Indeed, the religion is easy. No one overburdens himself in the religion except that he will be overwhelmed by it. So, seek uprightness (be moderate) and try to be close to it

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 in the religion except that he will be overwhelmed by it. So, seek uprightness (be moderate) and try to be close to it and receive the glad tidings. Seek help by worship in the Ghadwah (early morning), Rawhah (afternoon), and part of the Duljah (night)."

[Authentic] [Narrated by Al-Bukhāri]

The Prophet (may Allah's peace and blessings be upon him) pointed out that the religion of Islam is built on facilitation and ease in all its affairs, and facilitation becomes more emphatic when there is an inability and need for it. Also, delving deeply into religious activities and abandoning moderateness finally leads to the inability and cessation of deeds, wholly or partially. Then, the Prophet (may Allah's peace and blessings be upon him) urged moderation and refraining from excessive. So, a person should neither neglect his duties nor be burdened with things beyond his capacity. If he is unable to do a certain deed altogether, he should perform what is close to it. The Prophet (may Allah's peace and blessings be upon him) gave good tidings of a great reward for ongoing deeds, even if they are little, for those who are unable to perform the deeds completely. This is because if the inability is not due to their own fault, it does not entail a reduction in their reward. Since this world is in reality a place of travel and transfer to the Hereafter, the Prophet (may Allah's peace and blessings be upon him) commanded us to seek help, for the regular performance of worship, in the three times of activeness: First: Ghadwah: walking in the early morning - between the Fajr prayer and sunrise. Second: Rawhah: walking in the afternoon. Third: Duljah: walking in the whole night or part of it. Since work at night is harder than the daytime, he enjoined part of it, saying: and part of the Duljah.

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