



غذاء الروح

الصبر

Patience

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the name of Allah, the Compassionate, the Merciful.

We shall certainly try you with a certain measure of fear and hunger, and with diminution of wealth, lives and crops.

But give glad tidings to those who remain patient in adversity.

Who, when a calamity befalls them, say,

'To God we belong, and to Him we shall return.'

On such people, blessings and mercy are bestowed by their Lord; such people will be rightly guided.

وَلَنَبْلُوَنَّكُمْ بِشَيْءٍ مِّنَ
الْخَوْفِ وَالْجُوعِ وَنَقْصٍ مِّنَ
الْأَمْوَالِ وَالْأَنْفُسِ وَالثَّمَرَاتِ
وَبَشِّرِ الصَّابِرِينَ (2:155)
الَّذِينَ إِذَا أَصَابَتْهُمُ مُصِيبَةٌ
قَالُوا إِنَّا لِلَّهِ وَإِنَّا إِلَيْهِ
رَاجِعُونَ (2:156) أُولَئِكَ
عَلَيْهِمْ صَلَوَاتٌ مِّن رَّبِّهِمْ
وَرَحْمَةٌ وَأُولَئِكَ هُمُ
الْمُهْتَدُونَ (2:157)

