

A MUSLIM OBSERVES MODERATION IN ALL MATTERS

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
 وَابْتَغِ فِيمَا آتَاكَ اللَّهُ الدَّارَ الْآخِرَةَ وَلَا تَنْسَ نَصِيبَكَ
 مِنَ الدُّنْيَا وَأَحْسِنْ كَمَا أَحْسَنَ اللَّهُ إِلَيْكَ وَلَا تَبْغِ
 الْفُسَادَ فِي الْأَرْضِ إِنَّ اللَّهَ لَا يُحِبُّ الْمُفْسِدِينَ.
 وَقَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ:
 يَا أَيُّهَا النَّاسُ عَلَيْكُمْ بِالْقَصْدِ.

Honorable Muslims!

In the verse I have recited, Allah the Almighty (swt) states as follows: **“But seek, through that which Allah has given you, the home of the Hereafter; and [yet], do not forget your share of the world. And do good as Allah has done good to you. And desire not corruption in the land. Indeed, Allah does not like corrupters.”**¹

In the hadith I have read, the Prophet Muhammad (saw) says, **“O people! You should observe moderation!”**²

Dear Believers!

Islam is the religion of temperance. It orders us to be restrained and balanced in all spheres of life. It advises us to avoid extremes, to remain firm on the true path, and to behave with common sense and consistently.

Dear Brothers and Sisters!

What befits us as Muslims is to emulate in our life the perfect balance Allah (swt) has embroidered in every bit of the universe. To hold on to the middle path without ifrad and tafriid (extremes on both sides of the equilibrium)... To never lose balance in sorrow and joy, or anger and happiness... To heed Prophet Muhammad’s (saw) advice that reads **“Do not go to extremes; hold on to the straight path; and rejoice for the reward you will get in return for doing so.”**³

How happy are those who lead a life in moderation as commanded by our Lord (swt)! And who avoid extremes and remain firm on the straight path!

¹ Qasas, 28/77.

² Ibn Majah, Zuhd, 28.

³ Bukhari, Iman, 29.