



SERMON TEXT STATE OF PAHANG

APRIL 2026



WORLD HEALTH DAY

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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.

أَشْهَدُ 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،

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

Let us increase our righteousness towards Allah the Almighty by carrying
out all His commands and abandoning all His prohibitions. May we be blessed by
Allah the Almighty in this world and the Hereafter.

Dear brothers and sisters,

Islam emphasizes personal health. A healthy body enables us to be
obedient servants of Allah the Almighty in fulfilling His commands and to build a
civilization that is respected by the world community.

When reading the biography of Prophet Muhammad (pbuh), we find that he
practiced a healthy lifestyle. From a young age, he was physically active, walked



frequently, and engaged in activities such as archery and horseback riding. When tested with illness, he sought treatment such as cupping. He also maintained a balanced diet, which kept him energetic even in old age even while carrying the great responsibility of spreading the message of Islam. It is narrated in Sahih Muslim that Prophet Muhammad (pbuh) said:

الْمُؤْمِنُ الْقَوِيُّ خَيْرٌ وَأَحَبُّ إِلَى اللَّهِ مِنَ الْمُؤْمِنِ الضَّعِيفِ، وَفِي كُلِّ خَيْرٍ، إِحْرَصْ عَلَى مَا يَنْفَعُكَ وَاسْتَعِذْ بِاللَّهِ وَلَا تَعْجِزْ.

Which means: “A strong believer is better and is more lovable to Allah than a weak believer, and there is good in everyone, (but) cherish that which gives you benefit (in the Hereafter) and seek help from Allah and do not lose heart.”

Dear brothers and sisters,

Islam forbids any actions that can harm personal health. Allah the Almighty says in chapter 7 (Surah al-A'raf) verse 31:

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

Which means: “O Children of Adam! Dress properly whenever you are at worship. Eat and drink, but do not waste. Surely He does not like the wasteful.”



This verse teaches us that Islam calls for balance in life, including in the aspect of food consumption. Maintaining health begins with controlling what is eaten and drunk, choosing what is halal and of good quality, and avoiding excess. Eating when necessary and stopping before being full are among the etiquettes encouraged so that the body is preserved from illness and harm.

In addition, the health of the body also requires us to get sufficient sleep and rest. Good rest helps refresh the body, calm the mind, and strengthen the ability to worship. In the practices of the Prophets such as Prophet Daud (peace be upon him) and Prophet Muhammad (pbuh), it is narrated that they slept after the isyak prayer, woke up to worship during the last third of the night, then rested again before Fajr. Furthermore, a short nap (*qailulah*) at midday is also encouraged. Therefore, avoid making the night a routine for wasting time and seeking entertainment, because Allah the Almighty has made the night a time for rest so that the body and soul may be rejuvenated.

Dear brothers and sisters,

Among the contributors to chronic disease statistics in Malaysia are the practices of smoking cigarettes and vaping. Be aware that cigarettes and vape harm not only the smoker but also those around them, including the elderly, spouses,



children, and other family members. Although there are prohibitions against smoking and vaping in public places, many still do so openly, such as in eateries and public parks. They disregard the regulations that forbid it, and in fact, there are also religious prohibitions against such actions.

Also, avoid living under constant pressure in the pursuit of worldly matters to the point of neglecting the well-being of the soul and inner peace. Indeed, many illnesses stem from the failure to properly manage stress and emotions. Emulate the sunnah of Prophet Muhammad (pbuh), who always maintained a positive outlook and interacted kindly with his companions. Spread greetings of peace, smile often, and return home with a calm soul, bringing love and compassion to family members.

The Prophet (pbuh) said in a hadith narrated by Imam al-Tirmizi:

مَنْ أَصْبَحَ مِنْكُمْ آمِنًا فِي سِرِّهِ، مُعَافًى فِي جَسَدِهِ، عِنْدَهُ قُوتٌ يَوْمِهِ، فَكَأَنَّمَا حِيزَتْ لَهُ الدُّنْيَا

Which means: *‘Whoever among you wakes up physically healthy, feeling safe and secure within himself, with food for the day, it is as if he acquired the whole world.’*



In concluding today's sermon, in conjunction with World Health Day which is observed on 7 April each year, let us all strive to take care of our physical health, which in reality is a trust from Allah the Almighty entrusted upon us. Adopt a healthy lifestyle by maintaining balanced diet, exercising regularly, and getting sufficient sleep. Avoid things that are harmful to health such as smoking and vaping. Take care of our emotional well-being by managing life's stresses. Ensure that we undergo regular health check-ups. Indeed, the blessing of good health is something many people neglect. Remember, much of the sweetness and perfection of our worship depends on a healthy body and a sound mind.

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يَا أَيُّهَا النَّاسُ قَدْ جَاءَكُمْ مَوْعِظَةٌ مِّن رَّبِّكُمْ وَشِفَاءٌ لِّمَا فِي الصُّدُورِ وَهُدًى وَرَحْمَةٌ

لِّلْمُؤْمِنِينَ ٥٧

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