

٢٤٩. وَقَالَ (عليه السلام): أَفْضَلُ الْأَعْمَالِ مَا أَكْرَهْتَ نَفْسَكَ عَلَيْهِ.

249. Amīr al-mu'minīn, peace be upon him, said: The best act is that which you have to force yourself to do.