The strong man is not the one who can overpower others; rather, the strong man is the one who controls himself when he is angry

Abu Hurayrah (may Allah be pleased with him) reported: The Messenger of Allah (may Allah's peace and blessings be upon him) said: "The strong man is not the one who can overpower others; rather, the strong man is the one who controls himself when he is angry."

[Authentic] [Agreed upon]

The Prophet (may Allah's peace and blessings be upon him) points out that true strength is not the strength of a person's body or his ability to overpower other strong men. But a truly strong person is one who strives to control and restrain himself while in a fit of rage. This indicates the power he exercises over himself and his ability to overpower the devil.

https://sunnah.global/hadeeth/en/show/5351

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