O ‘Abdullāh, do not be like so-and-so. He used to offer Qiyām al-Layl and then abandoned it

‘Abdullāh ibn ‘Amr ibn al-‘Ās (may Allah be pleased with him) reported: The Messenger of Allah (may Allah’s peace and blessings be upon him) said to me: "O ‘Abdullāh, do not be like so-and-so. He used to offer Qiyām al-Layl and then abandoned it."

[Authentic hadith] [Narrated by Bukhari & Muslim]

The Prophet (may Allah's peace and blessings be upon him) warned ‘Abdullāh ibn ‘Amr (may Allah be pleased with him) against abandoning Qiyām al-Layl, as someone else had done, without naming him so as to protect his privacy. A Muslim should be careful not to go to extremes and overburden himself with acts of worship. Whoever does so will be overwhelmed by the religion, given its numerous acts of piety and worship, and will eventually stop because of his inability to continue. Showing mercy to His slaves and making things easy for them, Allah, the Almighty, ordained certain acts of worship to be done at certain times. If a person adopts the approach of moderation, he will easily manage to fulfill all the rights upon him, including these of his Lord, his family, and his companions. The Prophet (may Allah's peace and blessings be upon him) said: "The actions dearer to Allah are those which are done regularly, even if they are little." So it behooves a person to allocate for himself a daily amount of Qiyām al-Layl, according to his ability.

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