

THE CONCEPT AND APPLICATION OF THE MINIMALIST LIFESTYLE ON QURAN PERSPECTIVE

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Abstract

Lifestyle is a natural thing, not triggered by certain things such as advertisements, living environment and so on. As is known, meeting the needs is already important, but if it exceeds the limit, it means that it cannot be said to be normal or reasonable. Lifestyle is a pattern of action that distinguishes one person or group from another. If the lifestyle is as an ideology, it will form an identity that is individual or group and distinguishes it from others. Lifestyle has a goal to then be able to form an image that is proud of both users and participants. The image displayed through a lifestyle is more often in contact with a person's various appearances and has properties that can be captured and felt by the senses. The image that arises on the lifestyle chosen by a person is closely related to values and social status. The concept of a minimalist lifestyle is in harmony with Islamic values. In the Qur'an itself the concept of minimalist living has been explained in several suras. The concept of minimalist living is also exemplified by the Prophet and his family. The concept of a lifestyle that teaches behavior not to overdo it in life, whether it's about eating, shopping, or dressing. The concept of minimalist living also teaches you to prioritize what is more needed in life, using what is around you as efficiently as possible. Reducing the number of items or collections owned is included in the concept of minimalist living. Appreciating and caring for what you currently have is also part of the minimalist living concept. In Surah Al-A'raf verse 31, it is explained that you must wear clothes and choose food or drinks within reasonable limits, not excessive. Then in Surah Al-Isra 'verse 26 it is explained that there is a prohibition on wasting the property owned. Then in the same sura, verse 27, it is explained that waste is a reflection of the devil's brothers.

Keywords: Minimalist lifestyle, minimalist lifestyle concept, application of a minimalist lifestyle.

PRELIMINARY

In the modern era like now, there are many people who have a penchant for consuming various things in their lives¹. In essence, humans are destined to be consumers. Consumer is a process that is closely related to the buying process². The buying process is carried out by searching, researching, and evaluating products and services. In line with this, humans carry out the buying process for nothing but the purpose of fulfilling lifestyle needs. Lifestyle for some people is very important, they are willing to have to wait in long queues and even scramble with other consumers to get the desired item.

Lifestyle is an undeniable thing in the modern era like today. The term lifestyle has an understanding as a way of life that includes habits, views, and patterns of response to life, as well as equipment for living³. Lifestyle is not a natural thing, but is triggered by certain things such as advertising, living environment and so on. As is known, meeting the needs of life is important, but if it has exceeded the limit, it means that it cannot be said to be normal or reasonable. Even Allah does not like it if his people live in excessive conditions.

To deal with an excessive lifestyle, there needs to be a change by implementing a minimalist lifestyle, as previously explained that lifestyle is something that can be chosen. So that humans have the right to decide with what kind of lifestyle they will live. In this modern era, it is not only an excessive lifestyle, but there is a lifestyle that is trending, namely a minimalist lifestyle. This lifestyle can be used as an option when you feel that the life you are living is in uncomfortable conditions. A minimalist lifestyle or can be called a simple lifestyle has actually existed since the time of the Prophet Muhammad.

There are many benefits that can be obtained when implementing a minimalist living concept like this, one of which is cost savings. In addition, minimalist living can reduce stress levels, the house is easier to clean, more freedom, good for the environment, more productive, can be used as an example for our children, have better quality goods, have time for more important things, not tied to the past, happier, free from comparisons, visually appealing, finding things easier. Less clutter, easier to find items, revealing what we value most.

¹ Ridwan Arma Subagyo. *Gaya Hidup Minimalis (Sebuah Tandingan Terhadap Gaya Hidup konsumerisme)*. Vol.6. 2020. Page. 2

² M. Anang Firmansyah. 2018. *Perilaku Konsumen (Sikap dan Pemasaran)*. Yogyakarta. Deepublish. Page. 2

³ Ridwan Arma Subagyo. *Gaya Hidup Minimalis (Sebuah Tandingan Terhadap Gaya Hidup konsumerisme)*. Vol.6. 2020. Page. 2

So many problems that can be discussed in the concept of minimalist living. However, to avoid a too broad discussion in this article, the researcher limits the discussion to the concept and application of a minimalist lifestyle in the review of the Qur'an.

DISCUSSION

Minimalist Lifestyle Concept

Quoted from the New York Times, the minimalist lifestyle began in the art world in 1965 in New York City⁴. In contrast to the New York Times article, minimalist.co summarizes the minimalist lifestyle revolution that has occurred year after year.

1800-1850: Minimalist living introduced in America

The transcendentalist philosophy prevailed in America and was popularized by the likes of Ralph Waldo Emerson and Henry David Thoreau. They argue that if knowledge and inspiration can be obtained through solitude and simplicity, this opinion is as Walden has written in his book. The opinion expressed by Ralph Waldo Emerson and Henry David Thoreau became the view used for the minimalist lifestyle, its understanding will continue to expand and develop for years to come.

1920-1930: The Golden Age of Design

The Bauhaus school has the ideal of balancing beauty with usefulness in the form of product design, this affects the modern style associated with the word minimalism. The school proposes to the public design products that have been designed in the past with the latest ones. The idea of creativity and attention is put into the production of goods used by people in everyday.

1960-1970: Minimalist Expansion

The word minimalism was popular among young artists in the 60s, they rejected art forms which they thought were "lacking art" (such as the abstract painter Agnes Martin, the sculptor and artist Donald Judd, the artist Frank Stella and others). Minimalism was adopted into colloquial terms for writing, painting, architecture, and other aesthetic, design, and creative fields. Minimalism is omitted from Abstract Expressionism, minimalism is focused on industrial materials, white space, and simpler works. Dieter Rams started introducing minimalist design principles in the 70s. This ordinary and user-friendly design product is commonly referred to as a minimalist design

⁴ Kyle Chayka, "The Oppressive Gospel of 'Minimalism'", The New York Times, accessed from <https://www.nytimes.com/2016/07/31/magazine/the-oppressive-gospel-of-minimalism.html>, accessed on 07 Juli 2021, 08.00am

1980-2000: Simple Living Adaptations

Continuation of the history of minimalism, no longer focusing on simple art, minimalism is also adopted for a simple living movement. The opening of McDonald's in Rome brought protests from the community the community protest movement gave birth to the "slow food" movement. The followers of the "slowness" movement reject the modern idea that is based on quick gain, they believe in quality over quantity. According to followers of "slowness" believing quality over quantity helps them get the most out of life

2000 – Present: Minimalism Becomes Mainstream

The era of social media technology has become a tool for conveying or disseminating information. Supporters of minimalist living also share their information and ideas through available social media such as blogging, facebook, Youtube and Instagram. Minimalism becomes an inherent thing for followers in the community they have created. Social media triggers people's interest to follow the minimalist life, brands apply the concept of minimalism to various aspects of their lives. The number of followers who apply a minimalist life makes minimalism a lifestyle⁵.

Minimalist lifestyle is often associated with the philosophy of Zen in Japan. The application of minimalism in Japan is in the form of architectural art known as (kare-sansui). What makes Zen art interesting in architecture is that it is clean, open and well organized. Zen art has the value of simplicity as a way to free the mind and focus more on the value of life. In Zen design there are several principles that are applied (1) The first key is finding values in a simple nature, emptiness, open space which is the center of contemplation, the silence that can be obtained through meditation (2) Calm and balance is the second key. The art of zen architecture, influences the process of building a house, with a 'minimalist' rule this house is deliberately designed to be used as a meditation room that aims to gain freedom. Earthquakes are one of the natural disasters that often hit the country of Japan, with the concept of zen architecture, houses in Japan are deliberately filled with few items to reduce the impact during an earthquake. Furthermore, this zen philosophy penetrated into the realm of traditional Japanese art, from haiku, traditional art of architecture, flower arrangement, bonsai, tea ceremony, noh theatre, ukiyo-e, to kintsugi. Minimalism emerged as a result of protests by western society against the culture of consumerism, capitalism and the industrial revolution in the United States and the formation of global markets as a result. Excessive

⁵ "A Brief History of Minimalism: How The Minimalism Movement Happened" diakses dari <https://minimalism.co/articles/history-of-minimalism>, diakses pada 07 Juli 2021 pukul 08.15

production, many advertisements popping up manipulating the public, resulting in many people buying products not for reasons of need but only because they are "hungry for their eyes". The industrial revolution did not only spread in western countries but also spread in eastern countries including Japan, as a result Japan was also involved in the capitalist system and put aside the existing Zen principles. Consumerism has the bad effect of not making other people happy and calm, by holding on to this reason Japan is re-embracing Zen principles.⁶

From time to time minimalism has become a lifestyle and growing. Marie kondo takes the minimalist lifestyle to a wider level. Through the book "The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing" which sold 7 million copies, Marie Kondo created the KonMari method which has been followed by millions of people around the world. There are several rules that must be applied in the Konmari method:

1. Commit to yourself to tidy things up
2. Imagining the concept of an ideal life according to yourself
3. Throw away items that are not used and thank you for accompanying
4. Organize items by category, not by region
5. Tidy things up in the right order
6. Leaving things that are important to our lives⁷

In addition to Marie Kondo, the name of Fumio Sasaki is also the person who brings the minimalist lifestyle to a wider level. Fumio Sasaki wrote a book goodbye, in the book Fumio Sasaki describes the concept of minimalist life that he adheres to which means reducing the number of things we have, and leaving the things we really need.

The essence of a minimalist lifestyle teaches behavior not to overdo it in life. The concept of minimalist living also teaches you to prioritize what is more needed in life, using what is around you as efficiently as possible. Reducing the number of items or collections owned is included in the concept of minimalist living. Appreciating and caring for what you currently have is also part of the minimalist living concept. A minimalist lifestyle is not only

⁶ Ines Morais, "The Origin Minimalism" diakses dari <https://minimalistroad.com/origin-of-minimalism/>, diakses pada tanggal 07 Juli pukul 17.00

⁷ Amanda Garitty, "What Is The Konmari Method? Here's How to Declutter The Marie Kondo Way" diakses dari <https://www.goodhousekeeping.com/home/organizing/a25846191/what-is-the-konmari-method/>, pada tanggal 07 Juli 2021 pukul 17.26

a lifestyle, but also a mindset or a wise attitude for us to control our lust to have goods and necessities of life⁸.

Applying a minimalist lifestyle in everyday life does not mean living full of shortcomings and being poor, instead by implementing a minimalist lifestyle we will feel many good impacts in life. The impact of implementing a minimalist lifestyle in life:

1. Feel more freedom

The hedonic lifestyle is only oriented to pleasure as opposed to the minimalist lifestyle which is oriented to awareness. The hedonic lifestyle considers the pleasures and material things they get as the goal of life. The hedonic lifestyle results in being trapped in consumptive behavior and waste. Adherents of a hedonic lifestyle are bound in a material trap. In contrast to adherents of a minimalist lifestyle, this lifestyle avoids material traps and diverts them for more useful things. Having excessive wealth assets and working hard to pursue material things are considered by adherents of a minimalist lifestyle as a shackle to inner freedom. Implementing a minimalist lifestyle for its adherents frees them from the busyness of worldly pursuits such as hard work that takes up time and energy. Reducing working time and giving the body the right to rest according to adherents of a minimalist lifestyle makes life stress-free and stress-free.

2. More focused mind

Too many good things around make the mind even busier. Having a lot of stuff creates chaos, is easy to get distracted, hard to focus on, hard to feel at peace. This is due to the emergence of attachment to too many possessions. Not only with meditation can you achieve a sense of peace, having a few items has been proven to make life calm⁹.

3. Help simplify personal budgets

A minimalist lifestyle helps to live consciously, being aware of managing the budget, one of which is. Manage budget, buy goods according to need. Save the remaining money for charity, saving and investing. The principle of simplifying the

⁸ Ade Chandra Gita Kusuma, "Filosofi Minimalis, Mengapa Penting untuk Milenial?", diakses dari <https://satupersen.net/blog/filosofi-minimalism-mengapa-penting-untuk-milenial>, pada tanggal 07 Juli 2021 pukul 18.35

⁹ Yunia Pratiwi, "Sudah Coba Gaya Hidup Minimalis? Ini 9 Manfaatnya untuk Mental" diakses dari <https://cantik.tempo.co/read/1351375/sudah-coba-gaya-hidup-minimalis-ini-9-manfaatnya-untuk-mental>, pada tanggal 07 Juli 2021 pukul 19.00

budget by buying less goods with better quality. Implementing a minimalist lifestyle for a budget can help identify the items you need and the items you want.

The concept of a minimalist lifestyle is in harmony with Islamic values. In the Qur'an itself the concept of minimalist living has been explained in several suras. Al-Qur'an is a holy book where Allah has made clear rules for humans from head to toe, as a guide in life. Aspects of a minimalist lifestyle that are in harmony with the Qur'an, living moderately, not excessive or simple, not loving worldly possessions, feeling enough with what they already have, being fair in spending their assets, being responsible for what they have. Minimalist or simple life in Islam is often associated with *zuhud*. *Zuhud* is often interpreted as the attitude of humans to leave the world's favors due to seeking the pleasures of the hereafter. Another opinion says *zuhud* leaves the worldly pleasures that are temporary and towards the eternal pleasures of the hereafter, putting the world in his hands not in his heart. In addition to *zuhud* in Islam, a simple or minimalist life is often associated with *qana'ah*. Receive the gift of sustenance from God, feel enough with the sustenance that has been given, Feel satisfied with the sustenance that you already have.

Verses of the Qur'an about the Concept of Minimalist Life

1. Surah Al-A'af:

In the Qur'an Surah Al-A'raf verse 31 Allah says:

يَا بَنِي آدَمَ خُذُوا زِينَتَكُمْ عِندَ كُلِّ مَسْجِدٍ وَكُلُوا وَاشْرَبُوا وَلَا تُسْرِفُوا ۗ إِنَّهُ لَا يُحِبُّ
الْمُسْرِفِينَ

Meaning: O son of Adam, wear your beautiful clothes in every (enter) mosque, eat and drink, and do not overdo it. Verily, Allah does not like those who are extravagant.

2. Surah Al-Isra '

In the Qur'an Surah Al-Isra 'verse 26 Allah says:

وَأْتِ ذَا الْقُرْبَىٰ حَقَّهُ وَالْمِسْكِينَ وَابْنَ السَّبِيلِ وَلَا تَبْذُرْ نَبْذِيرًا

Meaning: And give to close families their rights, to the poor and those who are on the way and do not squander (your wealth) extravagantly.

In the Qur'an Surah Al-Isra 'verse 27 Allah says:

الْمُبْذِرِينَ كَانُوا إِخْوَانَ الشَّيْطَانِ ۗ وَكَانَ الشَّيْطَانُ لِرَبِّهِ كَفُورًا

Meaning: Verily, the spenders are the brothers of Satan, and the devil is a complete disbeliever in his Lord.

3. Surah Al-Furqon

In the Qur'an Surah Al-Furqon verse 67 Allah says:

وَالَّذِينَ إِذَا أَنْفَقُوا لَمْ يُسْرِفُوا وَلَمْ يَقْتُرُوا وَكَانَ بَيْنَ ذَلِكَ قَوَامًا

Meaning: And those who, when they spend (wealth), they are not excessive, and are not (also) stingy, and are (the spending) in the middle of that.

Asbabun Nuzul

1. Al-Isra 'verse 26: Wa a>tidazal qurba>. At-Tabari and others have issued this hadith from Abi Sa'id al-H}udri> he said: the verse (wa a>tidzal qurba> haqqahu) tu'Urwah he said: there was an Arab who surrounded the house of his slave, except he having a desire with strong courage-a Quraysh expert gave birth to his child-they circled the house of his slaves just wanting to give them clothes. Men's clothing for men and women's clothing for women. Then the people walked up to Muzdalifah and stopped at Arafah.

Munasabahnya: after Allah ordered to worship honestly, fairly and istiqomah in all matters. Then we are asked to take jewelry from each community to worship, pray or perform Tawaaf, eat and drink without crossing the line.

Ibn Abbas said: Verily, the Jahiliyah from the Arab tribes were surrounding the house of 'Urah, the men during the day and the women at night, and they were praying in the Prophet's mosque. They threw away their clothes and they said: We do not perform Tawaaf by wearing clothes because they contain sins.

2. Run when the Messenger of Allah prayed for Fatima, then he gave her
Ibn Kathir said that this verse is problematic in terms of makki madaniyah, because this verse is considered a madaniyah verse, namely during the caliphate at that time. However, it is also mentioned at the beginning of the letter that this verse is madaniyah. Narrated by Ibn Mardawiya from Ibn Abbas¹⁰.
3. QS Al-A'raf 31, narrated by Imam Muslim from Ibn Abbas he said: there was a woman around the house of the Jahiliyah named 'Uryanah, and in her hand was a rag, while she said: 'Today revealed half or in its entirety, and whoever starts it cannot cancel it'. Then after that incident, the verse (خُذُوا زِينَتَكُمْ عِنْدَ كُلِّ مَسْجِدٍ) was revealed and the verse was revealed: ¹¹فُلْنِ مَنْ حَرَّمَ زِينَةَ اللَّهِ. So the two verses are related. In Sahih Muslim it is narrated from
4. In Surah Al-Furqan verse 62, there is no asbabun nuzul

¹⁰ Wahbah Zuhaili, Tafsir Al-Munir fi> al-'aqidah wa asy-syari'ah wa al-manhaj, 2009, Damaskus, Jilid 8 hlm 5

¹¹ *Ibid*, jilid 4 hlm 542-543.

Makki Madani

1. Included in the Makkiyyah letters group which consists of 111 verses. Named with Al Israa 'which means traveling at night, due to the events of Israa' Prophet Muhammad s.a.w. in the Grand Mosque in Mecca to the Aqsa Mosque in Baitul Maqdis is listed in the first verse of this surah. The story of Israa' at the beginning of this surah, contains a hint that the Prophet Muhammad s.a.w. together with his people will later achieve high dignity and will become a great people. This surah is also called Bani Isra'il which means the descendants of Isra'il in connection with the beginning of this letter.
2. Including the Makkiyah letter group which consists of 206 verses, revealed before the revelation of Al An'aam and including the Assab 'uththiwaal (seven long letters). It is named Al A'raaf because the words of Al A'raaf are contained in verse 46 which states about the condition of those who are above Al A'raaf, namely: the highest place on the boundary of heaven and hell.
3. Included in the Makkiyah letters group and consists of 77 verses. It is named Al Furqaan which means differentiator, taken from the word Al Furqaan which is found in the first verse of this surah. What is meant by Al Furqaan in this verse is the Quran. The Qur'an is called Al Furqaan because it distinguishes between truth and falsehood. So in this surah there are also verses that distinguish between the truth of the oneness of Allah s.w.t. with the false belief of shirk.
4. Included in the group of Makkiyah letters consisting of 56 verses, revealed after the letter Al Muzzammil. Named Al Muddatstsir (people who bermul) taken from the words of Al Muddatstsir contained in the first verse of this letter.

Tartib Nuzul

<p>QS. Al-A'raf verse 31 Commands to worship, do justice and istiqomah in every case</p>	<p>QS. Al-Isra 'verse 26 & 27 The command to monotheism, not to commit shirk. This verse was revealed in connection with Isra 'Mi'raj Rasulullah</p>	<p>QS. Al-Furqan verse 67 The commandment to always remember Him, day and night.</p>
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Munasabah verse

1. After Allah explained about the two differences between humans, first, humans who want knowledge of the world only, which results in punishment and punishment, secondly humans who obey and desire His pleasure, and these are the experts in reward by fulfilling three conditions, namely: having desires and hopes that are good. he is passionate about the hereafter, strives in this world for provisions in the hereafter, and he is a believer Followed by an explanation that the essence of faith is based on monotheism and does not accuse Him or commit shirk.¹²
2. After Allah ordered to worship honestly, fairly and istiqomah in all matters. Then we are asked to take jewelry from each community to worship, pray or perform Tawaaf, eat and drink without crossing the line.
Ibn Abbas said: Verily, the Jahiliyah from the Arab tribes were surrounding the house of 'Urah, the men during the day and the women at night, and they were praying in the Prophet's mosque. They threw away their clothes and they said: We do not perform Tawaaf by wearing clothes because they contain sins.
3. Even though Allah has clearly explained the signs and methods of monotheism, the polytheists still worship idols. Allah explained that what they were doing was an act of Jihiliyah which had no benefit whatsoever. This is postulated in Itba' Rasulullah who spreads good news for those who obey Allah with a reward and paradise in the afterlife, and news for the polytheists who remain disobedient and disobey them will receive punishment. So in this verse Allah commands to keep your trust and worship only Allah alone. Make night and day always in a state of faith and gratitude and always remember Him¹³.

The Relation of Minimalist Lifestyle with Al-Qur'an Verses

After explaining the minimalist lifestyle, then the explanation will be related to the verse above and related to the pandemic conditions that we are currently facing together. First, in Surah Al-A'raf verse 31, it is explained that we as humans must not exceed the limit, be excessive (lavish) in eating, drinking and dressing. Humans are also forbidden to be infatuated with splendor. Verse 31 of Surah Al-A'raf is closely related to the concept of a

¹² Jilid 8 57

¹³ *Ibid*, Jilid 10, hlm 101.

minimalist lifestyle that applies a simple life, choosing to live according to existing needs, choosing goods of good quality so that they can be used longer. Eat in moderation, eat with foods that contain enough nutrients so as not to get sick easily. Wearing simple clothes as long as it is pure, clean and neat, there is no need to wear clothes that are very expensive, and most importantly, dress that covers the genitals. Furthermore, the link between the concept of a minimal lifestyle with Surah Al-Isra 'verse 26 and 27, In verse 26 of Surah al-Isra 'explains that humans are ordered to give charity to close family, poor people and travelers and not to squander wealth. The minimalist lifestyle teaches to reduce items that are no longer needed, items that are not needed and are still in decent condition can be given to the closest family, poor people or travelers in need. Buying what you need instead of what you want is a link between a minimalist lifestyle and not wasting money. Finally, the relationship between Surah al-Isra 'verse 27 with the concept of a minimalist lifestyle, this verse 27 explains if humans squander their wealth (wasteful), humans are friends of Satan. Do not collect items that have no functional value, use and care for existing items properly, the things that have been mentioned are examples of the link between the concept of a minimalist lifestyle and the verse of the Qur'an Surah al-Isra verse 27.

CONCLUSION

Minimalist lifestyle started from the art world in 1965 in New York City. 1800-1850: Minimalist living was introduced in America and popularized by the likes of Ralph Waldo Emerson and Henry David Thoreau. They argue that if knowledge and inspiration can be obtained through solitude and simplicity, this opinion is as Walden has written in his book. Opinions expressed by Ralph Waldo Emerson and Henry David Thoreau are the views used for a minimalist lifestyle. In the years 1920-1930 called the Era of Design Glory, the Bauhaus school had the influence of a minimalist lifestyle concept with its proposals to the public for design products that had been designed in the past with the latest ones by utilizing used goods from the community. Then in 1960-1970 (Minimalist Expansion), the word minimalism was popular among young artists in the 60s, they rejected the art form which they thought was "lacking art". Then in the 70's, minimalism was introduced again by Dieter Rams as a minimalist design whose products were designed in an ordinary and user-friendly manner. Continuation of the history of minimalism, no longer focusing on simple art, minimalism was also adopted for the simple living movement (1980-2000: Adaptation of Simple Living). Spurred on from the opening of a McDonald's in Rome which brought protests from the community, the community protest movement gave birth to the "slow food" movement. The

followers of the "slowness" movement reject the modern idea that is based on quick gain, they believe in quality over quantity. And in 2000 – Present: Minimalism Becomes Mainstream, The era of social media technology has become a tool for conveying or disseminating information through available social media such as blogging, facebook, youtube and instagram. So that the number of followers who apply a minimalist life makes minimalism enter as a lifestyle.

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From time to time minimalism has become a lifestyle and growing. Marie kondo takes the minimalist lifestyle to a wider level. Through the book "The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing" which sold 7 million copies.

In the Qur'an itself the concept of minimalist living has been explained in several suras. The concept of minimalist living is also exemplified by the Prophet and his family. That way, humans, especially Muslims, can apply a minimalist lifestyle in everyday life, it doesn't mean living full of shortcomings and being poor, instead by implementing a minimalist lifestyle we will feel many good impacts in life. Impact of implementing a minimalist lifestyle in life: Feel more freedom, more focused mind, live more calmly, help reduce personal budget, more space in the house.

The explanation regarding the concept of a minimalist lifestyle has been explained in several verses of the Qur'an. First, in Surah Al-A'raf verse 31, it is closely related to the concept of a minimalist lifestyle that applies a simple life, choosing to live according to existing needs, choosing goods of good quality so that they can be used longer. Second, in Surah Al-Isra 'verse 26, it is explained that humans are ordered to give charity to close family, the poor and travelers and not to squander wealth. The minimalist lifestyle teaches to reduce items that are no longer needed, items that are not needed and are still in decent condition can be given to the closest family, poor people or travelers in need. Then to conclude in Surah Al-Isra 'verse 27 with an explanation that humans who squander their wealth (wasteful), then humans are friends of Satan.

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