

الشعور الحقيقي

الفروق النفسية بين صفات النفس الطيبة والخبيثة

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himself from being extravagant in spending, words and actions, because he has a goal. An example of this is fasting; the person holds himself from eating and drinking for a lofty goal. He disciplines himself for a reason.

Moderation is generated from two concepts, justice and wisdom. It is an estimated withholding, not random or disturbing; it is just. The person balances the giving and withholding. For instance, someone on a strict diet is deprived of food, that on a cheat day, he will go to the other extreme. But the one who eats with moderation is always balanced. With wisdom, he saves his assets to use at the appropriate time. For example, you use wisdom when you don't let your child have candy every day, but you are also just with her, so you let her eat candy once a week, not depriving her completely, and wisely giving her not too much nor too less.

وَلَا تَجْعَلْ يَدَكَ مَغْلُولَةً إِلَيْيَ عُنْقَكَ وَلَا تَبْسُطْهَا كُلَّ الْبُسْطِ
فَتَقْعُدْ مَلُومًا مَحْسُورًا

And do not make your hand [as] chained to your neck or extend it completely and [thereby] become blamed and insolvent.

سورة الإسراء

17:29

The best people are those who are moderate. They don't spend too much or too less. There should be moderation in food and drink.

The miser is also holding back, but this is a dispraised characteristic, because it is accompanied by سوء الظن, thinking bad, and ضعف النفس, a weak character, so that he is easily influenced by other forces. The one who is a miser will have negative thoughts, thinking he would become poor if he spends, there will be a crisis, he will be deprived. He forgets that Allah is الرزاق, the Provider. Even if he is spending, he has a negative feeling in his heart. This person doesn't have any determination, so he surrenders to his negative thoughts.

إِنَّ الْإِنْسَانَ خُلِقَ هَلْوَعًا
Indeed, mankind was created anxious
إِذَا مَسَهُ الشَّرُّ جَرُوعًا
When evil touches him, impatient
وَإِذَا مَسَهُ الْخَيْرُ مُنْتَوِعًا
And when good touches him, withholding [of it]

سورة المعارج
70:19-21

True Feelings

Both الشح and الإقتصاد look like withholding, but there is a difference of a hair's breadth between the two.

Moderation or الإقتصاد is a praised characteristic. It is a fair and economic behaviour. The person controls

الإقتصاد خلق محمود يتولد من عدل وحكمة. وبالعدل يعتدل في المنع والبذل. وبالحكمة يضع كل واحد منها موضعه الذي يليق به. أما الشح خلق ذميم يتولد من سوء الظن وضعف النفس. ويمده وعد الشيطان فيصير عليها الهلع شدة الحرص على شيء والشره به فتتولد عنه المنع لبنله والجزع لفقده.

Don't be too strict with yourself, as if you are chaining your hands to your neck, nor be too extravagant.

وَالَّذِينَ إِذَا أَنْفَقُوا لَمْ يُسْرِفُوا وَلَمْ يَقْتُرُوا وَكَانَ بَيْنَ ذَلِكَ قَوَاماً
And [they are] those who when they spend, do so not excessively or sparingly, but are ever between that [justly] moderate

سورة الفرقان
25:67

to him, he becomes irritable. So he never enjoys the blessings given to him.

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الإقتصاد والشح
Moderation and Miserliness