

## The Disadvantages of Anger and an Ill Temper

The Holy Prophet (S) said: "Anger spoils Faith as much as vinegar spoils honey."

Al-Kafi, vol. 2, p. 302

Imam as-Sadiq (‘a) said: "Wrath is the key to all vices."

Al-Kafi, vol. 2, p. 303

Imam Ridha (‘a) narrated from his father (‘a) from Imam Amir ul Mu'mineen (‘a) who said that a man once asked the Prophet (S) to teach him an action to prevent a barrier between him and Paradise.

The Holy Prophet (S) said: "Do not get angry; do not ask people for things; wish for people whatever you wish for yourself."

Bihar-ul-Anwar, vol. 75, p. 27

Imam as-Sadiq (‘a) said: "He who restrains his anger, Allah will cover his blemishes."

Al-Kafi, vol. 2, p. 303

Imam as-Sadiq (‘a) said: "Anger is a destroyer for the heart of a sage; and he who does not have his anger under his control does not have his wisdom under his control, either."

Al-Kafi, vol. 2, p. 303

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