

Controlling Anger, Swearing and Cleanliness (Siwak)



Part 1: Controlling Anger

7 Ways to Stay Calm When Angry (From the Sunnah)

1. Ask Allah for Help

When you feel angry, say:

أعوذ بالله من الشيطان الرجيم

It means: I seek refuge with Allah from Shaytaan. This helps your anger go away. This is from an authentic hadith.

2. Make Wudu (Ablution)

When you are angry, Shaytaan makes you feel heated and upset. Shaytaan is created from fire, and water helps cool you down. Making wudu helps calm your body and your heart. The hadith is weak, but the meaning is correct and beneficial.

3. Be Quiet

When you are angry, do not speak. Words said in anger can hurt others and cause regret. Staying quiet helps you calm down. The hadith is weak, but the meaning is good.

4. Sit Down or Lie Down

If you are standing and become angry, sit down. If you are still angry, lie down. Changing your position helps reduce anger.

The hadith is weak, but the meaning is good.

5. Think About the Cause of Your Anger

Ask yourself: Why am I angry? Is this something small? Can I forgive? Thinking like this helps you control your anger. The hadith is weak but the meaning is good.

6. Remember the Reward from Allah

When you control your anger, Allah is pleased with you. You will be rewarded for being patient. The hadith is weak but the meaning is good.

7. Change Your Place

If you are angry, move somewhere else. Walk away or sit in a quiet place. This helps your mind and heart calm down. The hadith is weak but the meaning is good.

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Part 2: Swearing by Allah (Do Not Swear Except by Allah Alone)

Evidence

Ibn Umar (may Allah be pleased with him) said:

The Prophet ﷺ said: “Whoever swears should only swear by Allah.” People used to swear by their fathers, so the Prophet ﷺ said: “Do not swear by your fathers.”

What You Should Know

- A Muslim should only swear by Allah.
 - It is not allowed to swear by:
 - parents
 - the Prophet ﷺ
 - the Ka’bah
 - anything else
 - This is incorrect.
 - Saying “Wallahi” too much shows:
 - carelessness
 - lack of understanding
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Wrong Ways to Swear

Examples:

- By my parent’s life, my wife, my husband, my children, etc.
- By the Prophet
- By the Ka’bah
- By the moon and stars
- I swear on my life
- By my country / my honour

All of these are wrong.

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Correct Ways to Swear

- By Allah
- By the Lord of the Ka'bah
- By the Lord of the Prophet

You can also swear by Allah's Names:

- By the Most Merciful
- By the All-Hearing
- By the Most High
- By the All-Powerful

Important Rules

- Do not swear often
- Do not swear when joking
- Only swear when necessary
- Always tell the truth

Swearing too much can lead to lying and lying is forbidden. Lying while swearing is very serious.

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Part 3: Cleanliness and Siwak

Explanation from Scholars

Imam al-Ajurri (may Allah have mercy on him) said:

- Before reading Qur'an:
 - make wudu
 - use siwak
- This shows respect for the Qur'an because it is the speech of Allah.
- Angels come close when you recite.
- If your mouth is clean:
 - angels come closer
- If not:
 - angels move away

What is Siwak?

- A natural tool used to clean teeth
- Comes from the Arak tree

Benefits of Siwak

- Cleans teeth
- Removes bad smell
- Removes bacteria
- Strengthens gums

Sunnah of the Prophet ﷺ

- Kept siwak close
- Used it when waking up
- Used it before prayer
- Used it when entering his home
- Used it during night prayer

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Important Story

Aishah (may Allah be pleased with her) said:

- The Prophet ﷺ loved siwak
- Before he passed away, he wanted to use it
- She softened it for him
- He cleaned his teeth with it

When to Use Siwak

1. Before wudu
2. Before prayer
3. After waking up
4. Before reading Qur'an
5. When the mouth smells bad

Important Notes

- Can be used anytime
- Can be used while fasting

Islam teaches:

- cleanliness
- good manners
- respect for the Qur'an

Final Reminder

- Control your anger
- Do not swear except by Allah
- Keep your mouth clean
- Respect the Qur'an
- Follow the Sunnah

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Revision Questions:

Section A: Multiple Choice

1. Who should a Muslim swear by?
 - a) Parents
 - b) Prophet ﷺ
 - c) Allah
 - d) Friends
2. Swearing by anything other than Allah is:
 - a) Allowed
 - b) Recommended
 - c) Wrong
 - d) Sunnah
3. Saying "Wallahi" too much shows:
 - a) Strength
 - b) Carelessness
 - c) Knowledge
 - d) Patience
4. Which is correct?
 - a) By my life
 - b) By Allah
 - c) By my country
 - d) By my honour
5. Swearing too much leads to:
 - a) Success
 - b) Lying
 - c) Respect
 - d) Wealth
6. Siwak is used to:
 - a) Clean teeth
 - b) Eat
 - c) Write
 - d) Decorate

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7. Siwak comes from:
 - a) Rock
 - b) Tree
 - c) Water
 - d) Sand
8. Siwak makes Allah:
 - a) Angry
 - b) Pleased
 - c) Silent
 - d) Unaware
9. When should siwak be used?
 - a) Before prayer
 - b) After waking
 - c) Before Qur'an
 - d) All of the above
10. First step when angry:
 - a) Shout
 - b) Sleep
 - c) Seek refuge with Allah
 - d) Leave

Section B: True or False

11. It is allowed to swear by the Prophet ﷺ.
12. A Muslim should only swear when needed.
13. Lying while swearing is serious.
14. Siwak is only used at night.
15. Siwak can be used while fasting.
16. Cleanliness is part of Islam.
17. Angels come close during Qur'an.
18. A dirty mouth does not matter.
19. Speaking in anger can harm others.
20. Moving place helps reduce anger.

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Section C: Fill in the Blanks

21. A Muslim should swear only by _____.
22. Too much swearing leads to _____.
23. Siwak cleans the _____.
24. Siwak comes from a _____.
25. Before Qur'an, clean your _____.
26. Seek refuge from _____.
27. If angry while standing, _____.
28. If still angry, _____.
29. Staying _____ helps calm anger.
30. Islam teaches _____ and good manners.

Section D: Short Answer

31. What did the Prophet ﷺ teach about swearing?
32. Give two wrong examples of swearing.
33. Give two correct examples.
34. Why avoid swearing too much?
35. What is siwak?
36. Give two benefits of siwak.
37. Why clean your mouth before Qur'an?
38. What happens when reciting with a clean mouth?
39. Why stay quiet when angry?
40. What should you do when very angry?

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Section E: Lists

41. List three times to use siwak.
42. List two Sunnah actions with siwak.
43. List three wrong ways people swear.
44. List two ways to control anger.
45. List two benefits of controlling anger.

Section F: Thinking Questions

46. What would you say to someone who swears by their life?
47. What should you do first when angry?
48. What should you do before reading Qur'an if your mouth smells?
49. What advice would you give someone who says "Wallahi" often?
50. What steps should you take if you are standing and angry?