

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

الَّذِي خَلَقَنِي فَهُوَ يَهْدِينِ وَالَّذِي هُوَ يُطْعِمُنِي وَيَسْقِينِ وَإِذَا مَرِضْتُ فَهُوَ

يَشْفِينِ وَالَّذِي يُمِيتُنِي ثُمَّ يُحْيِينِ

وَقَالَ النَّبِيُّ ﷺ: مَنْ أَصْبَحَ مِنْكُمْ آمِنًا فِي سِرْبِهِ مُعَافَى فِي جَسَدِهِ عِنْدَهُ

قُوَّتُ يَوْمِهِ فَكَأَنَّمَا حِيزَتْ لَهُ الدُّنْيَا

Honorable Muslims!

The topic of today's khutbah is the blessing of health.

Our Exalted Lord says in the Holy Quran: **"O you who have believed, eat from the good [i.e., lawful] things which We have provided for you and be grateful to Allah if it is [indeed] Him that you worship."** (Al-Baqarah, 172)

Our beloved Prophet ﷺ said in a hadith: **"Whoever among you wakes up healthy in his body, safe in his community, and has his food for the day, it is as if the entire world has been granted to him."** (Tirmidhi, Zuhd)

Abdullah ibn Umar (may Allah be pleased with him) used to say: **"Prepare for your illness while you are healthy, and for your death while you are alive!"**

Undoubtedly, health is a great blessing, but illness is also a test.

The Messenger of Allah ﷺ said: "Ninety-nine misfortunes surround the son of Adam. If he escapes all of them, he will still succumb to old age." (Tirmidhi, Qiyamah)

Furthermore, he informed us that believers who pass away due to certain illnesses will be granted the reward of martyrdom. This teaches us to be patient, to seek treatment, and to ask for healing from Allah alone.

Dear Brothers

Life flows rapidly; each passing day brings us a step closer to death. We should live by appreciating the blessings we're given, and especially take great care to protect our health.

Taking precautions, eating a healthy and balanced diet, leading an active and sporty life, and staying away from laziness and sluggishness are the duties of us believers. For by doing so, we not only protect our physical health but also perform our acts of worship more peacefully and energetically.

Eating wholesome and quality foods, staying away from the excesses of the self, and preferring what is lawful and pure are among the Sunnah of our Prophet ﷺ.

Even today, natural and moderate eating, regular sleep, and exercises that strengthen our bodies enhance not only our physical health but also our peace of mind.

A morning walk, timely sleep, a table without waste – all of these, if done with the intention of worship, turn into rewards.

Allah ﷻ says in the Holy Quran: **"Eat and drink, but do not be excessive. Indeed, Allah does not like those who are excessive."** (Al-A'raf, 31)

Therefore, we should ask for healing from Allah ﷻ alone through our prayers, and at the same time, strive to protect our physical and mental health by taking the necessary means.

I conclude my khutbah with this wise hadith of the Messenger of Allah ﷺ:

"Appreciate five before five:"

"Your youth before your old age,"

"Your health before your illness,"

"Your free time before your preoccupation,"

"Your richness before your poverty,"

"Your life before your death." (Al-Hakim, Al-Mustadrak)