



**Whatever good I have, I will not withhold from you.  
Whoever tries to be chaste, Allah will make him  
chaste; whoever tries to be self-sufficient, Allah will  
make him self-sufficient; whoever tries to be patient,  
Allah will make him patient. No one is granted a gift  
better and ampler than patience**

Abu Sa'īd al-Khudri (may Allah be pleased with him) reported: Some people from the Ansār asked the Messenger of Allah (may Allah's peace and blessings be upon him) for charity and he gave them. They asked him again, and he gave them until there was nothing left. Thereupon, he said to them: "Whatever good I have, I will not withhold from you. Whoever tries to be chaste, Allah will make him chaste; whoever tries to be self-sufficient, Allah will make him self-sufficient; whoever tries to be patient, Allah will make him patient. No one is granted a gift better and ampler than patience."

[Authentic hadith] [Narrated by Bukhari & Muslim]

Some people from the Ansār asked the Messenger of Allah (may Allah's peace and blessings be upon him) for alms and he gave them. They asked him again and he gave them until he had nothing left. He told them that he would not withhold anything from them. He urged them to be chaste, self-sufficient, and patient. The Prophet (may Allah's peace and blessings be upon him) informed them that anyone who is satisfied with the divine blessings, without need for people, Allah makes him rich. Indeed, richness is in the heart. With self-sufficiency, one needs nothing from others. Also, being chaste, one earns divine protection for oneself and one's spouse. Finally, anyone who tries to be patient, Allah grants him patience, for there is nothing better than patience.

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