

Summarised Friday Sermon

15th September 2006

Consistency in Internalising the Spirit of Worship

- Worship is not limited to only rituals such as prayers, fasting, and the hajj. Worship is everything good that we do, everything that can bring about benefit to ourselves, our family and to the society at large.
- One way we can prepare ourselves for Ramadhan is to have istiqamah, to be consistent in our ibadah. Having istiqamah or consistency is highly encouraged in Islam as it shows that a Muslim can be strong and steadfast in his faith and principles, even in the face of temptation and the challenges modern life.
- Being istiqamah in worship does not mean that we have to do things which are onerous and difficult. The best way to worship with consistency is to do those simple and small practices which we are capable of doing.
- Other than discussing consistency, Rasulullah s.a.w. has urged us to perform ibadah as fits our own abilities and strengths. An ibadah that is beyond our capability, that one forces oneself to do, will only lead to boredom for the doer as finally, that person will stop doing that ibadah, after having performed it once or twice only.
- Another important factor in istiqamah is to do things in stages. Doing things in stages will help us be consistent in our practices and worship. This will help prevent one from feeling bored with a certain practice such that we end up not being consistent.
- Let us also remind ourselves, at this juncture, to welcome Ramadhan with a healthy body and healthy mind. Let us stay away from anything that can harm us and Insyallah, by doing this we will truly be prepared to welcome Ramadhan.



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Mosque without Borders