

# A Comparative Study of the Views of Islamic Doctrines and Islamic Mysticism regarding Extremism and Moderation in Worship

Mohammad Miri\* | Mansourah Sadat Khatami Sabzevari\*\*

---

## Abstract

In the Glorious Qur'an and tradition, a huge emphasis is put on the need for practicing moderation in worship, and worshipping too much has been strongly condemned. Muslim mystics think although worship is one of the most basic pillars of Islam, it is forbidden to worship excessively and it has been recommended and emphasized to show moderation in worship. The present article analytically examines the views of Islam and Islamic mysticism on the subject of extremism and moderation in worship, and finally shows that these views are compatible and consistent as a result of this comparative study. In verses and hadiths, as well as in the works of Muslim mystics, the necessity of showing moderation in worship has been emphasized and people have been warned not to fall into the abyss of extremism in worship. In view of the teachings of the Glorious Qur'an and the hadiths of the Imams (a), and in view of the works and doctrines of Muslim mystics, we may find that excessive worship does not lead to human spiritual progress, but rather can provide the ground for the error and darkness of the human heart.

## Keywords

Islamic ethics, moderation in worship, excess in worship, Islamic mysticism, excess and moderation in spiritual journey.

---

\* Assistant Professor, Department of Islamic Ethics and Resources, Faculty of Islamic Studies, University of Tehran, Tehran, Iran. (Corresponding Author) | m.miri57@ut.ac.ir

\*\* Master of arts, Quranic and Hadith Sciences, Qom, Iran. | yamahdi.modir@gmail.com

