

Keywords:
Health
Amanah
Body
Moderate



Majlis Ugama Islam Singapura

Friday Sermon

10 July 2026 / 24 Muharram 1448H

Health: The Oft-neglected Trust and Blessing

أَحْمَدُ لِلَّهِ الَّذِي هَدَانَا لِهَذَا وَمَا كُنَّا لِنَهْتَدِيَ لَوْلَا أَنْ هَدَانَا اللَّهُ. أَشْهَدُ أَنْ
لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، وَأَشْهَدُ أَنَّ سَيِّدَنَا مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ.
اللَّهُمَّ صَلِّ عَلَى سَيِّدِنَا مُحَمَّدٍ، وَعَلَى آلِهِ وَأَصْحَابِهِ أَجْمَعِينَ. أَمَّا بَعْدُ، فَيَا
عِبَادَ اللَّهِ، اتَّقُوا اللَّهَ. قَالَ تَعَالَى: يَا أَيُّهَا الَّذِينَ آمَنُوا اتَّقُوا اللَّهَ حَقَّ تَقَاتِهِ
وَلَا تُمُوتُنَّ إِلَّا وَأَنْتُمْ مُسْلِمُونَ.

Dear blessed congregation,

Observe taqwa towards Allah s.w.t. Obey all His commands and avoid all His prohibitions. May we be granted steadfastness in faith and continuous obedience so that we attain the pleasure of Allah s.w.t. Amin, ya Rabbal 'Alamin.

Beloved brothers,

Our lives are coloured with various blessings and **amanah** – trusts. The wealth we possess, the time lent to us, all of these are **amanah** we bear. However, there is one more **amanah**

which, if compromised, will affect all our other responsibilities as well.

Dear congregation, we are **entrusted** with the duty of guarding our **health**. Yes, our **health** and the well-being **bodies**. This is an **amanah**, and this is also a blessing. Unfortunately, it is also a blessing that is often neglected by many people, and only mourned once it is lost. The Prophet s.a.w. said that which means: *“There are two blessings which many people neglect: **health** and free time.”* (Al-Bukhari)

Reflect on this: when we are **healthy**, we desire various things such as entertainment, pleasure, and so on. But when we fall ill, do we still desire all of that? The answer, of course, is no. Instead, what a sick person longs for is just one thing, **health**.

Dear brothers,

Health is the key to living an Islamic life through worshipping Allah s.w.t. and serving His creation. Let us together reflect on three Islamic guidelines that can help us preserve our **health**.

Firstly: Practising moderation

Allah says in Surah Al-A'raf, verse 31:

* يَبْنِيْ عَادَمَ خُذُوْا زِيْنَتَكُمْ عِنْدَ كُلِّ مَسْجِدٍ وَكُلُوْا وَاشْرَبُوْا
وَلَا تُسْرِفُوْا اِنَّهٗ لَا يُحِبُّ الْمُسْرِفِيْنَ ﴿٣١﴾

Which means: *“O children of Adam, take your adornment at every masjid, and eat and drink, but do not be excessive. Indeed, He likes not those who commit excess.”*

Allah's words *“but do not be excessive”* point to the value of **moderation**, that is, being **moderate** in every aspect of life. In matters of healthcare, adopting a **moderate** approach means we care for our **bodies** as a way of upholding Allah's **amanah**, without neglecting it, and without turning it into an obsession either. In eating, we choose food that is halal and nutritious. In caring for the rights of our **bodies**, we strive to get sufficient rest and seek treatment when needed.

Secondly: Taking preventive measures

Islam encourages us to be proactive rather than reactive in caring for our wellbeing. This includes undergoing regular or annual **health** check-ups, being attentive to our family's medical and **health** history, and not delaying treatment when facing **health** issues, even if they seem minor or trivial.

Besides medical check-ups, prevention is another proactive step. It is closely tied to the choices we make every day: what kind of food or drink do we consume today? How many hours are spent staring at a computer screen or smartphone, whether for work, school, or other reasons? Do we practise stretching exercises after sitting at an office desk for several hours? These things may seem small, but altogether, they become a shield that

wards off illness, and represent a way of appreciating the **trust** of caring for the **body** that Allah has bestowed upon us.

Third: Viewing health as continuous worship

When we care for the **amanah** of **bodily health** with full awareness and sincerity, we hope to receive reward, just as with other acts of worship. Is it not this blessing of **health** that also enables us to perform our acts of worship perfectly?

This is because worship is not limited to the prayer mat. Enjoying meals while being mindful of long-term **health** and nutritional needs is worship. For students, having sufficient rest so that the **body** and mind remain fresh and energetic is also worship. For those who are married, the strength we have to hold the hands of our beloved family members when they are weak and in need of help is also worship.

Dear brothers,

Let us take **health** seriously and earnestly safeguard it, so that we may worship Allah more perfectly in its many forms.

For those who are still **healthy** and fit, preserve the **trust** of **health** as best you can. Do not neglect this **amanah**. For those who are being tested with illness, do not despair of Allah's mercy. Continue striving to seek treatment and to care for our **health** to the best of our ability. Adorn ourselves with patience and reliance on Allah. Believe that every hardship faced with patience will not

be wasted by Allah, for indeed, it represents a means of elevating one's status and erasing one's sins.

May Allah s.w.t. continue to bless us and our loved ones with **health**, and protect us from all illness, calamity, and disaster. And for those being tested with sickness, may Allah s.w.t. grant healing and lift all suffering. Amin, ya Rabbal 'Alamin.

أَقُولُ قَوْلِي هَذَا وَأَسْتَغْفِرُ اللَّهَ الْعَظِيمَ لِي وَلَكُمْ، فَاسْتَغْفِرُوهُ إِنَّهُ هُوَ الْغَفُورُ
الرَّحِيمُ.

Second Sermon

الْحَمْدُ لِلَّهِ حَمْدًا كَثِيرًا كَمَا أَمَرَ، 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. أَمَا بَعْدُ، فَيَا عِبَادَ اللَّهِ، اتَّقُوا اللَّهَ تَعَالَى فِيمَا أَمَرَ، وَانْتَهُوا عَمَّا كَهَأَكُمُ عَنْهُ وَزَجَرَ.

أَلَا صَلُّوا وَسَلِّمُوا عَلَى النَّبِيِّ الْمُصْطَفَى، فَقَدْ أَمَرَنَا اللَّهُ بِذَلِكَ حَيْثُ قَالَ فِي كِتَابِهِ الْعَزِيزِ: إِنَّ اللَّهَ وَمَلَائِكَتَهُ يُصَلُّونَ عَلَى النَّبِيِّ يَا أَيُّهَا الَّذِينَ آمَنُوا صَلُّوا عَلَيْهِ وَسَلِّمُوا تَسْلِيمًا. اللَّهُمَّ صَلِّ وَسَلِّمْ وَبَارِكْ عَلَى سَيِّدِنَا مُحَمَّدٍ وَعَلَى آلِ سَيِّدِنَا مُحَمَّدٍ.

وَارِضِ اللَّهُمَّ عَنِ الْخُلَفَاءِ الرَّاشِدِينَ الْمُهَدِّينَ سَادَاتِنَا أَبِي بَكْرٍ وَعُمَرَ وَعُثْمَانَ وَعَلِيٍّ، وَعَنْ بَقِيَّةِ الصَّحَابَةِ وَالْقُرَابَةِ وَالتَّابِعِينَ، وَتَابِعِي التَّابِعِينَ، وَعَنَّا مَعَهُمْ وَفِيهِمْ بِرَحْمَتِكَ يَا رَحِيمَ الرَّاحِمِينَ.

اللَّهُمَّ اغْفِرْ لِلْمُؤْمِنِينَ وَالْمُؤْمِنَاتِ، وَالْمُسْلِمِينَ وَالْمُسْلِمَاتِ، الْأَحْيَاءِ مِنْهُمْ وَالْأَمْوَاتِ. اللَّهُمَّ ادْفَعْ عَنَّا الْبَلَاءَ وَالْوَبَاءَ وَالْخُرْبَ وَالْإِعْتِدَاءَ. اللَّهُمَّ إِنَّا نَسْتَوْدِعُكَ أَنْفُسَنَا وَأَهْلَنَا وَبِلَادَنَا، وَنَعُوذُ بِكَ مِنْ شُرُورِ الْمَفْسِدِينَ، وَكَيْدِ الْمُعْتَدِينَ، وَظُلْمِ الظَّالِمِينَ. اللَّهُمَّ إِنَّا نَجْعَلُكَ فِي مُخَوَّرِهِمْ، وَنَعُوذُ بِكَ مِنْ شُرُورِهِمْ.

اللَّهُمَّ أَنْصُرْ إِخْوَانَنَا الْمُسْتَضْعَفِينَ فِي عَزَّةٍ وَفِي فَلَسْطِينَ وَفِي كُلِّ مَكَانٍ عَامَّةً،
يَا أَرْحَمَ الرَّاحِمِينَ. اللَّهُمَّ بَدِّلْ خَوْفَهُمْ أَمْنًا، وَحُزْنَهُمْ فَرَحًا، وَكَهْمَهُمْ فَرَجًا، يَا
رَبَّ الْعَالَمِينَ. رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً، وَفِي الْآخِرَةِ حَسَنَةً، وَقِنَا عَذَابَ
النَّارِ.

عِبَادَ اللَّهِ، إِنَّ اللَّهَ يُأْمُرُ بِالْعَدْلِ وَالْإِحْسَانِ وَإِيتَاءِ ذِي الْقُرْبَى، وَيَنْهَى عَنِ
الْفَحْشَاءِ وَالْمُنْكَرِ وَالْبَغْيِ، يَعِظُكُمْ لَعَلَّكُمْ تَذَكَّرُونَ، فَادْكُرُوا اللَّهَ الْعَظِيمَ
يَذْكُرْكُمْ، وَاشْكُرُوهُ عَلَى نِعَمِهِ يَزِدْكُمْ، وَاسْأَلُوهُ مِنْ فَضْلِهِ يُعْطِكُمْ، وَلَا تَنْسُوا
اللَّهَ أَكْبَرُ، وَاللَّهُ يَعْلَمُ مَا تَصْنَعُونَ.