

Your habits become your character

Explained by Shaykh Abdullah al-Ghudayān

Summary translation

Shaykh Abdullah al-Ghudayān: A man came to the Messenger of Allah صلى الله عليه وسلم and said, 'O Messenger of Allah, advise me'. The Messenger of Allah صلى الله عليه وسلم said:

لَا يَزَالُ لِسَانُكَ رَطْبًا مِنْ ذِكْرِ اللَّهِ عَزَّ وَجَلَّ

Always keep your tongue moist with the remembrance of Allah the Exalted (Sunan Ibn Majah 3793)

The person's character is according to what he makes himself accustomed to.

There was an individual who listened to music. He was a doctor in Islamic Fiqh. He was obsessed with music. Upon entering the university – (a university, I don't know the name); when he entered the university he would start singing and he would move and walk to the tune of the song he was singing as he went to teach the students.

My point is; the person's character is according to what he makes himself accustomed to. If you make yourself accustomed to noble character, it will become habitual. And if you make yourself accustomed to lowly character, it will become habitual.

A woman asked me a question over the phone. She said, 'my husband lays beside me on the bed. He turns his back to me and masturbates and then turns around and faces me.'

Why? Because he has been doing this since he was young. He became accustomed to it, such that it became a part of his life. He will never abandon it.

My point is, the person's character is according to what he makes himself accustomed to.

If you cultivate yourself, your ears, your eyes, your tongue, your body, and your heart; if you cultivate yourself upon a wholesome cultivation, you will act upon it.

And if you cultivate yourself upon a wicked cultivation you will act upon it and become addicted to it.

Translated by Rasheed ibn Estes Barbee