



## **Whoever suppresses his rage while being able to vent it, Allah, Glorified and Exalted, will call him before the entire creation on the Day of Judgment so that he can choose whomever of the houris he wishes to have**

Mu'ādh ibn Anas (may Allah be pleased with him) reported that the Prophet (may Allah's peace and blessings be upon him) said: "Whoever suppresses his rage while being able to vent it, Allah, Glorified and Exalted, will call him before the entire creation on the Day of Judgment so that he can choose whomever of the houris he wishes to have."

[Hasan/Sound by virtue of corroborating evidence] [Narrated by Ibn Majah - Narrated by At-Termedhy - Narrated by Abu Daoud - Narrated by Ahmad]

One shall collect a great reward if he were to suppress his anger when capable of unleashing it, especially when he opts for patience against temptations of anger for the sake of Allah. The reward is being summoned on the Day of Judgment in front of everyone to choose from the most beautiful women of Paradise whomever he desires.

<https://sunnah.global/hadeeth/en/show/3287>

