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Connections That Nurture Tranquillity

الْحَمْدُ لِلَّهِ الَّذِي خَلَقَ الْإِنْسَانَ فِي أَحْسَنِ تَقْوِيمٍ، وَأَمَرَنَا بِالتَّقْوَى وَالْخُلُقِ
الْكَرِيمِ، وَأَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، وَأَشْهَدُ أَنَّ سَيِّدَنَا
مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ. اَللّٰهُمَّ صَلِّ وَسَلِّمْ عَلَى سَيِّدِنَا مُحَمَّدٍ وَعَلَى آلِهِ وَصَحْبِهِ
أَجْمَعِينَ. أَمَّا بَعْدُ، فَيَا عِبَادَ اللَّهِ، اتَّقُوا اللَّهَ حَقَّ تَقَاتِهِ، وَلَا تَمُوتُنَّ إِلَّا وَأَنْتُمْ
مُسْلِمُونَ.

Zumratal mukminin rahimakumullah,

Be mindful of Allah s.w.t. by obeying all His commands and avoiding all His prohibitions. Adorn ourselves with iman in Allah and noble character towards all His creations. Give others their due rights and fulfil our responsibilities towards those under our care. May Allah s.w.t. continue to grant us **tranquillity** and steadfastness until the end of our lives. Amin, ya Rabbal 'Alamin.

Honoured congregants,

For many of us, the end of the year is a period to **rest** our bodies and minds. After striving throughout the year with work, studies,

and various commitments, it is easy to overlook our own welfare and wellbeing.

When we are able to pause, slow down our pace, and step away from the rush of our daily routines, inshallah, we can become refreshed and approach our daily affairs with greater awareness and appreciation. In our worldly matters, we become calmer and more attentive to our health, wellbeing and mental clarity.

In matters of the hereafter, our prayers and acts of worship feel sweeter and more meaningful, and they generate the **tranquillity** as befitting for the believers. Has Allah s.w.t. not declared in Surah Ar-Ra'd, verse 28:

الَّذِينَ ءَامَنُوا وَتَطْمَئِنُّ قُلُوبُهُمْ بِذِكْرِ اللَّهِ أَلَا بِذِكْرِ اللَّهِ تَطْمَئِنُّ الْقُلُوبُ ﴿٢٨﴾

Which means: *“(They are) those who believe and whose hearts find **peace** in the remembrance of Allah. Indeed, in the remembrance of Allah, hearts find **peace**.”*

Dear brothers,

Indeed, we hope that the **busyness** we have committed ourselves to throughout the year has been directed towards goodness. May it be accepted by Allah s.w.t. Yet at times, we must also grant ourselves the right to step away from that **busyness** – for our own wellbeing and for the benefit of our loved ones. What is the basis for this reminder?

Allow me to share a hadith narrated by Imam Al-Bukhari and Muslim. Pay attention to this following narration:

During the time of Rasulullah s.a.w., a woman spoke about her husband. He was described as a righteous man, diligent and devoted in performing good deeds. He fasted every single day and spent every night in prayer or *qiyamullail*. However, due to his intense devotion, he never fulfilled the usual spousal **relations** that are normally expected within a marriage.

When this was brought to the attention of Rasulullah s.a.w., the Prophet sought clarification from the man, who confirmed that he fasted daily and prayed (*qiyamullail*) every night. How did the Prophet s.a.w. advise him? Rasulullah s.a.w. instructed him to reduce the frequency of his fasting and to **rest** during some of the nights.

Rasulullah s.a.w. said that which means: *“Indeed, your body has a right over you. Your eyes have a right over you. And your wife also has a right over you.”*

Respected congregation,

This hadith shows that in Islam, stepping back and regulating our **busyness** is not only permissible, but at times necessary and beneficial. In line with this, today’s khutbah highlights three **connections** or **relations** we should renew as we take some time to **rest** during this year-end period:

First: Our connection with Allah s.w.t.

In the midst of our **busyness**, our **connection** with Allah s.w.t. may have weakened without us realising it. Yes, we may have performed our prayers, but perhaps in a rush, without much focus, rushing back to our duties. During this holiday period, slow down our prayers with *tumakninah*. Appreciate every takbir, recitation, and supplication. Let our hearts be truly present in our acts of worship and not merely fulfil our obligation.

If we have not been reading the Quran or performing regular acts of devotion, let this be a time to **reconnect** spiritually. Begin with light sunnah practices such as Dhuha prayers, making *salawat*, or engaging in dhikr while travelling and reflecting on the beauty of Allah's creation. Do so according to our ability. Remember: what matters more than quantity is the quality of each act.

Second: Caring for our own wellbeing

Besides our **relationship** with Allah, we must also pay attention to our personal wellbeing.

Sometimes, we are so consumed by our responsibilities that we fail to pause and ask ourselves: *What do I truly need? What have I been neglecting?*

Each of us faces different pressures. Some struggle with work, others with academic demands, thus affecting our mental and emotional health.

Caring for oneself is not a sign of weakness. It is recognition that our body and soul are trusts or responsibilities that must be preserved. Use this period to restore our inner strength, replenish energy, and regain **tranquillity**. A believer who is physically, emotionally, and mentally strong is better able to serve his faith, community, and himself.

Third: Our relationship with family and loved ones

In the midst of our **busyness** throughout the year, family time is often the first to be sacrificed. Yet, the family remains the foundation of good life and wellbeing.

Therefore, take this opportunity to **reconnect** with our families. Spend time, check in on one another, and be truly present. Let this be the starting point to revive warmth, affection, and mutual care at home. Let the family be the first place where we express good character, patience, and kindness.

Honoured congregation,

The end of the year is a moment for us to pause and restore our inner **tranquillity**. Strengthen our **connection** with Allah s.w.t., care for our own wellbeing, and renew our bonds with family and loved ones.

May Allah s.w.t. allow us to make full use of this time, by nurturing our faith, calming our hearts, and opening the doors of goodness and blessing in our lives. 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 نَهَاكُمْ عَنْهُ وَزَجَرَ.

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

وَارْضَ اللَّهُمَّ عَنِ الْخُلَفَاءِ الرَّاشِدِينَ الْمُهَدِّينَ سَادَاتِنَا أَبِي بَكْرٍ وَعُمَرُ وَعُثْمَانُ وَعَلِيٌّ، وَعَنْ بَقِيَّةِ الصَّحَابَةِ وَالْقُرَابَةِ وَالتَّابِعِينَ، وَتَابِعِي التَّابِعِينَ، وَعَنْ مَعَهُمْ وَفِيهِمْ بِرَحْمَتِكَ يَا لِرَحْمِ الرَّاحِمِينَ.

اللَّهُمَّ اغْفِرْ لِلْمُؤْمِنِينَ وَالْمُؤْمِنَاتِ، وَالْمُسْلِمِينَ وَالْمُسْلِمَاتِ، الْأَحْيَاءِ مِنْهُمْ وَالْأَمْوَاتِ. اللَّهُمَّ ادْفَعْ عَنَّا الْبَلَاءَ وَالْوَبَاءَ وَالزَّلَازِلَ وَالْمَحَنَ، مَا ظَهَرَ مِنْهَا وَمَا بَطَنَ، عَنِ بَلَدِنَا خَاصَّةً، وَسَائِرِ الْبُلْدَانِ عَامَّةً، يَا رَبَّ الْعَالَمِينَ. اللَّهُمَّ أَنْصُرْ إِخْوَانَنَا الْمُسْتَضْعِفِينَ فِي عَزَّةٍ وَفِي فَلَسْطِينَ وَفِي كُلِّ مَكَانٍ عَامَّةً، يَا لِرَحْمِ الرَّاحِمِينَ. اللَّهُمَّ بَدِّلْ خَوْفَهُمْ أَمْنًا، وَحُزْرَهُمْ فَرَحًا، وَهَمَّهُمْ فَرَجًا، يَا رَبَّ الْعَالَمِينَ. اللَّهُمَّ اكْتُبِ السَّلَامَ وَالْأَمْنَ وَالْأَمَانَ لِلْعَالَمِ كُلِّهِ

وَلِلنَّاسِ أَجْمَعِينَ. 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، وَاشْكُرُوا عَلَى نِعَمِهِ يَزِدْكُمْ، وَاسْأَلُوهُ مِنْ فَضْلِهِ يُعْطِكُمْ، وَلَذِكْرُ
اللَّهِ أَكْبَرُ، وَاللَّهُ يَعْلَمُ مَا تَصْنَعُونَ.