *[Tirmidhi]*

The Holy Prophet (ﷺ) advised us that “if you see any weaknesses in one another or if there is a quality a husband dislikes in his wife, he should be mindful of another quality that he likes in her. *[Muslim]*

“Hazrat Abdullah bin Umar (ra) relates that I heard the Holy Prophet (ﷺ) say that each one of you is a guardian and each one will be asked about his responsibilities. Imam (leader) is a guardian and he will be asked about his responsibilities. Man is a guardian over his family and will be asked about his responsibilities towards them. Woman is a guardian over her husband’s household and she will be asked about her responsibilities. A servant is a guardian over his master’s wealth and he will be asked about these responsibilities. The narrator says that he recalls that the Holy Prophet (saw) also said a man is a guardian over his father’s wealth and he will be asked about these responsibilities. He said, each one of you is a guardian and will be asked about your responsibilities.”

Sayings of Holy Prophet ﷺ:

Regarding domestic affairs, Hazrat A'isha (ra) narrated that the Holy Prophet (ﷺ) was the most soft-spoken of all people. He used to live in the house like a common person. He never frowned and was always smiling. Hazrat A'isha (ra) also relates that the Holy Prophet (ﷺ) never raised a hand on his wife or servants. He never said anything to his servants.

Ibn Majah Vol. 3, Book 9, Hadith 1977

The Holy Prophet (ﷺ) advised **husbands and wives to find good in each other**. He said, if you find faults in each other, or do not like some habits, you may like some other of their habits that you will admire. Adopting selflessness, those good things should be kept in mind to keep a friendly and reconciliatory atmosphere at home. This advice is for both husband and wife. If both keep control on their emotions, then those petty small fights, which are always happening in the homes will stop and children will not be distressed. Sometimes these petty matters become very painful, and one is left wondering if there are some people in this world who are worse than animals.

Sahih Muslim, Book of Virtues

Sayings of Promised Messiah ^{as}:

Show mercy to your subordinates and to your wives:

“If you want God to be pleased with you in the Heavens, then your mutual relations should be like those of two brothers from the same womb. Show mercy to your subordinates, and to your wives, and to your poor brothers, so that you may be shown mercy in the Heavens. You should sincerely become His so that He becomes yours too.”

Kashti-i-Nuh, page 13

“My condition is such that once I happened to call out to my wife loudly, but I felt that the loud call filled my heart with grief, even though no hurtful or harsh word was uttered from my tongue at that time. After that, I kept reciting Istighfar (seeking forgiveness from Allah) for a long time, offered Nafl (voluntary prostrations) with great humility and concentration, and also offered some Sadaqat (charity) as this harsh attitude toward my wife was the result of my hidden shortcoming regarding the commands of Allah.”

Malfoozat, Vol.1 page 1307

“Husbands and wives should have the relationship of real, truthful friends. The first witness to a man’s good character and relation to Allah are these women. If they do not have good relations with them, then how is it possible they have good relations with Allah? The Holy Prophet (saw) has said, “One who treats his wife well is the best among you.”

Malfoozat, Vol. 3, Page 300-301

“This revelation is a lesson for the entire Jama’at on treating your wives with love and kindness. They are not your maids. In fact, marriage is a contract between a man and a woman. Thus, try not to betray this contract. Allah instructs us in the Holy Qur’an to treat our wives in a good manner, and a Hadith states: **“One who treats his wife well is the best among you.”** Therefore, be good with your wives, physically and spiritually. Pray for them and avoid divorce because the worst person in the sight of Allah is one who is hasty in divorce. Allah made you a couple; do not break it like a dirty dish.”

Zamima Tohfa Golrawiya, Ruḥani Khaza’in, Vol. 17, Page 75

Anger is half frenzy & when it flares up it can turn into proper Frenzy:

Advising about harsh, anger and short-temper, the Promised Messiah ^{as} says:

“Remember a person who is harsh and is short-tempered can never utter words of wisdom and discernment. The heart which leaps into fury and is enraged when faced with opposing side is deprived of sagacity. And the mouth that recklessly utters foulness is deprived of perspicacity. Anger and wisdom do not go together. A short-tempered person is foolish and dull of perception. He does not ever triumph in any field. Anger is half frenzy and when it flares up it can turn into proper frenzy.”

Friday Sermon; October 10th, 2014

Most honored among You!:

“Only he is most honored among you who most forgives the transgressions of his brother; and unfortunate is he who remains obdurate, and does not forgive.”

Our Teachings; Page 4-5

Wisdom takes leave and goes away:

“You should remember it well that wisdom and excitement can in no case go together (they are very much opposed to each other). When one is excited and full of anger, wisdom takes leave and goes away. But he who shows patience and forbearance is granted a light which brightens up the powers of wisdom and then, this light begets more of light. Since excitement makes the head and heart dark, this darkness produces more of darkness.”

(Malfoozat Vol. III, p.181)

Person who doesn't pay the dues of Man:

“God commands us to suppress our anger, treat others with courtesy, not be obstinate about our mistakes and try and pay the dues of mankind. In fact the Promised Messiah (on whom be peace) even said that a person who does not pay the dues of man, does not show courtesy as commanded by God will also not be paying the dues of God and his worship will be only pretense as it would not have brought about any good change in him, would not have instilled any humility in him.”

Friday Sermon; October 10th, 2014

Wisdom & Anger completely repel each other:

The Promised Messiah (on whom be peace) said: "Remember wisdom and anger completely repel each other. And whoever is patient and displays a model of even-mindedness is given a light which freshly illuminates his senses and then light goes on to create light. Since anger and fury darkens the heart and the mind, darkness goes on to engender darkness."

Friday Sermon; October 10th, 2014

Controlling Anger in the Home:

The following example from his domestic life shows how the Holy Prophet (ﷺ) controlled his anger and trained others in such a way that they would realize their error, without exercising harshness.

Then Hazrat A'isha (ra) related that once the Holy Prophet (ﷺ) was with his Companions. She had prepared food for him and, at the same time, Hazrat Hafsa (ra) had also prepared food and sent it before she (Hazrat A'isha) could send hers. She instructed her maid to spill Hazrat Hafsa's food out of its bowl. While placing the food in front of Prophet Muhammad (ﷺ), the maid dropped the food in such a way that the bowl broke and the food fell down. Hazrat A'isha (ra) narrates that the Holy Prophet (ﷺ) collected the broken pieces of the container, picked up the spilt food and put it on a leather placemat that was lying there, and then ate the same food. He returned Hazrat A'isha's (ra) food bowl to Hazrat Hafsa (ra), saying she should accept it in lieu of hers and eat the food also. Hazrat A'isha (ra) says that there was no sign of anger on the Holy Prophet's (ﷺ) blessed face.

Through his action the Holy Prophet (ﷺ) admonished the servant and Hazrat A'isha (ra) that mutual rivalry among wives should remain within reasonable limits; in fact, there should be no animosity amongst each other. **The exemplary model set by the Holy Prophet (ﷺ) in all his affairs was not only for the people of that time; rather it is an example for us to follow till the end of the world.** It should not be that we only read, listen and enjoy these examples but when the time comes, we overlook their significance.

Friday Sermon; March 21, 2008

Good treatment of wives is the very sign of the greatness of one's standard of faith:

“Some men, thinking that they have unbridled authority as the head of the house, are engaged in domestic violence and cruelty to children. So, if one wants to carry on treating his wife and children like ignorant people, then there is no benefit in coming into the Bai'at [Oath of Initiation] of the Promised Messiah ^(as). The Holy Prophet (ﷺ), as the guardian of his family, made his family appreciate first and foremost, the importance of establishing tauheed [Oneness of God]. However, he did so with love and affection, not by force. Thus, Hazrat Aisha ^(ra) relates that the Holy Prophet (ﷺ) would wake up during the night to offer nafl [voluntary] prayers and he would wake us up with a light sprinkling of water, so that we may offer nawafil and fulfil the responsibilities which are due to Allah. Then, the Holy Prophet (ﷺ) helped with tasks, which were part of the duties of the wives. Hazrat Aisha ^(ra) relates that he would stitch his own clothes, mend his shoes and repair the household items such as the water bucket etc. Thus, many husbands, keeping these examples in mind, will have to re-evaluate their behavior at home. Remember the Hadith, **“The one from among you is the highest regarding morals and manners who is better in his treatment of his wives.”** Thus, good treatment of wives is the very sign of the greatness of one's standard of faith.”

Except for indecency, all weaknesses and petulant behavior of women should be tolerated:

Regarding the responsibilities of a husband and good treatment of wives, the Promised Messiah ^(as) states, “Except for indecency, all weaknesses and petulant behavior of women should be tolerated. I find it absolutely shameful that a man should fight a woman.”. Once, the Promised Messiah ^(as) said that our members [of the Jama'at] should not be harsh and ill-tempered with their wives. The Promised Messiah ^(as) said, “Once raised my voice against my wife and I immediately refrained from uttering any hurtful and harsh word. I recited a lot of Istighfar [seeking forgiveness] and offered voluntary prayers with great ferventness and gave some charity...”

Those who are unkind to their wives, their faith is in danger:

“Those who are unkind to their wives, their faith is in danger. They should be very concerned as the person who is not at the highest standard of faith, can stumble at any time. Admonishing such men, the Promised Messiah ^(as) says, “If a man is not pious, how then can the wife be pious?” The Promised Messiah ^(as) further said, **“Verily, if a man becomes pious, the wife can also become pious.”**

Friday Sermon: May 19, 2017

Dispute between Husbands & Wives:

“Nowadays, cases from here and from all over the world are reported to me regarding disputes between husbands and wives in which both men and women are at fault. The men do not practice tolerance that a true believer should have, nor do the women show any tolerance at all. I have drawn your attention towards this previously also. I have said several times that although most of the time men are at fault, there are some situations when only the girl or woman is wrong. Both sides are responsible for creating grievances and destroying their homes. If people on both sides control their emotions and become righteous at heart, such problems would never arise. The Holy Prophet (ﷺ) admonished such people that while both of you see flaws in one another, there must also be some qualities that you like in each other as well. It is not possible that there are only flaws in the other person. **If you focus on the good qualities and adopt the habit of sacrifice, then an atmosphere of love, affection and reconciliation can develop between you.** The wives of the Holy Prophet (ﷺ) have testified that he was the best of all in kind treatment towards his wives. Thus, when the Holy Prophet (ﷺ) admonishes us, it is not just a piece of advice; the Holy Prophet (ﷺ) has also proven it by his personal example.”

Friday Sermon: August 22, 2008

The way to inculcate tolerance:

Every Ahmadi who has come into the Bai'at (oath of allegiance) of the Promised Messiah (as) has promised to bring a pious change in himself and improve his marital affairs, he should try to fulfil the promise made in the Bai'at.

When I hear of marital conflicts which lead to break up, I am reminded of an incident of a young girl who gave an excellent lesson to a couple. The young girl saw a married couple arguing and bickering in front of her, and she was so surprised to see their behavior towards one another that she continued to stare at them. The couple noticed this and asked the girl what was the matter, had she never seen her mother and father fight? Did they never get angry? **The girl replied that yes, they did get angry; but when her father got angry, her mother kept quiet, and when her mother got angry, her father kept quiet. This is a way to inculcate tolerance.**

So, both the husbands and wives should create the quality of tolerance in themselves.

Friday Sermon: April 3, 2009

Lack of kindness in martial relationship:

“This advice is extremely important. Every day I receive some letters, which indicate that lack of gentleness and steadfastness is the greatest reason behind marital conflicts. The Promised Messiah (as) has shown his concern regarding this lack of kindness and gentleness. In his time, there were probably only a few people who were lacking the qualities that he was concerned about, but with the increase in the Jamaat's membership, certain vices may increase. Therefore, we must pay attention to this.

The system of the Jama'at can carry out reformation to a certain degree. However, each individual must engage in his own real reformation himself. If every Ahmadi would heed the warning of the Promised Messiah (as), “One whose conduct is not good, I am afraid his faith is in danger,” then every Ahmadi's heart would quiver, and it should quiver. I have observed that it is arrogance and lack of kindness and forbearance that become the basis of most conflicts. If one party says something, the other party, instead of ending the conflict by showing forbearance, replies back with more aggression. As a result, conflicts become lengthy. Islahi (counseling) Committees are unable to resolve the matter; then it is sent to Qadha (judiciary department of the Jama'at). Then if someone refuses to accept the decision of the Qadha, we have to expel such a person from the Jama'at, even though it is against our own wish.”

Friday Sermon, April 4, 2008

Divorce is a most unpleasant act in the sight of God:

وَإِنْ يَتَفَرَّقَا يُغْنِ اللَّهُ كُلًّا مِّنْ سَعَتِهِ ۖ وَكَانَ اللَّهُ وَاسِعًا حَكِيمًا ﴿١٣١﴾

“And if they separate, Allah will make both independent out of His abundance; and Allah is Bountiful, Wise.” (Quran: 4:131)

Here, Allah commands that if there is no way to reconcile, then do not leave them suspended; one should separate in the best manner and part with dignity and respect. If a man has left his wife suspended, then the wife has the right to approach the Qadha and request Khula.

Allah says that a believing man and a believing woman could be considered to be following the path of righteousness if they are trying their best to live amicably with love and respect. If, in spite of these efforts, the relationship is still unsuccessful, then they should get separated in a dignified manner. He should part from her in the best manner, after fulfilling all her rights. This is the man's duty and the woman's right. Allah says that His limitless Bounties and His Mercy will create better arrangements for them afterwards. Allah will look after their needs and make them prosperous.

According to one Hadith, divorce is a most unpleasant act in the sight of God. However, if a relationship is based on Taqwa and all the efforts to continue the relationship fail, then Allah knows what is in their hearts. If separation is sought while inclined to Him, Allah Almighty makes bountiful arrangements for all concerned. Since Allah possesses the attribute of AlHakeem, the Wise, those decisions which are taken with the help of Allah are based on wisdom and are full of guidance directly from Allah Almighty.

Friday Sermon: May 15, 2009

Commandments regarding the rights of the wife after a Marriage:

I will mention another point about divorce: at times, men make matters of divorce drag on and try to prolong it. There are clear and distinct commandments regarding the rights of the wife after a marriage which has lasted a period of time, and also where there are children. **When the relationship finally ends in divorce, the rights of the wife are quite clear.** Haq Mehr and child-support should be paid by the men. However, Allah has commanded a man to fulfil the rights of a wife in the instance of a divorce, even when the 'going away' ceremony has not taken place and the marriage has not been consummated.

It is stated in Surah Al Baqarah:

لَا جُنَاحَ عَلَيْكُمْ إِن طَلَقْتُمُ النِّسَاءَ مَا لَمْ تَمْسُوهُنَّ أَوْ تَفْرِضُوا لَهُنَّ فَرِيضَةً ۖ وَ مَتَّعُوهُنَّ عَلَى الْمَوْسِعِ قَدَرَهُ وَعَلَى الْبُقْطَرِ قَدَرَهُ مَتَاعًا بِالْمَعْرُوفِ ۚ حَقًّا عَلَى الْبُحْسِينِ ﴿٢٣٧﴾

It shall be no sin for you if you divorce women while you have not touched them, nor settled for them a dowry. But provide for them — the rich man according to his means and the poor man according to his means — a provision in a becoming manner, an obligation upon the virtuous. (Quran 2:137)

In this verse, Allah states that if the man wishes to break up the relationship, then it is the duty of the man, whatever the reasons might be, to treat his wife in the best possible manner and pay all the dues within his capacity. If Allah Almighty had granted him with abundance of wealth, then he is commanded to show his abundance as well. If he fails to show it, then Allah has the power to curtail all of his abundance. If Allah had blessed him with abundance, and he is not kind towards his wife and does not pay her rightful dues, then Allah Almighty has the capacity to change his abundance into poverty. So, if a person wishes to earn the blessings of Allah, then he should show kindness towards his wife. Allah does not burden a soul beyond his capacity; that is why He said that if a person is righteous and pious then it is his responsibility to show kindness.

Man & Women are the basic unity of society:

“Men and women are the basic unit of society. Although they are different genders, they have a connection, and after joining in the relationship as husband and wife, they become a unit. This is the relationship and the bond from which the next generation ensues. If this unit and couple do not have Taqwa, then there is also no guarantee for the Taqwa of the next generation. There is also no guarantee for the high morals and Taqwa of society, because a society is formed by the numerical growth of humanity. Therefore, when a believer is in search of Taqwa, it is not just for himself; rather it is also for his offspring and for his society. When this fundamental unit espouses such Taqwa, it will be a guarantor for the Taqwa of the next generation and there will also be a guarantee of Taqwa of society—and high morals will be witnessed.”

Hazur (aba) further stated:

“At times, one issue emerges a lot in our marital problems that come to the fore from both men and women: that one of them disparages the other’s parents or siblings. Men accuse women and women accuse men of belittling their parents, saying such and such about them and being abusive about them. This is far removed from Taqwa and creates discord in families. It is not a matter of only making accusations; at times, these turn out to be the truth where children are provoked against grandparents and improper words are used for each other’s close relatives and efforts are made to turn children against them. Allah states that this is far removed from Taqwa and this is not Taqwa and in doing this you are going far away from Taqwa. Therefore, be careful of your relations of kinship as well.”

Address to Lajna Ima’illah, Jalsa Salana UK, July 23, 2011

“At times, a husband and wife will argue over minor issues in their home, and there may be friction between them. Allah has made the man stronger and more powerful. If a man adopts silence, probably more than eighty percent of disputes would end right there. One only has to keep in mind that one has to show kind treatment and exercise patience.”

Friday Sermon January 23, 2004