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A Sound Mind, A Meaningful Life

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 وَسَلِّمْ عَلَى سَيِّدِنَا مُحَمَّدٍ، وَعَلَى آلِهِ وَأَصْحَابِهِ أَجْمَعِينَ. أَمَّا بَعْدُ،
فِيَا عِبَادَ اللَّهِ، اتَّقُوا اللَّهَ حَقَّ تَقَاتِهِ وَلَا تَمُوتُنَّ إِلَّا وَأَنْتُمْ مُسْلِمُونَ.

Zumratal mukminin rahimakumullah,

Let us strengthen our taqwa towards Allah s.w.t. by fulfilling all His commands and staying away from all His prohibitions. May we be among those who attain happiness and success in this world and in the Hereafter. Amin, ya Rabbal 'Alamin.

Dear blessed congregation,

Among the greatest blessings that Allah s.w.t. has granted mankind is the gift of 'aql – the **intellect** or a **sound mind**. Through it, we are able to think, make judgements, and identify right from wrong. Is it not the 'aql or **intellect** that distinguishes human beings from the other creations of Allah?

Allah s.w.t. says in Surah al-Anfal, verse 22:

إِنَّ شَرَّ الدَّوَابِّ عِنْدَ اللَّهِ الصُّمُّ الْبُكْمُ الَّذِينَ لَا يَعْقِلُونَ ﴿٢٢﴾

Which means: *“Indeed, the worst creatures in the sight of Allah are those who neither hear nor speak (the truth), and those who do not use their **intellect** to understand (the truth).”*

The scholars have also emphasised the central role of the **intellect** in human life. In his work *Maqasid al-Syariah al-Islamiyyah*, Al-Imam Ibn ‘Ashur quoted the words of the wise:

الْإِنْسَانُ عَقْلٌ تَخْدُمُهُ الْأَعْضَاءُ

Which means: *“A human being is defined by his **intellect**, while his limbs are merely at its service.”*

This means that the **intellect** plays a primary role of making judgments in a person’s life, while the rest of the body acts only according to what the **intellect** decides.

The **well-being** of a person’s life is closely tied to the **well-being** of the **mind**. When the **intellect** is properly nurtured and protected, life becomes more guided, and meaningful.

For this reason, Islam places great importance on preserving the **intellect** and cultivating the ability to think and evaluate based on religious guidance. The Syariah does not merely nurture our

relationship with Allah, but also guides us in building a meaningful life through **sound** thinking and wise judgment.

My dear brothers,

Today, the challenge to preserve the **well-being** of the **mind** comes in many forms. For example, the **harms** caused by drug abuse, vaping, and consuming alcohol are well-known and clear. They impair a person's **intellect** and judgment, and can **damage** the future of individuals, families, and society as a whole.

There are more subtle **harms** that quietly enter our daily lives until they begin to seem normal. One example is the excessive use of smartphones, devoid from the guidance of faith. This may gradually make a person comfortable with sinful or inappropriate content, causing one to become less sensitive towards sin, and eventually regard it as something normal in life. When left unchecked, such habits can also undermine the **well-being** of the **mind** by affecting one's **focus**, emotional **well-being**, and overall balance in life.

What may begin as a form of entertainment or a temporary escapism can gradually become a source of addiction. If left unmanaged, it may disrupt our concentration, strain family relationships, and distract us from fulfilling our responsibilities to Allah and to the people around us.

My dear brothers,

Islam places great emphasis on preserving the **intellect**. It firmly prohibits anything that impairs our ability to think, weakens **sound** judgment, and **harms** our **well-being**.

The Prophet s.a.w. said that which means: *“There should neither be **harm** nor reciprocation of **harm**.”* (Narrated by Ad-Daraqutni)

This hadith demonstrates that Islam rejects all forms of **harm** to oneself and society, including anything that **damages** the **intellect** and one’s ability to think clearly.

To preserve the **intellect**, in line with the higher objectives of the Syariah (*maqasid al-syariah*), there are several important steps we should take:

First: Avoid substances and habits that harm the mind

Dear brothers, when Islam prohibited alcoholic beverages, the ruling also encompassed everything that causes intoxication and impairs **sound** judgment, thus **harming** the human **intellect**.

The Prophet s.a.w. said that which means: *“Every intoxicant is prohibited.”* (Narrated by Muslim)

Therefore, this prohibition is not limited to alcoholic beverages alone, but includes anything that impairs the **mind’s** ability to think clearly and make **sound** judgments. This includes **harmful** addictions that weaken mental **well-being**, such as drugs, as well as habits which undermine **focus** and clarity in daily life, such as uncontrolled usage of our smartphones.

Second: Strengthen the mind through knowledge, values, and healthy practices

A **healthy mind** must not only be protected from **harm**, but also strengthened through knowledge and **sound** thinking. In today's world, we are constantly exposed to information overload from all directions. We therefore need the ability to evaluate wisely and identify reliable sources of knowledge.

To preserve the **well-being** of the **mind**, let us cultivate **healthy** habits such as reading, seeking and studying knowledge, and training our **focus** through beneficial activities. Let us also use technology wisely so that it becomes a tool that enriches our lives, instead of weakening our **sound** thinking and inner peace.

Dear blessed congregation,

Indeed, preserving the **intellect** is not merely about avoiding **harm**, but also about building a life filled with knowledge, wisdom, and tranquillity. A **sound mind** nurtures individuals who are able to make wise decisions, contribute positively to society, and draw closer to Allah s.w.t. more meaningfully.

May Allah s.w.t. grant us the strength and guidance to preserve the blessing of **intellect** that He has entrusted to us, so that we may build a more meaningful life for ourselves, our families, and our society. 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 نَهَى 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.

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

اللَّهُمَّ اغْفِرْ لِلْمُؤْمِنِينَ وَالْمُؤْمِنَاتِ، وَالْمُسْلِمِينَ وَالْمُسْلِمَاتِ، الْأَحْيَاءِ مِنْهُمْ وَالْأَمْوَاتِ. اللَّهُمَّ اذْفَعْ عَنَّا الْبَلَاءَ وَالْوَبَاءَ وَالْخُرْبَ وَالْإِعْتِدَاءَ. اللَّهُمَّ انصُرْ إِخْوَانَنَا الْمُسْتَضْعَفِينَ فِي عَزَّةٍ وَفِي فِلِسْطِينَ، وَفِي كُلِّ مَكَانٍ يَا رَحِيمَ الرَّاحِمِينَ. اللَّهُمَّ بَدِّلْ خَوْفَهُمْ أَمْنًا، وَحُزْرَهُمْ فَرَحًا، وَهَمَّهُمْ فَرَجًا، وَاطْتُبِ السَّلَامَ وَالسَّلَامَ وَالْأَمْنَ وَالْأَمَانَ لِلْعَالَمِ كُلِّهِ وَلِلنَّاسِ أَجْمَعِينَ. رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً، وَفِي الْآخِرَةِ حَسَنَةً، وَقِنَا عَذَابَ النَّارِ.

عِبَادَ اللَّهِ، إِنَّ اللَّهَ يَأْمُرُ بِالْعَدْلِ وَالْإِحْسَانِ وَإِيتَاءِ ذِي الْقُرْبَىٰ، وَيَنْهَىٰ عَنِ
الْفَحْشَاءِ وَالْمُنْكَرِ وَالْبَغْيِ، يَعِظُكُمْ لَعَلَّكُمْ تَذَكَّرُونَ، فَادْكُرُوا اللَّهَ الْعَظِيمَ
يَذْكُرْكُمْ، وَاشْكُرُوا عَلَىٰ نِعْمِهِ يَزِدْكُمْ، وَاسْأَلُوهُ مِنْ فَضْلِهِ يُعْطِكُمْ، وَلَذِكْرُ
اللَّهِ أَكْبَرُ، وَاللَّهُ يَعْلَمُ مَا تَصْنَعُونَ.