

FORGIVENESS

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*For Girls
Lusaka*

"The most merciful person is he who forgives when he is able to take revenge."
[Hasan ibn Abi talib رضی اللہ عنہ].

Have you ever been told to forgive someone? Have you ever gone through this stage wherein you questioned why you should forgive someone who wronged you?

Forgiving does not mean reciprocating what was done to you, it simply means tolerating, accepting and letting go. Forgiveness does not mean justifying the harm done to you, it literally means letting your positive feelings overcome the negative ones.

Have you ever thought of the benefits of forgiving others?

- Forgiveness gives joy and peace of mind.
- It results in a healthy and strong body.
- It improves your mental, emotional and physical health

On the other hand, holding onto grudges has a lot of disadvantages:

- It consumes a lot of energy
- You keep hurting yourself in your mind and heart
- It makes you feel anger and sadness
- It creates a huge burden in your heart, body and mind
- Studies done by the university of Pennsylvania state that, "Failing to forgive, or unforgiveness, is the practice of engaging in ruminative thoughts of anger, vengeance, hate, and resentment that have unproductive outcomes for the ruminator, such as increased anxiety, depression, elevated blood pressure, vascular resistance, decreased immune response, and worse outcomes"

A burglar once entered Malik bin dinar [ؓ]'s house. Upon rummaging the house, he found absolutely nothing. Malik [ؓ] immediately ended his Salah, turned to the man and said, "My brother may Allah ^ﷻ forgive you, you entered my house without permission and found nothing of worth, yet I want you to leave with some benefit". He went into his room and brought with him a jug of water. When he returned, he asked the burglar to make wudhu and perform two units of Salah with him. The burglar ended up spending the entire night in worship!

This shows both the extent of forgiveness that our pious predecessors practiced. More importantly, it also shows the effect of forgiveness on the burglar.

May Allah ^ﷻ grant us the ability to forgive.

H.motala