

Live a moderate life without overdoing it

In the name of Allah Most Gracious and Most Merciful

All praises are due to Allah the Lord of all the worlds, who accepts from His slaves deeds that are intended sincerely for His sake. I testify that there is nothing worthy of worship except Allah the uniquely One, who has no partners in His one-ness. And I testify that the Prophet Muhammad is the slave of Allah and His Messenger.

O servants of Allah! Allah says in the Qur'an in Surah at-Talaq and Surah al-Baqarah:

“...And whoever has Taqwa of Allah - He will make for him of his matter ease.” (S.65 V.4)

“Allah charges no soul save to its capacity. ...” (S.2 V.286)

“...Allah intends for you ease and does not intend for you hardship....” (S.2 V.185)

So, Allah does not task us with deeds that are beyond what we can bear, and so every command to worship takes this into account, as the Prophet SAW said: **“Do (good) deeds which is within your capacity.”**

[Bukhari and Muslim]

So, the believer should be one who does not go extremes. Likewise, they are not those who disregard and take things too lightly causing them to waste their actions, this is the balance and moderation. Indeed, the forms of balance and moderation are many, being balanced in spending, without going to excess. So how happy is the one who is moderate in their expenditure, when it comes to their food and drink, their clothes and their vehicles.

Allah says in the Qur'an in Surah al-Furqan:

“And [they are] those who, when they spend, do so not excessively or sparingly but are ever, between that, [justly] moderate.” (S.25 V.67)

In other words, they are those who seek the middle path, ensuring they do not go to excesses, not burdening themselves with spending beyond what they can bear.

O servants of Allah! Allah says in the Qur'an in Surah at-Talaq and Surah ar-Rum:

“...As for the one with limited resources, let him provide according to whatever Allah has given him. ...” (S.65 V.7)

“And one of His signs is that He created for you spouses from among yourselves so that you may find comfort in them. And He has placed between you compassion and mercy. Surely in this are signs for people who reflect.” (S.30 V.21)

So, a family that is operating with the intellect spends with moderation, wisdom, and prudence, and does not burden itself with unnecessary burdens. So the happiest families consist of two spouses who work together to make things easy for each other and the household. The husband is kind to his wife, and does



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not burden her with household burdens that are beyond her capacity. Rather, he shares the responsibility between him and his wife. Likewise, she does not burden her husband with more than he can bear, and does not burden him with frivolous expenditure, for their concern for each other's welfare is a sign of mutual affection and mercy. So, whenever we see married people partaking in a relationship of mutual mercy, then this should point us to the mercy of Allah and His promise of peace, tranquility and contentment for those who follow His way. This is a family based on wisdom.

May the peace and the blessings of Allah be upon prophet Muhammad SAW, his family and all of his Companions. May Allah be pleased with the Rightly Guided Caliphs: Abu Bakr, Umar, Uthman and Ali, and all those who will follow them in righteousness until the Day of Judgment.

O Allah! Guide us to the right path and make us of those on whom You bestows Your mercy.

O Allah! Accept our prayers and all our ibada.

O Allah! Accept all of our good deeds and forgive us for our sins.

O Allah! Accept us for Your service and for the service of Islam and Muslims

O Allah! Grant safety and security to everyone here in Japan as well as all over the world. Aamin ya Rabbil Aalamin.

