



## 432487 - Reasons For Lack of Discipline in Beneficial Pursuits

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### the question

what works against us when we are in some beneficial worldly pursuit like education, exercise, business etc (because most people are undisciplined)? In psychology, it's called 'Resistance'. They use the word for a force that works against us, when doing anything difficult in the short term but beneficial in the long term.

we know Satan only diverts us from religious goals. So what actually makes people undisciplined in worldly goals according to Quran and Sunnah?

### Detailed answer

Praise be to Allah.

Firstly:

Personal discipline in goals, whether worldly or religious, is the essence of effectiveness and achievement. Personal discipline can be defined as the ability to do what you must do, when you must do it, whether you feel the desire and motivation to do it or not.

The Prophet (peace and blessings be upon him) said: "A strong believer is better and dearer to Allah than a weak believer, and there is good in both. Adhere to whatever brings you benefit, seek the help of Allah, and do not feel helpless. If something befalls you, do not say: 'Had I done such-and-such, it would be such-and-such.' Indeed, 'if' opens the way before the devil to act." Reported by Muslim (2664), from the narration of Abu Hurairah (may Allah be pleased with him).

The Messenger of Allah (peace and blessings be upon him) used to seek refuge in Allah from incapacity and laziness. Anas ibn Malik (may Allah be pleased with him) reported that the Prophet (peace and blessings be upon him) would say: "O Allah, I seek refuge with You from incapacity,



laziness, cowardice, senility, and miserliness. And I seek refuge with You from the torment of the grave. And I seek refuge with You from the trials of life and death." Reported by Al-Bukhari (2823) and Muslim (2706).

Incapacity is a person's failure to do what they should do, thinking they are unable to do it, while laziness is a person's failure to do what they must do, despite knowing they are capable of doing it.

Both of these traits are the opposite of self-discipline, and the final result is a decrease in a person's effectiveness and inability to achieve their goals and fulfill their responsibilities.

Secondly:

The reasons that prevent a person from self-discipline and hinder them from performing their tasks are varied, and some of them can be mentioned as follows:

(1) The absence of a network of sequential procedures made up of small parts that lead us to the goal. Consider Salah, for example. Allah did not simply say, "Pray," but He legislated a network of procedures distributed over times, supported by collective action, which ultimately leads us to achieve this goal. You will find small preparatory steps before each Salah, such as the alerting call to prayer, then purification, and walking calmly to the prayer, and so on.

The idea of small steps is important in the Shari`ah. The Prophet (peace and blessings be upon him) said: "The most beloved deed to Allah is the one that is consistent, even if it is small." Reported by Muslim (782). 'Aishah said about the Prophet (peace and blessings be upon him): "His deeds were consistent." Reported by Al-Bukhari (1987).

Similarly, there is the gradual legislation of fasting and the gradual prohibition of alcohol. Always gradual steps, taking into account the conditions of the people, what they can bear, and what is best for their affairs.

(2) The absence of final deadlines for accomplishment. Consider Salah again, and how each prayer has a beginning and an end time, as does fasting.



(3) The desire for perfection and doing something perfectly, or not doing it at all. This desire ultimately results in not doing it at all. The revelation invalidates this idea, as Allah says (translation of the meaning): {So fear Allah as much as you are able} (At-Taghabun 64:16), and the Prophet (peace and blessings be upon him) said: "Let one of you pray with vigor, and if he becomes weary, let him sit down." Reported by Al-Bukhari (1150) and Muslim (784).

(4) Lack of clarity in daily tasks or excessive daily tasks. Focus should be on two or three goals that have a significant impact on your most important project. Once you have completed them, move on to a subsidiary list, where you have recorded a number of other tasks related to your major project or others. The Prophet (peace and blessings be upon him) said: "O people, take on the deeds that you can handle; for Allah does not tire until you tire. And the most beloved deeds to Allah are those that are consistent, even if they are small. The family of Muhammad (peace and blessings be upon him) would establish a deed and adhere to it." Reported by Al-Bukhari (1151) and Muslim (782).

(5) Working on several large projects at the same time and being scattered among them.

(6) Starting a large task without sufficient preparation, or without possessing appropriate skills, or without having the right tools.

(7) Excessive involvement in social activities and time-wasting activities.

(8) Neglecting times for personal entertainment and enjoyment.

(9) Neglecting to draw on the experiences of others, or their efforts, and completely turning away from collective work where it is required and needed.

(10) Not understanding the emotions that hinder achievement and not being able to deal with them.

Thirdly:

The basic skills that self-discipline is a part of are called "executive skills," and here we



recommend a book titled "Smart but Scattered," which we hope will help you more precisely identify the problems and ways to address them.

And Allah knows best.