



جامعة الأئمة في سلاغور
JABATAN AGAMA ISLAM SELANGOR

AILMENT: BLESSING OR MISFORTUNE



Let us all have the *taqwa* of Allah in its truest sense and do not die except in the state of Islam. Let us increase our *taqwa* of Allah by fulfilling all of His Commands and avoiding all of His prohibitions.

May we always attain *rahmah*
and *barakah* from Allah.

Let us altogether ponder and
contemplate upon today's
khutbah titled: “*Ailment:*
Blessing Or Misfortune.”

Allah has bestowed upon us blessings that are countless and innumerable. Among the greatest *ni‘mah* that are often overlooked by many is the blessing of good health.

From the *hadeeth* of ibn
‘Abbaas *radiyAllaahu ‘anhu*,
the Messenger *sallAllaahu ‘alayhi wasallam* said:

“There are two blessings in which most people are most deluded by: good health and free time.”

(al-Bukhaari)

The *ni'mah* of good health are often deemed as insignificant by most of mankind. Such is the case probably because they have not truly benefited from the blessings of good health in

getting closer to Allah and preparing for the Last Day. It is for this reason that Rasulullah *sallAllahu ‘alayhi wasallam* had strongly reminded us to preserve our health and utilizing the

ni ‘mah of health in the best possible manner before we are hampered with illness.

In another narration from ibn ‘Abbaas *radiyAllaahu ‘anhu*, Rasulullah *sallAllaahu ‘alayhi wasallam*

admonished a man and said:
**“Take advantage of five before
five: your youth before your
old age, your health before
your**

**illness, your riches before
your poverty, your leisure
before your work, and your
life before your death.”**

(al-Haakim, Ahmad, al-Bayhaqi, and
others: *saheeh*)

Good health is truly among the biggest *ni‘mah* from Allah. When sick, that’s when the person truly feels the great value of good health. We humans are truly oblivious to the blessing of

good health. While heedless upon such *ni‘mah*, definitely one would not remember Allah, what more having the *taqwa* of Allah. Instead, they will drown in disobedience.

This is what is meant when it is mentioned that one has committed “*kufr*” (disbelief) upon the *ni‘mah* bestowed by Allah *Subhaanahu Wata‘aala*, meaning utilizing the *ni‘mah* from Allah

but only to rebel and transgress against Him. Take heed, for the *ni'mah* of good health bestowed by Allah is only temporary and it will definitely be questioned about on the Last Day,

whether it was truly benefited
with or wasted in vain. In the
hadeeth of Abu Barzah al-
Aslami *radiyAllaahu ‘anh*, the
Prophet *sallAllaahu ‘alayhi
wasallam* said:

“The feet of a slave will not move on the Day of Judgment until he has been questioned about [four things:] his life – how he spent it, his knowledge

—

how he acted upon it, his wealth – where he earned it and how he spent it, and his body – how he used it.”

(at-Tirmidhi)

Hence, let us utilize good health as a medium that would assist us to remain in true obedience to Allah *Subhaanahu Wata ‘aala* for the sake of attaining reward and not incurring His Wrath.

If we want to gage the true significance of the *ni‘mah* of good health, then we should often visit the sick. This is because good health is paramount over everything. Only the sick will truly

comprehend the real value of the
ni‘mah of good health. How
many of those who are sick that
truly wishes to have both their
feet back so they can walk,
performing righteous deeds, and

visit their colleagues, but unfortunately none of those are achievable. How many of those who are sick become totally disconnected from the society, incapable of hearing and speaking, but could only

hope to be able to see and listen so as to continue reciting al-Qur'an or listening to its recitation. Unfortunately, all those yearning and desire only occurs once the *ni'mah* of

good health has been revoked
by Allah *Subhaanahu
Wata 'aala*. How many patients
have become blind and could
only hope for their eyesight to
be restored so they can

appreciate the creations of Allah
and His Mightiness, but it only
remains a dream. Did we all
forget these types of people?

Woe to those that attempt to
resist the norm and oppose fate,
forgetful

and neglectful towards Allah
Subhaanahu Wata‘aala. Let us
be grateful for the *ni‘mah* of the
limbs by increasing our steps to
the masjid and towards good
deeds. Let us be grateful for the
ni‘mah of

the tongue by increasing our recitation of al-Qur'an or *adhkaar*. Let us be grateful for the *ni'mah* of hearing and safeguards it from listening to songs and music that leads to heedlessness.

Let us be grateful for the *ni‘mah* of eyesight by not looking at prohibited matters, which only incurs the Wrath of Allah *Subhaanahu Wata‘aala*. All these are among ways for the

slave to cherish and appreciate
the *ni‘mah* of good health
bestowed by Allah *Subhaanahu
Wata‘aala* upon him or her.

Today, various types of chronic diseases are on the widespread, namely the commonly known triplets or trio of diabetes, hypertension, and heart disease, which includes both

evil eye and black magic. Some would die young while others living in agony for many years. What is certain is that our age is not that long except for those granted with “subsidized”

(prolonged) age by Allah
Subhaanahu Wata ‘aala. From
the *hadeeth* of Abu Hurayrah
radiyAllaahu ‘anh, Rasulullah
sallAllaahu ‘alayhi wasallam
said:

**“The ages of (the people in)
my nation will be between
sixty and seventy, and few of
them will exceed that.”**

(at-Tirmidhi and ibn Maajah: *hasan*)

Furthermore, it is truly of no benefit for one to have long life but yet it is not filled with obedience to Allah Alone. The reality of life nowadays has shown that disobedience can no longer

be curbed. In a *hadeeth*, ‘Abdur Rahmaan bin Abi Bakrah *radiyAllaahu ‘anhu* narrated from his father that a man had asked Rasulullah *sallAllaahu ‘alayhi wasallam*:

“O Messenger of Allah! Which of the people is the best?” He (*sallAllahu ‘alayhi wasallam*) said: “He whose life is long and his deeds are good.” He (the man) said:

“Then which of the people is the worst?” He (*sallAllahu ‘alayhi wasallam*) said: “He whose life is long and his deeds are bad.”

(at-Tirmidhi: *hasan saheeh*)

Furthermore, Nabi *sallAllahu 'alayhi wasallam* had prayed to Allah so that his age will not be lengthened until he becomes senile.

Truly, Allah *Subhaanahu Wata'aala* is not oppressive to His slaves. Every pain or illness that afflicts an individual truly has wisdom behind it. Among the blessing in disguise behind

such affliction are:

1- To erase sins, so the sick person should increase making *istighfaar* to Allah towards the end of his life. Narrated Abu Sa‘eed al-Khudri and Abu Hurayrah

radiyAllaahu ‘anhu: The
Prophet *sallAllaahu ‘alayhi
wasallam* said:

**“No fatigue, nor disease, nor
sorrow, nor sadness, nor hurt,
nor distress befalls a Muslim,**

**even if it were the prick he
receives from a thorn, but that
Allah expiates some of his sins
for that.”**

(al-Bukhaari and Muslim)

2- To increase good deeds
Suhaib *radiyAllaahu 'anhum*
reported that Rasulullah
sallAllahu 'alayhi wasallam
said:

**“Strange are the ways of a
believer for there is good in**

**every affair of his and this is
not the case with anyone else
except in the case of a believer
for if he has an occasion to
feel delight, he thanks (Allah),
thus there**

is a good for him in it, and if he gets into trouble and shows resignation (and endures it patiently), there is a good for him in it.”

(Muslim)

3- To increase *imaan* and *sabr*.

When tested with ailment, often one becomes impatient, whine, and even worse is to curse the sickness that one is suffering from.

Whereas, everything that befalls upon a believer is good for himself or herself. If one treats them just like how Rasulullah *sallAllahu 'alayhi wasallam* did, then these calamities will purify

all of his sins.

4- To bring mankind back to Allah and remain *istiqaamah* (steadfast) upon the religion Allah *Subhaanahu Wata ‘aala* mentions in al-Qur’an:

“And We showed them not a sign except that it was greater than its sister, and We seized them with affliction that perhaps they might return [to faith].”

(az-Zukhruf 43:48)

Indeed, every ailment or pain
that strikes upon the slave is
indeed a trial from Allah
Subhaanahu Wata ‘aala. It can
become a blessing if the one
afflicted is pleased, grateful, and
becomes closer

to Allah. On the contrary, it becomes a *museebah* (calamity) if such trial only takes one further away from Allah. Truly, glad tidings to those that

are patient in enduring the painful tribulation for it is a proof and manifestation of the love of Allah for His slave.

“No disaster strikes except by permission of Allah. And whoever believes in Allah - He will guide his heart. And Allah is Knowing of all things.”

(at-Taghaaboon 64:11)

بَارَكَ اللَّهُ لِيْ وَلَكُمْ فِي الْقُرْآنِ الْعَظِيْمِ وَنَفَعَنِي
وَأَيَّاً كُمْ بِمَا فِيهِ مِنَ الْآيَاتِ وَالذِّكْرِ الْحَكِيمِ وَتَقَبَّلَ
مِنِّي وَمِنْكُمْ تِلَاقُتُهُ إِنَّهُ هُوَ السَّمِيعُ الْعَلِيمُ أَقُولُ
قَوْلِيْ هَذَا وَأَسْتَغْفِرُ اللَّهَ الْعَظِيْمَ لِيْ وَلَكُمْ وَلِسَائِرِ
الْمُسْلِمِيْنَ وَالْمُسْلِمَاتِ وَالْمُؤْمِنِيْنَ وَالْمُؤْمِنَاتِ
الْأَحْيَاءِ مِنْهُمْ وَالْأَمْوَاتِ فَاسْتَغْفِرُوهُ
إِنَّهُ هُوَ الْغَفُورُ الرَّحِيمُ

**O Allah, You are the Almighty Lord,
we are grateful unto You for having
bestowed upon us Mercy and
Blessings, nourishing us to strive
to continue in strengthening the
Muslim nation especially the state
of Selangor, as an advanced,
progressive, peaceful, and
benevolent state.**

**We beseech and beg You, Ya Allah,
to strengthen our *imaan*, increase
our good deeds, strengthen our
unity, increase our provision,
enrich us with beneficial
knowledge, nourish our soul with
beautiful *akhlaaq*, guide us to the
Path that is Pleasing to You,**

protect us from Your severe tribulations such as the long drought, severe flooding, disease outbreak, violence and instability, poverty, and others, so that our land will become more peaceful and blessed.

Oh Allah, we ask You to open up the hearts of the Muslim *ummah* especially in Selangor, to fulfill their *zakaat* obligation as You had decreed in al-Qur'an. Bless the lives of those who have fulfilled their *zakaat* obligation, loving and caring for the poor and needy.

**Purify their wealth and soul so that
they will live according to that
which pleases You. Protect the poor
and needy from disbelief and
everlasting poverty. *Allaahummaa
ameen***



DI SEDIAKAN OLEH :

BAHAGIAN KHUTBAH,

JABATAN AGAMA ISLAM SELANGOR

ILLUSTRASI OLEH :

UNIT TEKNOLOGI MAKLUMAT,

JABATAN AGAMA ISLAM SELANGOR