

HABIT BUILDING

Day 4

LESSON

A habit is a routine behaviour that is repeated regularly and tends to occur subconsciously. According to Islam, habits are classified as virtues or vices. They are repeated actions that are with or against the rules of right and wrong.

Muslims use Ramadan as an opportunity to develop religious resolutions. In addition to forming positive religious habits, Ramadan is the perfect time to start character building and improvement. It is a time to build and create healthy habits to last throughout the year.



Indeed, Allah will not change the condition of a people until they want to change themselves.

Qur'an 2:183

