

Keywords:
Emotions / Feelings
Well-being



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Friday Sermon

9 October 2026 / 27 Rabiulakhir 1448H

Islam and Personal Well-Being

اَلْحَمْدُ لِلّٰهِ الَّذِي هَدَانَا لِهٰذَا وَمَا كُنَّا لِنَهْتَدِيَ لَوْلَا اَنْ هَدَانَا اللّٰهُ. اَشْهَدُ اَنْ
لَا اِلَهَ اِلَّا اللّٰهُ وَحْدَهُ لَا شَرِيكَ لَهُ، وَاَشْهَدُ اَنَّ سَيِّدَنَا مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ.
اَللّٰهُمَّ صَلِّ وَسَلِّمْ عَلٰى سَيِّدِنَا مُحَمَّدٍ، وَعَلٰى اٰلِهِ وَاَصْحَابِهِ اَجْمَعِينَ. اَمَّا بَعْدُ،
فَيَا عِبَادَ اللّٰهِ، اتَّقُوا اللّٰهَ. قَالَ تَعَالٰى فِي التَّنْزِيلِ: يٰۤاَيُّهَا الَّذِيْنَ ءَامَنُوْا اتَّقُوا
اللّٰهَ حَقَّ تُقَاتِهِۦ وَلَا تَمُوْتُنَّ اِلَّا وَاَنْتُمْ مُّسْلِمُوْنَ.

Zumratal mukminin rahimakumullah,

Let us have taqwa towards Allah s.w.t. by obeying His commands and refraining from His prohibitions. May we be among His servants who attain success in this world and the Hereafter. Amin, ya Rabbal ‘Alamin.

Dear Friday congregation,

An Arab saying goes: *“One who does not possess something cannot give it to others.”* A dry and empty vessel cannot pour water into another.

The same is true of our hearts, dear congregation. If our own souls are running dry, how can we offer peace, gentleness and sincere affection to those around us? The reality is that the fast pace of life often demands that we constantly appear full of energy. At times, this may force us to set aside or overlook **emotional** exhaustion and burnout.

Dear blessed congregation,

Emotions such as fatigue and sadness are not signs of weak faith. The Quran itself records how the Prophets experienced **emotional** highs and lows, from the sorrow of Prophet Muhammad s.a.w. when he was rebuked by his own people, to the apprehension felt by Prophet Musa a.s. when confronting the Pharaoh's magicians. Consider the words of Allah s.w.t. in Surah Taha, verses 67–68:

فَأَوْجَسَ فِي نَفْسِهِ خِيفَةً مُوسَى ﴿٦٧﴾ قُلْنَا لَا تَخَفْ إِنَّكَ
أَنْتَ الْأَعْلَى ﴿٦٨﴾

Which means: *“So Moses concealed some fear within himself. We reassured him, ‘Do not fear! It is certainly you who will prevail.’”*

Reflect, dear brothers. Allah s.w.t. acknowledged the fear that Prophet Musa a.s. experienced, before reassuring him in the following verse. Therefore, we should not continuously suppress or deny our **feelings** until our souls become drained and barren.

These **emotional** highs and lows are part of our human nature, which Allah s.w.t. Himself acknowledges.

My dear brothers,

Islam places importance on caring for our personal **well-being**. Doing so is not an act of selfishness. Rather, it provides the foundation that enables us to continue caring for one another. The sermon would therefore like to suggest two steps towards caring for our own **well-being** and that of those around us:

First: Set boundaries that respect the rights of our bodies

Alongside the many advancements we enjoy today comes the challenge of maintaining healthy boundaries between work and rest. Information and notifications reach us wherever we may be. However, we should not allow work to encroach upon our time for rest and our personal space, to the point that we are no longer fully present with our loved ones.

Remember the reminder of Rasulullah s.a.w., which means: *“Indeed, your body has a right over you, your eyes have a right over you, and your spouse has a right over you.”* (Narrated by Al-Bukhari) This is what our religion asks from us in preserving our **well-being**.

Second: Train ourselves to be present and ready to listen

As a society that often places great emphasis on impact and outcomes, we may sometimes be too quick to offer advice or

solutions. In doing so, however, we may miss the opportunity to build **emotional** connections that can bring about a deeper sense of comfort and reassurance.

Consider the response of Sayyidatina Khadijah r.a. when Rasulullah s.a.w. returned trembling in fear after receiving the first revelation at the Cave of Hira. She did not immediately respond by offering solutions. Instead, she was simply present and offered genuine love and care when the Prophet s.a.w. asked to be covered. This is an excellent example of how we can respond to situations involving **emotional** distress.

Dear blessed congregation,

Together, let us care for the **well-being** of our minds and bodies, beginning with ourselves and extending to those closest to us, such as our families, friends and neighbours. May Allah s.w.t. grant us tranquillity and keep us always under His protection. 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. أَمَّا 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 الْعَزِيزِ: 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 وَعُمَرَ وَعُثْمَانَ وَعَلِيٍّ، وَعَنْ بَقِيَّةِ الصَّحَابَةِ وَالْقُرَابَةِ وَالتَّابِعِينَ، وَتَابِعِي التَّابِعِينَ، وَعَنْهُمْ وَمَعَهُمْ وَفِيهِمْ بِرَحْمَتِكَ يَا أَرْحَمَ الرَّاحِمِينَ.

اللَّهُمَّ اغْفِرْ لِلْمُؤْمِنِينَ وَالْمُؤْمِنَاتِ، وَالْمُسْلِمِينَ وَالْمُسْلِمَاتِ، الْأَحْيَاءِ مِنْهُمْ وَالْأَمْوَاتِ. اللَّهُمَّ ادْفَعْ عَنَّا الْبَلَاءَ وَالْوَبَاءَ وَالزَّلَازِلَ وَالْمِحْنَ، مَا ظَهَرَ مِنْهَا وَمَا بَطَنَ، عَنِ بَلَدِنَا خَاصَّةً، وَسَائِرِ الْبُلْدَانِ عَامَّةً، يَا رَبَّ الْعَالَمِينَ. اللَّهُمَّ انْصُرْ إِخْوَانَنَا الْمُسْتَضْعَفِينَ فِي غَزَاةٍ وَفِي فِلِسْطِينَ وَفِي كُلِّ مَكَانٍ

عَامَّةً، يَا أَرْحَمَ الرَّاحِمِينَ. رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً، وَفِي الْآخِرَةِ حَسَنَةً،
وَقِنَا عَذَابَ النَّارِ.

عِبَادَ اللَّهِ، إِنَّ اللَّهَ يَأْمُرُ 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.