



IIPC

International Interfaith Peace Corps



FRIDAY SERMON

1

Preserving and Promoting Health

INTRODUCTION

- ▶ The first higher purpose of Islamic law that will be addressed is the Preservation of Life, which is one of the most critical responsibilities of imams and community leaders in Islam. We learn about the jurisprudence of restoring and saving life (fiqhul-Ihyaa') from the Qur'anic verse "if anyone saves a life, it shall be as though he had saved the lives of all humankind"
- ▶ The definition of health contained in the 1948 Preamble to the Constitution of the World Health Organization (WHO) is "a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity".
- ▶ Preserving the health and maintaining it is one of Maqasid Al-Sharia (Hifdh Al-Nafs) which is preserving the life and the best way to do it.
- ▶ Islam allows the protection from potential illness and treatment even from a non-Muslim physician, as the prophet once visited a sick companion and ordered him to go to a doctor in Thaqeef **knowing that he wasn't a Muslim.**

HEALTH:

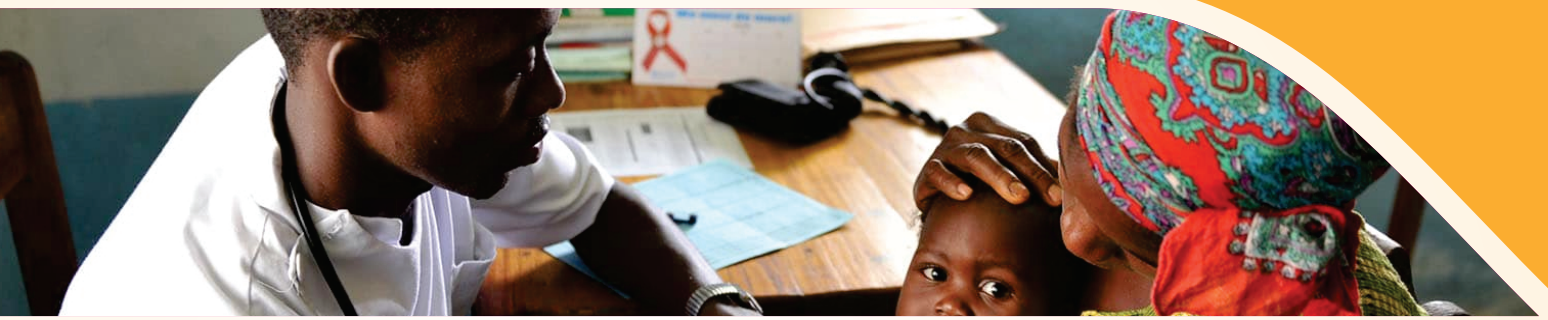
Health protection and promotion:

- ▶ Allah (SW) says in the Quran: " And spend of your sustenance in the cause of Allah and make not your own hands contribute to (your) destruction; but do good; for Allah loveth those who do good "
- ▶ So, Allah (SW) demands us to keep ourselves healthy and not throw ourselves into our own destruction by neglecting our health or do what we know will harm us.
- ▶ Also, Allah (SW) says: "O children of Adam! wear your beautiful apparel at every time and place of prayer, eat and drink: but waste not by excess, for Allah loveth not the wasters".
- ▶ Ibn Al-Qayyim says about that verse: in that verse Allah gives us a way to keep healthy and preserve our health by specifying how much to eat and drink to replace what the body has lost and by exceeding that it becomes "Israf" or profusion.

¹(Qur'an 5:32)

²Quran, Surat Al-Baqara (chapter 1), Verse 195

³Quran, Surat Al-Aaraf (chapter 7), Verse 31



Health preservation:

- ▶ The prophet PBUH says:
 - > “A strong believer is better and dearer to Allah than a weak one”
 - > “Let none of the sick be brought to where the healthy are [referring to camels]”
 - > “Flee the leper as you flee from a lion”

- ▶ Muslim narrated the people of Thaqeef had a leper among their delegation that came to the Prophet (PBUH). The Prophet (PBUH) sent him a messenger that conveyed to him “we accept your oath of allegiance and you can go back.”
- ▶ During Omar’s (RA) era Plague spread in some cities, he consulted Amro Ibn Al-Aas and he proposed separating the sick from the healthy. Within 3 days the disease stopped spreading.
- ▶ Abdullah ibn Amr reported: The Messenger of Allah, peace and blessings be upon him, would frequently say in his supplications, “O Allah, I ask you for health, abstinence, trustworthiness, good character, and contentment with providence.”
- ▶ The prophet PBUH says: “Don’t indulge in over-eating because it would quench the light of faith within your hearts” . Another frequently cited hadith recommends that one should fill one-third of the stomach with food, one-third with water and one-third should be left empty.
- ▶ We can also take lessons from the reported eating habits of the Ahlul-Bait. It has been described that the Prophet (PBUH) and Ali ibn Abu Talib (A.S.) would refrain from eating bread from refined flour, and would rather eat that which contained barley and bran.
- ▶ Dr. Kasule, Harvard Professor of Islamic Medicine, has indicated that the Prophet (PBUH), whilst going about his day to day life, would never walk lazily but quickly in the form of “harwala”; which would equate to brisk walking.

CONCLUSION:

- ▶ Health protection and promotion along with disease prevention and management are essential elements in preserving human life at individual and community levels.
- ▶ Islam’s perception of good diet and recreation to attain physical well being can be deemed as a vehicle to attaining spiritual and moral fitness.

⁴(Bukhari and Muslim)

⁵(Bukhari)

⁶(Bukhari)

⁷Albidaya Wa-Alnihaya

⁸al-Adab al-Mufrad 307, Bukhari

⁹Hadith in Al-Mustadrak, volume 3, p-81

ⁱSahih Muslim