

Fruits for the Week

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HUMILITY AND MODERATION

Allah (SWT) says: *“He does not love the arrogant.”* (16:23)

It is very important for us, Muslims, to develop the quality of humility. Humility should be deeply rooted in our hearts as a result of the *salah* (prayer) we perform daily. During our *salah*, we stand together next to one another, showing perfect equality, bowing down before Allah (SWT) and prostrating ourselves in unison as one body. Through our *salah* which is practised at least five times a day, we should be imbued with humility, a distinctive quality of the Islamic character.

Prophet Muhammad (SAW)’s own example was a beacon to us in this respect. In his dealings with others, he never placed himself on a higher level. He was their spiritual guide and ruler, a humble friend and a humble worker.

Outside his home, when he was with his companions and followers, our Prophet (SAW) contributed his share of whatever work that had to be done together with them. He helped in picking up wood for fuel and in preparing food. He helped in erecting tents and in building mosques. Even though he was not asked to help, he would insist in contributing his efforts in whatever ways he could. No work is laborious to him; no labour is demeaning to him. His superior humility is a model for Muslims to follow.

A Muslim should watch his social behaviour, his manner. He should not be boastful. Humbleness is a quality of righteous people. A Muslim should not be haughty or imagine himself to be superior to others. Allah (SWT)

says: *“And turn not your cheek in scorn towards people, nor walk in insolence through the earth, for Allah loves not the arrogant boaster.”* (31:18)

A Muslim should adopt the golden rule of moderation in everything. He should speak in a moderate tone, neither too loud nor too soft. He should not be so talkative as to make people sick and irritated, or be so silent as to make people lonely and bored in his company.

Worldly pursuits are not everything. Islam teaches a Muslim to lead a balanced life. Prepare for the Hereafter while you are still strong and healthy. Always be conscious that death and illness can strike one, anytime and anywhere. They do not spare the young, the rich, the privileged, or the holy man. Allah (SWT) says: *“Wherever you are, death will find you out, even if you are in towers built up strong and high.”* (4:78)

It may be tempting to devote one’s life entirely to the pursuit of wealth, even if in the *halal* way, and forget the other areas of *ibadah* (worship). This is not advisable. But, as one pursues wealth in the *halal* way, pursue also care, concern and compassion for the unfortunate. Be moderate and righteous. Allah (SWT) says: *“For those who do right, never will they be dealt unjustly.”* (4:77)

This is Islam’s advice in anything a Muslim does. Wallahu a’lam.

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