

**TAKING CARE OF HEALTH**  
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الْحَمْدُ لِلَّهِ الَّذِي أَرْسَلَ رَسُولَهُ بِالْهُدَىٰ وَدِينِ الْحَقِّ لِيُظْهِرَهُ عَلَىٰ الدِّينِ  
كُلِّهِ وَلَوْ كَرِهَ الْمُشْرِكُونَ، وَأَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ،  
وَأَشْهَدُ أَنَّ سَيِّدَنَا مُحَمَّدًا عَبْدَهُ وَرَسُولَهُ، اللَّهُمَّ صَلِّ وَسَلِّمْ وَبَارِكْ عَلَىٰ  
سَيِّدِنَا مُحَمَّدٍ وَعَلَىٰ آلِهِ وَأَصْحَابِهِ وَمَنْ تَبِعَهُمْ بِإِحْسَانٍ إِلَىٰ يَوْمِ الدِّينِ.  
أَمَّا بَعْدُ، فَيَا عِبَادَ اللَّهِ، اتَّقُوا اللَّهَ حَقَّ تَقَاتِهِ وَلَا تَمُوتُنَّ إِلَّا وَأَنْتُمْ  
مُسْلِمُونَ.

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

**Dear brothers and sisters**

Health is a gift from Allah the Almighty that is of great value to us. The Prophet (pbuh) said in a hadith narrated by Imam al-Bukhari:

نِعْمَتَانِ مَغْبُونٌ فِيهِمَا كَثِيرٌ مِنَ النَّاسِ الصِّحَّةُ وَالْفَرَاغُ

**Which means:** *"There are two blessings that many people are deceived into losing: health and free time."*

**Dear brothers and sisters**

Islam necessitates that we take care of our health. We are aware of the existence of various diseases such as heart disease, kidney disease, diabetes, high blood pressure, cancer, gout, fever and so on. Furthermore, nowadays people from all over the world are being tested with various health issues. There is always a new disease, plague or virus that emerges. In this matter, there are several concepts that Islam teaches us, including "prevention is better than cure" and "every disease has a cure". The Prophet (pbuh) said in a hadith narrated by Imam Abu Daud:

تَدَاوُوا فَإِنَّ اللَّهَ عَزَّ وَجَلَّ لَمْ يَضَعْ دَاءً إِلَّا وَضَعَ لَهُ دَوَاءً غَيْرَ دَاءٍ وَاحِدٍ الْهَرَمُ

**Which means:** *"Treat yourself, verily Allah does not send down a disease but He also sends down the cure except for one disease, which is old age"*.

From this hadith, the Prophet (pbuh) dictates that we must try to seek treatment when we get sick.

**Dear brothers and sisters**

Some types of diseases spread because of the perverse behavior of humans that violate the limits. HIV for example spreads through free sex, LGBT and sharing needles while taking drugs. The Malaysian Ministry of Health reported that throughout 2021, there were 128,638 reported cases of HIV. Similarly, there are various types of diseases that befall humans as a result of consuming food or drinks that are prohibited by Allah the Almighty.

Allah the Almighty forbids us to be transgressive. He says in chapter 6 (surah al-An'am) verse 119:

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

وَمَا لَكُمْ إِلَّا تَأْكُلُوا مِمَّا ذُكِرَ اسْمُ اللَّهِ عَلَيْهِ وَقَدْ فَصَّلَ لَكُمْ مَا حَرَّمَ عَلَيْكُمْ

إِلَّا مَا اضْطُرَرْتُمْ إِلَيْهِ وَإِنَّ كَثِيرًا لَيُضِلُّونَ بِأَهْوَاءِهِمْ بِغَيْرِ عِلْمٍ إِنَّ رَبَّكَ هُوَ أَعْلَمُ



**Which means:** “*Why should you not eat of what is slaughtered in Allah’s Name when He has already explained to you what He has forbidden to you—except when compelled by necessity? Many deviants certainly mislead others by their whims out of ignorance. Surely your Lord knows the transgressors best*”.

Islamic scholars and health experts agree that many chronic diseases such as heart disease, diabetes, high blood pressure and others are caused by overeating and uncontrolled eating habits. Our Prophet (pbuh) has shown us example of how to take care of health through proper eating, drinking and

lifestyle. Among them, when eating, the Prophet (pbuh) would choose good, halal and nutritious food.

The Prophet (pbuh) would wake up before dawn. He would walk if he wanted to go anywhere and he takes great care of his personal hygiene as well as the environment. He always guarded his heart by avoiding anger, envy, prejudice and is always forgiving. The things that our Prophet (pbuh) did should be emulated by all of us in order to maintain our physical health as well as mental health.

To end our sermon today, let us be grateful for the blessing of health bestowed by Allah the Almighty upon us by presenting ourselves at the mosques to pray in congregation five times a day; especially in the morning prayer. Therefore, take care of our health so that we can enjoy our worship.

Without good health, our lives may be affected, and we are unable to perform worship, work and earn a living to support our families. Only when we get sick do we realize how wonderful it is to have good health.

Allah the Almighty says in chapter 2 (surah al-Baqarah) verse 169:

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

يَأْتِيهَا النَّاسُ كُلُّوا مِمَّا فِي الْأَرْضِ حَلَالًا طَيِّبًا وَلَا تَتَّبِعُوا خُطُوَاتِ الشَّيْطَانِ

إِنَّهُ لَكُمْ عَدُوٌّ مُبِينٌ

**Which means:** *O humanity! Eat from what is lawful and good on the earth and do not follow Satan's footsteps. He is truly your sworn enemy.*

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

