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Daga Dan Abbas - Allah Ya yarda da su - ya ce: Manzon Allah - tsira da amincin Allah su tabbata a gare shi - ya ce: "Ni'imomi biyu ana yi wa da yawa daga mutane kamunga a cikinsu: Lafiya da rrar lokaci".

[Ingantacce ne] [Buhari ne ya rawaito shi]

Annabi - tsira da amincin Allah su tabbata agare shi - ya bada labari game da ni'imomi biyu masu girma daga ni'imomin Allah ga mutum wanda da yawa daga mutane suke hasara a cikinsu inda suke juyar da su ba'a mahallinsu ba; domin mutum idan ni'imar lafiya tare da rrar lokaci suka taru gare shi , sai kasala ta rinjaye shi daga da'a to shi yana daga masu hasara; wannan shi ne halin mafi yawancin mutane, idan ya yi anfani da rrar lokaci da kuma lafiyarsa a cikin da'ar Allah to shi mai rabauta ne; inda kuma duniya ita ce gonar lahira, kuma a cikinta akwai kasuwancin da ribarsa take bayyana a lahira, rrar lokaci kuma shagalta tana biye masa, lafiya kuwa rashin lafiya yana biye mata, koda baikasance ba sai tsufa da to ya isa

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