



**Indeed, the religion is easy, and no one overburdens himself with the religion but he will be overwhelmed by it. So, be moderate in your religion; if you can't reach perfection then try to be near to it, and receive glad tidings that you will be rewarded. Take benefit of the morning, evening and part of the night**

Abu Hurayrah (may Allah be pleased with him) reported: The Prophet (may Allah's peace and blessings be upon him) said: "Indeed, the religion is easy. No one overburdens himself with the religion but he will be overwhelmed by it. So be moderate in your religion; if you can't reach perfection, try to be near to it and receive the glad tidings that you will be rewarded. Take benefit of the morning, evening, and part of the night (to worship Allah)." Another narration reads: "Do your duties as good as you can and try to be near to perfection; make use of the morning, evening, and part of the night. Be moderate, be moderate and you will reach your goal."

[Sahih/Authentic.] [Al-Bukhari]

If anyone overburdened himself with religious duties without leniency, he would not be able to continue in that way and will inevitably stop performing all such duties or part of them. So, be moderate without going to extremes, and do your best. If you cannot reach perfection, try to do what brings you closer to it. Receive glad tidings that you will be rewarded for your regular deeds even if they are only few. Take advantage of your free time and the times you feel active to perform acts of worship.

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