الْحَمْدُ لِلّهِ الَّذِي أَمَرَنَا بِالْعَفْوِ وَالإِحْسَانِ، وَالصَّفْحِ وَالْغُفْرَانِ، وَأَشْهَدُ أَنْ لاَ إِلهَ إِلاَّ اللهُ وَحْدَهُ لاَ شَرِيكَ لَهُ، وَأَشْهَدُ أَنْ سَيِّدَنَا وَنَبِيَّنَا مُحَمَّدًا عَبْدُ اللهِ وَرَسُولُهُ، أَكْثَرُ النَّاسِ عَفْوًا، فَاللَّهُمَّ صَلِّ وَنَبِيَّنَا مُحَمَّدٍ وَعَلَى آلِهِ وَصَحْبِهِ وَسَلِّمْ وَبَارِكْ عَلَى سَيِّدِنَا وَنَبِيِّنَا مُحَمَّدٍ وَعَلَى آلِهِ وَصَحْبِهِ وَسَلِّمْ وَبَارِكْ عَلَى مَنْ تَبِعَهُمْ بِإِحْسَانٍ إِلَى يَوْمِ الدِّينِ. أَجْمَعِينَ، وَعَلَى مَنْ تَبِعَهُمْ بِإِحْسَانٍ إِلَى يَوْمِ الدِّينِ.

All praise is due to Allah, the Lord of the Worlds. He enjoins us to forgive each other's flaws and be kind to one another. I bear witness that there is no deity save Allah, having no associates. I also bear witness that our Master Muhammad is the Servant of Allah and His Messenger. He was the most forgiving amongst his people. May the peace and blessings of Allah be upon him, his pure blessed family and companions, and all those who follow them in righteousness till the Day of Judgment.

- Life is full of twists, turns, opportunities, happiness, sorrow, loss, pain and suffering. You can either complain, remain resentful and become bitter, or forgive, forget, move on, be happy and leave it to Allah
- Every day, week, month and year is a new beginning to be happy, start afresh and get the pleasure of Allah and the Dunya.
- So in life you can either Condemn & Blame or Forgive & Pardon وَ أَنْ تَعْفُو ا أَقْرَ بُ لِلتَّقْوَ ي

"and to forego it is nearer to righteousness." (2:237)

• Forbearance and forgiving are amongst the most commendable and noble human qualities and values. Allah se commands tolerance and pardon in all stages of life.

فَاعْفُوا وَاصْفَحُوا حَتَّى يَأْتِيَ اللَّهُ بِأَمْرِه

"so pardon and overlook until Allah delivers His command." (2:109)

فَاعْفُ عَنْهُمْ وَاسْتَغْفِرْ لَهُمْ

"so pardon them and ask forgiveness for them." (3:159)

Pardoning means to excuse others' mistakes and overlook their flaws, while forgiving is to forget what they have done and stay positive towards them

Forgiveness is truly a characteristic of the righteous with a great reward

"and hasten to forgiveness from your Lord, and a garden as wide as the heavens and earth prepared for the righteous who spend [in the cause of Allah] during ease and hardship and who restrain anger and who pardon the people - and Allah loves the doers of good." (3:133-134)

"but whoever pardons and makes reconciliation - his reward is [due] from Allah." (42:40)

Through forbearance, souls purify, hearts will become softer and closer, and disputes settle; whereas Satan only wants animosity and hatred
مَا زَادَ اللَّهُ عَبْدًا بِعَفْو إِلاَّ عِزَّا

"Allah augments the honour of one who forgives." (Ibn Kathir 212:7)

 In our daily lives, there are many instances where we need to show forbearance, the most important of which is towards the members of our family. Yusuf السلام brothers threw him into the well, he was sold as a slave, falsely imprisoned, whilst he was a man of truth and honesty – in the end
لاَ تَثْرِيبَ عَلَيْكُمُ الْيَوْمَ يَغْفِرُ الله لَكُمْ وَهُوَ أَرْحَمُ الْرَّاحِمِينَ

'No blame will there be upon you today. Allah will forgive you. Allah will forgive you; and He is the most merciful of the merciful." (12:92).

• Forbearance is also essential between a couples, as forgiveness is an essential element of stability and love.

وَإِنْ تَعْفُوا وَتَصْفَحُوا وَتَغْفِرُوا فَإِنَّ اللَّهَ غَفُورٌ رَحِيمٌ

"but if you pardon and overlook and forgive - then indeed, Allah is Forgiving and Merciful." (64:14)

وَلاَ تَنْسَوُا الْفَصْلُ بَيْنَكُمْ إِنَّ اللَّهَ بِمَا تَعْمَلُونَ بَصِيرٌ

"and do not forget graciousness between you. Indeed Allah, of whatever you do, is Seeing." (2:237).

 Disputes occur with friends, neighbours, partners and member of the community. But never keep it in your heart or sever ties, remain honourable no matter how people deal with us.

ارْحَمُوا تُرْحَمُوا، وَاغْفِرُوا يَغْفِر اللَّهُ لَكُمْ

"Show mercy and you will be shown mercy. Forgive and Allah will forgive you." (Al-Bukhari in Adab al-Mufrad)