



On the blessing of soundness and wellbeing

First Sermon

All praise is due to Allah Who endowed upon us the favour of wellness. I bear witness that there is no deity save Allah, having no associates. I also bear witness that our Master and Prophet Muhammad is the Servant of Allah and His Messenger. His Lord sent him with that which is best in this world and the Hereafter. May the peace and blessings of Allah be upon him, his pure blessed family and companions, and all those who follow them in righteousness till the Day of Judgment.

As to what follows,

I urge you, **O servants of Allah**, and myself to be aware that you are asked to obey Him the Most Exalted, in line with His orders, **“so fear Allah and obey me. And fear He who provided you with that which you know.”** (Ash-Shuraa: ١٣١-١٣٢).

Dear Muslims,

Undoubtedly, the blessing of wellbeing and soundness is amongst the greatest and best of favours that Allah, the Most Beneficent, bestows upon mankind. The Messenger of Allah pbuh emphasised the importance of good health as he said, “Verily, apart from true faith, none has been given anything better than the wellness.” In another narration, he pbuh said, “Verily, apart from sincerity, none has been given anything better than the wellness.” Indeed, blessing of wellbeing is the best of all that may be given to a human being in this life and the next.

Knowing this, let us advise each other of the meaning of wellbeing. Being healthy is to seek safety and protection from all that may cause harm for the person in their religion and worldly life affairs. So, he who is forgiven his misdeeds by Allah the Almighty is undoubtedly sound in his religious status, and he whom Allah has protected from illness will rejoice physical health. Indeed, spiritual and physical health are amongst the best bounties that Allah, the Most Exalted has bestowed upon mankind. On this account, Ibn Abbas, may Allah be pleased with him, said, “The pleasure is the wellness of body,

hearing and eyesight. Allah, the Exalted is He, will ask His Servants about how they have used them.” The Almighty also says, “**then you will surely be asked that Day about pleasure.**” (Al-Takathur: ٨).

These are so valuable favours that the Prophet pbuh supplicated to Allah, the Most High, to protect them. He pbuh used to say, “O Allah, please grant me health in my body. O Allah, grant me good hearing. O Allah, grant me good eyesight.” He pbuh used to also begin his day asking his Lord for good health, saying, “O Allah, I ask You security in this world and in the Hereafter. O Allah, I ask You for forgiveness and wellbeing in my religion and my worldly affairs, in my family and my wealth.”

The traditions of the Messenger of Allah pbuh teach us to appreciate the value of good health as he asked his companions, may Allah be pleased with them, to end their day by asking Allah for health. It was narrated in this regard that Abdullah Ibn Umar, may Allah be pleased with them both, said that the Prophet pbuh commanded a man to say before going to sleep, “O Allah, You have created my soul and You cause it to die. Its death and its life is due to You; if You gives it life, safeguard it, and if You cause it to die, grant it forgiveness. O Allah, I beg You for safety.”

Truly, it is with safety and soundness that one’s life becomes pleasing, having the means to earn one’s living and the strength to perform acts of obedience. The Messenger of Allah pbuh said, “Whoever amongst you wakes up feeling safe and secure within his family, having healthy body, with provisions for the day, it is as if he acquired the whole world.” That is to say: whoever is favoured by Allah the Almighty with good health, assured heart, sufficient livelihood and protected family, then he has been given all the indispensable bounties in this world.

Dear Muslims,

Being a gracious favour, wellness must be preserved and safeguarded. This applies for both religious and physical wellbeing and safety. As for the spiritual security, it can be achieved by doing what Allah the Almighty has enjoined us to do, avoiding all that which He prohibited us to do and keep away from matters that are doubtful. The Messenger of Allah pbuh said on this matter, “The

lawful is what Allah has made lawful in His Book, the unlawful is what Allah has made unlawful in his Book. And what He was silent about; then it is amongst that which He permitted for you as a favour. So, accept from Allah His favour, for Allah is not forgetful of anything.” Then he recited this Aya: “**and never is your Lord forgetful.**” (Mariam: ٦٤).

Another means of maintaining one’s religious soundness is by seeking the advice of the people of knowledge concerning matters that they are uncertain about. This is line with Allah’s orders: “**so ask the people of the message if you do not know.**” (An-Nahl: ٤٣). Furthermore, this gracious goal can be attained by resorting to moderation in one’s religious practices. This comes through understanding the tolerant teachings and laws of Islam and avoid indulging in matters that they have no certainty about. This way one will be safe and protected from the concepts of the extremist ideology.

One other way of ensuring safety and wellness in one’s religion is to keep secret what Allah, the Most Exalted, has concealed for him. Our Master Muhammad pbuh said, “All the sins of my followers will be forgiven except those of the Mujahireen (those who commit a sin openly or disclose their sins to the people). An example of such disclosure is that a person commits a sin at night and though Allah screens it from the public, then he comes in the morning, and says, ‘O so-and-so, I did such-and-such (evil) deed yesterday,’ though he spent his night screened by his Lord (none knowing about his sin) and in the morning he removes Allah’s screen from himself.”

On another level, like religious security, physical health needs to be taken care of and protected. One can keep good health by following healthy lifestyle. This was accentuated by the Messenger of Allah pbuh as he said, “The human being does not fill any container that is worse than his stomach. It is sufficient for the son of Adam to eat what will support his back. If this is not possible, then a third for food, a third for drink, and third for his breath.”

More to the point, soundness of the body can be maintained by seeking cure from illnesses. The Prophet pbuh advocated people to treat their diseases. It was narrated that once, some Bedouins asked

the Prophet pbuh, ‘O Messenger of Allah pbuh! Shall we treat (our illness)?’ He pbuh said, “Yes, use remedies. For indeed Allah did not make a disease but He made a cure for it, except for one disease. It is the old age.”

O Seekers of Wellness from Allah,

You are advised to show gratitude to Allah, the Most Gracious, for the favours He bestowed upon you so that He may continue blessing you with them. This is because appreciating Allah’s bounties is a cause for increasing them and preserving good health. Stressing the importance of thanking Allah for His favours, the Messenger of Allah pbuh said “When one of you awakens, let him say, ‘All praise is due to Allah, Who healed me in my body, and returned to me my soul, and permitted me to remember Him.” So, start your day with praising Allah, the Most Beneficent, for granting you wellbeing.

O You whom Allah has blessed with soundness,

Allah has endowed upon you the favours of healthy body, security of children and family, welfare, extended provisions, tranquillity of the soul and stability of the homeland. Such precious favours should be preserved and appreciated. This can be done by making best of your time in performing acts of worship and obedience, doing good actions, helping the people and all deeds that which may bring you nearer to your Lord, increase your record of good deeds and raise your rank by degrees. So doing, one will be amongst those who are grateful to Allah and, thus, attain the continuity of the blessing of wellbeing.

Bearing this in mind, let us beseech Allah, the Most Merciful, to grant us forgiveness, wellness and continued good health in this world and in the Hereafter.

May Allah the Almighty continue blessing us with goodly living and guide us all to obey Him and obey His Messenger Muhammad pbuh and obey those He have commanded us to obey in line with His orders: “**O you who have believed, obey Allah and obey the Messenger and those in authority among you.**” (An-Nisaa: ٥٩).

May Allah direct us all to the blessings of the Glorious Quran and the Sunna of His Messenger pbuh.

I say this and ask Allah for forgiveness for me and you, so invoke Him for forgiveness, for He is the Most Forgiving, the Most Merciful.

Second Sermon

All praise is due to Allah, the Lord of the Worlds. I bear witness that there is no deity save Allah, having no associates. I also bear witness that our Master Muhammad is the servant of Allah and His Messenger. May the peace and blessings of Allah be upon our Master Muhammad, his pure family, companions, and all those who follow them in righteousness till the Day of Judgment.

I urge you, **O Servants of Allah**, and myself to be aware that you are asked to obey Him, the Most Exalted and Sublime.

O Worshipers,

Please know that asking Allah for good health and wellness is one way of showing appreciation for the treasurable bounties that Allah has bestowed upon us. It also reflects one's need for the continuity of Allah's kindness and blessings. Indeed, this is amongst the things that are favourable for the Most Exalted. Thus, you are urged to supplicate to Him as frequently as could be, asking Him for wellbeing, the latter really being amongst the best of supplications. Our Master Muhammad pbuh said, "There is no supplication a person can say that is better than: O Allah, I ask You for wellbeing in this world and in the Hereafter."

Furthermore, one should also seek refuge with Allah, the Best Protector, to keep blessing them with such favours, following in this in footprints of the Prophet pbuh who used to invoke Allah saying, "O Allah! I seek refuge in you from the withholding of your favour, the decline of the good health you have given, the suddenness of your punishment and from all forms of your wrath."

More to the point, it was narrated that once a man came to the Prophet pbuh and asked him, "O Messenger of Allah, what should I say when I ask of my Lord?" He said: "Say, 'O Allah, forgive me, have mercy on me, keep me safe and sound and grant me provision'," and he pbuh continued saying, "These supplications are for your (good) in this world and the in the Hereafter." The Messenger of Allah pbuh used to recite this supplication between the

two Sajdas (prostrations) and begins the night prayer with them too. In the Witr prayer (odd-numbered Rakaa's), the Prophet used to supplicate to Allah saying, "O Allah guide me among those You have guided and grant me security and soundness amongst those You have granted security and soundness."

On the same matter, it was narrated that Al-Abbas Ibn Abd Al-Muttalib, may Allah be pleased with him, said, "I asked the Messenger of Allah to teach me something that I may ask Allah. The Prophet pbuh said, 'O Abbas! Ask Allah for wellbeing.' I waited for some days and then I went to him again and said, 'Teach me something that I may ask Allah.' He said, 'O Abbas! O the uncle of the Messenger of Allah! Ask Allah for wellbeing in this world and the Hereafter.'"

That is said, please bear in mind that you are instructed to invoke peace and blessings on the Prophet pbuh. Allah, the Most Sublime, says, "**indeed, Allah confers blessing upon the Prophet, and His angels [ask Him to do so]. O you who have believed, ask [Allah to confer] blessing upon him and ask [Allah to grant him] peace.**" (Al-Ahzab: ٥٦).

On the same matter, the Prophet pbuh said, "For everyone who invokes a blessing on me will receive ten blessings from Allah."

O Allah, please confer Your blessings and grant peace upon our Prophet Muhammad pbuh, his family and all of the companions.

May Allah be pleased with the Rightly Guided Caliphs: Abu Bakr, Umar, Uthman and Ali, and all of the noble Companions.

May Allah have mercy on the honourable martyrs of our nation and gather them with the ones upon whom Allah has bestowed favour of the prophets. May Allah make the dwelling of the martyrs, their families, parents and relatives. Indeed, You answer to the supplications.

O Allah, please grant the best reward for the families of the martyrs and offer them patience and solace. May Allah grant victory to the soldiers of the Arab Coalition who gathered to restore the rights to their owners. O Lord, please be by their side and guide the Yemeni people to everything that is good. O Allah, make them rally for the

word of truth and legitimacy, and bless them with welfare and stability, O the Most Generous.

O Lord, we beseech You to bless all of the Muslim countries and the whole world with stability and peace.

O Allah, we seek Your grace to increase the UAE in delight and beauty and give the best of rewards and recompense to whoever sowed the seeds of goodness and welfare in it. Indeed, You are the Most Merciful of the merciful.

May Allah grant success and continued health and care to the UAE President HH Sheikh Khalifa bin Zayed Al Nahyan. May Allah also ensure success to his Vice-President, trustworthy Crown Prince and his brothers, Their Highnesses the Rulers of the Emirates.

O Allah, please forgive all of the Muslims, men and women, living and dead. May Allah have mercy on Sheikh Zayed, Sheikh Maktoum and the Late UAE Sheikhs. O Lord, forgive and show mercy on them and bless them with Your kindness and satisfaction. O Lord, forgive and show mercy on our parents, relatives and whoever has done a favour to us.

We pray to Allah, the Lord of the Worlds, to continue blessing the UAE with stability and welfare and bless its provisions. O Allah, please continue blessing the UAE with safety and security.

O Allah, we seek Your favour to send us wealthy rain and make us not amongst those who are despondent. O Allah, relieve us! O Allah, relieve us! O Allah, give us from the blessings of the sky and grow for us from the blessings of the earth.

Remember Allah and He will remember you. Be grateful of His benevolence and He will increase His blessings to you.

Please stand up for prayer.

Official announcement from Awqaf

To be delivered after Friday prayer ٢/٢/٢٠١٨

O Worshipers,

The Ministry of Health and Prevention, in cooperation with the Federal Authority for Competitiveness and Statistics, is conducting a nationwide health survey until ٢١/٥/٢٠١٨. The aim of the initiative is to assess the availability and quality of healthcare services in the UAE.

As part of the survey, a national research and medical teams, carrying identification cards, will visit sample families across the UAE. Thus, we urge all people to cooperate with the field teams to ensure accuracy of the data collected.

That is said, we beseech Allah to confer His blessings and grant peace upon our Prophet Muhammad pbuh, his family and all of the companions.

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