



**THE KEY TO  
STAYING**

**ON THE  
PATH**



The ups and downs of life push us in one direction, then another. Sometimes we stumble. The best way to stay on course is to keep to the middle of the path.

Our nation, the Muslim community, is actually described as "The Middle Nation". This tells us that our way of life is balanced.

Islam is our path. Here is some advice on how to stay on it as we study and grow as Muslims.



# The Best of Intentions

The Messenger Muhammad told us, “The deeds are considered by the intentions, and a person will get the reward according to his intention...”

So, the **better the intention**, the better the reward. We want **God to be happy** with what we do each day, to accept it from us.

How do we do that?

We have to start with a **pure intention**. The best of intentions is to please God and worship Him.

Having this intention helps us be **consistent and balanced**. When our hope is to please God, and others are not pleased with us, they won't matter as much. We can **move forward**, keeping our heads up.

We **renew** the intention every day. We **keep our hearts clean** by remembering God as much as we can.

**Think deeply** about God's signs in everything around us. How beautiful the sky is at any time of day, the **millions of colors** in animals and plants. How it all comes together, **planned perfectly** by one God. Just thinking about God and His perfection is **worship**.

*“Truly it is in the remembrance of God that hearts find peace.” (13:28)*

The heart controls the body. If our hearts are at peace remembering God, then our body will follow. We'll be **totally at peace**.



# Focus on the Foundation

So where to start? When new Muslims think about learning Islam, it's like we're at the foot of a huge mountain. It's **intimidating**.

Thankfully, Islam is **not difficult** to understand. It flows along with our inner nature, called the 'fitrah', which is a human being's **natural state** of belief in one God. In the back of our minds, we always knew

1. There is *one God*
2. We are *created to worship Him*

So that's where to start. Our relationship with God.

For the first 13 years of The Messenger Muhammad's mission, he taught the new Muslims **about God**. He explained to them that God was the Creator of everything, and that people are created to worship Him.

As new Muslims, **we do need to study about God**, and our **relationship** to Him. How we think about God helps guide everything we do..

We must learn the way God is **meant to be worshipped** and understood. All other topics stem from that, and so making sure we know God is a natural start.

Knowing God leads to loving Him more, and that **leads to Paradise**.



# Eyes on the Prize

**God rewards us** for any little effort we make. All that trying, struggling and learning adds up. God willing, we will see the rewards in this life and the next.

The Messenger of God said, *“He who follows a path seeking knowledge, God will make the path of Paradise easy to him.”*

We have to **keep motivated** and keep moving **forward** towards our goal of Paradise.

God will help us, we just have to keep going. And don't forget to **ask Him for help**.



# Call on God for Help

Any knowledge we get **comes from God**. He is the One who allows us to learn, and allows us to put what we learn into practice.

We can make **supplications anytime**, to beg God for help with learning and practicing Islam.

*“And say: “My Lord! Increase me in knowledge”. (20:114)*

When we ask God for help in learning, two things happen:

1. We remind ourselves that **God is the source of all knowledge**, which makes us humble and open to learning
2. We can have even more reason to believe that **God will answer our prayers** and help us learn

And when we've learned something new, what do we do with it?



# Practice, Practice

When we learn something new, we have to **put it into practice**. We take the lesson, and we act on it. It's a great way to **make sure that we don't forget**.

One of the disciples of The Messenger Muhammad told us, "We used to learn ten verses of the Quran and not to continue on to the next ten until we had made ourselves well-acquainted with its rules, as well as its commands and prohibitions."

Just ten at a time, making sure to understand them and **live them**. We don't need to be in a rush when learning new things.

So let's **take our time**. Take notes, keep them organized, and study everything in steps.

If we devote a little time every day to reviewing what we know, we will **really absorb** what we've learned.

**Daily practice** breaks up large tasks into bite-sized pieces, and really drives the lessons home.



# Consistency

We might cram for a test, but if we studied every day for a while before the test, that would help us remember facts easier. **Consistency is key to lasting success**, but it's also something God loves:

The Messenger Muhammad said, *"The most beloved deed to God is the most regular and constant even if it were little."*

God loves consistent good deeds. They also help **establish good habits**. No matter what we learn, we can try to be consistent, even if it's just for a **few moments each day**.





# Balance

Sometimes life seems like a **juggling act**. We have so many balls in the air, so when we **add another ball**, we fear dropping others.

We know that the Messenger told us that seeking knowledge is something we must do. How do we balance learning about Islam? We have many other things we have to do in a day?

Do we **drop everything** and just study and learn Islam until we feel we've learned enough? Or do we only study **when we have time**, taking *forever* to finish **just the basics**?

We can **keep ourselves calm** by reminding ourselves that **God is in control of life**. He knows what we have to do in a day. **God will help and support us** when we try to learn for His sake.

We can make and keep **simple, easy goals** in our learning. Taking just a few moments every day to move towards these goals has many benefits.

**We beg God for help** with our learning, and **rely on Him** to make sure our lessons are learned well.

We bring our lessons into our **daily life**. When we act on what we know, **knowledge becomes a habit**. Learning more comes naturally, and becomes **easier with every day**.

We start with the basics: **learning about God**. When we learn more about Him, we will love Him more, and our hearts will be more at rest.

**Stress will leave** us, and we will be able to learn and work, play and practice, with **balance and ease**.

The path of seeking knowledge is **blessed from all sides**. When we try to learn more, we are rewarded and **helped by God**. He will give us what we need to know, when we need to know it. He does **not give us more than we can handle** in life.

We are strong, and able to **complete our goals**. May God bless us with the sincerity in our hearts and the motivation we need to be successful in this life and the next.