



Moderation in Life

7D11



Learning objectives

- What is moderation and Islam's view on it.
- To investigate the negative effects of excessiveness
- To appreciate the importance of moderation in everything we do
- To demonstrate ways in which we can live moderately

Ayat



Surat al-Furqan, 25:67

وَالَّذِينَ إِذَا أَنْفَقُوا لَمْ يُسْرِفُوا
وَلَمْ يَقْتُرُوا وَكَانَ بَيْنَ ذَلِكَ قَوَامًا

Those who, when spending, are neither wasteful nor tight-fisted, and moderation lies between these [extremes].

Key word



Key Words

إِسْرَافٍ

Israf
extravagance

What is moderation?



Moderation:

Moderation means to avoid extremes of behaviour or action. We should aim for the right amount in everything we do and avoid too much or too less. For example, too much food is not good for you and too less is also harmful. Finding the right balance is known as moderation.



Islam's view on moderation

- Islam promotes moderation in everything that we do, and emphasizes that too much or too little of anything can be harmful.

Imam Ali (a) has said:
'Moderation makes the small
grow [big].'

**DID YOU
KNOW?**

Moderation is so important that Imam Zayn al-Abidin (a) teaches us that we should ask Allah for it. In *Du'a Makarim al-Akhlaq* he says: 'O Allah bless Muhammad and his family, and make me enjoy moderation.'



Negative effects of excessiveness

- Allah does not like the wasteful. By being excessive puts people in danger of committing sins (eg. too much food leads to it waste).
- The more we buy, the more we want. Its part of human nature. Imam Ja'far as-Sadiq (a) has said: 'If the son of Adam were to possess two valleys of gold and silver, he would long for a third.
- Leads to becoming materialistic. When happiness comes from possessions, a person becomes obsessed with those possessions and loses focus on performing good deeds and worship.



How to live moderately

- Being content with what we already have.
- Contentment means to be happy and satisfied with whatever we have been blessed with.
- Striking a balance in all activities you do will help you achieve moderation.

DID YOU KNOW?

Moderation needs to be applied with contentment too! If a person is too content, then he will not work hard to achieve more, and this will make him lazy and unproductive. And if a person has too little contentment, he will never be satisfied. He will always want more and this will lead to greed and excessiveness.



Key points!

- Being moderate means to avoid too much of something or too little of something.
- Islam teaches us to maintain a balanced lifestyle in all aspects of our lives.
- Being excessive can lead to israf and undesirable qualities such as materialism and greed.
- Being content with what you have can be one of the ways in which moderation can be achieved.