

سُورَةُ الرَّحْمَنِ الرَّحِيمِ

Al Haleem/Halim

Allah (swt) says: “To speak a kind word and to forgive people’s faults is better than charity followed by hurt. Allah is All-Sufficient, All-Forbearing”. (Al-Baqarah 2:263)

The Prophet ﷺ said to Ashajj Abdul-Qays: “You have two qualities which Allah loves: forbearance and steadiness”. (Muslim)

Al-Haleem is one of the Names of Allah (swt) mentioned in Quran at number of places; this name has a very deep meaning.

Haleem comes from the root Haa-laam-meem

It has the following classical Arabic meanings:

To be forbearing, kind, gentle, lenient, and moderate,

To be forgiving, sympathetic, and deliberate,

Not hasty in manner, calm, serene, tolerant, and patient,

Hilm refers to the patience that arises from a sense of mercy and deep serenity.

The One who is calm and deliberate, never hasty even with the disobedient and wrongdoers.

He is lenient and mild when it comes to taking a decision against humans or when holding them accountable for something.

Imam Al Ghazali translates Al Haleem as "The Forbearing One". “He states that Al Haleem is "the One Who Witnesses the disobedience of the disobedient, the One Who sees the violation of the command (Amr). But Anger does not rouse Him and Rage does not seize Him. He is not one Who is prompted by haste and recklessness to give Immediate Punishment, even though He has unlimited Power to do so.” He then quotes verse 35:45 from the Quran: “And were Allah to punish men for what they earn, He would not leave on the back of it (surface of the earth) any creature”.

How to develop Hilm in personality

Be grateful for the Hilm of Allah (swt)

Practice forbearance for the sake of Al-Haleem

Suppress anger to seek Allah Love, and to obey His messenger

Learn to have Self-control and manage temper

Be patience, kind, gentle and Serene

Train yourself to Show moderation

Be a good example for others and never be arrogant

Hilm is when you're in a position to show your anger but still hold it back

Abdullah ibn Amr reported: The Prophet ﷺ said, "Be merciful to others and you will receive mercy. Forgive others and Allah will forgive you." (Musnad Ahmad)

May Allah (swt) help us to develop Hilm, Ameen

Ibn Abbaas reported that at times of distress, the Messenger of Allah ﷺ used to say: "There is no god but Allah, the All-Great, the Patient; there is no god but Allah, Lord of the Mighty Throne; there is no god but Allah, the Lord of heaven, the Lord of earth, and the Lord of the Noble Throne". (Al-Bukhaari)

لَا إِلَهَ إِلَّا اللَّهُ الْعَظِيمُ الْحَلِيمُ،
لَا إِلَهَ إِلَّا اللَّهُ رَبُّ الْعَرْشِ الْعَظِيمِ،
لَا إِلَهَ إِلَّا اللَّهُ رَبُّ السَّمَوَاتِ
وَرَبُّ الْأَرْضِ وَرَبُّ الْعَرْشِ الْكَرِيمِ