

Islamic Guidance

وَالْكَاطِمِينَ الْغَيْظَ وَالْعَافِينَ عَنِ النَّاسِ
وَاللَّهُ يُحِبُّ الْمُحْسِنِينَ

'Those who overcome anger and forgive people and God loves those who do good.'
(Surat Alee Imran 3:134)

وَإِنْ خِفْتُمْ شِقَاقَ بَيْنِهِمَا فَابْعَثُوا حَكَمًا مِّنْ
أَهْلِهِ وَحَكَمًا مِّنْ أَهْلِهَا إِنْ يُرِيدَا إِصْلَاحًا
يُوَفِّقِ اللَّهُ بَيْنَهُمَا إِنَّ اللَّهَ كَانَ عَلِيمًا خَبِيرًا

'And if you fear conflict between a husband and a wife, then appoint an arbitrator from his family and an arbitrator from her family. If they both desire reconciliation, then God will bring them together in peace. Indeed God is All Knowing, All Aware.' (Surat al-Nisa 4:35)

'The most merciful person is the one who forgives when he is able to revenge.' (Bihar al- Anwar)

'The strong one is not the one who can win a wrestling match but indeed the strong one is the one who controls oneself when angry.' (Bukhari)

'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)

'If a friend among your friends makes a mistake, think of seventy excuses for them. If your hearts are unable to do this, then know that the shortcoming is in your own selves.' (Bayhaqi)

Islamic Methods of Resolving Conflict

Discuss the methods Prophet Muhammad ﷺ used to control anger and resolve conflict.

- 1 Seek God's protection by reciting the ta'awwudh. أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ
- 2 Remain silent. Do not respond immediately. Pause for thought and, when ready to respond, strengthen your argument and lower your voice.
- 3 If you are standing, sit down and if you are already sitting down, lie down.
- 4 Perform wudu' if possible – this will help you to calm down.
- 5 Involve a third party who can help you to resolve the conflict without violence. Such a person is called an arbitrator (independent person who settles disputes or someone who is like a referee). It may be your mother, a trusted friend, an imam or a teacher. Countries that are in conflict with each other often go to the United Nations (UN) to arbitrate.

Feedback

Lesson Title: Resolving Conflict
Name:
Madrasah/Organisation:
Today I have learnt about:
As a result of this lesson I have learnt that a good Muslim should:
I am going to follow up this topic in my home/school/community by:

Follow-up Worksheet

Lesson Title: Resolving Conflict	
Name:	
Madrasah/Organisation:	
Task: Develop a diary for the next seven days of any conflicts or disagreements you may have, and describe how you resolved them. This can be at home, in school, in the madrasah, in the playground or in your neighbourhood.	
Your diary for the week:	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	