

## LOOKING AFTER HEALTH IS A SHARED RESPONSIBILITY

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الْحَمْدُ لِلَّهِ نَحْمَدُهُ وَنَسْتَعِينُهُ وَنَسْتَغْفِرُهُ. وَنَعُوذُ بِاللَّهِ مِنْ شُرُورِ أَنْفُسِنَا وَمِنْ سَيِّئَاتِ  
أَعْمَالِنَا. مَنْ يَهْدِهِ اللَّهُ فَلَا مُضِلَّ لَهُ وَمَنْ يَضِلَّ فَلَا هَادِيَ لَهُ.

وَأَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، وَأَشْهَدُ أَنَّ سَيِّدَنَا مُحَمَّدًا عَبْدُهُ  
وَرَسُولُهُ.

اللَّهُمَّ صَلِّ وَسَلِّمْ عَلَى سَيِّدِنَا مُحَمَّدٍ وَعَلَى آلِهِ وَأَصْحَابِهِ أَجْمَعِينَ.  
أَمَّا بَعْدُ،

فِيَا عِبَادَ اللَّهِ، اتَّقُوا اللَّهَ وَأَوْصِيكُمْ وَإِيَّايَ بِتَقْوَى اللَّهِ، فَقَدْ فَازَ الْمُتَّقُونَ.

Let us increase our righteousness to Allah the Almighty by doing all that He prescribes and leaving all that He prohibits. May we be blessed by Him in this life and the hereafter.

**Dear brothers and sisters,**

The blessing of health is a gift from Allah the Almighty. A healthy body enables a person to fulfill his worldly and religious obligations in the most perfect way. That is why Islam commands every individual to always take care of health of the body as well as practice a healthy lifestyle and Islam forbids us from doing

anything that is harmful to us. Allah the Almighty says in chapter 2 (surah al-Baqarah) verse 195:

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ  
وَأَنْفِقُوا فِي سَبِيلِ اللَّهِ وَلَا تُلْقُوا بِأَيْدِيكُمْ إِلَى التَّهْلُكَةِ وَأَحْسِنُوا إِنَّ اللَّهَ يُحِبُّ  
الْمُحْسِنِينَ

**Which means:** “Spend in the Way of Allah and do not cast yourselves into destruction with your own hands; do good, for Allah loves those who do good.”

The Prophet (pbuh) also urged his followers to fully utilize the blessings of health and not to waste it as mentioned in a hadith narrated by Imam Bukhari and Muslim:

خُذْ مِنْ صِحَّتِكَ لِمَرَضِكَ وَمِنْ حَيَاتِكَ لِمَوْتِكَ

**Which means:** “Take advantage of your health (before) the time of your illness, and of your life (before) the time of your death.”

**Dear brothers and sisters,**

In order to maintain health, Islam encourages us to adopt a healthy lifestyle. This healthy lifestyle can be done through moderate intake of food and beverages;

choosing only foods that are halal and good for health and indulge in leisure activities. It can also be achieved by performing special acts of worship such as ablution and performing prayers because ablution and performing prayers are preceded by body cleansing activities. Even maintaining a clean environment is also included in the healthy lifestyle demanded by Islam.

The reality today is that Muslims, especially the Malays in our state and country are the biggest group suffering from various illnesses such as Covid-19, dengue fever, high blood pressure, diabetes, heart problems and so on when compared to other races. Therefore, take the necessary preventive measures that have been recommended by the medical authorities to maintain health as recommended by Islam.

مَا سَأَلَ اللَّهُ شَيْئًا أَحَبَّ إِلَيْهِ مِنَ الْعَافِيَةِ

Allah the Almighty says in chapter 16 (surah An-Nahl) verse 114:

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ  
فَكُلُوا مِمَّا رَزَقَكُمُ اللَّهُ حَلَالًا طَيِّبًا وَاشْكُرُوا نِعْمَتَ اللَّهِ إِنْ  
كُنْتُمْ إِيَّاهُ تَعْبُدُونَ



**Which means:** *“Then eat of what Allah has provided for you [which is] lawful and good. And be grateful for the favor of Allah, if it is [indeed] Him that you worship.”*

بَارَكَ اللَّهُ لِي وَلَكُمْ فِي الْقُرْآنِ الْعَظِيمِ، وَنَفَعَنِي وَإِيَّاكُمْ بِمَا فِيهِ مِنَ الْآيَاتِ وَالذِّكْرِ الْحَكِيمِ، وَتَقَبَّلَ مِنِّي وَمِنْكُمْ تِلَاوَتَهُ، إِنَّهُ هُوَ السَّمِيعُ الْعَلِيمُ. أَقُولُ قَوْلِي هَذَا وَأَسْتَغْفِرُ اللَّهَ الْعَظِيمَ لِي وَلَكُمْ، وَلِسَائِرِ الْمُسْلِمِينَ وَالْمُسْلِمَاتِ، وَالْمُؤْمِنِينَ وَالْمُؤْمِنَاتِ، فَاسْتَغْفِرُوهُ إِنَّهُ هُوَ الْغَفُورُ الرَّحِيمُ.