

Memorise and practice a new hadeeth every week!

ACTIONS WHICH ARE SMALL BUT CONSISTENT

Allah loves actions which are done consistently, even though they maybe small in number.

قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ

أَحَبُّ الْأَعْمَالِ إِلَى اللَّهِ أَدْوَمُهَا وَإِنْ قَلَّ

Our Beloved Nabi ﷺ said, “The deeds most beloved in the eyes of Allah Ta’ala are those deeds carried out with continuity (regularity) although they may be small”

Sahih al-Muslim

Explanation

When we think of doing something to please Allah Ta’ala, our immediate thought is to do lots of worship. We assume Allah likes us to give large donations, read lots of Quran in one go and stand for long hours in salah without any break.

In reality, pleasing Allah and making Him happy is so much more easier. Allah Ta’ala doesn’t mind small amounts of worship. In fact, from this hadeeth, we learn He actually likes it as long as it is done regularly. This is what’s most important, doing something regularly.

Let’s look at two simple examples:

1) Vitamin tablets have many health benefits but who will benefit most, the one who takes an overdose of tablets in one day and takes nothing for the entire month or the person who takes a small dose every day? We will all agree the second person will be the one to benefit!

2) Like this, a person does 5 hours of exercise once a month and does nothing thereafter and another person does 20 mins daily, again we all know the second person will have more chance of reaching his fitness goals than the first person.

Another everyday example:

Imagine two friends who make sure they talk every day, even if it is only for a few minutes, while another two friends only meet or talk once in a while. Which friendship will we say is stronger?

The rule for success is simple, we need to be consistent, and as we learn from this hadeeth it is the best way to make Allah Ta’ala happy.

So don’t wait for when you have time to do lots of worship, start now with small consistent steps and see your connection with Allah Ta’ala grow.