

is disbelief in Allah, then sins of different types, such as associating others with Allah and sins that are less serious than that.



﴿يَا أَيُّهَا الَّذِينَ آمَنُوا اسْتَعِينُوا بِالصَّبْرِ وَالصَّلَاةِ إِنَّ اللَّهَ مَعَ الصَّابِرِينَ﴾ (سورة

البقرة: ١٥٣)

2:153. O you who believe, seek help through patience and prayer; for Allah is with those who are patient.

Here Allah (ﷻ) commands the believers to seek help in their religious and worldly affairs «through patience and prayer». Patience means controlling oneself in the face of that which one dislikes. That is of three types: patience in obedience to Allah, so that you will do it; patience in refraining from disobedience to Allah, so that you will not do it; and patience in accepting the decree of Allah when it is hard, so that you will not resent it. Patience is a great help in all matters, and there is no way for one who is not patient to achieve his goals, especially with regard to acts of worship that are difficult and are to be done regularly, because they require a great deal of patience to bear the hardship involved. If the one who does these acts of worship adheres to patience, he will attain success, but if he is deterred by difficulty and hardship, and does not have the patience to persist in these acts of worship, he will not achieve anything, and he will be deprived. Similarly, the sin for which one has a strong inclination and which is within one's means is something that cannot be resisted except by means of great patience, resisting one's inclination for the sake of Allah (ﷻ) and by seeking Allah's help to protect one from it, for it is one of the greatest temptations and is also a very difficult test, especially if it is ongoing. In such cases willpower and physical strength grow weak, and it may lead to resentment, unless one resists