

Du'a for ANGER

Mu'adh bin Jabal (R.A.) narrated that one of two men cursed the other next to the Prophet (Sallallahu Alaihi Wa Sallam), until anger could be recognised in the face of one of them. So the Prophet (Sallallahu Alaihi Wa Sallam) said: " Verily, I know a statement, that if he were to say it, his anger would leave: 'I seek refuge in Allah from Shaitan, the rejected.' "

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

A`ūdhu billāhi minash-shaiṭānir-rajīm

I seek refuge in Allah from Shaitan, the rejected

[Jami'at-Tirmidhi]

Abu Dharr (R.A.) narrated that the Messenger of Allah (Sallallahu Alaihi Wa Sallam) said to us: When one of you becomes angry while standing, he should sit down. If the anger leaves him, well and good; otherwise he should lie down.

[Abi Dawud]

Ibn 'Abbas (R.A.) said, "The Messenger of Allah (Sallallahu Alaihi Wa Sallam) said, 'Teach and make it easy. Teach and make it easy' three times. He went on, 'When you are angry, be silent' twice."

[Al-Adab Al-Mufrad]