

30 DAYS TO FORM A HABIT

According to Quran:

Strive in the cause of Allah a perfect striving 22:79

There is truth to the statement that it takes about 30 days to form a habit. For example, after moving to a new place, we are likely to initially drive to our previous residence by mistake. After a few weeks go by, we develop the habit of getting to the right destination. Thus it is easier for a newly acquired habit to be made permanent after 30 days. Ramadan, with its many benefits, offers us this opportunity every year as well. Whether we are looking to form (or break) a consumption-based, social, or spiritual habit, Ramadan comes to our aid.

While fasting we limit our intake of tea, coffee, snacking and smoking during daylight hours. Ramadan brings us an awareness of putting our time to good use together with a discipline around doing away with distractions. Let's cling on to these habits through next Ramadan and make them permanent.

In addition to consumption, we also abandon negative social patterns such as backbiting, misrepresentation, and using foul language - based on self-awareness and our individual level of Taqwa. The key is to make these practices last beyond Ramadan.

Then there is the daily recitation of the Quran, commitment to congregational prayers, focus on worship such as *Tahajjud* and *Travih*, etc. All of these are means to attaining progress & nearness to Allah and represent the habit-forming potential in the spiritual world. Our goal should be to persevere after Ramadan.

Lets keep striving and become the recipients of guidance from God!

We will surely guide in Our ways those who strive after Us 29:70