



Majlis Ugama Islam Singapura

Friday Khutbah

21 June 2019 / 17 Syawal 1440H

Maintaining Mental Health And Well-Being

الْحَمْدُ لِلَّهِ الَّذِي جَعَلَنَا مِنْ أُمَّةٍ خَيْرِ النَّاسِ خَلْقًا وَخُلُقًا، وَاصْطَفَانَا
عَلَى سَائِرِ الْأَنْبِيَاءِ وَالرُّسُلِ بِأَحْسَنِ الشَّرِيعَةِ مِنْهُجًا وَطَرِيقًا،
وَأَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، وَأَشْهَدُ أَنَّ سَيِّدَنَا
مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ، اللَّهُمَّ صَلِّ وَسَلِّمْ عَلَى سَيِّدِ الْمُرْسَلِينَ،
حَبِيبِنَا الْكَرِيمِ، وَرَسُولِنَا الْعَظِيمِ، وَشَفِيعِنَا يَوْمَ الْقِيَامَةِ، سَيِّدَنَا
مُحَمَّدٍ وَعَلَى آلِهِ وَصَحْبِهِ أَجْمَعِينَ.
أَمَّا بَعْدُ، فَيَا أَيُّهَا الْمُسْلِمُونَ، أُوصِيكُمْ وَنَفْسِي بِتَقْوَى اللَّهِ عَزَّ
وَجَلَّ، فَقَدْ فَازَ الْمُتَّقُونَ.

Beloved Friday congregations,

Let us strengthen our taqwa in Allah s.w.t. and strive to obey all of His commands and distance ourselves from His prohibitions. May Allah s.w.t. bestow upon us and our family members, steadfastness and unwavering faith, Amiin.

My brothers,

Among the main objectives of this religion is to ensure the welfare and well-being of our lives in this world and the hereafter. This is congruent with the meaning of the term 'Islam' itself, which is derived from the root word 'salam' – which means peace, good or well-being.

It is everyone's shared hope to achieve life's well-being and prosperity. And it is evident that such well-being is achievable when each of us plays our respective roles in contributing to this goal. Allah s.w.t. mentioned in verse 97 of Surah An-Nahl:

مَنْ عَمِلَ صَالِحًا مِّنْ ذَكَرٍ أَوْ أُنْثَىٰ وَهُوَ مُؤْمِنٌ فَلَنُحْيِيَنَّهٗ
حَيٰوةً طَيِّبَةً ۗ وَلَنَجْزِيَنَّهُمْ أَجْرَهُمْ بِأَحْسَنِ مَا كَانُوا
يَعْمَلُونَ ﴿٩٧﴾

Which means: *“Whoever does righteousness, whether male or female, while he is a believer - We will surely cause him to live a good life, and We will surely give them their reward [in the Hereafter] according to the best of what they used to do.”*

My brothers, what is meant by 'a good life', in the aforementioned verse?

A good life can be understood as a life which is peaceful and serene. It is also accompanied with sufficient sustenance and is free from dire hardships and difficulties.

The verse that I have just read showed us that such a life is attainable for a believer who performs good deeds. These are the people whom Allah s.w.t. promises good life in this world and bountiful rewards in the Hereafter.

My brothers,

In the previous khutbahs, we have touched on various forms of well-being. This includes emotional, security and physical well-being. However, in achieving a holistically peaceful life, there is another form of well-being that calls for our attention –mental wellness.

Mental wellness is an important aspect of our overall health, and it has an impact on our daily life as well as our future.

It is inevitable that every one of us will face challenges in our lives. The Prophet s.a.w. himself was no exception, especially during the early development and propagation of Islam in Makkah. Nevertheless, Prophet Muhammad s.a.w. faced his challenges with strong perseverance and reliance on Allah s.w.t.

Blessed Friday congregation,

Distress and depression cannot be simply ignored without any attempt to seek treatment. We need to seek appropriate help as well as knowledge from the right sources in order to protect our mental health and wellness

There will be times when the heart feels restless and we try to find the cure for it. Some will turn to entertainment, while others will resort to other alternative treatments to the extent that it may include superstitious acts that are forbidden in Islam. Na'udzubillah min dzalik!

As a believer, we need to be aware that our religion offers ways to remediate such situations through various acts of worships. Let us remind ourselves of verse of 28 of Surah Ar Ra'ad where Allah s.w.t. mentioned:

الَّذِينَ ءَامَنُوا وَتَطْمَئِنُّ قُلُوبُهُمْ بِذِكْرِ اللَّهِ أَلَا
بِذِكْرِ اللَّهِ تَطْمَئِنُّ الْقُلُوبُ ﴿٢٨﴾

Which means: *“Those who have believed and whose hearts are assured by the remembrance of Allah . Unquestionably, by the remembrance of Allah hearts are assured”*.

Take heed, my beloved brothers, on the guidance given by Allah, on how we can overcome the hardships and challenges that we may face in our lives.

Prophet Muhammad s.a.w. also taught us to perform prayers in attaining peace and serenity. It is narrated that when the Prophet s.a.w. faced sadness, he will turn to Bilal r.a. and say:

قُمْ أَرْحْنَا بِالصَّلَاةِ

Which means: *“Rise up O Bilal and offer us peace through solat”* (Narrated by Imam Abu Daud)

Subhanallah! Truly, one can gain numerous bounties through this simple act of worships.

On the other hand, my brothers, if we know those who are facing mental health issues and are undergoing treatment, remind them that it is important to adhere to the doctor’s advice and those who are trained in such matters.

We pray that with one’s determination and the continuous social support that he receives, will eventually lead to a total cure and allow him to lead his life better.

In addition, it is important that we spend time with them. We need to give them support and encouragement. Never should we be judgmental or force them to follow our ways, which could

only aggravate their stress level further and deteriorate their conditions. It is possible for them to recover if we continuously play our role in supporting them during these challenging times.

Let us continue to work together and help one another in performing righteous deeds. May Allah s.w.t. continue to bestow upon us His Mercy and allow us to attain prosperity in this world and the hereafter, Amiin 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.