

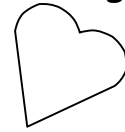
Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Sabr - Patience

Patience

“So be patient (O Muhammad, peace be upon him), with a good patience.”

Surah Al-Ma-aarij (70:5)



1.) In your own words, write what you think patience is:

\_\_\_\_\_

2.) In your own words, write what you think 'good' patience is:

good

3.) What are examples of good patience: Tick the correct box(es) .

Complaining only to Allah

Complaining to everyone

Tearing your hair and screaming when afflicted by a tragedy

Praying five times a day

Saying "uff" to our parents

4.) In your own words, write what you think 'bad' patience is:

\_\_\_\_\_

5.) What are examples of bad patience: Tick the correct box(es) .

Complaining only to Allah

Complaining to everyone

Pretending to be sick when learning Qur'an

Making excuses to avoid praying

Saying "uff" to our parents

Bad

6.) Which type of patience is harder to do: Tick the correct box .

Good patience

Bad patience

7.) Explain your answer to question 6 (Write down why it is more difficult):

\_\_\_\_\_

8.) When is it more difficult to have good patience? During times of difficulty and trial or during times of ease and comfort:

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\_\_\_\_\_

\_\_\_\_\_