



Islamic Religious Council of Singapore

Friday Khutbah

7 June 2019 / 3 Syawal 1440H

Looking After Our Physical Health

الْحَمْدُ لِلَّهِ الَّذِي أَنْزَلَ الْفُرْقَانَ وَ أَيْدِ النَّاسِ بِالْحِكْمَةِ وَ الْبَيَانَ،
وَأَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ شَهِدَ لِنَفْسِهِ
الْوَحْدَانِيَّةَ وَ الْإِحْسَانَ وَ شَهِدَ بِهِمَا مَلَائِكَتُهُ وَ الثَّقَلَانِ، وَأَشْهَدُ
أَنَّ سَيِّدَنَا مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ الْمَبْعُوثُ بِالرَّحْمَةِ وَ الرِّضْوَانِ ،
اللَّهُمَّ صَلِّ عَلَى سَيِّدِنَا مُحَمَّدٍ وَ عَلَى آلِهِ وَصَحْبِهِ وَسَلِّمْ
تَسْلِيمًا كَثِيرًا. أَمَّا بَعْدُ فَيَا عِبَادَ اللَّهِ اتَّقُوا اللَّهَ حَقَّ تَقَاتِهِ وَلَا
تَمُوتُنَّ إِلَّا وَأَنْتُمْ مُسْلِمُونَ.

Blessed Friday Jemaah,

Let us increase our taqwa in Allah s.w.t. to the best of our ability, by obeying His commands and avoiding His prohibitions. May Allah grant us strength spiritually and physically, so that we may continue worshipping Him, insya Allah. Amin.

My brothers,

On this glorious day, allow me to begin this khutbah by recounting a hadith. Anas Bin Malik r.a. narrated that a man asked the Prophet Muhammad s.a.w.: *“Which supplication(du’a) is the best?”*, to which he replied: *“Ask of your Lord forgiveness and wellness in this world and in the hereafter”*. The man then repeated his question, and the Prophet responded with the same answer. The Prophet then said: *“If you are granted forgiveness and wellness in this world and the hereafter, then you have truly achieved success”*. [reported by Abu Daud, graded Hasan by Tirmidhi]

Brothers,

Verily what Rasulullah s.a.w. has mentioned is full of wisdom and lessons. None of us can deny the importance of a healthy body in our daily lives. In fact, a person whom Allah has blessed with good health is able to carry out his religious duties with ease.

Good health also allows us to serve and benefit others better. Such is the importance of health, that Allah s.w.t. mentioned in Surah Al-Baqarah, verse 195:

وَأَنْفِقُوا فِي سَبِيلِ اللَّهِ وَلَا تُلْقُوا بِأَيْدِيكُمْ إِلَى التَّهْلُكَةِ
وَأَحْسِنُوا إِنَّ اللَّهَ يُحِبُّ الْمُحْسِنِينَ ﴿١١٥﴾

Meaning: “And spend in the way of Allah and do not throw [yourselves] with your [own] hands into destruction [by refraining]. And do good; indeed, Allah loves the doers of good.”

In this verse, we find that Allah s.w.t. forbids man from acts that could potentially harm him, cause him suffering, deplete his wealth, and possibly even burden those around him. Hence, Islam places great emphasis on the protection of life. The gift of life must be preserved from any harm or destruction.

Dearest Brothers,

A society’s potential to prosper is, in actual fact, closely related to the fitness level of individuals. It is obvious that Islam does not take physical health lightly, as it is an integral component in shaping a healthy community – a progressive community that actively contributes to the building of the nation, and the advancement of its religion.

If we are not in the best state of health, how are we going to perform our religious rituals well? How are we going to contribute

our energy to serve the community? How can we fulfil our duties as husband, father and son effectively? Remember, the Prophet once said:

الْمُؤْمِنُ الْقَوِيُّ، خَيْرٌ وَأَحَبُّ إِلَى اللَّهِ مِنَ الْمُؤْمِنِ الضَّعِيفِ

Meaning: “*The strong believer is better and more beloved to Allah than the weak believer*”. [Muslim]

Blessed Jemaah,

A healthy body ensures ease in carrying out our daily activities and eventually brings benefit to others. As we busily go about our daily affairs, let us not forget to dedicate some of our available time to pursuing a healthy lifestyle.

On that note, it is equally important that we make it a habit to exercise, and not only to occupy our free time. It can also nurture values such as unity, friendship, and harmony among individuals of different backgrounds and beliefs. We must do away with unhealthy habits and start using some of our time to exercise with our families. We can begin with activities such as 15 minutes of brisk walking to the MRT station, bus interchange, or mosque. Those who are young and fit should try taking the stairs instead of the lift or escalator.

In addition to exercising, we must also ensure that the food we consume is also healthy. Let us not forget that the Quran, when speaking of halal food, often associates it with food which is “toyyib”, or good. Allah stated in Surah Al-Maidah verse 88:

وَكُلُوا مِمَّا رَزَقَكُمُ اللَّهُ حَلالًا طَيِّبًا وَاتَّقُوا اللَّهَ الَّذِي
أَنْتُمْ بِهِء مُؤْمِنُونَ

Meaning: *"And eat of what Allah has provided for you [which is] lawful and good. And fear Allah, in whom you are believers."*

Thus, my brothers, let us watch our diet. Emulate the Prophet s.a.w. who lived a healthy lifestyle and a balanced diet. The Prophet s.a.w. reminded us in a hadith: *"...then he may fill it (i.e. his stomach) with a third for his food, a third for his drink, and a third for his breath."* [Tirmidhi]

Therefore, let us become believers who act responsibly on the blessings that Allah has bestowed upon us.

Let us also go for routine medical check-ups, as illnesses detected early are easier to treat. Choose healthy foods and avoid greasy and fatty foods.

We often ask Allah for a healthy body, but it is insufficient to ask for something without any effort on our part to achieve it. These

are steps we can take so that our du'a is favourable in the sight of Allah.

My Brothers,

I ask Allah to grant us all better health, and so that it may improve the quality of our work, in addition to increasing our zeal in carrying out our religious and familial responsibilities. May it also be a driving factor for us to continue doing good deeds, while also improving the quality thereof. May Allah bless us with good health and a life filled with Iman and Taqwa. Amin ya Rabbal 'Alamin.

بَارِكْ اللَّهُ لِي وَلَكُمْ فِي الْقُرْآنِ الْعَظِيمِ، وَنَفَعَنِي وَإِيَّاكُمْ بِمَا فِيهِ مِنَ
الآيَاتِ وَالذِّكْرِ الْحَكِيمِ، وَتَقَبَّلْ مِنِّي وَمِنْكُمْ تِلَاوَتَهُ إِنَّهُ هُوَ السَّمِيعُ
الْعَلِيمُ، أَقُولُ قَوْلِي هَذَا وَأَسْتَغْفِرُ اللَّهَ الْعَظِيمَ لِي وَلَكُمْ، وَلِسَائِرِ
الْمُسْلِمِينَ وَالْمُسْلِمَاتِ، وَالْمُؤْمِنِينَ وَالْمُؤْمِنَاتِ، فَاسْتَغْفِرُوهُ فَيَا
فَوْزَ الْمُسْتَغْفِرِينَ وَيَا نَجَاةَ التَّائِبِينَ.