

## Chapter: 11

## مُتَوَسِّطٌ مُقْتَصِدٌ

**مُتَوَسِّطٌ** and **مُقْتَصِدٌ** both words are used in the sense of **moderation**. The word **مُقْتَصِدٌ** has been mentioned in the Quran for the people who are moderate. **Moderation** or keeping restraint means adopting a middle path in all matters in which there is no exaggeration nor understatement. In other words a work should neither be intense nor superficial. This great attribute is fully evident in the personality of the Noble Prophet (PBUH).

One of the salient features of Islam is its **moderation** and self-control which distinguishes it from other religions. Allah has called Muslim Ummah as "**Mid-Way Nation**". Almighty God says in the Quran:

وَكَذَلِكَ جَعَلْنَاكُمْ أُمَّةً وَسَطًا لِتَكُونُوا شُهَدَاءَ عَلَى النَّاسِ وَيَكُونَ الرَّسُولُ عَلَيْكُمْ شَهِيدًا

{And so it is that we have made you the **middle-way** nation,  
for you are witnesses against mankind,  
and the Noble Messenger is your witness (02:143)}

Exceeding the limit is called exaggeration. Man should not exaggerate in his affairs, whether religious or worldly. The Almighty God says:

قُلْ يَا أَهْلَ الْكِتَابِ لَا تَغْلُوا فِي دِينِكُمْ غَيْرَ الْحَقِّ وَلَا تَتَّبِعُوا أَهْوَاءَ قَوْمٍ  
قَدْ ضَلُّوا مِنْ قَبْلُ وَأَضَلُّوا كَثِيرًا وَضَلُّوا عَنْ سَوَاءِ السَّبِيلِ

{Say: "O People of the Book! Do not go beyond bounds in your religion at the cost of truth, and do not follow the caprices of the people who fell into error before, and caused others to go astray, and stayed far away from the right path (05:77)}

It should be noted that "**moderation**" is one of the basic principles of Islam. A temperature of 98.4F is correct for the human body. High temperature is fever and low indicates weakness. The Quran preaches us for *اهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ*. Crooked lines are many, and straight line is only one.

Islam calls for **moderation** in all walks of life and warns against exaggeration or understatement, means going beyond limits or underplay. Earlier, the Jews had deviated from the path prescribed by the Almighty God. They used to distort and add to the Divine Verses according to their wishes. Hazrat Uzair was called *ابن الله*, means the son of God. Thus, Quran described them as "**الْمَعْضُوبِ**" (who earned His anger). In the same way, the Christians also exaggerated the glory of Jesus, by combining three gods and called as one God, that is (1) the Father, i.e. God, (2) the Son, i.e. Jesus Christ, and (3) the Holy Spirit. Their such ideas are called "the Trinity". In the Quran, Allah forbade them to say so, and said, "*وَلَا تَقُولُوا ثَلَاثَةً*" (do not say the Trinity). So in Surah al-Fatihah Allah has described them as "*الضَّالِّينَ*", (the misguided people).

The religion of Islam emphasizes the path of **moderation**. In the context of inculcating moderation, we have before us a significant event which took place before the Noble Prophet (PBUH). For this, a brief of the hadith narrated by Hazrat Anas bin Malik is given as follows: ( See Hadith 4720 - Sahih al-Bukhari):

"A group of three persons came to the Prophet.

- One of them said, "I will offer the prayer throughout the night forever."

- The other said, "I will fast throughout the year and will not break my fast."
- And the third said, "I will keep away from the women and will not marry forever."

Allah's Prophet listened to them and said, "By Allah! I am more submissive to Allah and more afraid of Him than you; yet I fast and break my fast; I do offer prayers and I do sleep as well; besides I also marry women. So he who does not follow my tradition in religion, is not from me."

The path of **moderation** is also very helpful in establishing **regularity**. The Noble Prophet (PBUH) liked the practice of regularity. Here are some of the Hadiths of Sahih al-Bukhari regarding **moderation** and **regularity**:

- Hadith 19: Whenever Allah's Prophet ordered the Muslims to do something, he used to order them deeds which were easy for them to do, and could do it persistently. Narrated: 'Aisha
- Hadith 42: Prophet said; "Do good deeds which is within your capacity (without being over-exerted). Means do such works that could be done regularly." Narrated: 'Aisha.
- Hadith 1063: Allah's Prophet said, "The most favorite prayer and the most favorite fasts to Allah is that of (Prophet) Daud. He used to sleep for half of the night and then pray for one third of the night, and again sleep for its sixth part, and he used to fast on alternate days." Narrated: 'Abdullah bin 'Amr.
- Hadith 1085: The Noble Prophet questioned me, "I heard that you regularly stand for the night prayers and fast in the day time?" I said, Yes please. He said, "If you continue this practice your health will be affected. Your life and your family have rights on you, therefore you must care all of them." Narrated: 'Abdullah bin 'Umer.

Hadith 6048 to 6052: Allah's Prophet said, "The deeds of anyone of you will not save you (from the Hell-Fire) unless and until Allah bestows His Mercy on him. The Prophet said, "Your actions should match to what you say. Get closer to God. Worship Allah in the morning, in the evening, and in the last part of the night. Always adopt a moderate and regular course whereby you will reach your target (Paradise). He said, "The most beloved deed to Allah, which is regular and constant even though it were little. He also said, "Be bound to maintain your deeds in which you are strong."  
Narrated: Abu Hurairah, and 'Alqama.

At last, there is a great need for **moderation** and self-control in every sphere of life because moderation plays a very important role in living a peaceful life. May Allah help us to follow this important aspect of the life of the Noble Prophet (PBUH). Amen