

22. Patience in Worship

We normally advise each other to patience when it comes to facing life difficulties. There is another context in which patience is important, and that is worshipping God.

When we hear the advice of the pious servants of God to pay more attention to the quality of our prayers and that a good prayer can make you taste the sweetness of communicating with the Lord, some complain that they are trying their best, yet do not see any differences in the quality of their prayers.

While there can be many reasons why this might be the case, an important point to consider is that we need to have patience in our acts of worship as well. We should not expect quick results (although many times quick results do come). Worshiping is like cleaning our heart and polishing it. Sometimes it takes more than a few cleansing to make it shine. This means not to get frustrated if we do not see the results that we are looking for soon. We need to keep doing what we are doing and keep asking God to help us and bless to get better. One day insha'Allah that warm and sweet feeling of connecting with the Lord will come.

(*Dr Abdullah Rahim*)

23. Theory Versus Practice

There seems to be a misunderstanding or in fact a problem with many of us. We attend lectures and talks, we attend classes of the Qur'ān, and when the speaker talks about the importance of Akhlaq (morals) and the fact that we should remove bad morals from our system, we nod our head to show our agreement and appreciation of the speaker.

However, when we get out from that place and enter the next part of the life that day (family, work, friends' gathering, etc.) we seem to forget all this advice and our agreement with it.

In fact the word 'forget' is an exaggeration. It even seems that

we tend to isolate our thoughts and feelings in the religious talks like the above from the rest of our life. We somehow feel that these talks are very good but practically we do not treat them like anything that might be relevant to our every day lives.

We hear about the importance of throwing away anger. We appreciate it when we hear it. However as soon as we get into the car we target others with our anger. We hear about the fact that a person who is in the path of Tazkiyah should not allow himself to be easily offended, we nod our head in confirmation when we hear this, but in a matter of a few minutes after hearing it we get easily offended by some innocent statements from a friend.

In other words, we theoretically appreciate the advice, but practically behave as if we never heard it. A person who is interested in Tazkiyah always practices what he/she theoretically appreciates.

(*Dr Abdullah Rahim*)

24. Just Like Brushing Your Teeth

Have you ever felt the need to brush your teeth after having too many sweets and chocolate? Do you notice the feeling of heaviness and impurity in your mouth, and the great fresh and clean feeling you get when you brush your teeth?

The same happens to our soul. After too much engagement with the worldly affairs and too much involvement with the day to day roller coaster of emotions and feelings, even after having so much fun enjoying the company of friends or entertaining ourselves, that feeling of heaviness and impurity comes. Reading the Qur'ān, reading prayers and saying some Zikr will do the same thing here that brushing your teeth does in the above situation.

However, what if we do not feel that heaviness and impurity in our soul after so much worldly affair? Just like we may not feel the heaviness and impurity in our mouth after having so many sweets and chocolate. What might be the reason?