

Patience in Islam - Worksheet

- Pick the right answer.
- You have 20 minutes to finish the worksheet.

1. What does the Arabic term "Sabr" mean in Islam?

- Being calm and strong when things get hard
- Never facing difficulties
- Complaining about problems
- Always being happy

2. What does patience (Sabr) teach us to do?

- Ignore difficulties
- Control our anger and frustration and only do and say things that are pleasing to Allah
- Avoid facing challenges
- Give up when things get tough

3. Where is patience mentioned in the Quran?

- Surah Al-Ikhlās
- Surah Al-Asr
- Surah Al-Fatiha
- Surah Al-Mulk

4. Why is patience important in Islam?

- It helps us stay happy and hopeful
- It makes us weaker
- It is only for times of hardship
- It makes us forget about Allah

5. Which of the following is a reward for having patience according to Islam?

- No difficulties will come your way
- Jannah (Paradise)
- Immediate wealth
- Exemption from prayer

6. What does the phrase "إن الله مع الصابرين" (Indeed, Allah is with the patient) emphasize?

- The importance of patience in Islam
- The importance of wealth
- The power of prayer
- The importance of forgiveness

7. How did Prophet Muhammad ﷺ demonstrate patience?

- By avoiding difficulties
- By trusting Allah's plans during difficult times

- c) By ignoring the people around him
- d) By complaining about the challenges he faced

8. What did Prophet Muhammad ﷺ teach us about patience?

- a) To avoid problems at all costs
- b) To complain about hardships
- c) To be patient and trust Allah
- d) To only be patient when facing big challenges

9. In the hadith, what is said about the believer's patience in times of difficulty?

- a) Patience leads to sadness
- b) Patience brings good to the believer
- c) Patience means ignoring feelings
- d) Patience brings no reward

10. What can patience in hardships do for us according to Islamic teachings?

- a) Makes us stronger
- b) Causes us to suffer more
- c) Makes life harder
- d) Leads to punishment from Allah

11. How can we develop more patience in daily life?

- a) By reacting immediately to problems
- b) By taking deep breaths when upset
- c) By giving up when things are difficult
- d) By blaming others

12. What should you do if you are getting angry or frustrated?

- a) Yell and express anger
- b) Sit down if you are standing or lie down if you are sitting
- c) Ignore the feeling and do nothing
- d) React immediately without thinking

13. What should we say when facing difficulties, according to Islam?

- a) "Why me?"
- b) "Inna lillahi wa inna ilayhi raji'un" (To Allah we belong, and to Him we shall return)
- c) "I can't handle this"
- d) "I will find a solution myself"

14. What did the Prophet ﷺ teach us to think about when facing difficulties?

- a) Our personal desires
- b) The example of the Prophet ﷺ
- c) How to avoid hardship
- d) The rewards we might get immediately

Answers

1. What does the Arabic term "Sabr" mean in Islam?

- a) Being calm and strong when things get hard
- b) Never facing difficulties
- c) Complaining about problems
- d) Always being happy

Answer: a) Being calm and strong when things get hard

2. What does patience (Sabr) teach us to do?

- a) Ignore difficulties
- b) Control our anger and frustration and only do and say things that are pleasing to Allah
- c) Avoid facing challenges
- d) Give up when things get tough

Answer: b) Control our anger and frustration and only do and say things that are pleasing to Allah

3. Where is patience mentioned in the Quran?

- a) Surah Al-Ikhlās
- b) Surah Al-Asr
- c) Surah Al-Fatiha
- d) Surah Al-Mulk

Answer: b) Surah Al-Asr

4. Why is patience important in Islam?

- a) It helps us stay happy and hopeful
- b) It makes us weaker
- c) It is only for times of hardship
- d) It makes us forget about Allah

Answer: a) It helps us stay happy and hopeful

5. Which of the following is a reward for having patience according to Islam?

- a) No difficulties will come your way
- b) Jannah (Paradise)
- c) Immediate wealth
- d) Exemption from prayer

Answer: b) Jannah (Paradise)

6. What does the phrase "إن الله مع الصابرين" (Indeed, Allah is with the patient) emphasize?

- a) The importance of patience in Islam
- b) The importance of wealth
- c) The power of prayer
- d) The importance of forgiveness

Answer: a) The importance of patience in Islam

7. How did Prophet Muhammad ﷺ demonstrate patience?

- a) By avoiding difficulties
- b) By trusting Allah's plans during difficult times
- c) By ignoring the people around him
- d) By complaining about the challenges he faced

Answer: b) By trusting Allah's plans during difficult times

8. What did Prophet Muhammad ﷺ teach us about patience?

- a) To avoid problems at all costs
- b) To complain about hardships
- c) To be patient and trust Allah
- d) To only be patient when facing big challenges

Answer: c) To be patient and trust Allah

9. In the hadith, what is said about the believer's patience in times of difficulty?

- a) Patience leads to sadness
- b) Patience brings good to the believer
- c) Patience means ignoring feelings
- d) Patience brings no reward

Answer: b) Patience brings good to the believer

10. What can patience in hardships do for us according to Islamic teachings?

- a) Makes us stronger
- b) Causes us to suffer more
- c) Makes life harder
- d) Leads to punishment from Allah

Answer: a) Makes us stronger

11. How can we develop more patience in daily life?

- a) By reacting immediately to problems
- b) By taking deep breaths when upset
- c) By giving up when things are difficult
- d) By blaming others

Answer: b) By taking deep breaths when upset

12. What should you do if you are getting angry or frustrated?

- a) Yell and express anger
- b) Sit down if you are standing or lie down if you are sitting
- c) Ignore the feeling and do nothing
- d) React immediately without thinking

Answer: b) Sit down if you are standing or lie down if you are sitting

13. What should we say when facing difficulties, according to Islam?

- a) "Why me?"
- b) "Inna lillahi wa inna ilayhi raji'un" (To Allah we belong, and to Him we shall return)
- c) "I can't handle this"
- d) "I will find a solution myself"

Answer: b) "Inna lillahi wa inna ilayhi raji'un"

14. What did the Prophet ﷺ teach us to think about when facing difficulties?

- a) Our personal desires
- b) The example of the Prophet ﷺ
- c) How to avoid hardship
- d) The rewards we might get immediately

Answer: b) The example of the Prophet ﷺ