



## SELF PRAISE

# العجب

SOCIAL ISLAM

LEVEL 3

## Self-Praise

### Objectives >>>

#### Students should:

- Know what it means to admire one's own characteristics (pride)
- Understand that being proud of our good deeds results in the rewards being lost
- Know that self-praise leads to many more sins
- Understand that self-praise results in loneliness
- Know simple techniques of avoiding this bad trait

In this lesson, we will discuss one of the illnesses of social life- that of self-praise. Often a person will like to praise themselves or talk about their own achievements, whether directly or indirectly. The source of this action is the feeling of pride (pride).

Pride, in this meaning, is a feeling of exaggeration of one's virtues and good deeds, by magnifying them and being satisfied with them. This is accompanied by a sense of superiority because of them. A person with pride considers himself free from all defects and faults. It causes one to believe that they are better than another person.



It is important to note that simple feeling good about a good deed we have done without becoming proud or arrogant is not a bad thing.

## TYPES OF PRIDE

Praising oneself is a consequence of pride. It is a fatal disease of the soul. It is often a disease that affects people who are talented in different aspects of life such as sports or academics, or people who have a particular trait such as being good-looking or smart. Such people feel they have something which others do not. Particularly if others around them are praising them. They may feel special or

better than others because of some achievement they have attained which others have not.

Pride can come in various ways and it is something that is in our mind. When we act upon it, it is called arrogance.

### **PRIDE ABOUT BELONGINGS AND PROPERTY**

Sometimes, Allah (SWT) blesses some of us with a good amount of wealth. As a result we are able to afford good things in life for example a big house, a few nice cars and our parents give us the best clothes and toys which have big brand names. These things can easily make us proud of our selves especially if the other people around us like our friends and other relatives cannot afford the same kinds of things. We then start thinking that we are better than others who do not have these things.

### **PRIDE AS A RESULT OF TALENT**

This type of pride is a result of our talents and skills whether they are intellectual or even sometimes physical. Some of us have been given special talents – for example, some people are very intelligent academically, while others are really good at sports and some are good at other things like computers or games.

These types of blessings, talents and skills can easily make us feel proud of ourselves before other people, thinking that we are better than them in what we do and that others are not as good as we are. We sometimes focus on our own skills or talents and do not appreciate other people's talents.



### **PRIDE AS A RESULT OF OUR GOOD ACTIONS**

In this case, a person may perform a good action like giving charity or praying on time. However, they spoil their action because after doing it, they get a feeling inside themselves that they are better than others around them, who might not be doing that same action.



## **CONSEQUENCES OF PRIDE**

### **PRIDE DESTROYS THE REWARDS OF GOOD DEEDS**

In Islam, we believe that all praise is due to Allah (SWT) because He gives us all the blessings we have-He is the benefactor.

Therefore, if at all we feel pride or feel that we are the cause of our own success, we have taken the praise of Allah (SWT) for ourselves and this is also a sin. As a result, we lose the reward of our good actions, because we have praised ourselves instead of praising Allah (SWT) – and we know that the reward of any action is only given when the action is performed as sincerely as possible only for Allah (SWT).

Pride also results in us being ungrateful to Allah (SWT) for the blessing that He has bestowed upon us.

### **PRIDE LEADS TO OTHER MAJOR SINS**

Pride leads to a number of major sins and evil traits, mainly because a person who is proud refuses to take advice from others and continues performing the wrong action they are involved in. They belittle their own sins and never think of removing their sins from themselves.

### **PRIDE RESULTS IN LONELINESS**

A person who is affected with pride and praises him or herself frequently loses friends very quickly. As human beings, we naturally do not like being around people who insult us or put us down and praise themselves. People like these are 'show-offs' and we all know that it is very hard to be around a person who is a 'show-off'.

Therefore, a person who is affected with self-praise thus becomes lonely and isolated.

Imam 'Ali (as) said: "No loneliness can be compared in dreadfulness to the one that is the result of pride"<sup>1</sup>

## OVERCOMING PRIDE

### SELF-MONITORING THOUGHTS AND ACTIONS

To overcome pride, we need to take a close look at our thoughts and actions, to make sure we do not feel or think we are better than others for any reason, and that we do not praise ourselves or act arrogantly.



Also, by focusing on the talents and good things of other people, we will learn to appreciate that everyone else also is good in their own way.

### REMEMBERING ALLAH'S BLESSINGS

<sup>ii</sup>Remember that life, power, knowledge, and other achievements are the blessings of God upon us. Every good deed, worship, talent, and opportunity is achieved due to His blessings and Grace. Without His permission, no creature can do a single good deed.

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<sup>i</sup> Nahjul Balagha, saying # 113.

<sup>ii</sup> REFERENCES

- In a Nutshell – Diseases of the Soul: Self-Praise (pride) - [http://www.al-islam.org/nutshell/diseases\\_soul/](http://www.al-islam.org/nutshell/diseases_soul/)

### Review Questions

#### Q1. What is pride ('ujb)?

- a. Being humble before others and proud before God
- b. Being proud before other people and not remembering God
- c. Praising Allah for one's own gifts and talents

#### Q2. What is one of the consequences of pride

- a. The person with pride makes many friends
- b. The person with pride does not correct his mistakes
- c. The person with pride is clever

#### Q2. What is a cure for pride

- a. Remembering that all blessings are from Allah (SWT)
- b. Pretending to be humble but being proud in the heart
- c. Committing sins on purpose

- Dar-al-Hadith – Cultural Scientific Institute - [http://www.darolhadith.com/modules.php?name=my\\_AlfabetMe&nu&vid=373&scid=16](http://www.darolhadith.com/modules.php?name=my_AlfabetMe&nu&vid=373&scid=16)
- [www.madressa.net](http://www.madressa.net)