

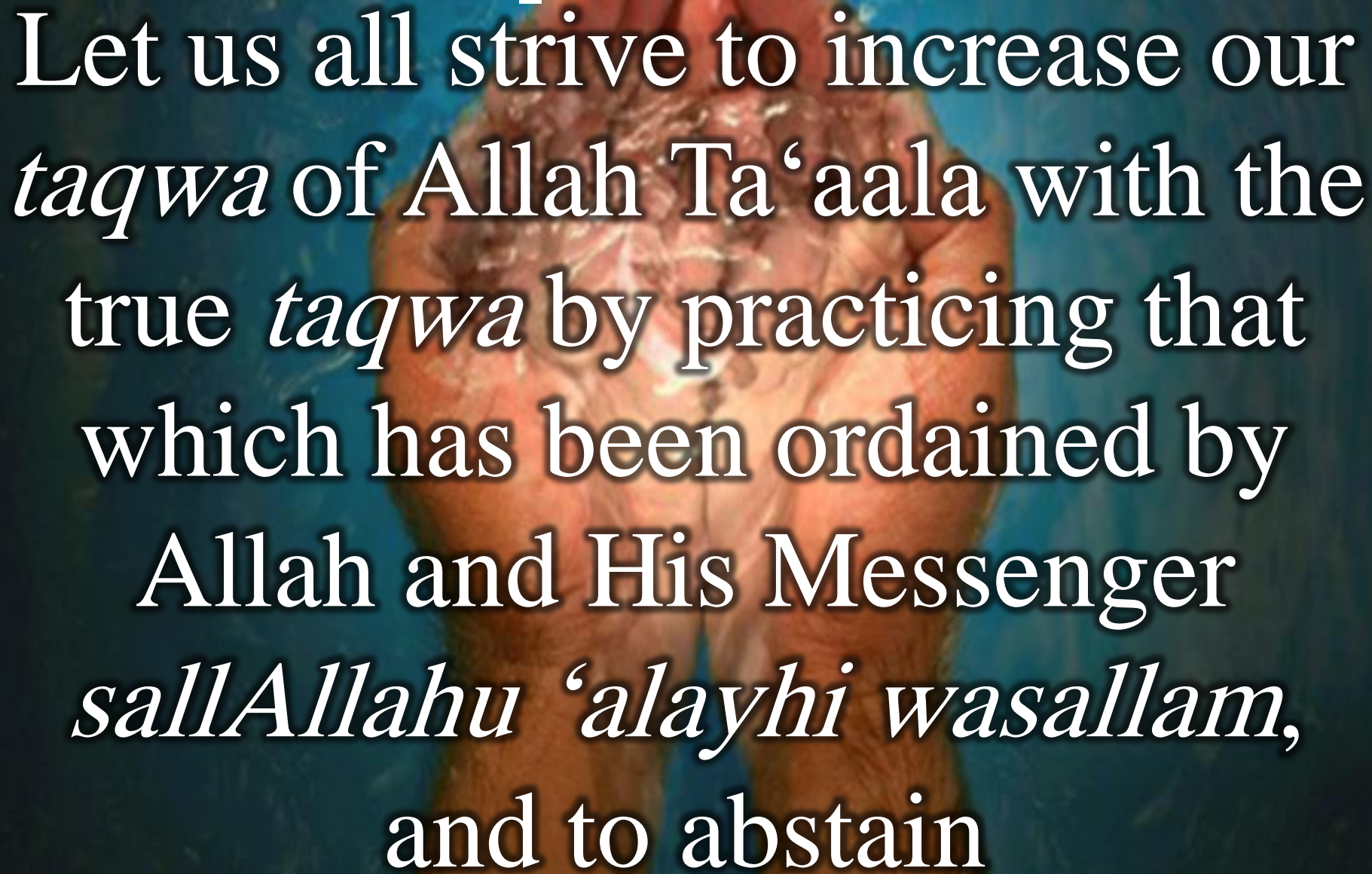


جَابَاتَانِ اِغَامَا اِسْلَامِ سِلَانْغُورِ

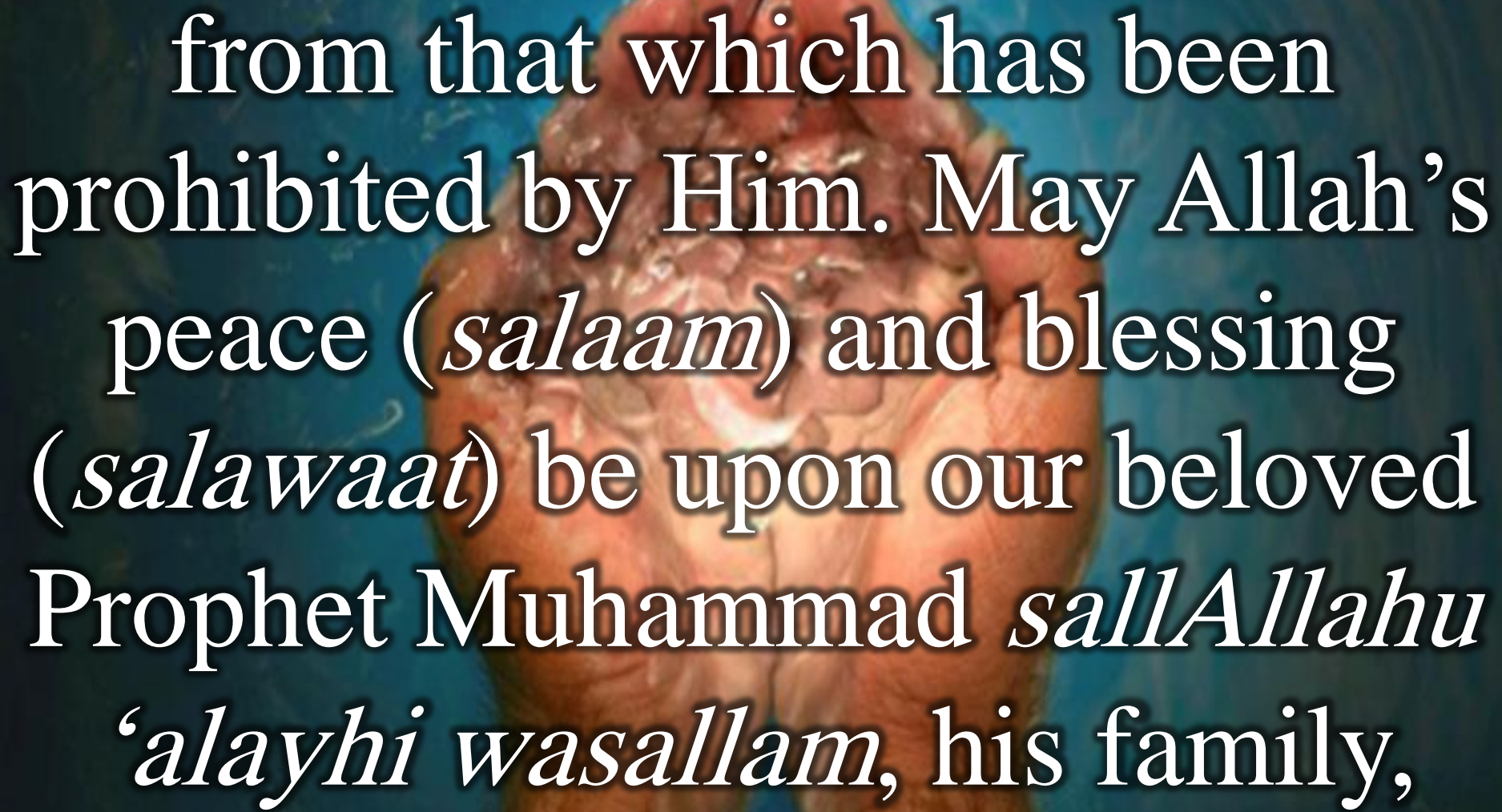
JABATAN AGAMA ISLAM SELANGOR

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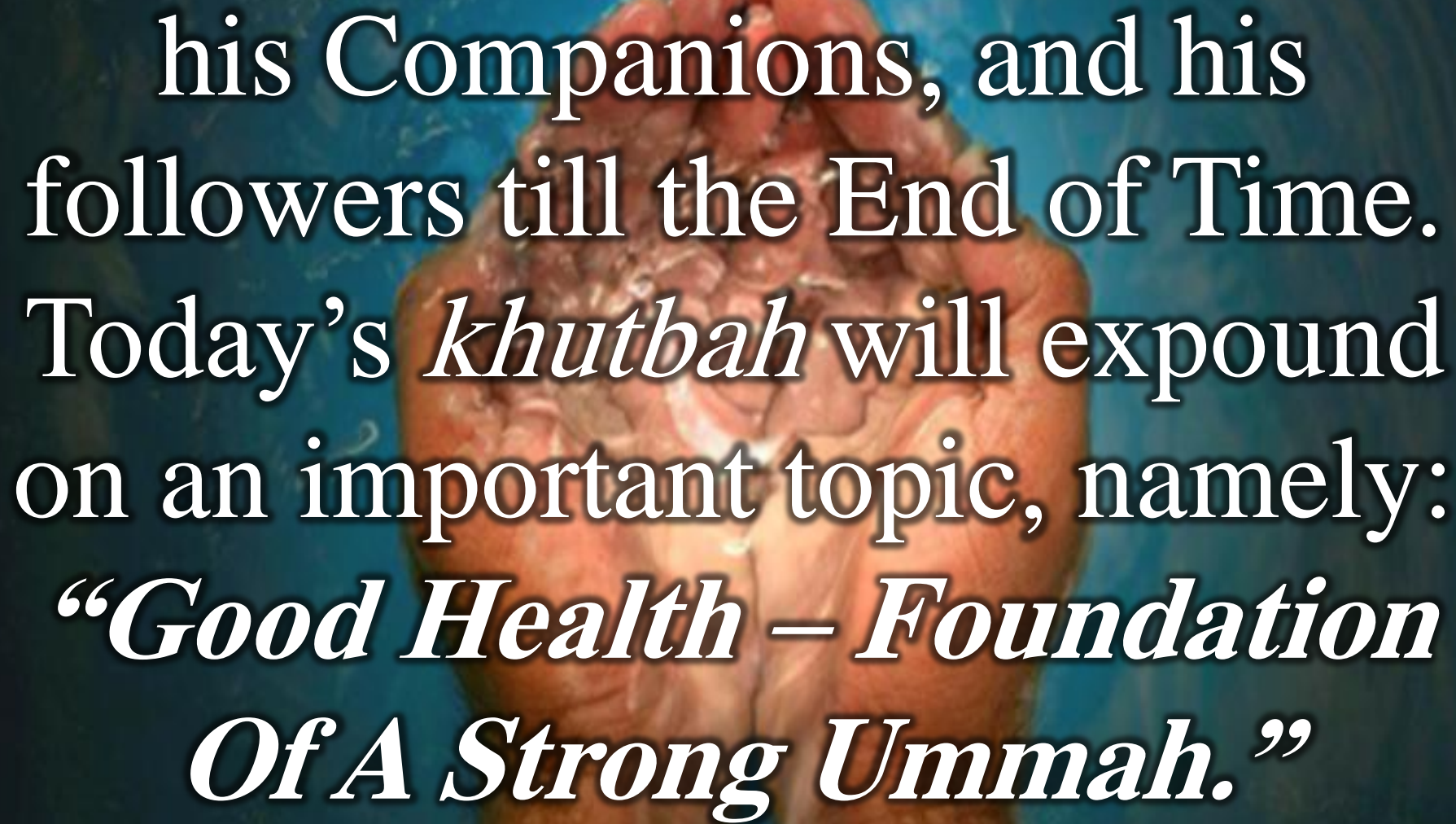
HEALTH MAIN
STRENGTH OF
UMMAH

A hand holding a heart, with a blue waveform overlay at the top. The background is dark blue.

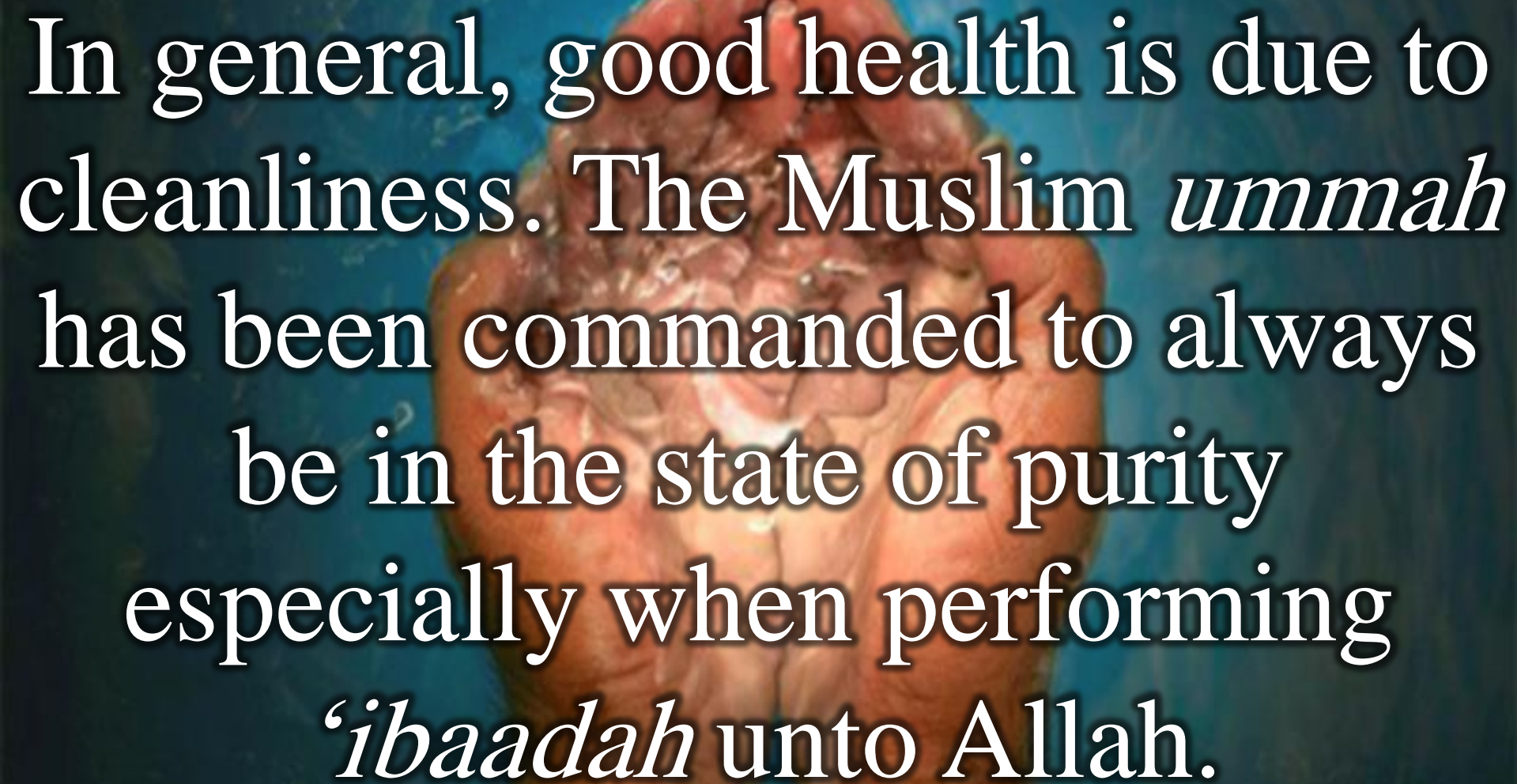
Let us all strive to increase our *taqwa* of Allah Ta‘aala with the true *taqwa* by practicing that which has been ordained by Allah and His Messenger *sallAllahu ‘alayhi wasallam*, and to abstain

A pair of hands is shown in a prayer position (du'a), with fingers spread and palms facing each other. The hands are positioned in the center of the frame, set against a dark blue background with a subtle, shimmering texture. The lighting highlights the skin tones and the texture of the hands.

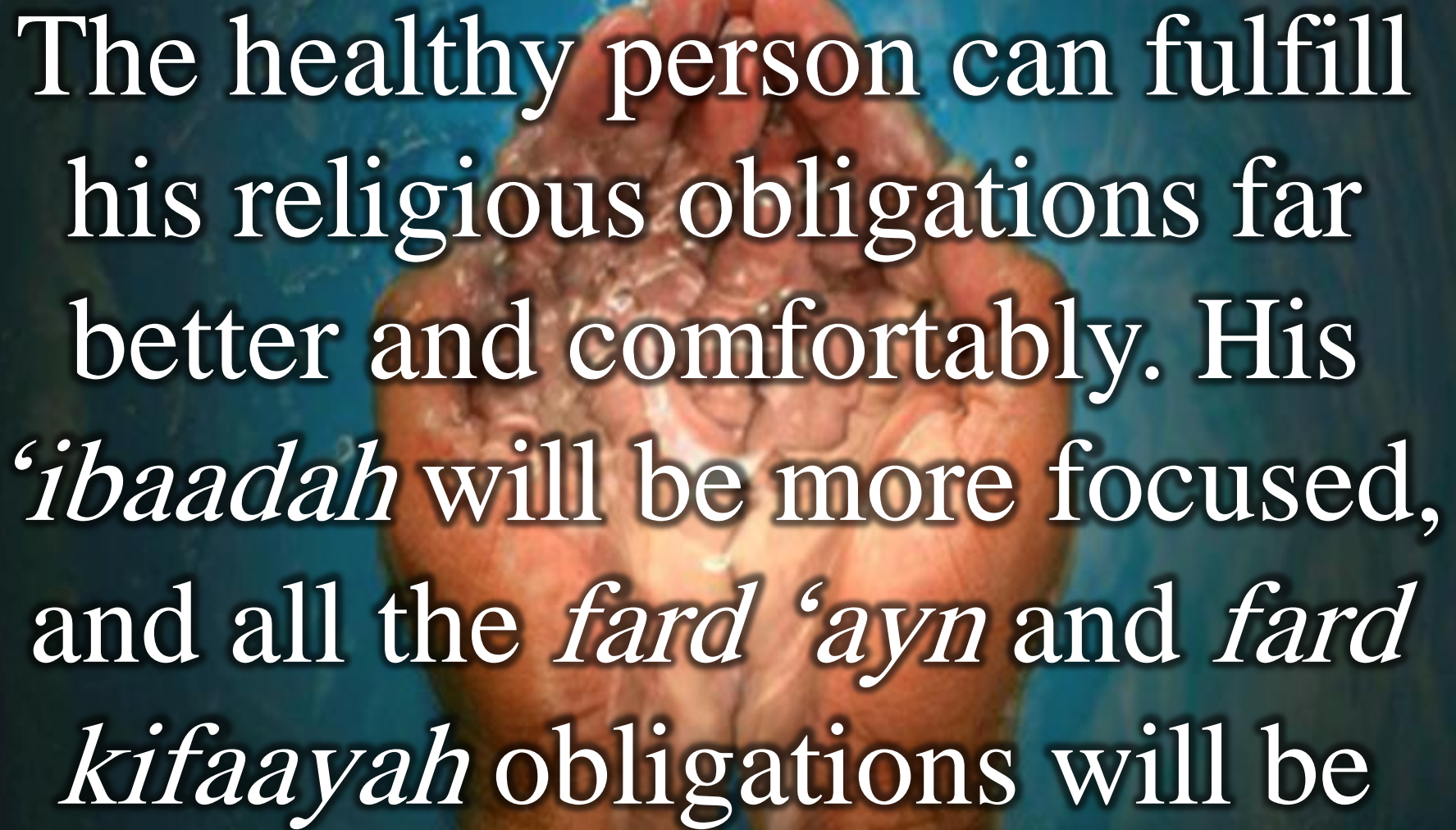
from that which has been
prohibited by Him. May Allah's
peace (*salaam*) and blessing
(*salawaat*) be upon our beloved
Prophet Muhammad *sallAllahu*
'alayhi wasallam, his family,



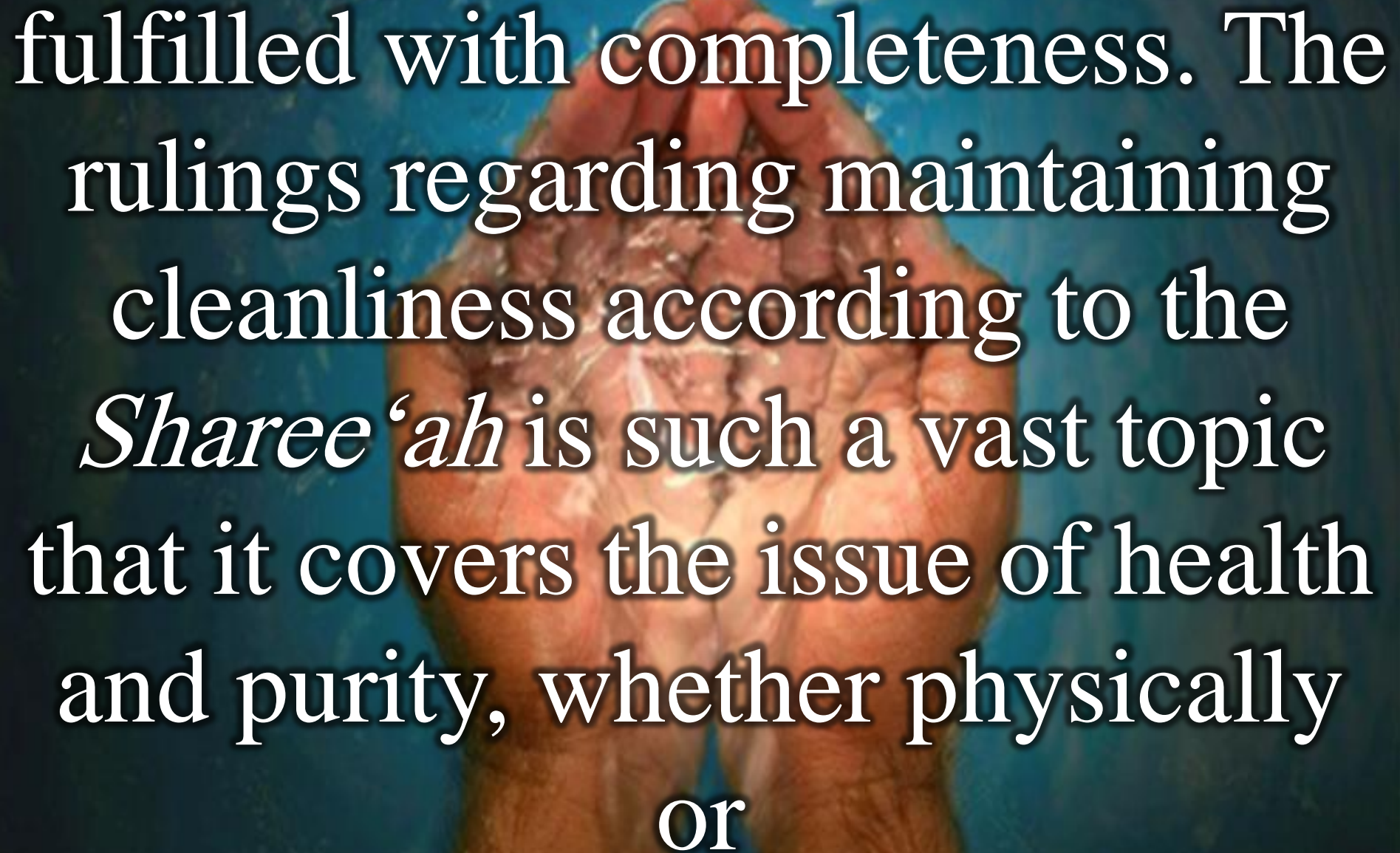
his Companions, and his
followers till the End of Time.
Today's *khutbah* will expound
on an important topic, namely:
***“Good Health – Foundation
Of A Strong Ummah.”***

A pair of hands is shown in a prayerful gesture, with fingers interlaced and palms facing each other. The hands are positioned centrally against a dark blue, textured background. The lighting is soft, highlighting the skin tones and the texture of the hands. The overall mood is serene and spiritual.

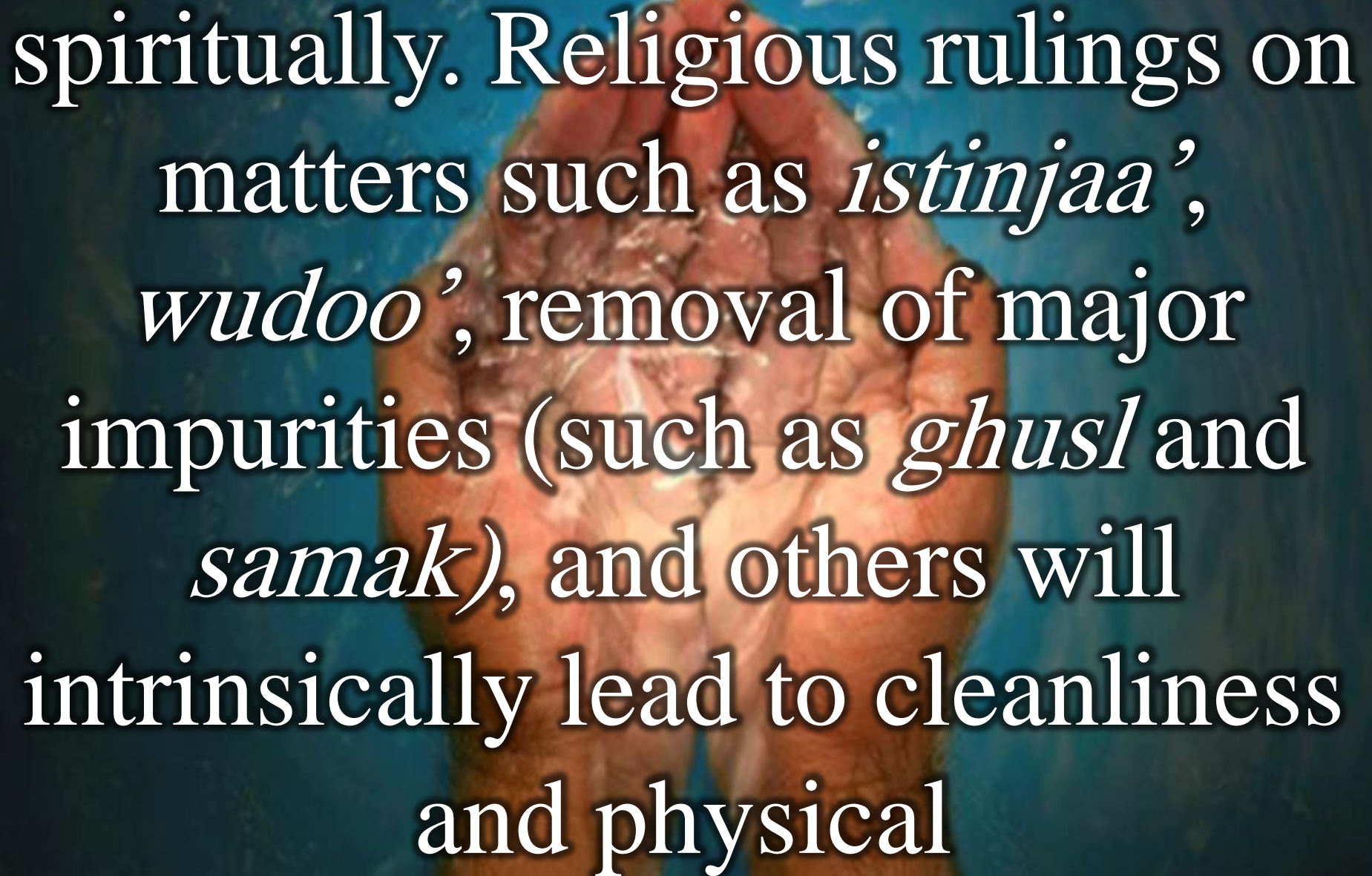
In general, good health is due to cleanliness. The Muslim *ummah* has been commanded to always be in the state of purity especially when performing *'ibaadah* unto Allah.

A pair of hands is shown clasped together in a prayerful gesture, with fingers interlaced. The hands are positioned centrally, with the palms facing each other. The background is a solid, deep blue color. The text is overlaid on the image in a white, serif font with a subtle drop shadow, making it stand out against the blue background and the skin tones of the hands.

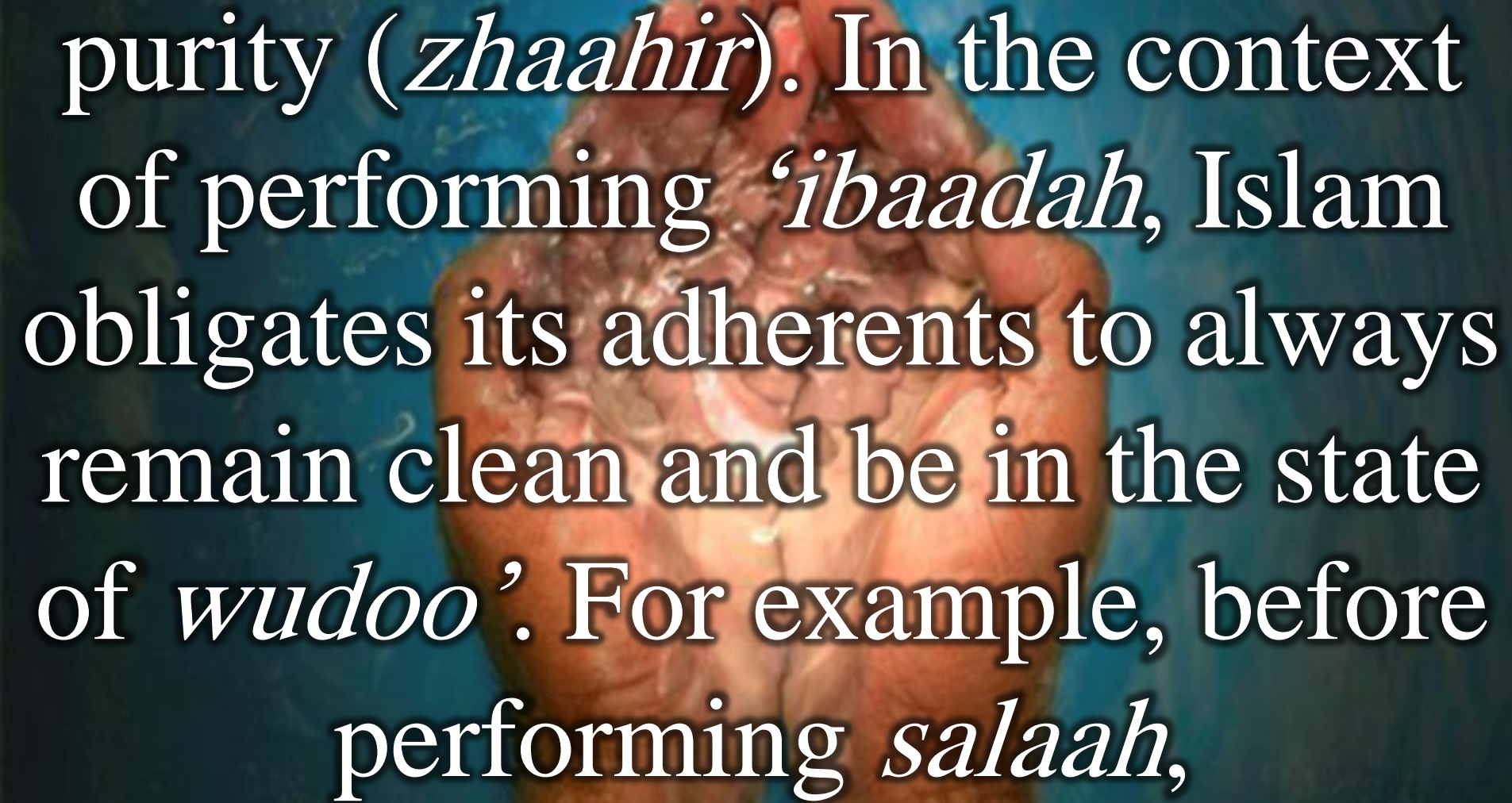
The healthy person can fulfill his religious obligations far better and comfortably. His *'ibaadah* will be more focused, and all the *fard 'ayn* and *fard kifaayah* obligations will be



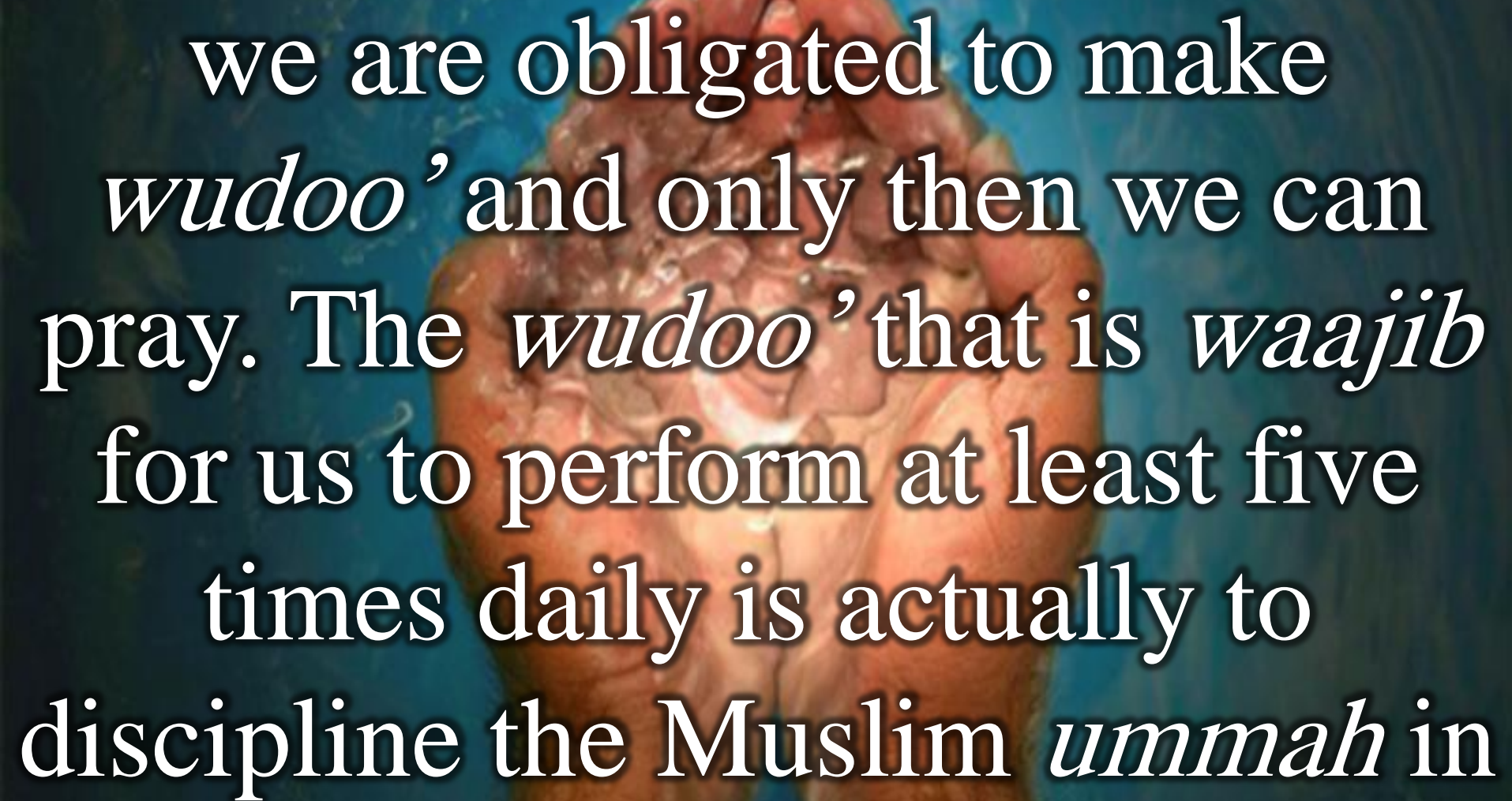
fulfilled with completeness. The rulings regarding maintaining cleanliness according to the *Sharee'ah* is such a vast topic that it covers the issue of health and purity, whether physically
or

A pair of hands is shown in a prayer position (du'a), with fingers spread and palms facing each other. The hands are positioned in the center of the frame, set against a dark blue background with a subtle, lighter blue pattern. The lighting is soft, highlighting the texture of the skin and the veins on the hands.

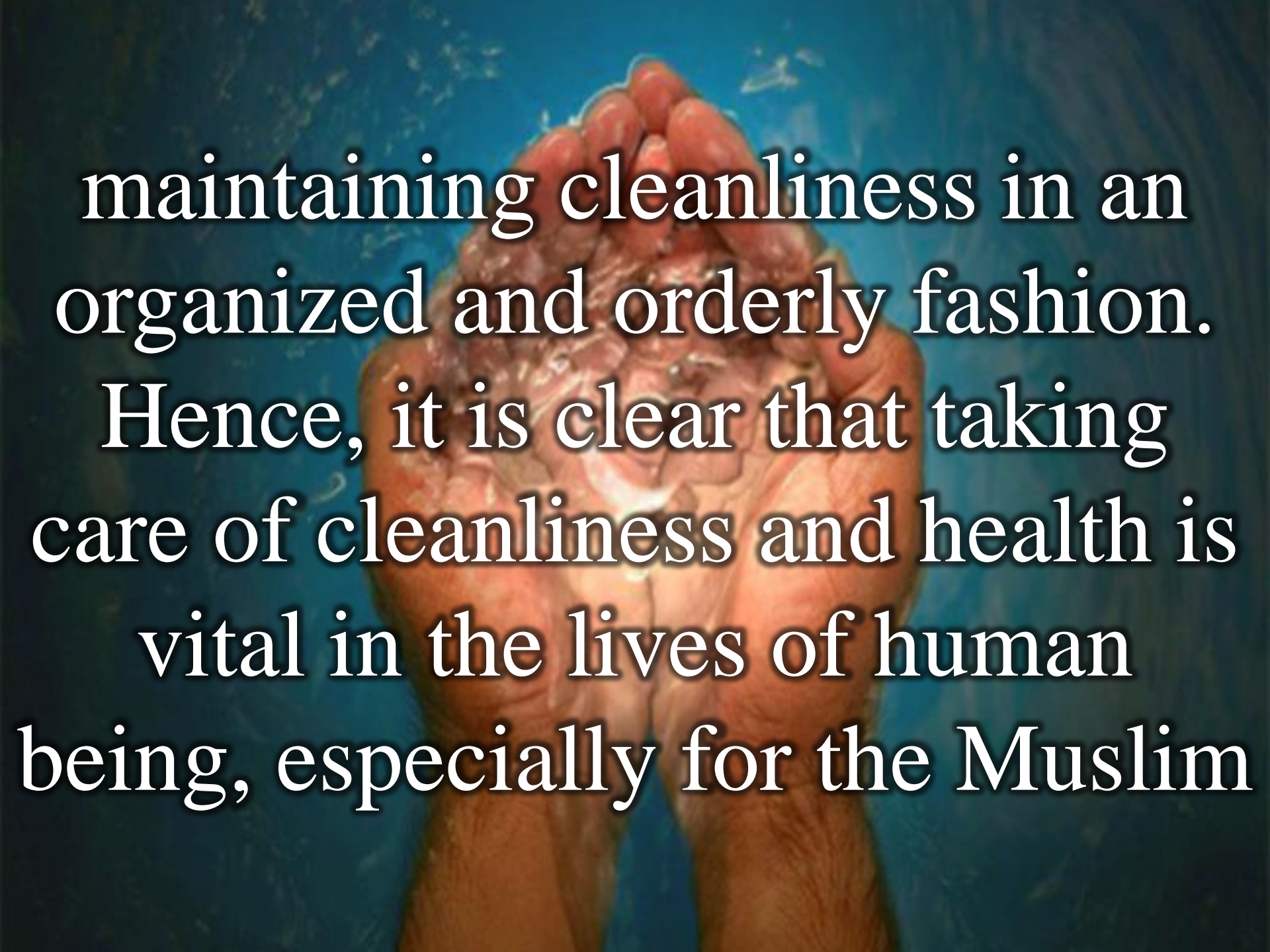
spiritually. Religious rulings on matters such as *istinjaa'*, *wudoo'*, removal of major impurities (such as *ghusl* and *samak*), and others will intrinsically lead to cleanliness and physical

A pair of hands is shown clasped together in a prayerful gesture, with fingers interlaced. The hands are positioned centrally, with the palms facing each other. The background is a solid, deep blue color. The text is overlaid on the image in a white, serif font with a thin black outline, making it stand out against the blue background and the skin tones of the hands.

purity (*zhaahir*). In the context of performing *'ibaadah*, Islam obligates its adherents to always remain clean and be in the state of *wudoo*'. For example, before performing *salaah*,

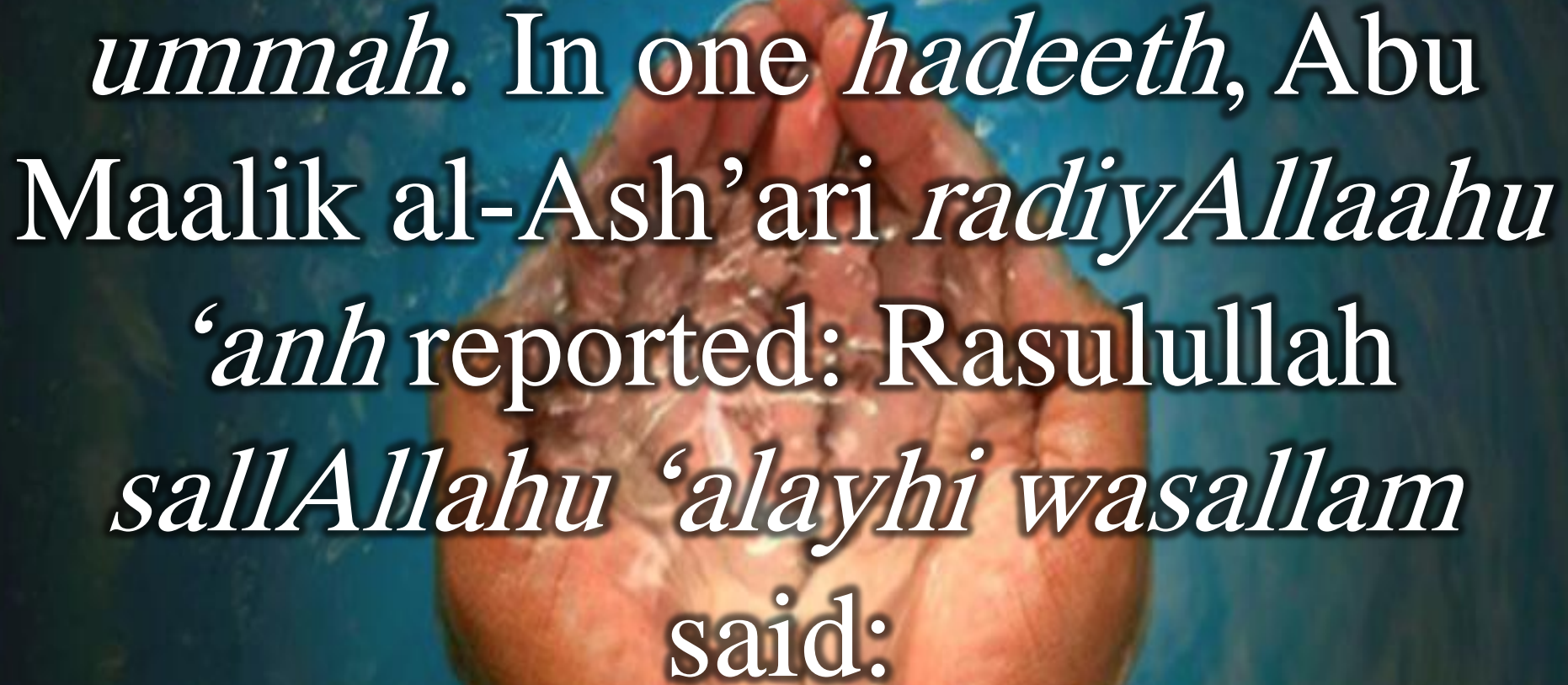


we are obligated to make *wudoo*' and only then we can pray. The *wudoo*' that is *waajib* for us to perform at least five times daily is actually to discipline the Muslim *ummah* in

A pair of hands is shown being washed with soap suds. The hands are positioned in the center of the frame, with the fingers spread and the palms facing each other. The background is a solid, vibrant blue color. The text is overlaid on the image in a white, serif font with a black outline, making it stand out against the blue background and the skin tones of the hands.

maintaining cleanliness in an organized and orderly fashion.

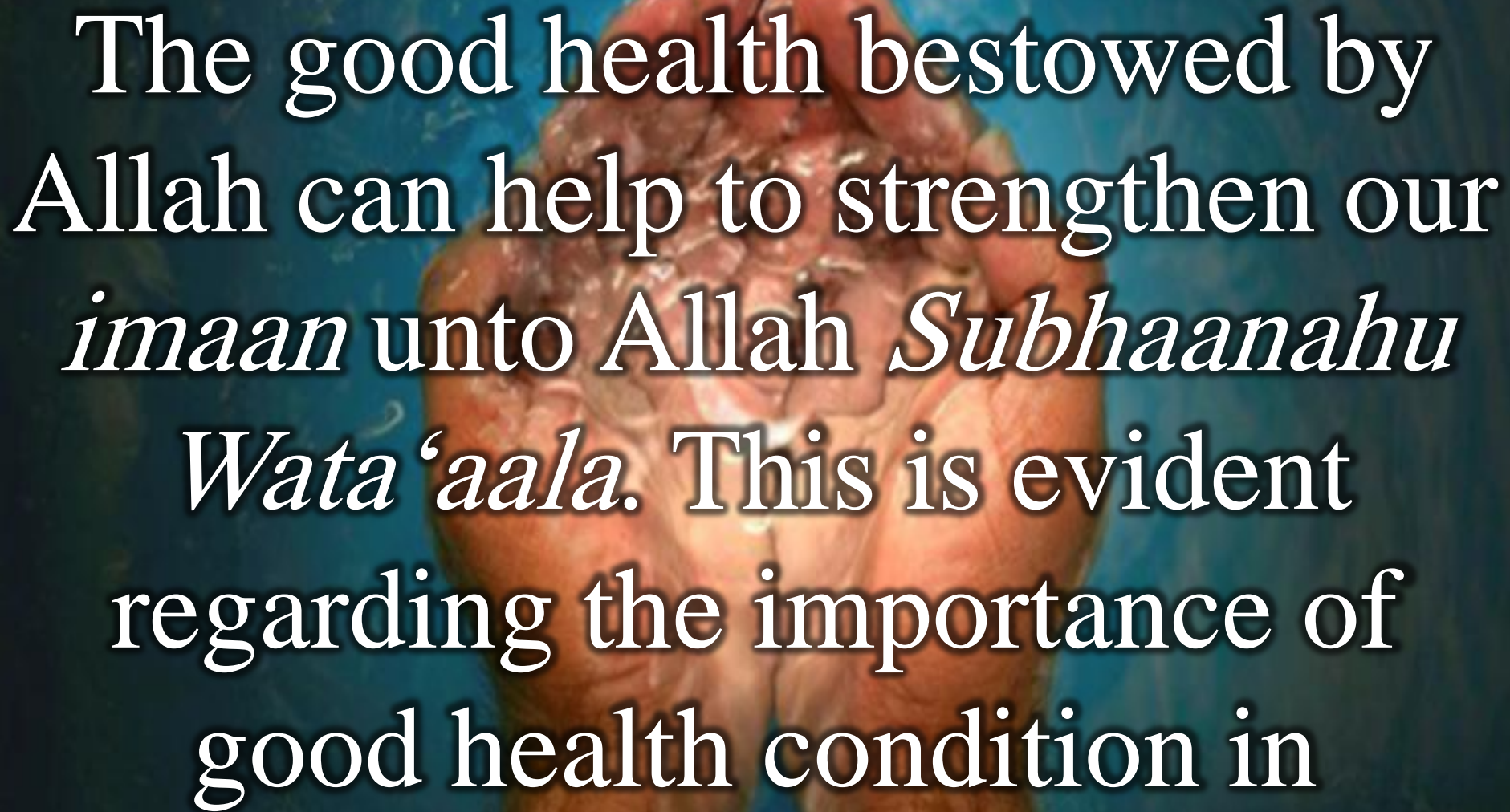
Hence, it is clear that taking care of cleanliness and health is vital in the lives of human being, especially for the Muslim

A pair of hands is shown in a prayer position, with fingers interlaced and palms facing each other. The hands are set against a dark blue background with a subtle, starry pattern. The text is overlaid on the image in a white, serif font with a drop shadow.

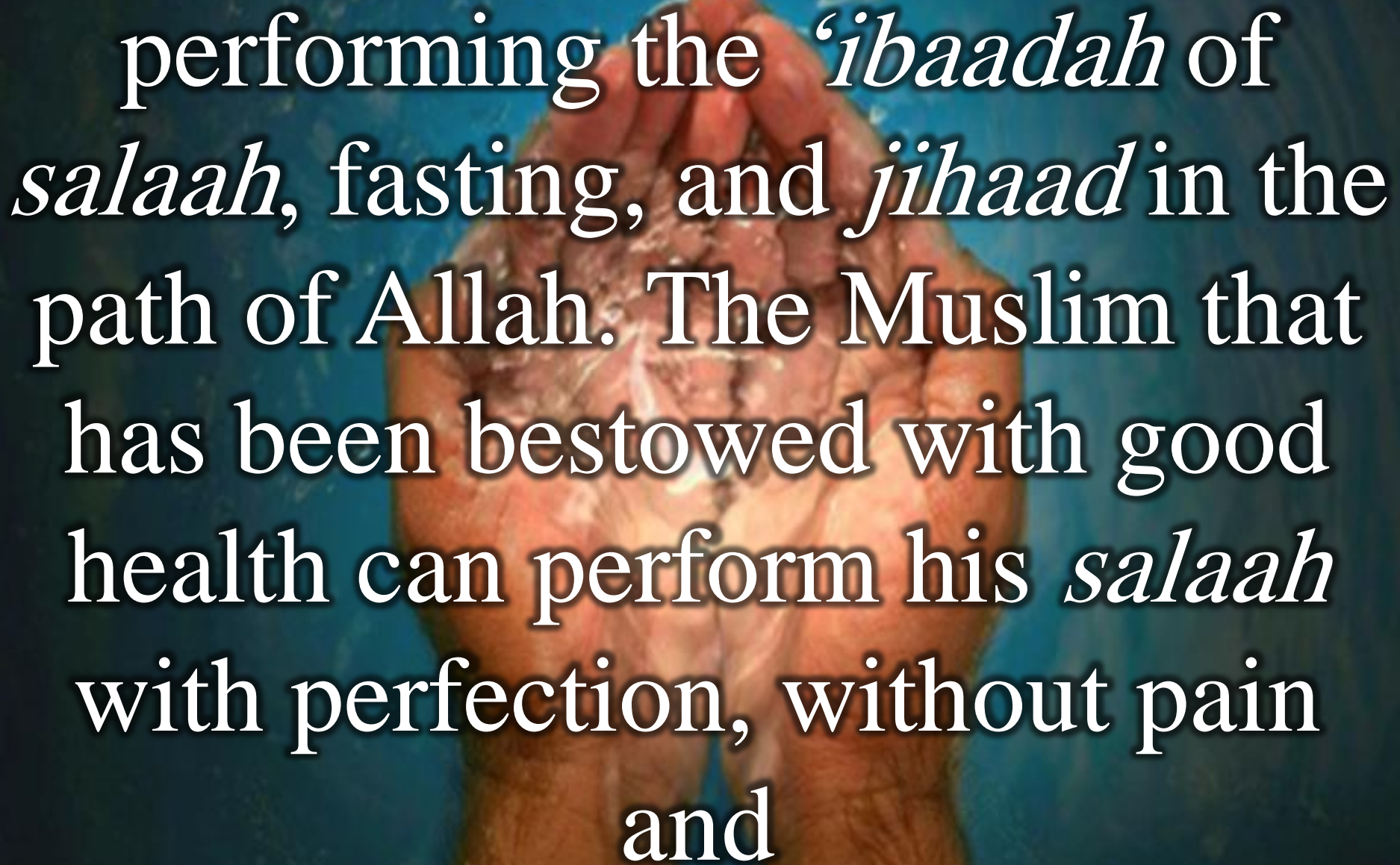
*ummah. In one hadeeth, Abu
Maalik al-Ash'ari radiyAllaahu
'anh reported: Rasulullah
sallAllahu 'alayhi wasallam
said:*

“Cleanliness is half of faith...”

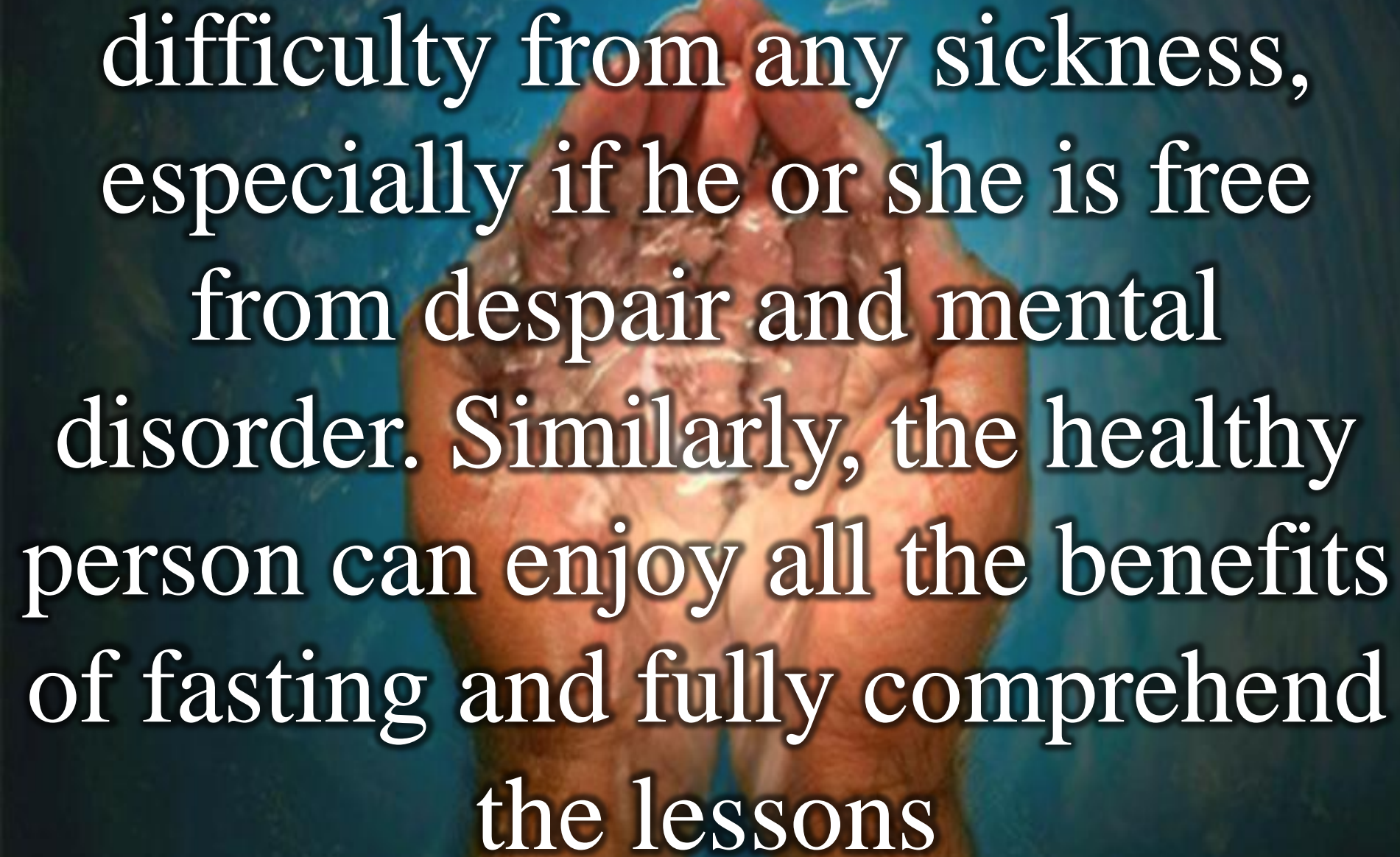
(Muslim)

A pair of hands is shown in a prayerful gesture, with fingers interlaced and palms facing each other. The hands are positioned centrally against a dark blue background that has a subtle, shimmering effect of small white particles or dust falling from the top. The text is overlaid on the image in a white, serif font with a slight drop shadow for readability.

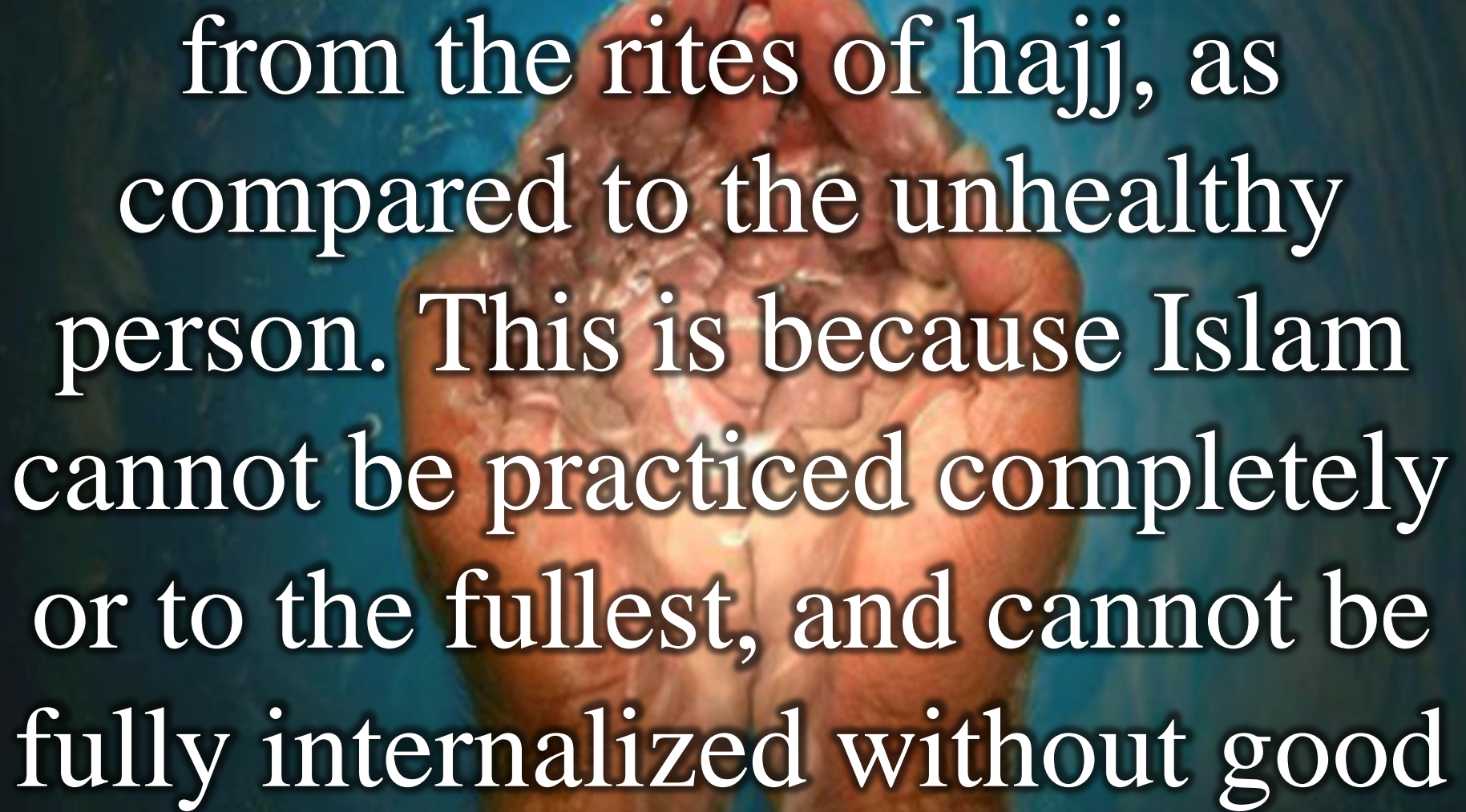
The good health bestowed by Allah can help to strengthen our *imaan* unto Allah *Subhaanahu Wata'aala*. This is evident regarding the importance of good health condition in

A pair of hands is shown clasped together in a prayerful gesture, with fingers interlaced and palms facing each other. The hands are positioned centrally against a dark blue, slightly textured background. The lighting is soft, highlighting the skin tones and the texture of the hands. The overall mood is serene and focused.

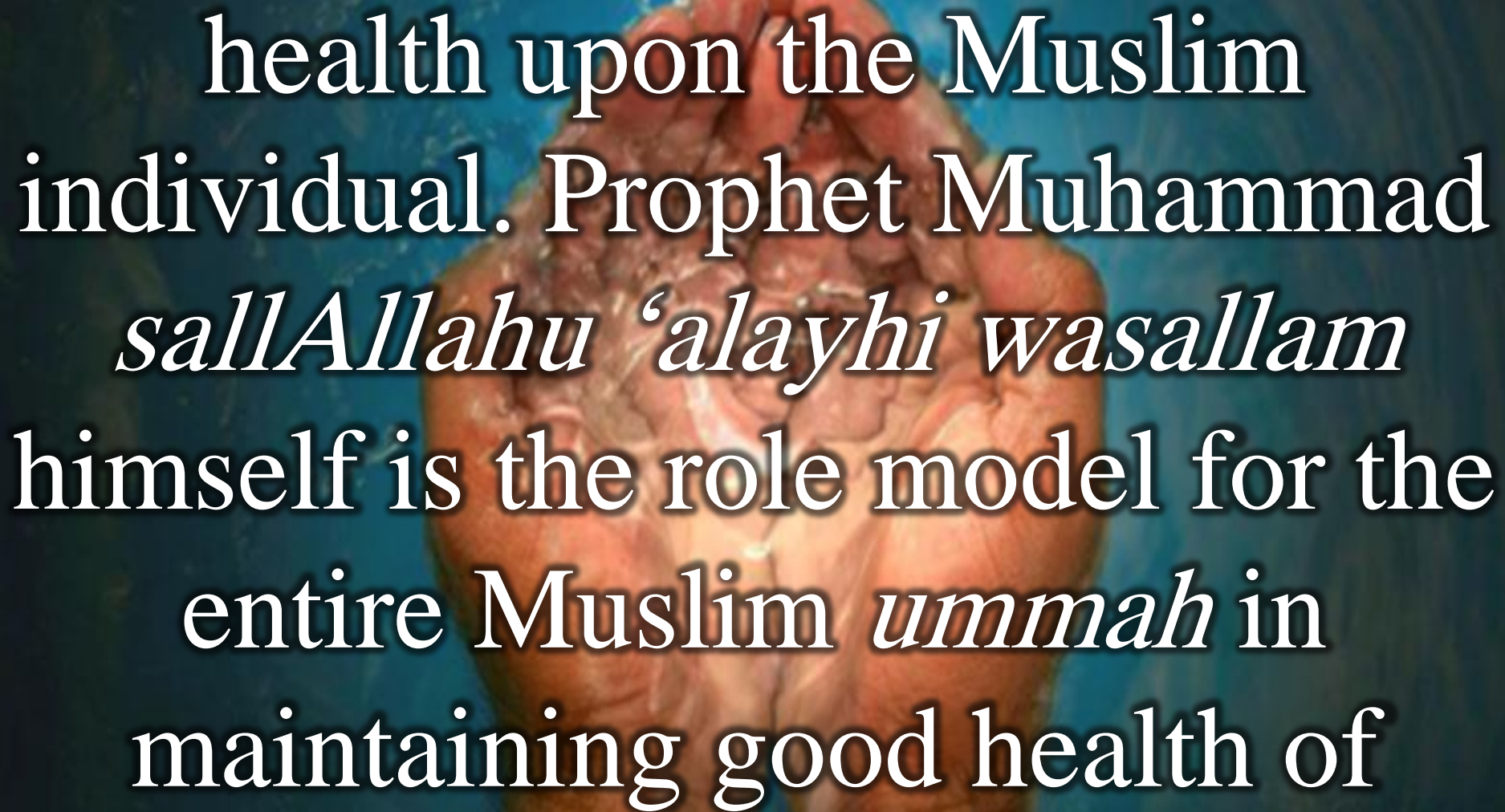
performing the *'ibaadah* of *salaah*, fasting, and *jihaad* in the path of Allah. The Muslim that has been bestowed with good health can perform his *salaah* with perfection, without pain and

A pair of hands is shown clasped in a prayerful gesture, with fingers interlaced and palms facing each other. The hands are positioned centrally against a dark blue, textured background. The lighting is soft, highlighting the skin tones and the texture of the hands. The overall mood is one of devotion and contemplation.

difficulty from any sickness,
especially if he or she is free
from despair and mental
disorder. Similarly, the healthy
person can enjoy all the benefits
of fasting and fully comprehend
the lessons

A pair of hands is shown in a prayerful gesture, with fingers interlaced and palms facing each other. The hands are positioned centrally against a dark blue, textured background. The lighting is soft, highlighting the skin tones and the texture of the hands. The overall mood is one of devotion and contemplation.

from the rites of hajj, as compared to the unhealthy person. This is because Islam cannot be practiced completely or to the fullest, and cannot be fully internalized without good

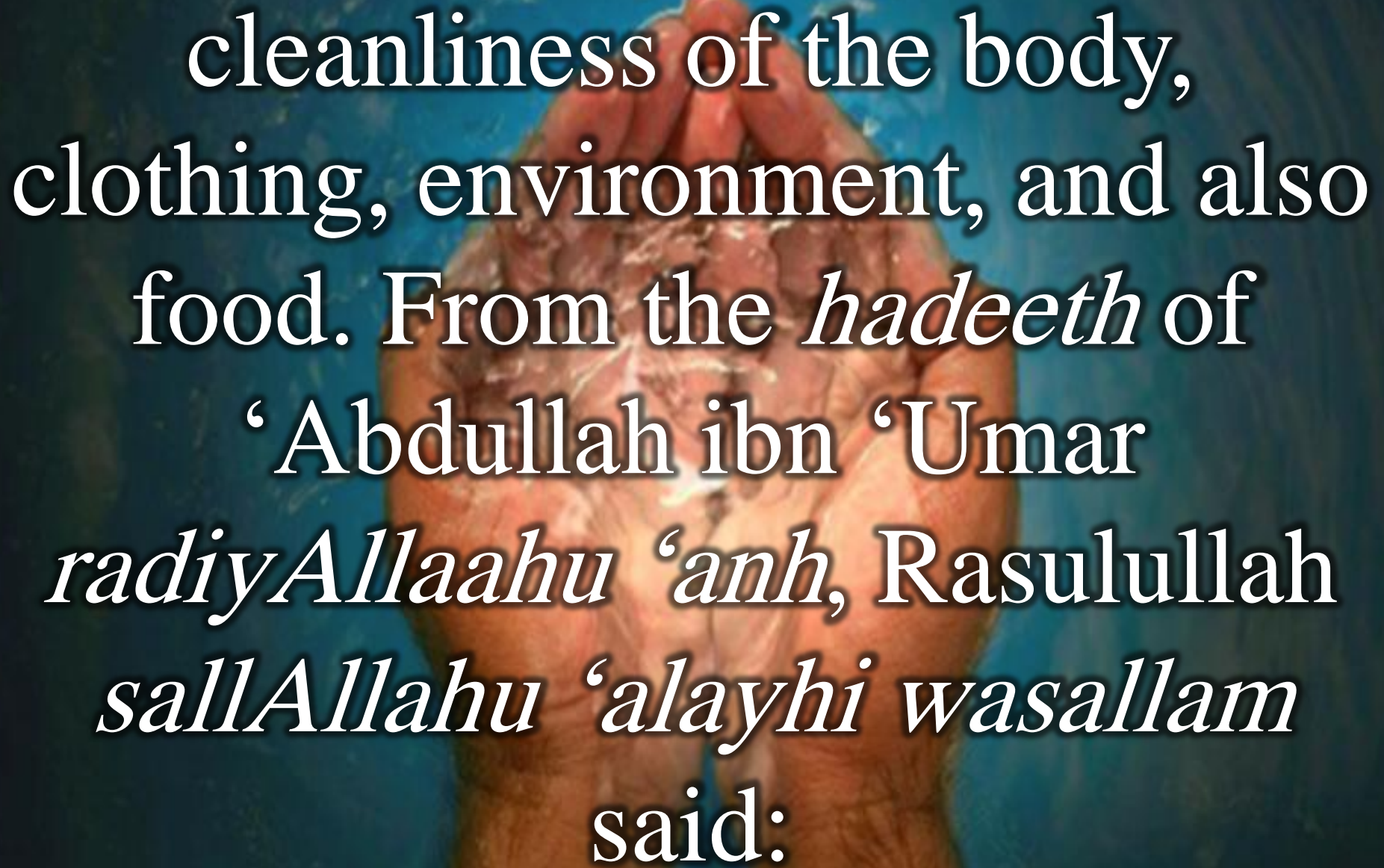
A pair of hands is shown clasped together in a prayerful gesture, with fingers interlaced and palms facing each other. The hands are positioned centrally against a dark blue, textured background. The lighting is soft, highlighting the skin tones and the texture of the hands. The overall mood is serene and spiritual.

health upon the Muslim
individual. Prophet Muhammad
sallallahu 'alayhi wasallam
himself is the role model for the
entire Muslim *ummah* in
maintaining good health of

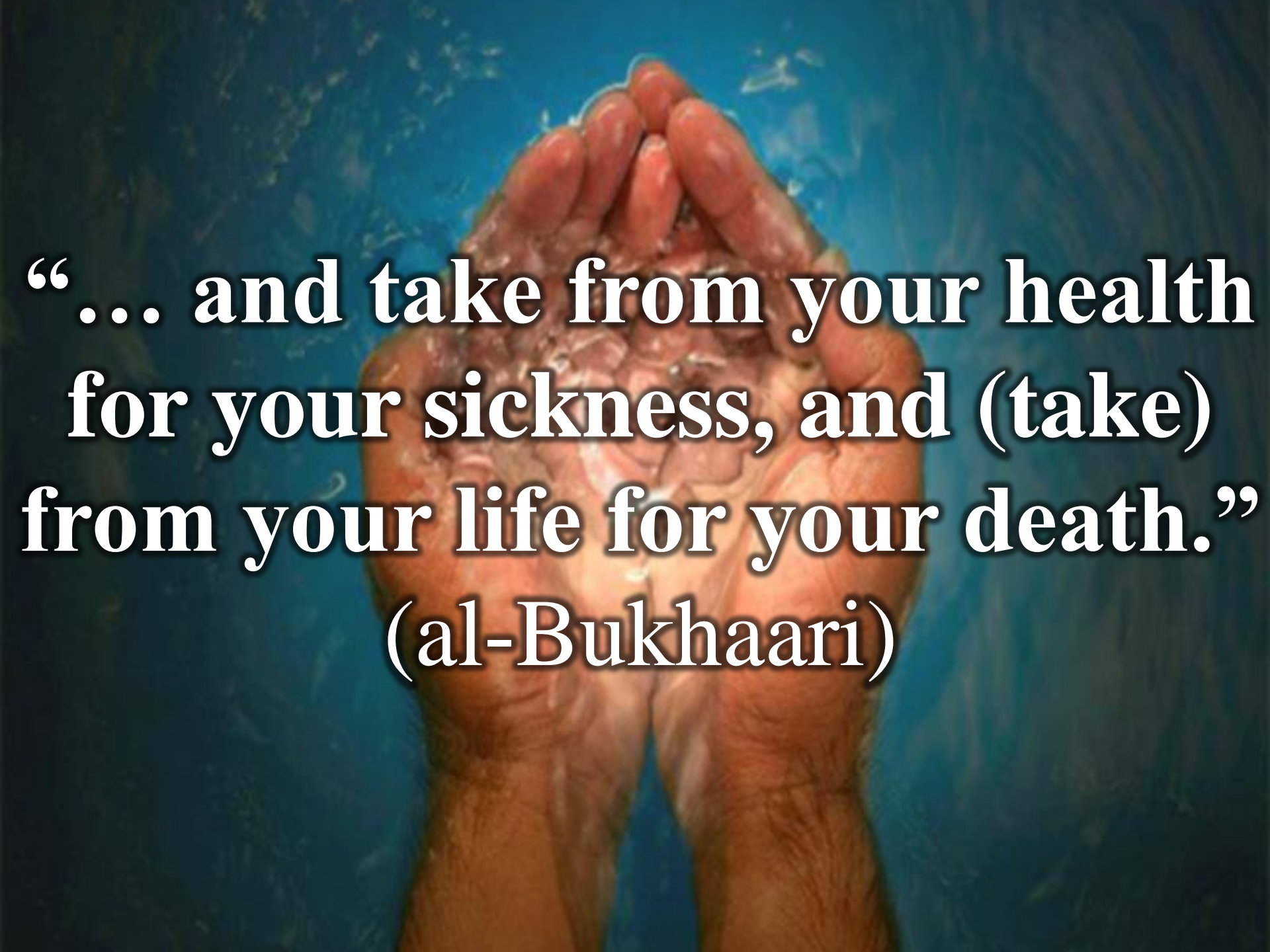


the body and cleanliness.

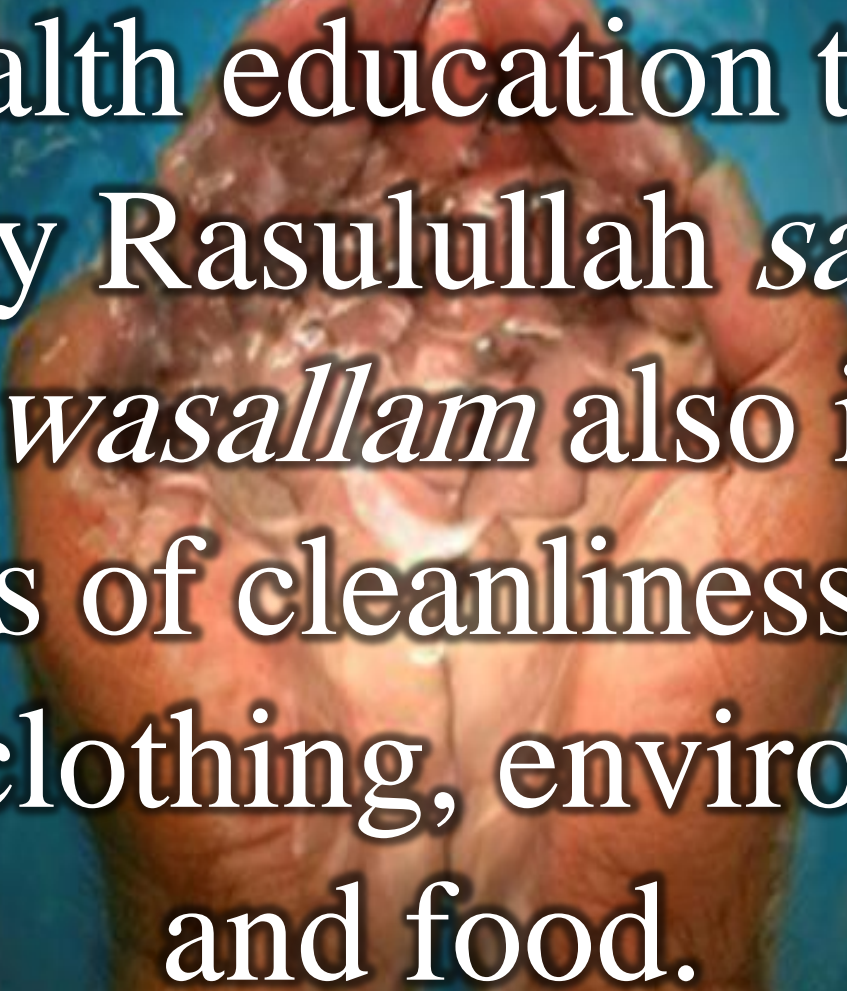
There are ample knowledge on health education that was taught by Rasulullah *sallAllahu 'alayhi wasallam* to his *ummah*, which includes aspects of

A pair of hands is shown being washed with water. The hands are cupped together, and water is being poured over them. The background is a dark blue color with a subtle pattern of white dots, resembling a starry sky or a textured surface. The text is overlaid on the image in a white, serif font with a drop shadow effect.

cleanliness of the body,
clothing, environment, and also
food. From the *hadeeth* of
'Abdullah ibn 'Umar
radiyAllaahu 'anh, Rasulullah
sallAllahu 'alayhi wasallam
said:

A pair of hands is shown clasped together in a prayerful gesture, with the fingers pointing upwards. The hands are positioned in the center of the frame against a dark blue, textured background. The lighting is soft, highlighting the skin tones and the texture of the hands. The overall mood is one of devotion and supplication.

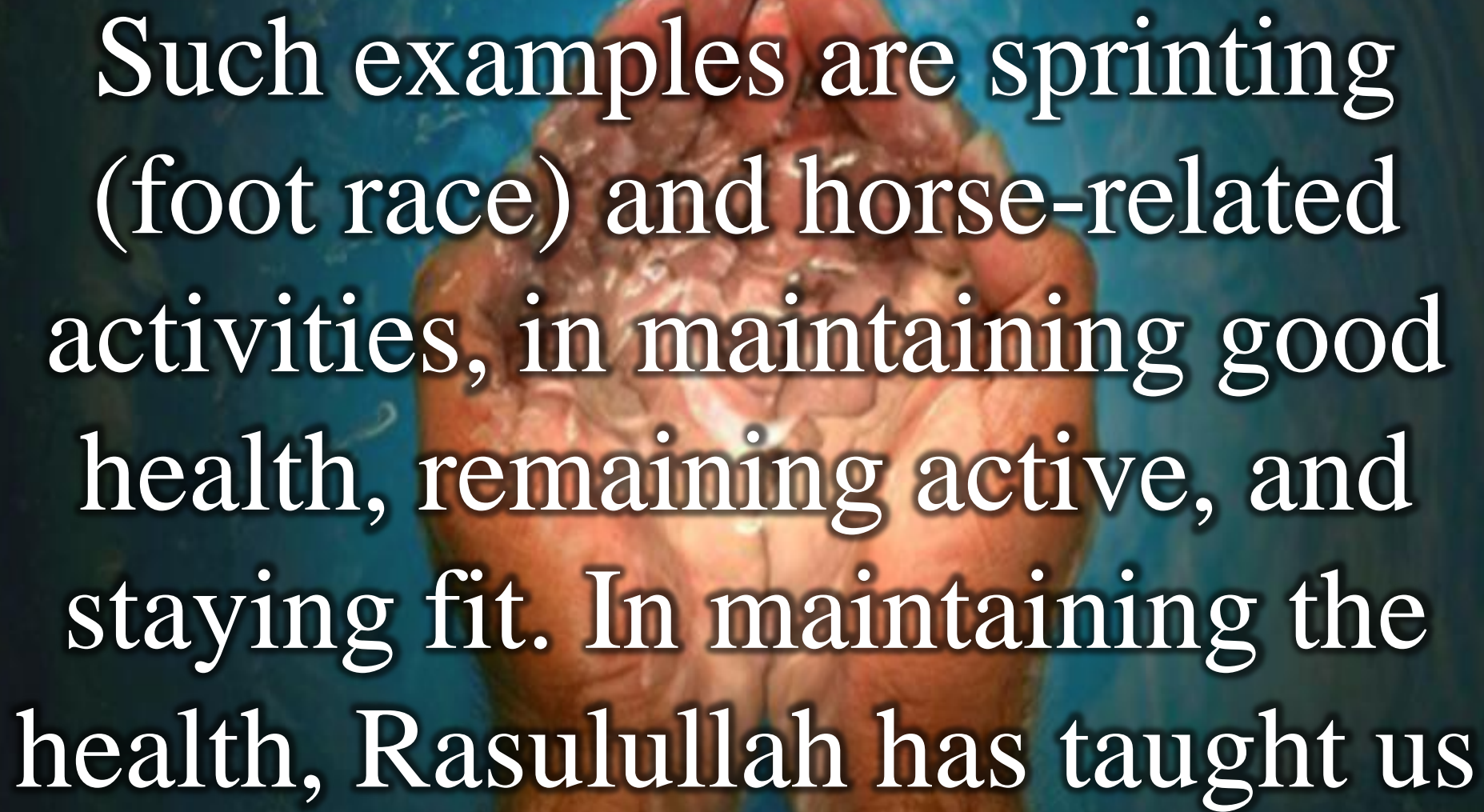
**“... and take from your health
for your sickness, and (take)
from your life for your death.”
(al-Bukhaari)**



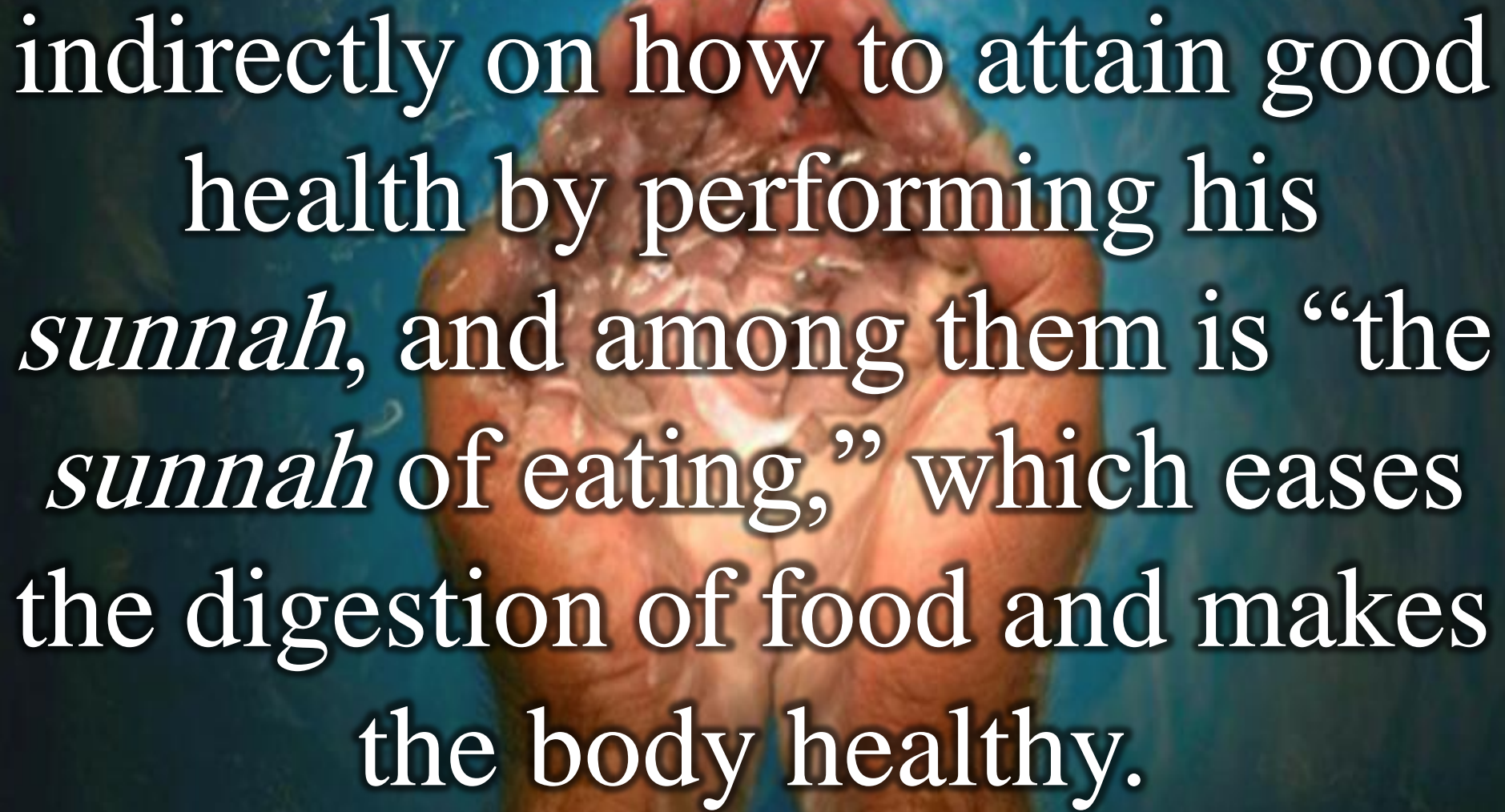
The health education that was taught by Rasulullah *sallAllahu 'alayhi wasallam* also includes aspects of cleanliness of the body, clothing, environment, and food.

A pair of hands is shown clasped together in a prayerful gesture, with fingers pointing upwards. The hands are positioned centrally against a dark blue, textured background. The lighting is soft, highlighting the skin tones and the texture of the hands. The overall composition is centered and balanced.

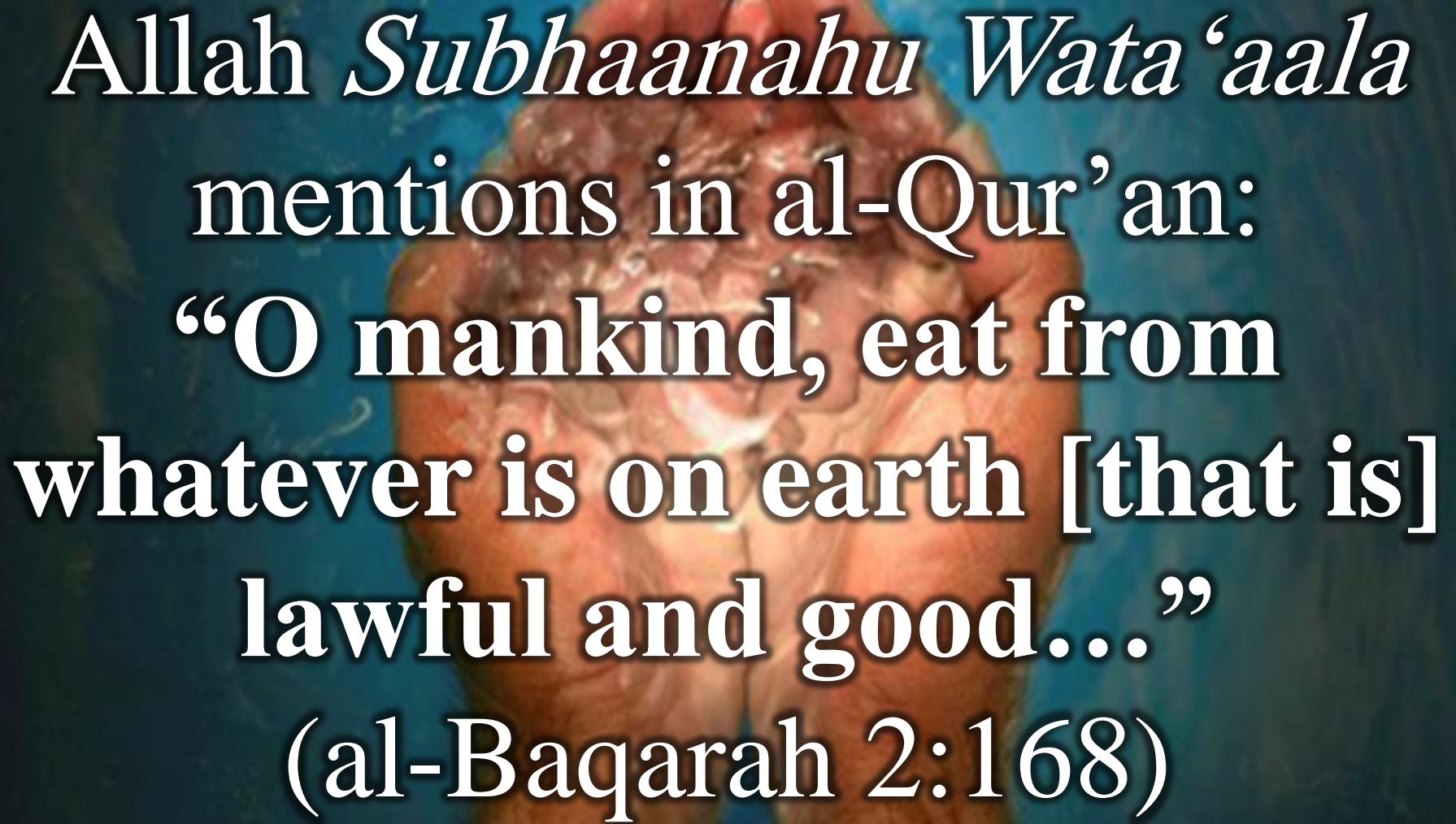
Furthermore, Rasulullah *sallAllahu ‘alayhi wasallam* had demonstrated examples through the *sunnah* fasting and performing sports activities (exercising) with his spouse and companions.



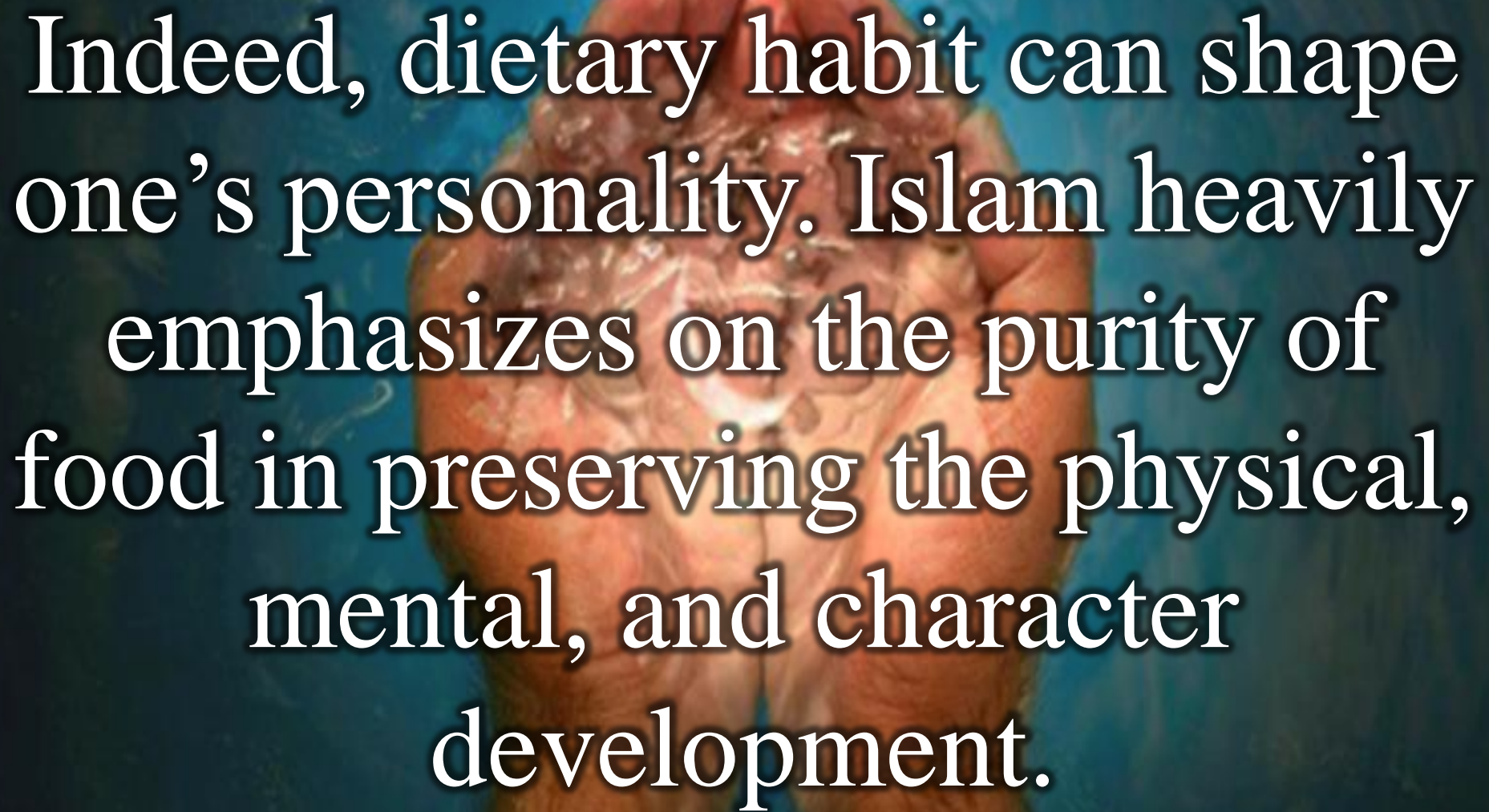
Such examples are sprinting (foot race) and horse-related activities, in maintaining good health, remaining active, and staying fit. In maintaining the health, Rasulullah has taught us

A pair of hands is shown from the back, cupping a human brain. The hands are positioned centrally, with the fingers slightly curled. The brain is resting in the palms. The background is a solid, deep blue color. The text is overlaid on the image in a white, serif font with a subtle drop shadow.

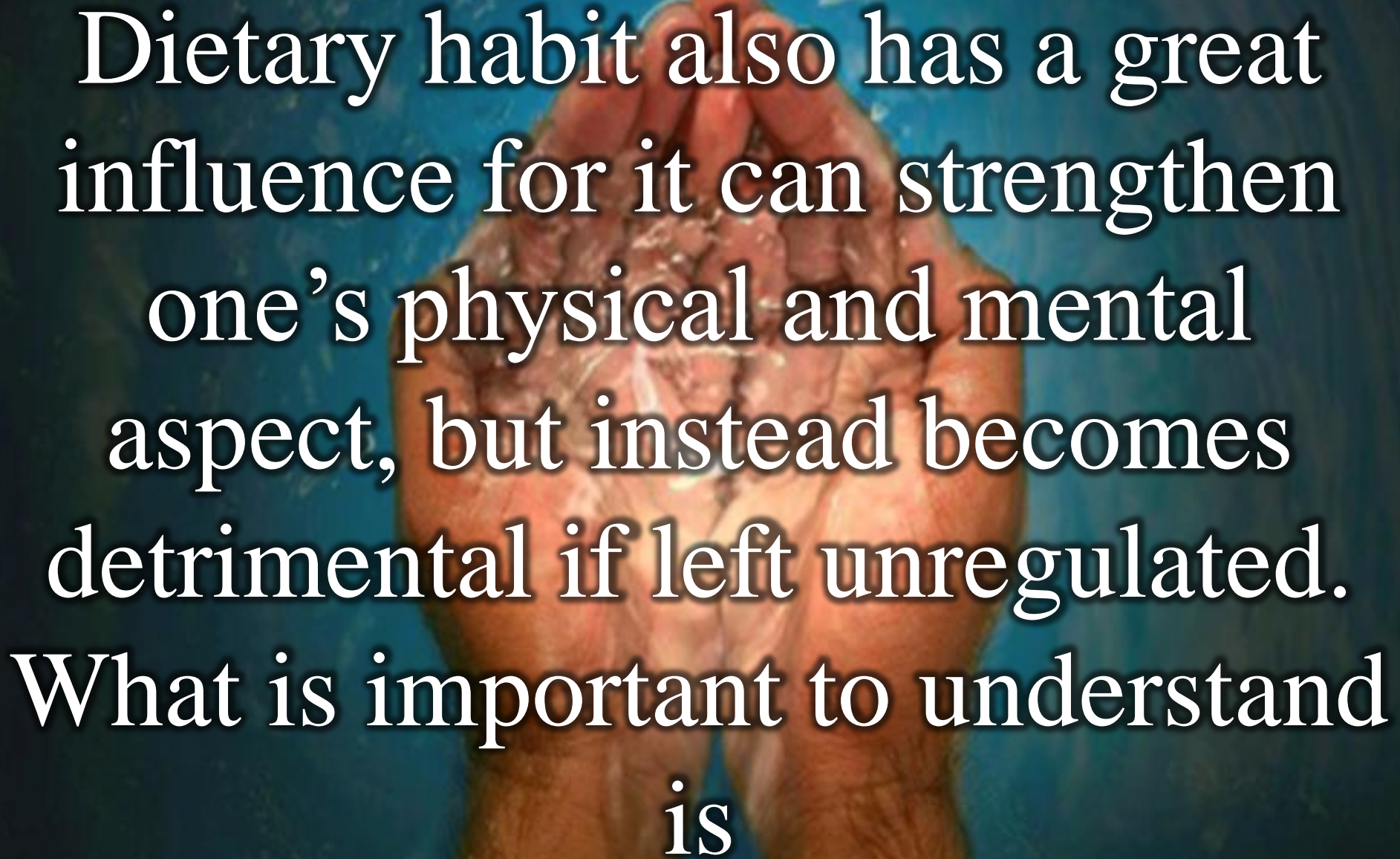
indirectly on how to attain good health by performing his *sunnah*, and among them is “the *sunnah* of eating,” which eases the digestion of food and makes the body healthy.



Allah *Subhaanahu Wata'aala*
mentions in al-Qur'an:
**“O mankind, eat from
whatever is on earth [that is]
lawful and good...”**
(al-Baqarah 2:168)

A pair of hands is shown from the wrist up, holding a small amount of brown powder, likely spices, in the palm. The hands are positioned centrally, with the fingers slightly curled. The background is a solid, deep blue color. The text is overlaid on the image, centered horizontally and vertically.

Indeed, dietary habit can shape one's personality. Islam heavily emphasizes on the purity of food in preserving the physical, mental, and character development.

A pair of hands is shown from the front, palms facing each other, holding a small amount of brown, granular substance, likely a spice or seed. The hands are positioned centrally against a dark blue background. The text is overlaid on the image, starting with 'Dietary habit also has a great influence for it can strengthen one's physical and mental aspect, but instead becomes detrimental if left unregulated. What is important to understand is' followed by the word 'is' on a new line.

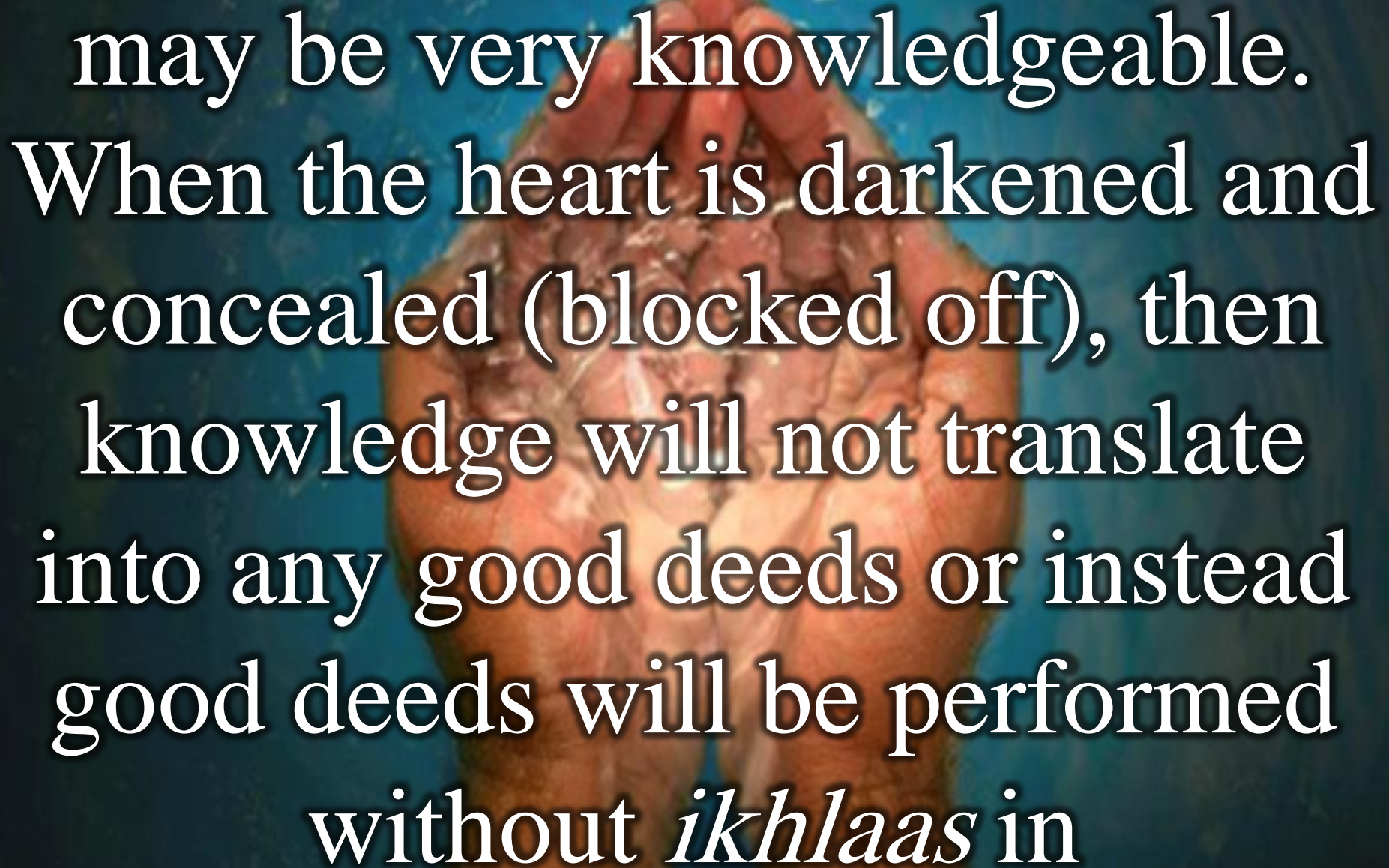
Dietary habit also has a great influence for it can strengthen one's physical and mental aspect, but instead becomes detrimental if left unregulated. What is important to understand is

is

A pair of hands is shown clasped in a prayerful gesture, with fingers interlaced and palms facing each other. The hands are positioned centrally against a dark blue, textured background. The lighting is soft, highlighting the skin tones and the texture of the hands. The overall mood is contemplative and spiritual.

that the food we eat has an effect upon our heart and soul.

When eating impermissible food, then our heart becomes darkened. The dark heart will prevent goodness even though
one



may be very knowledgeable.
When the heart is darkened and
concealed (blocked off), then
knowledge will not translate
into any good deeds or instead
good deeds will be performed
without *ikhlaas* in

A pair of hands is shown clasped in a prayerful gesture, with fingers interlaced and palms facing each other. The hands are positioned centrally against a dark blue, textured background. The lighting is soft, highlighting the skin tones and the texture of the hands. The overall mood is serene and spiritual.

the heart.

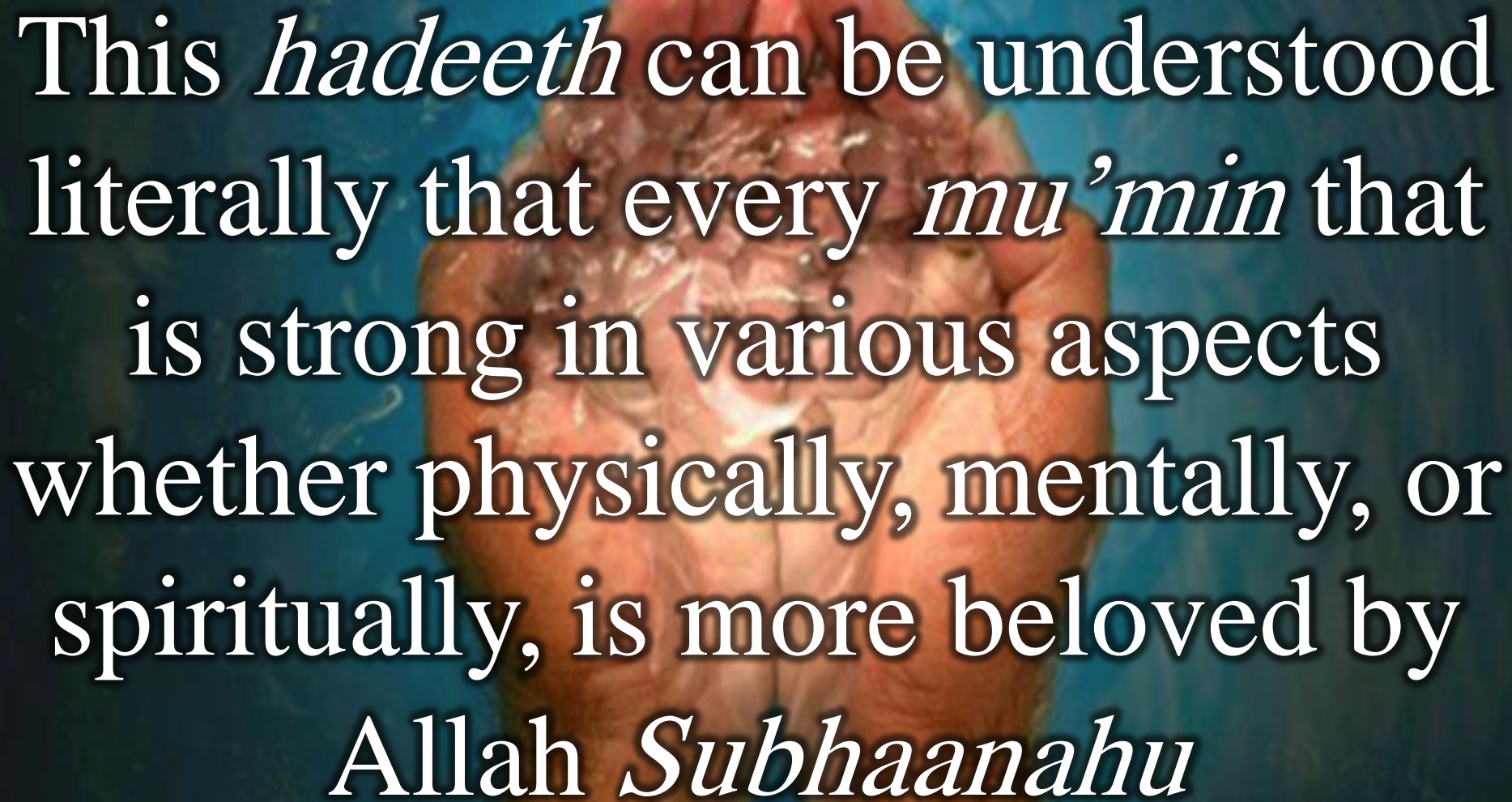
Allah loves His slaves whom
are strong both physically and
spiritually. From the *hadeeth* of
Abu Hurayrah *radiyAllaahu*
'anh, Rasulullah *sallAllahu*
'alayhi



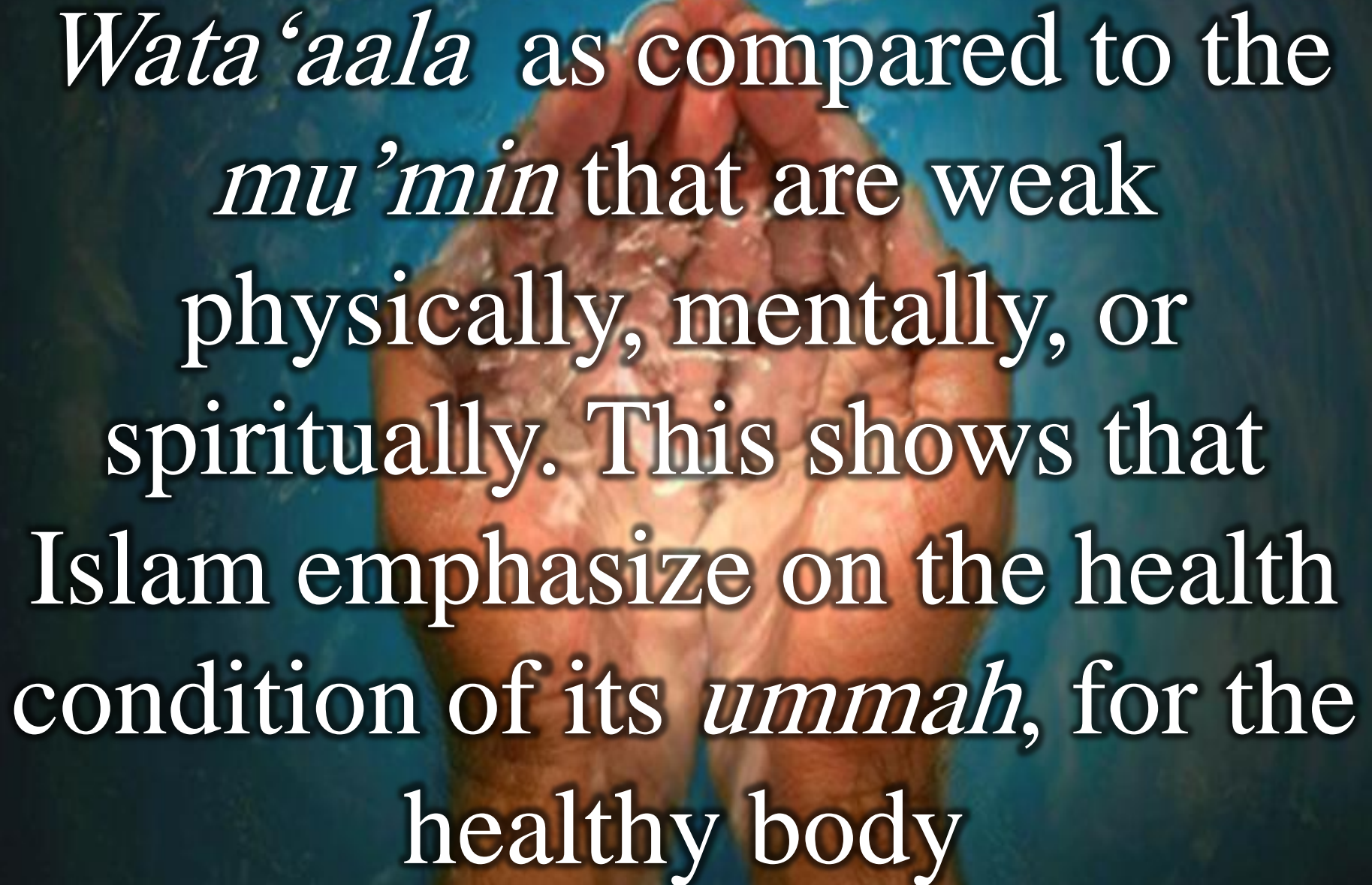
wasallam said:

**“A strong believer is better
and is more lovable to Allah
than a weak believer...”**

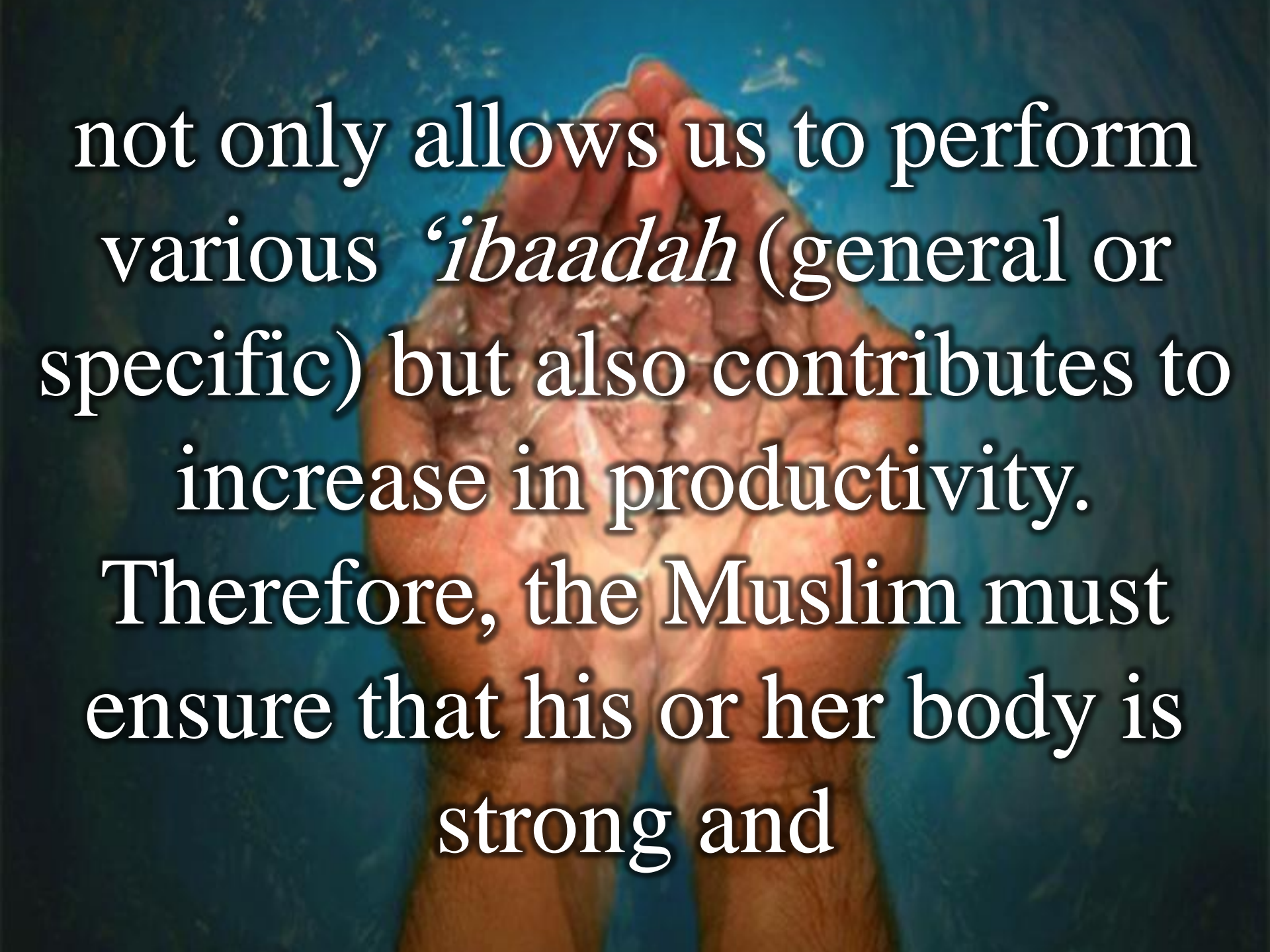
(Muslim)



This *hadeeth* can be understood literally that every *mu'min* that is strong in various aspects whether physically, mentally, or spiritually, is more beloved by Allah *Subhaanahu*

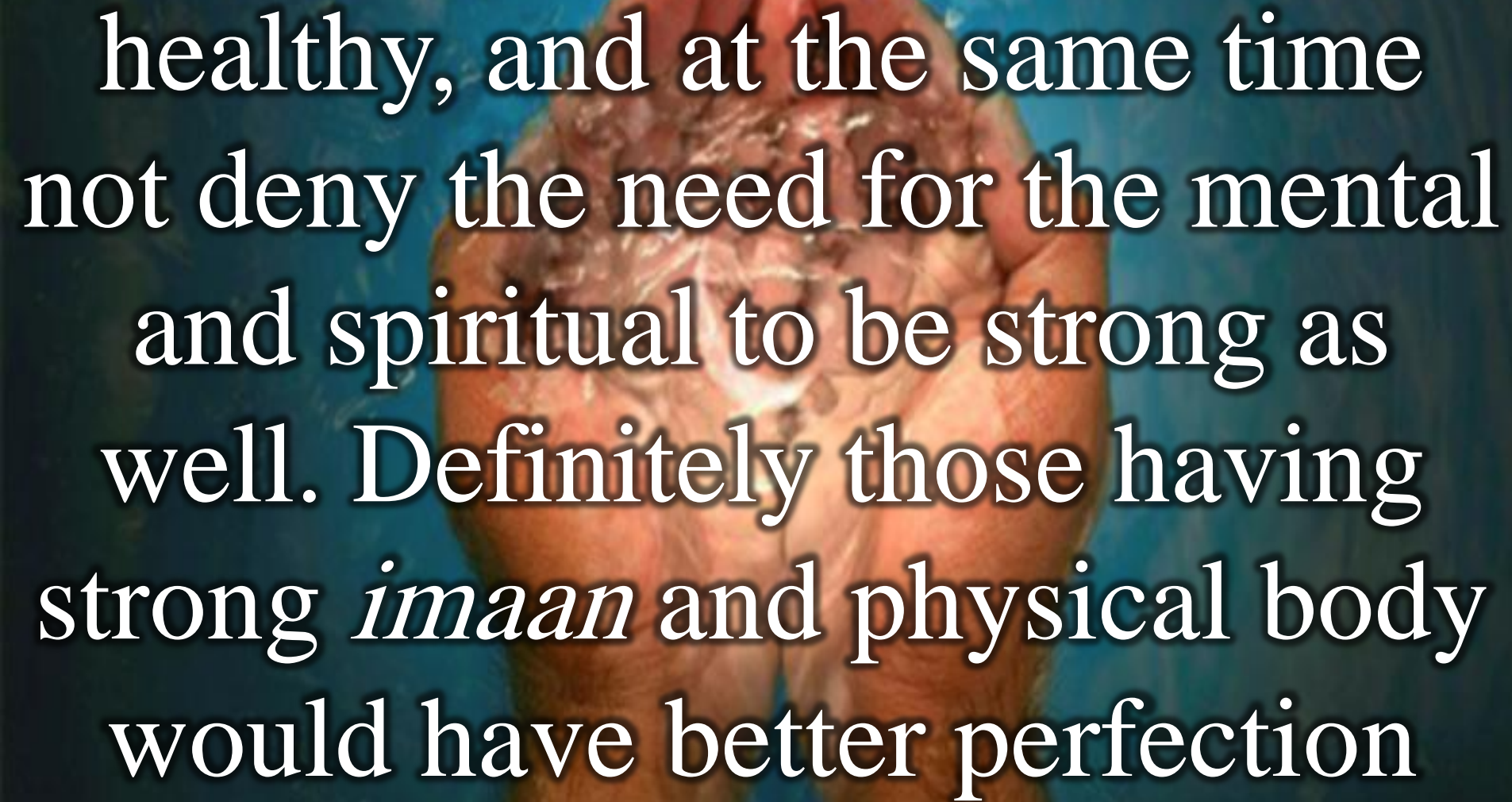
A pair of hands is shown clasped in a prayerful gesture, with fingers interlaced and palms facing each other. The hands are positioned centrally against a dark blue, textured background. The lighting is soft, highlighting the skin tones and the texture of the hands. The overall mood is one of devotion and contemplation.

Wata'aala as compared to the *mu'min* that are weak physically, mentally, or spiritually. This shows that Islam emphasize on the health condition of its *ummah*, for the healthy body

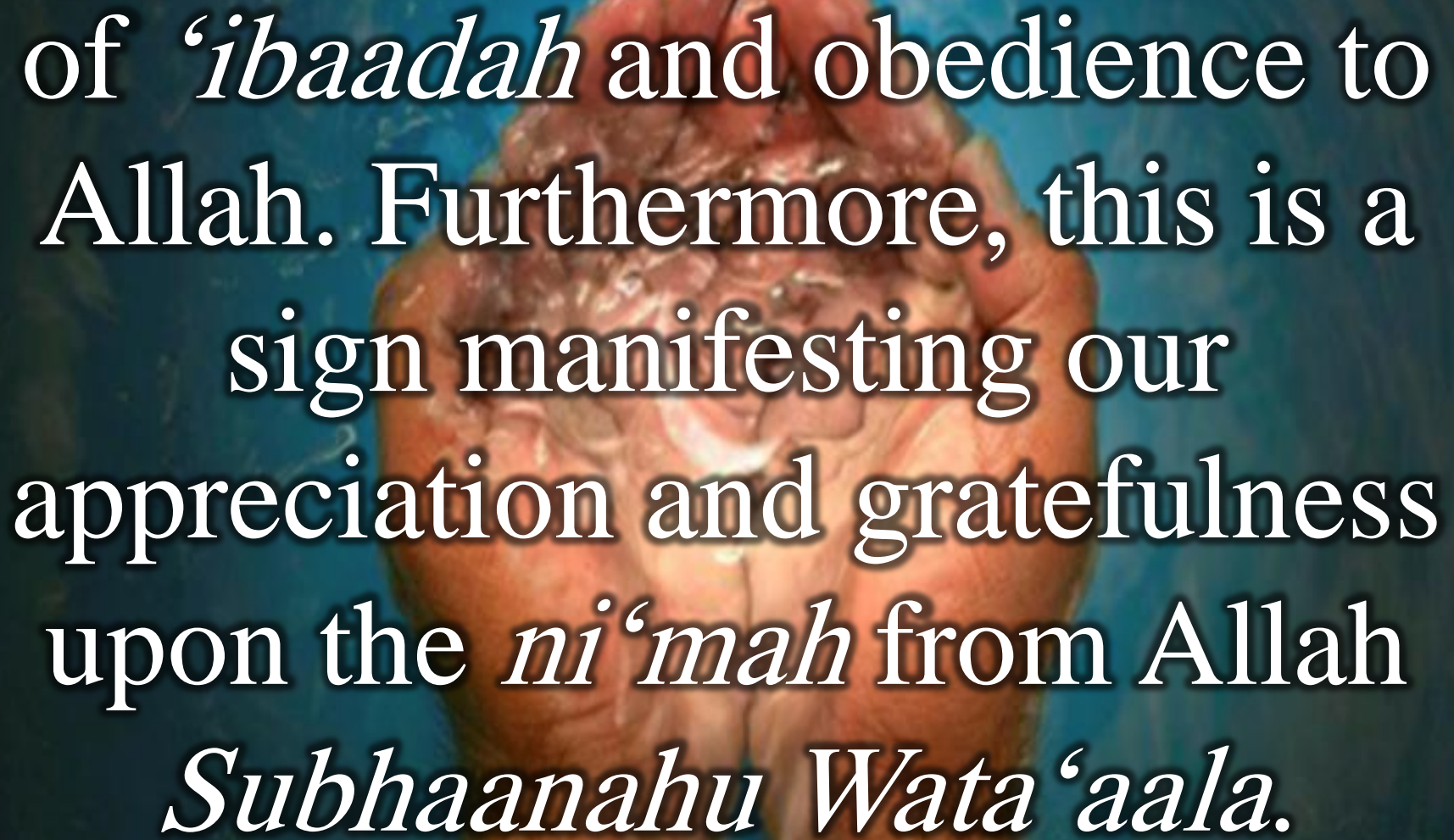
A pair of hands is shown clasped together in a prayerful gesture, with the fingers pointing upwards. The hands are positioned in the center of the frame, set against a dark blue background that has a subtle, starry pattern, reminiscent of a night sky or a celestial theme. The lighting is soft, highlighting the texture of the skin and the veins on the hands.

not only allows us to perform various *'ibaadah* (general or specific) but also contributes to increase in productivity.

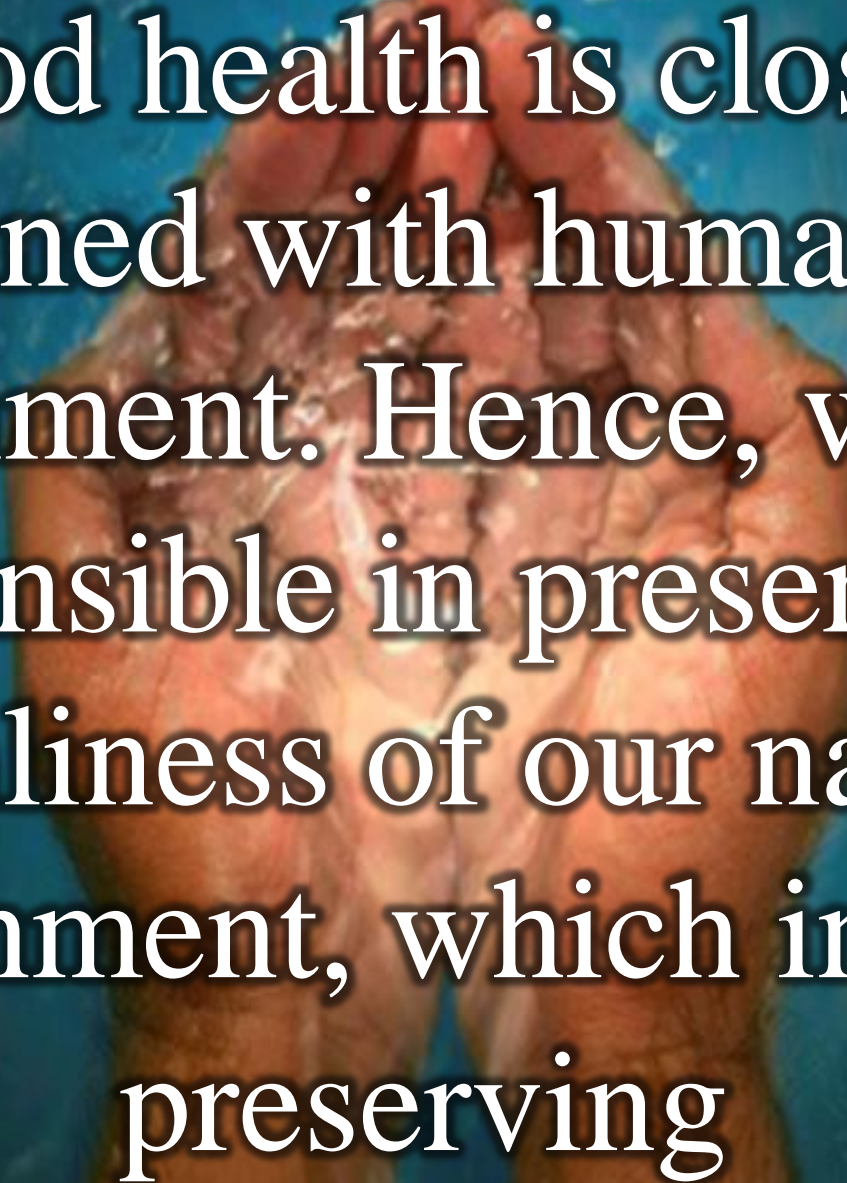
Therefore, the Muslim must ensure that his or her body is strong and



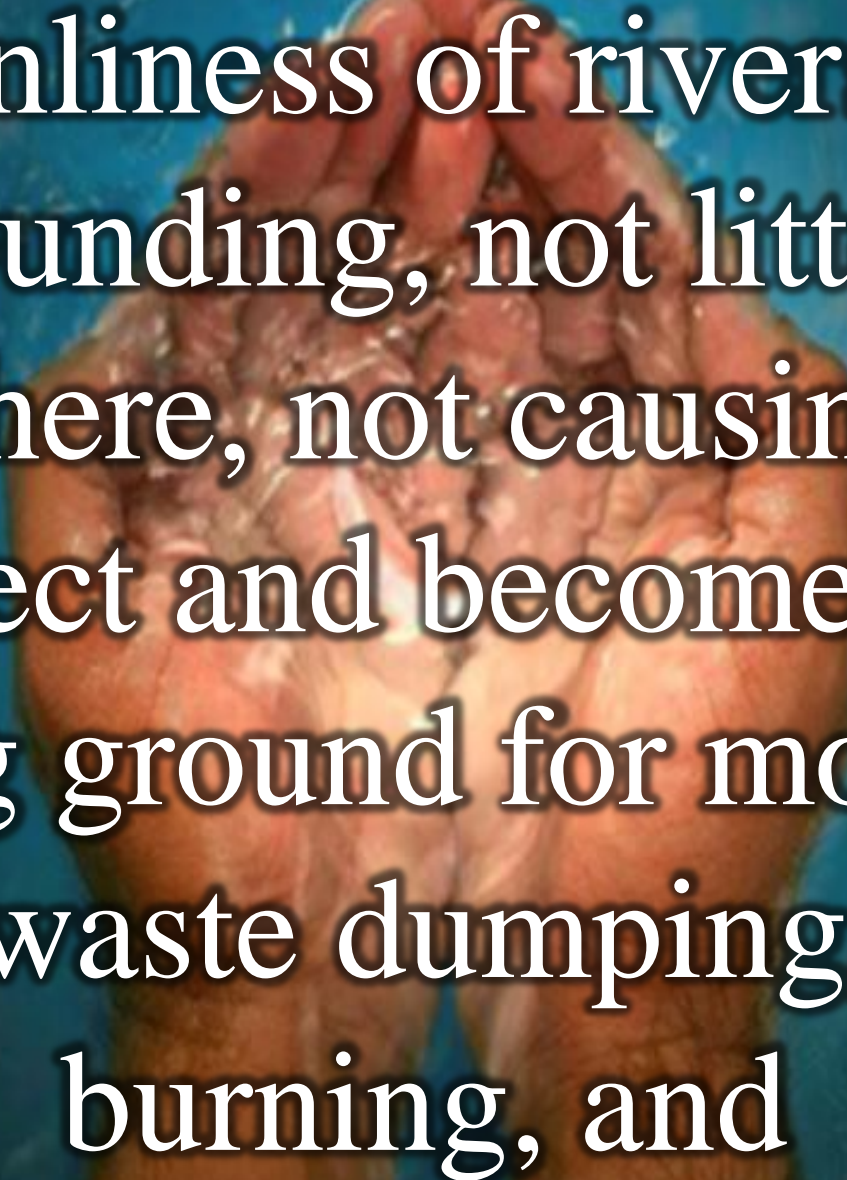
healthy, and at the same time not deny the need for the mental and spiritual to be strong as well. Definitely those having strong *imaan* and physical body would have better perfection



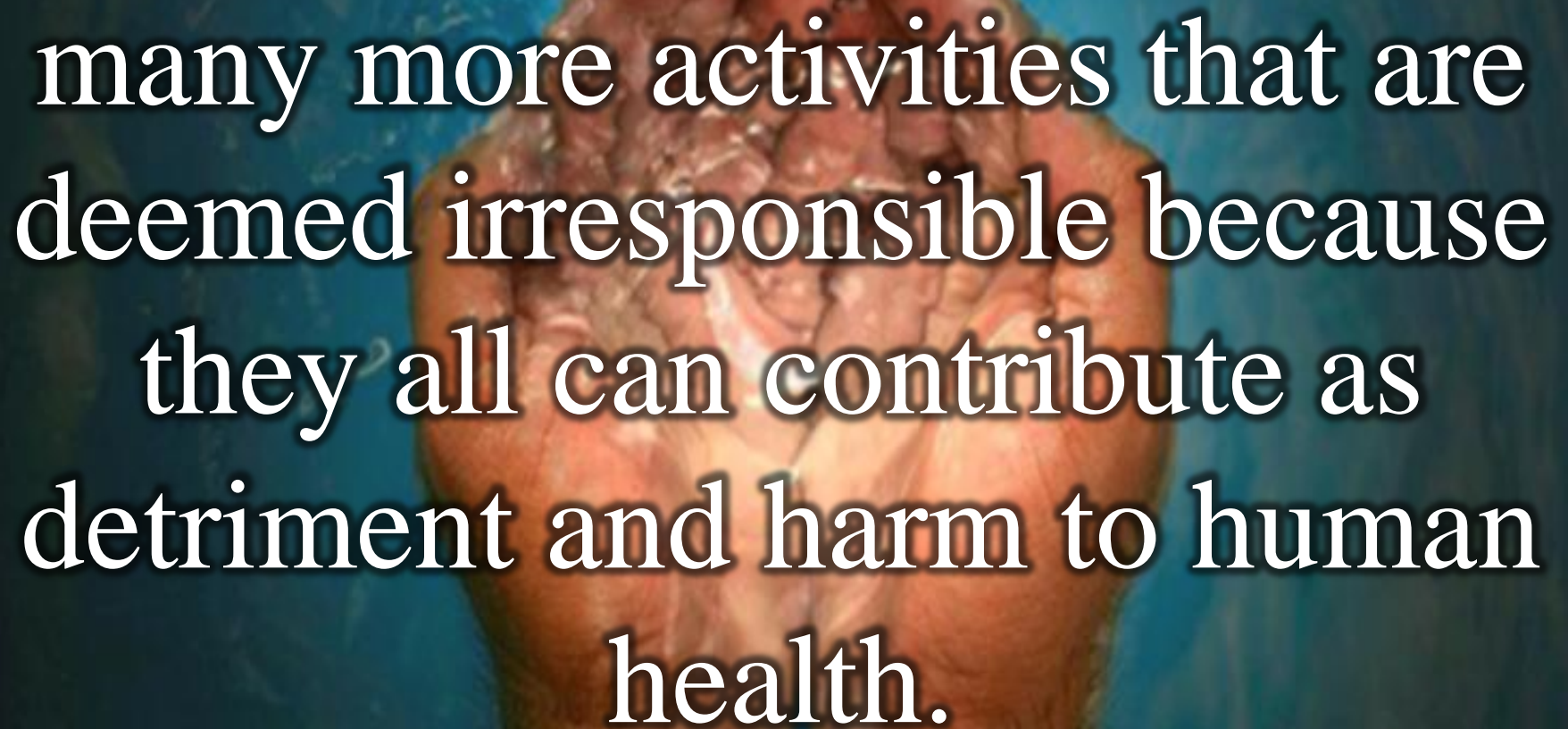
of *'ibaadah* and obedience to Allah. Furthermore, this is a sign manifesting our appreciation and gratefulness upon the *ni'mah* from Allah *Subhaanahu Wata'aala*.

A pair of hands is shown clasped together in a prayer-like gesture, with fingers interlaced. The hands are positioned centrally in the background, set against a dark blue, textured background that resembles water or a sky. The lighting is soft, highlighting the skin tones and the texture of the hands. The overall mood is one of care, responsibility, and connection to nature.

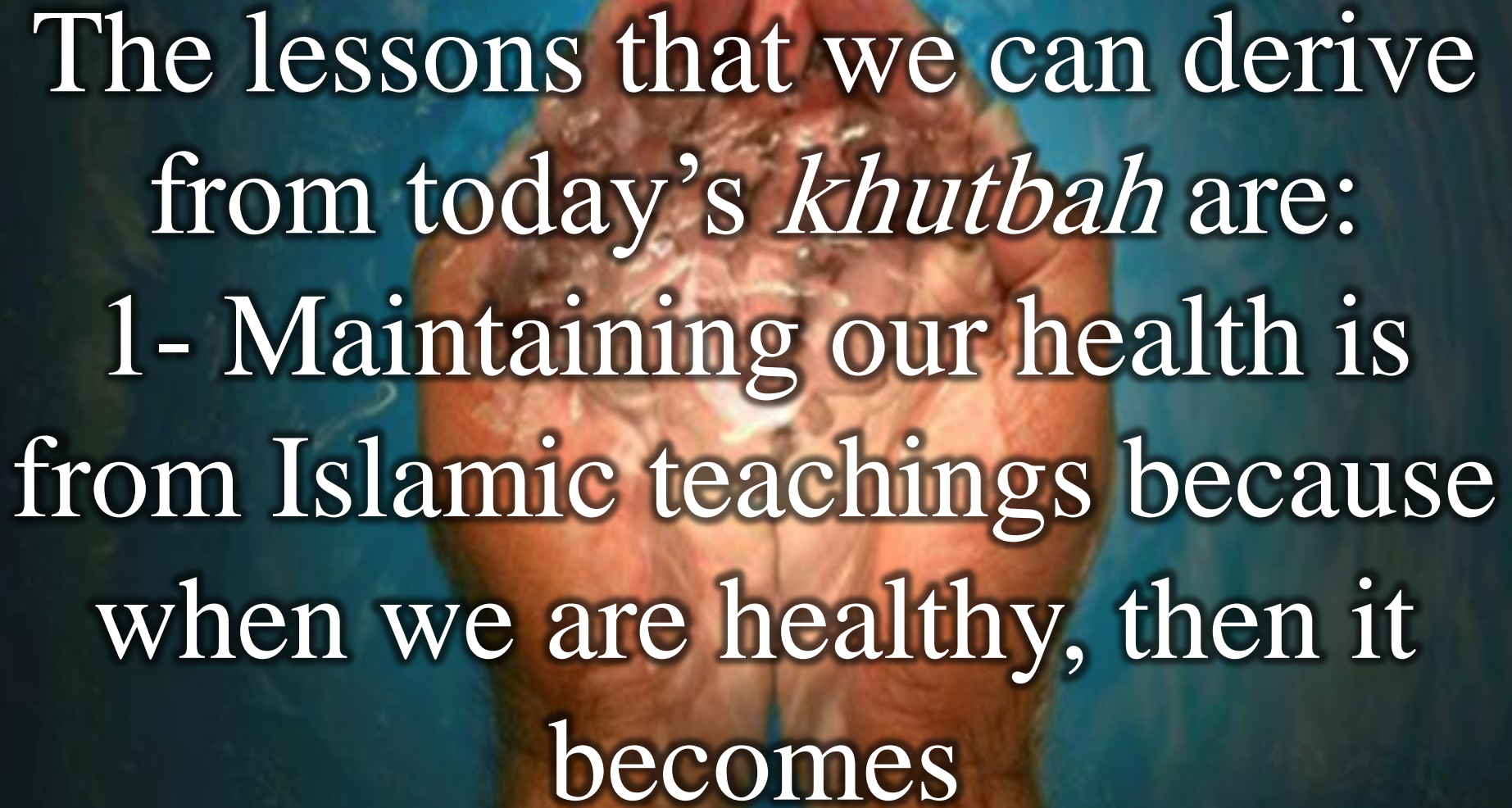
Good health is closely intertwined with human living environment. Hence, we must be responsible in preserving the cleanliness of our natural environment, which includes preserving

A pair of hands, one above the other, are cupped together, holding a small amount of water. The hands are positioned centrally, with the fingers pointing upwards. The background is a dark blue gradient with a subtle, shimmering texture, suggesting water or a clean environment. The text is overlaid on the image, centered and written in a white, serif font with a slight shadow effect.

the cleanliness of rivers and its
surrounding, not littering
everywhere, not causing water
to collect and become fertile
breeding ground for mosquitos,
toxic waste dumping, open
burning, and

A pair of hands is shown clasped together in a prayerful gesture, with fingers interlaced. The hands are positioned centrally against a dark blue background. Numerous small, white, particle-like elements are falling from the top of the frame, creating a sense of motion and atmosphere. The lighting is soft, highlighting the texture of the skin.

many more activities that are
deemed irresponsible because
they all can contribute as
detriment and harm to human
health.

A pair of hands is shown clasped together in a prayerful gesture, with the palms facing each other. The hands are positioned in the center of the frame, with the fingers pointing upwards. The background is a solid, deep blue color. The text is overlaid on the image in a white, serif font with a subtle drop shadow.

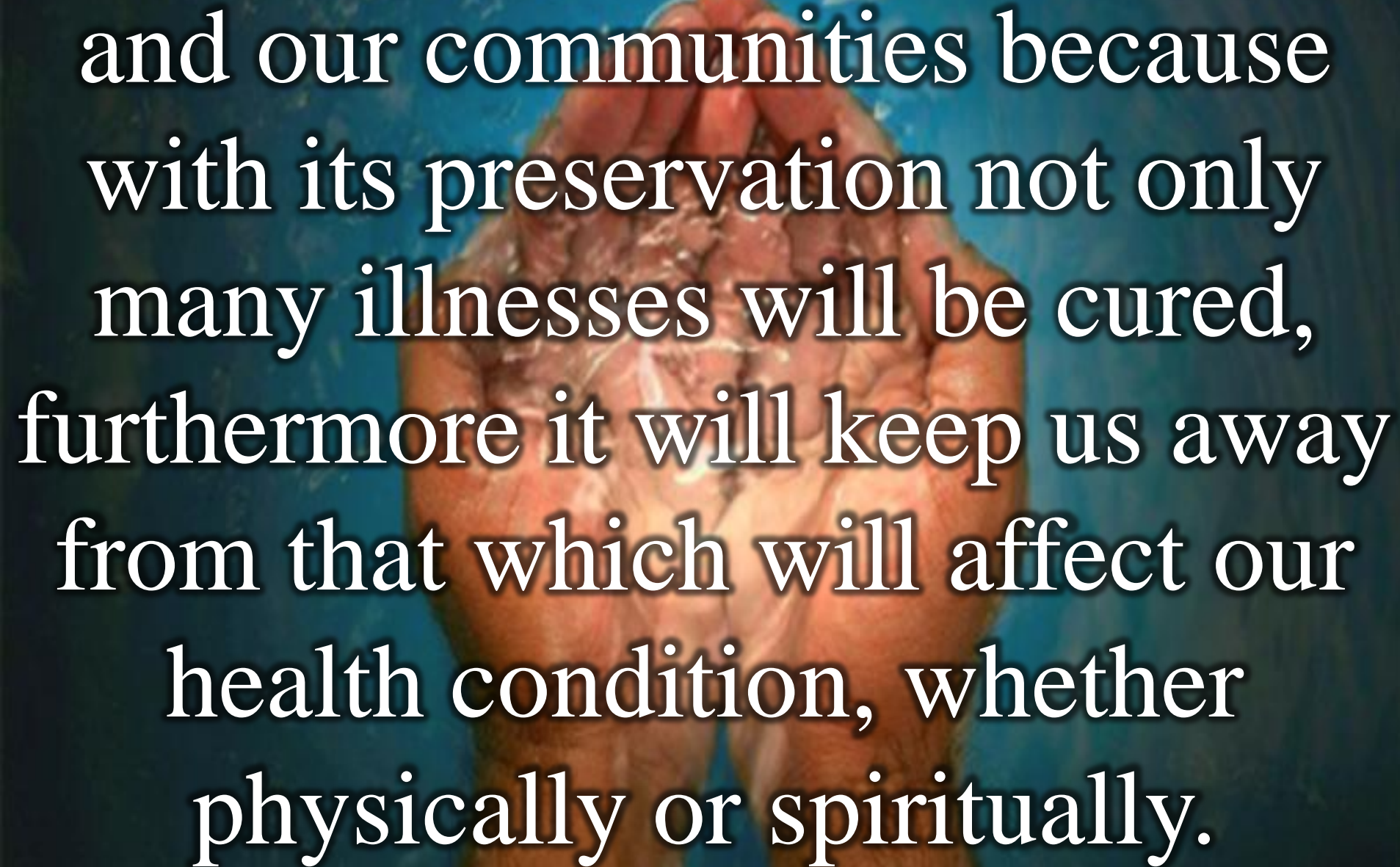
The lessons that we can derive
from today's *khutbah* are:
1- Maintaining our health is
from Islamic teachings because
when we are healthy, then it
becomes



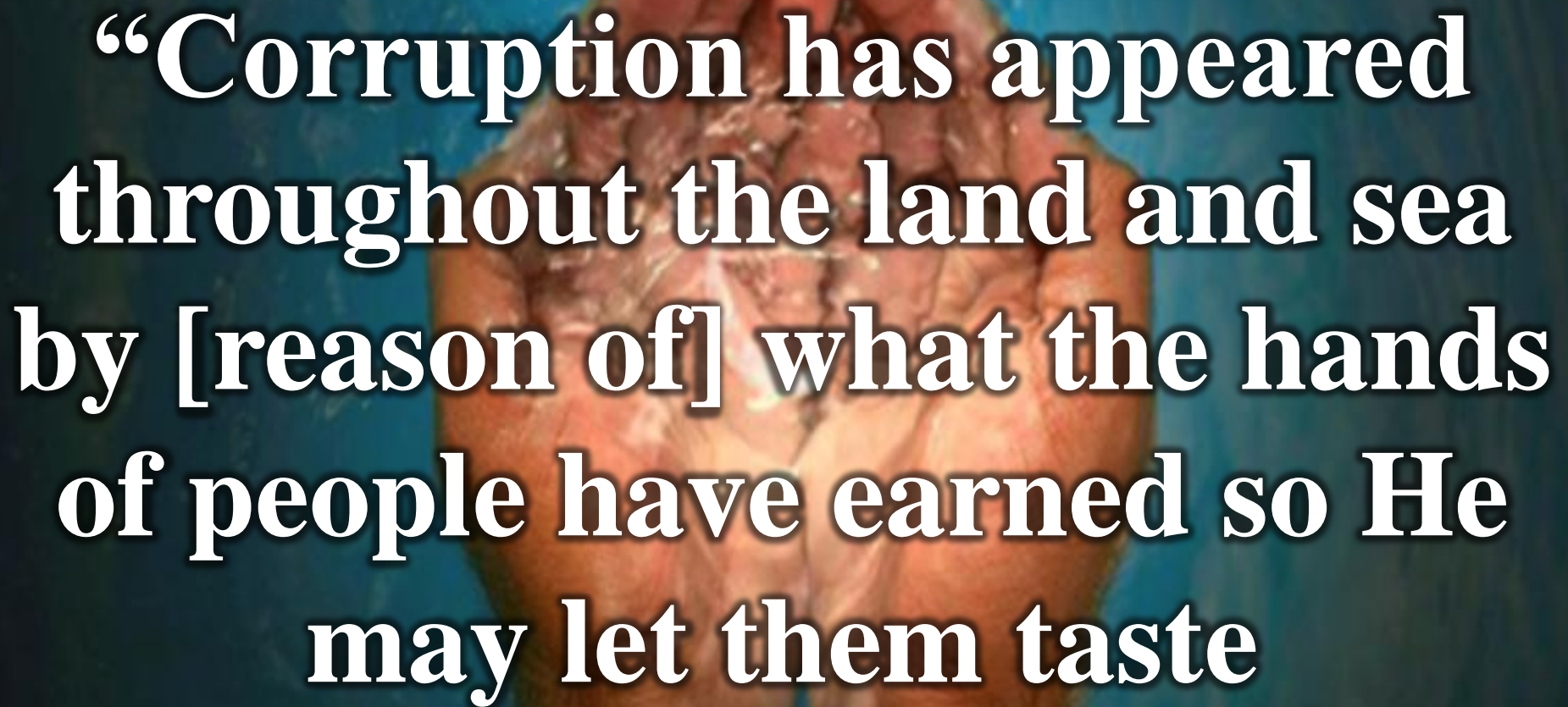
easier to fulfill the daily obligations and *'ibaadah*.

2- Preventing a sickness is way better than curing it

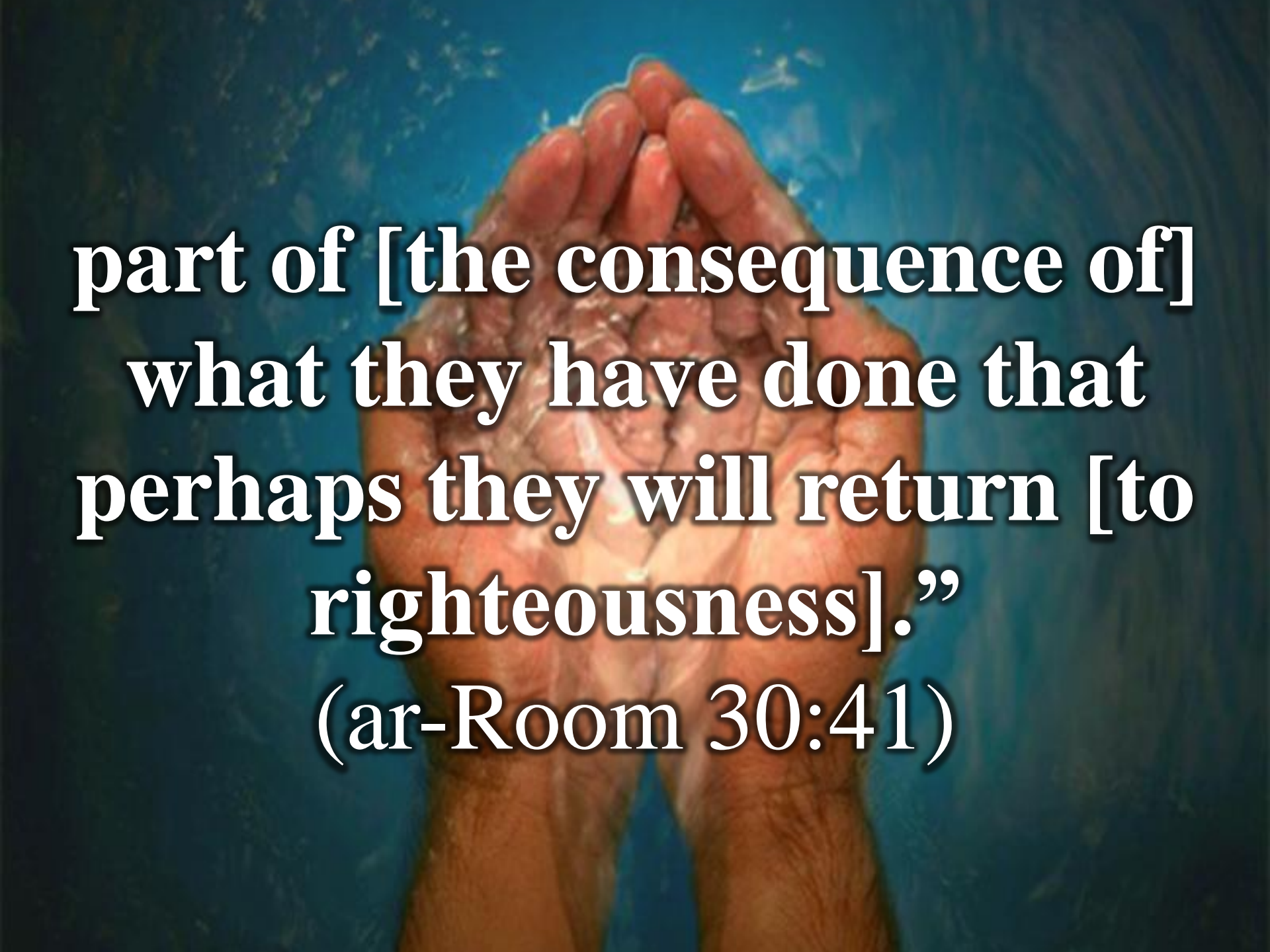
It is an obligation for us Muslim *ummah* to preserve our own health, our families,



and our communities because
with its preservation not only
many illnesses will be cured,
furthermore it will keep us away
from that which will affect our
health condition, whether
physically or spiritually.



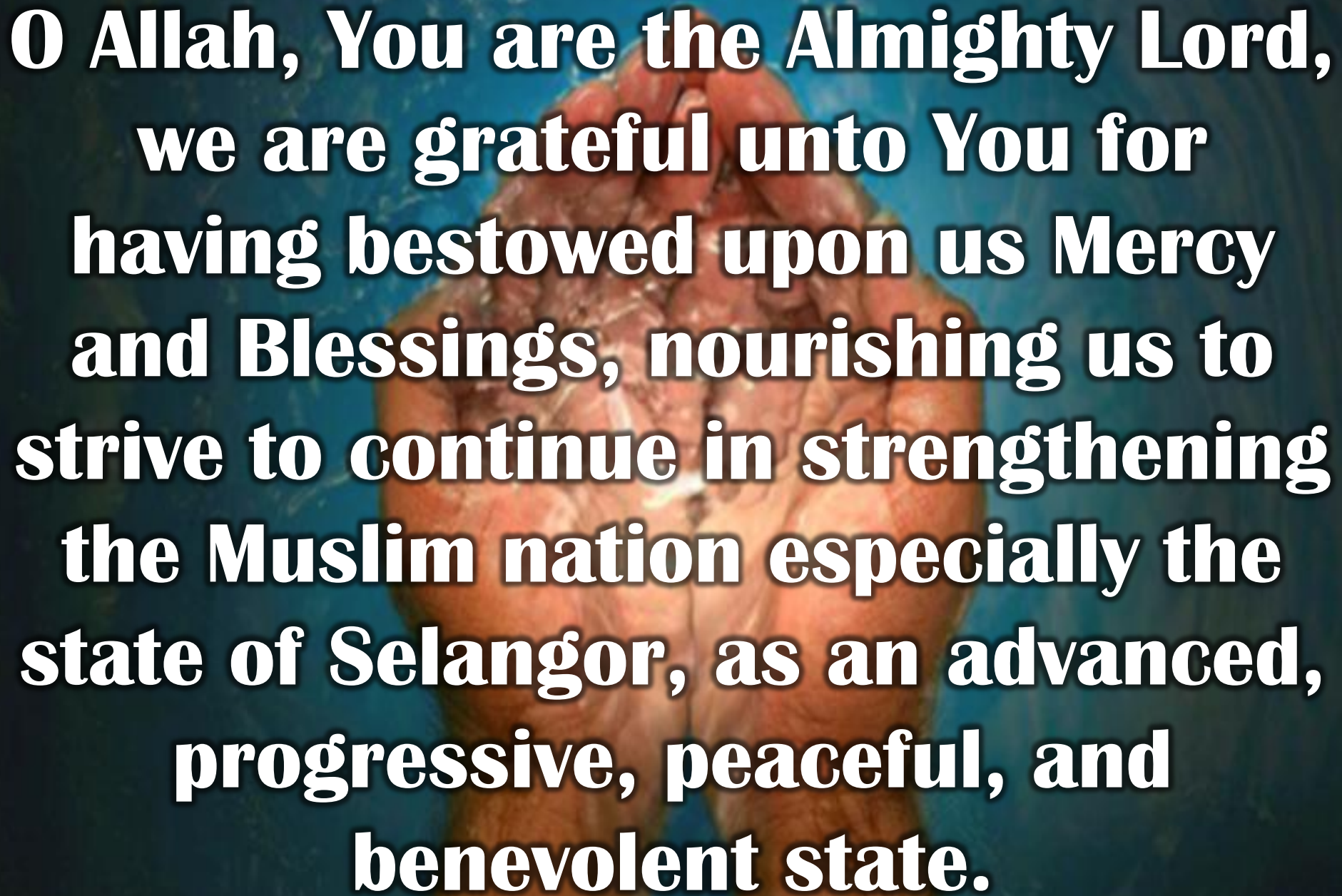
**“Corruption has appeared
throughout the land and sea
by [reason of] what the hands
of people have earned so He
may let them taste**

A pair of hands is shown clasped together in a prayerful gesture, with fingers interlaced. The hands are positioned centrally against a dark blue, textured background. The lighting is soft, highlighting the skin tones and the texture of the hands. The overall mood is one of solemnity and devotion.

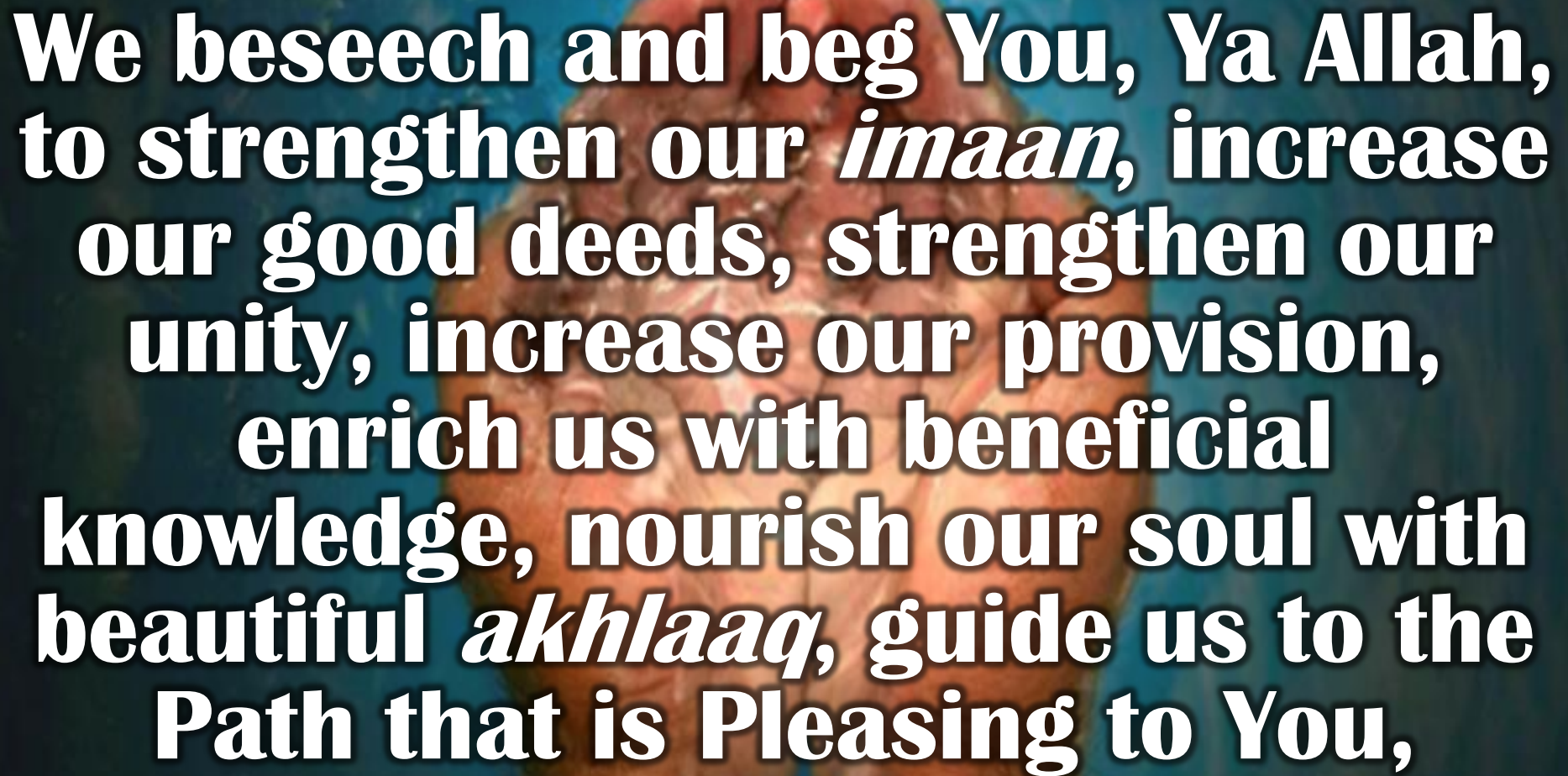
**part of [the consequence of]
what they have done that
perhaps they will return [to
righteousness].”**

(ar-Room 30:41)

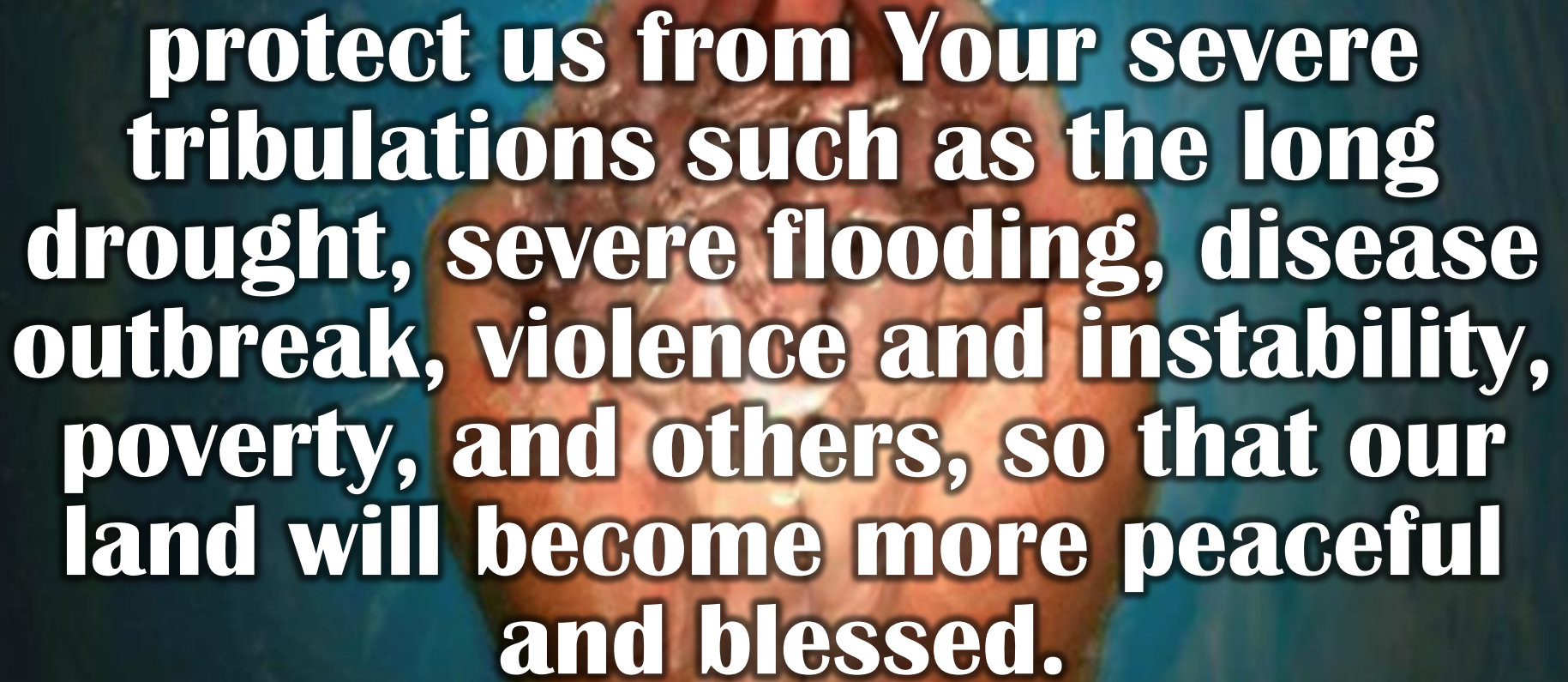
بَارَكَ اللهُ لِي وَلَكُمْ فِي الْقُرْآنِ الْعَظِيمِ وَنَفَعَنِي
وَإِيَّاكُمْ بِمَا فِيهِ مِنَ الْآيَاتِ وَالذِّكْرِ الْحَكِيمِ وَتَقَبَّلْ
مِنِّي وَمِنْكُمْ تِلَاوَتَهُ إِنَّهُ هُوَ السَّمِيعُ الْعَلِيمُ. أَقُولُ
قَوْلِي هَذَا وَأَسْتَغْفِرُ اللهَ الْعَظِيمَ لِي وَلَكُمْ وَلِسَائِرِ
الْمُسْلِمِينَ وَالْمُسْلِمَاتِ وَالْمُؤْمِنِينَ وَالْمُؤْمِنَاتِ
الْأَحْيَاءِ مِنْهُمْ وَالْأَمْوَاتِ فَاسْتَغْفِرُوهُ
. إِنَّهُ هُوَ الْغَفُورُ الرَّحِيمُ



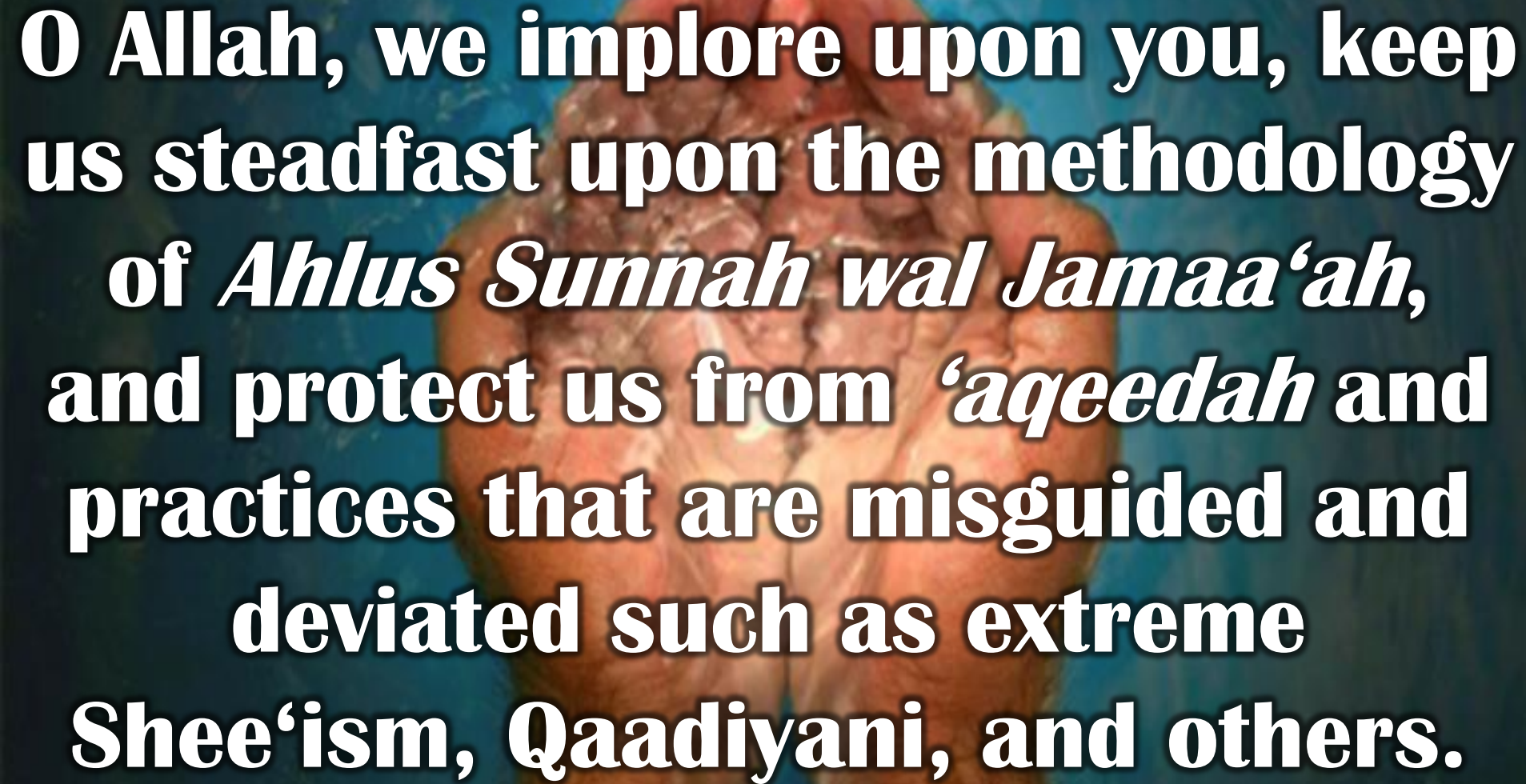
**O Allah, You are the Almighty Lord,
we are grateful unto You for
having bestowed upon us Mercy
and Blessings, nourishing us to
strive to continue in strengthening
the Muslim nation especially the
state of Selangor, as an advanced,
progressive, peaceful, and
benevolent state.**

A pair of hands is shown clasped together in a prayerful gesture, with fingers interlaced. The hands are positioned centrally against a dark blue background that is speckled with white, resembling a starry night sky. The lighting is soft, highlighting the texture of the skin and the veins on the hands.

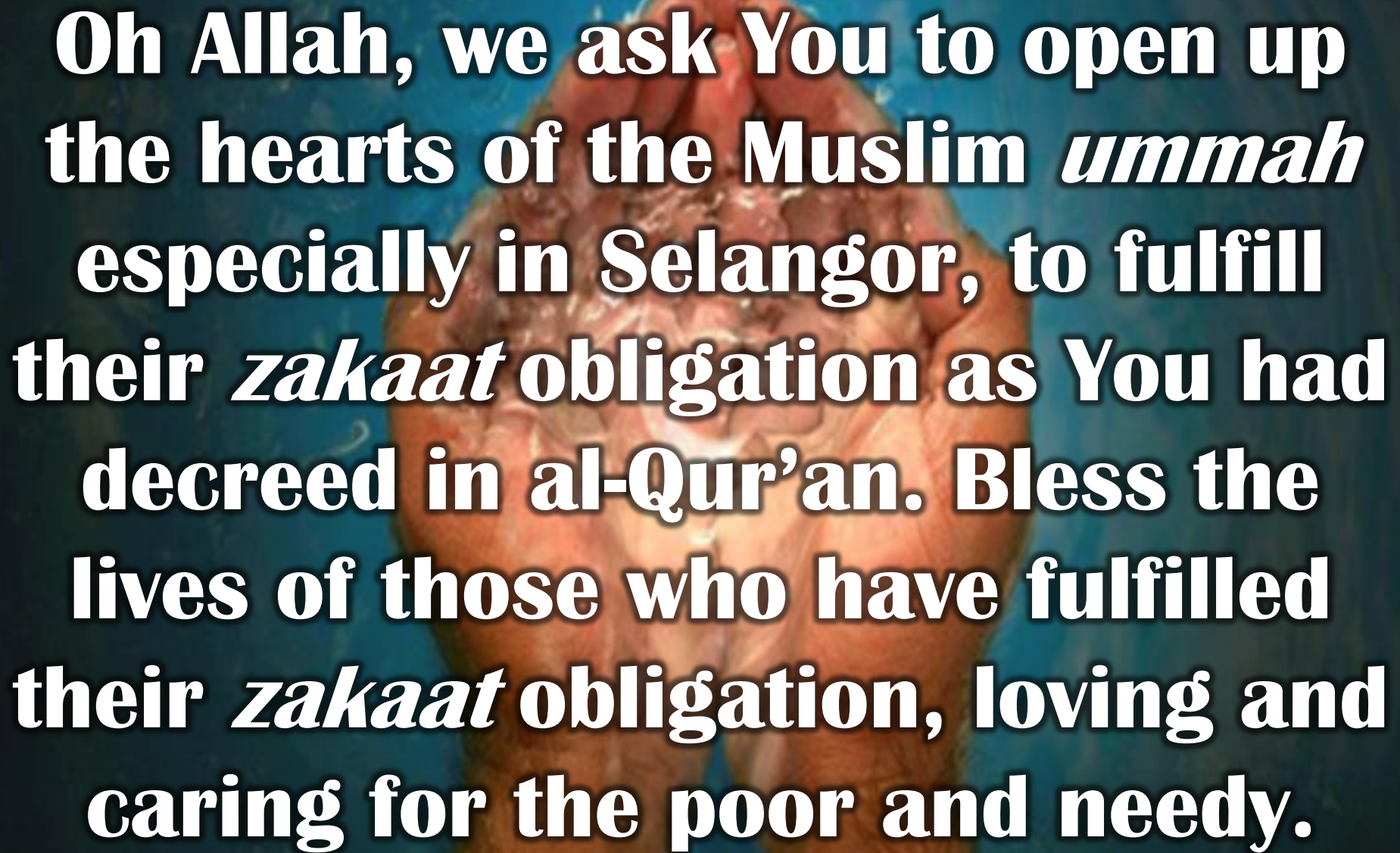
**We beseech and beg You, Ya Allah,
to strengthen our *imaan*, increase
our good deeds, strengthen our
unity, increase our provision,
enrich us with beneficial
knowledge, nourish our soul with
beautiful *akhlaaq*, guide us to the
Path that is Pleasing to You,**

A pair of hands is shown clasped together in a prayerful gesture, with fingers interlaced. The hands are positioned centrally against a dark blue, textured background. The lighting is soft, highlighting the skin tones and the texture of the hands. The overall mood is one of solemnity and devotion.

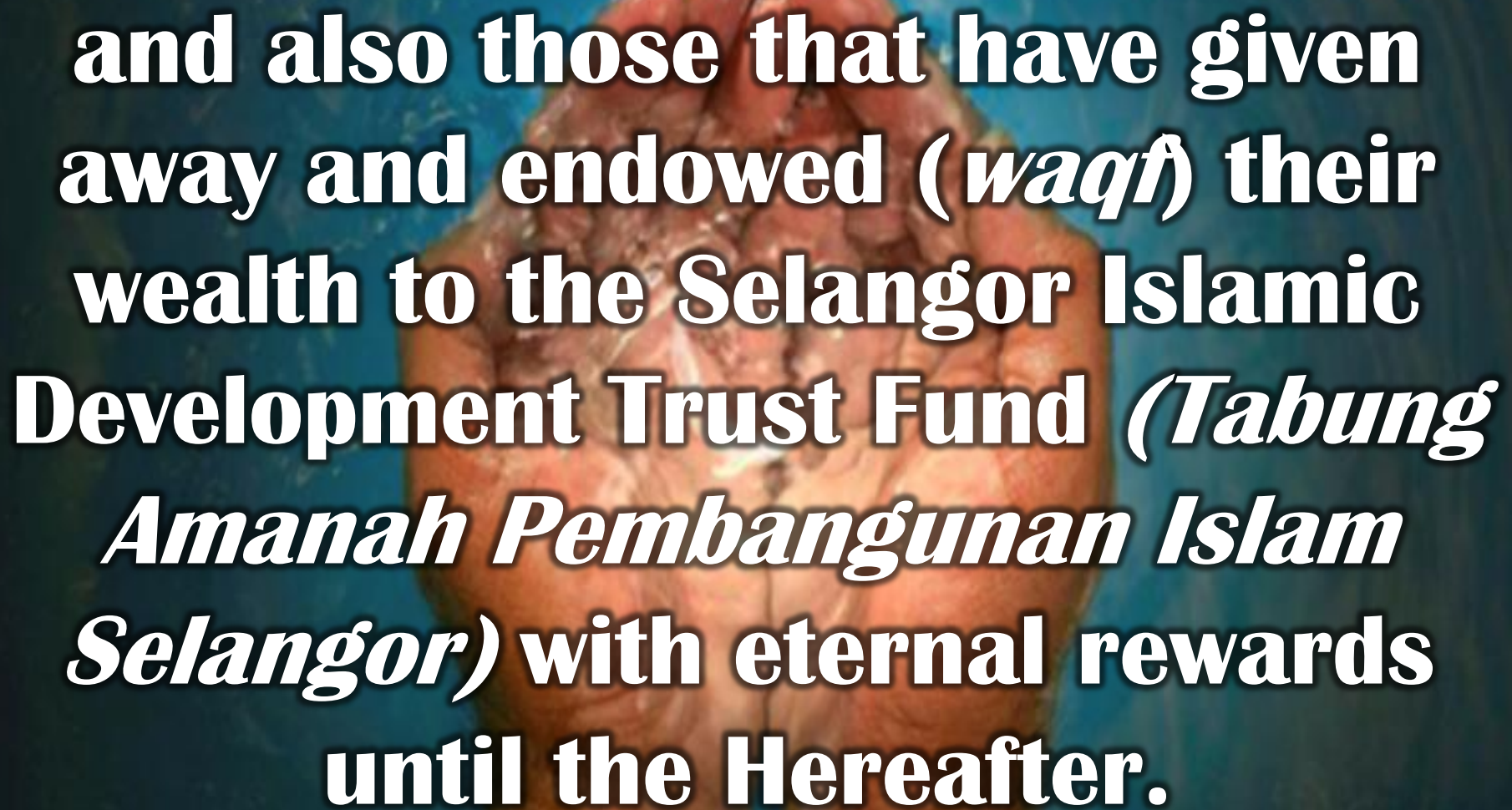
protect us from Your severe tribulations such as the long drought, severe flooding, disease outbreak, violence and instability, poverty, and others, so that our land will become more peaceful and blessed.

A pair of hands is shown clasped in a prayerful gesture, with fingers interlaced and palms facing each other. The hands are positioned centrally against a dark blue background that is speckled with white, resembling a starry night sky. The lighting is soft, highlighting the texture of the skin and the veins on the hands.

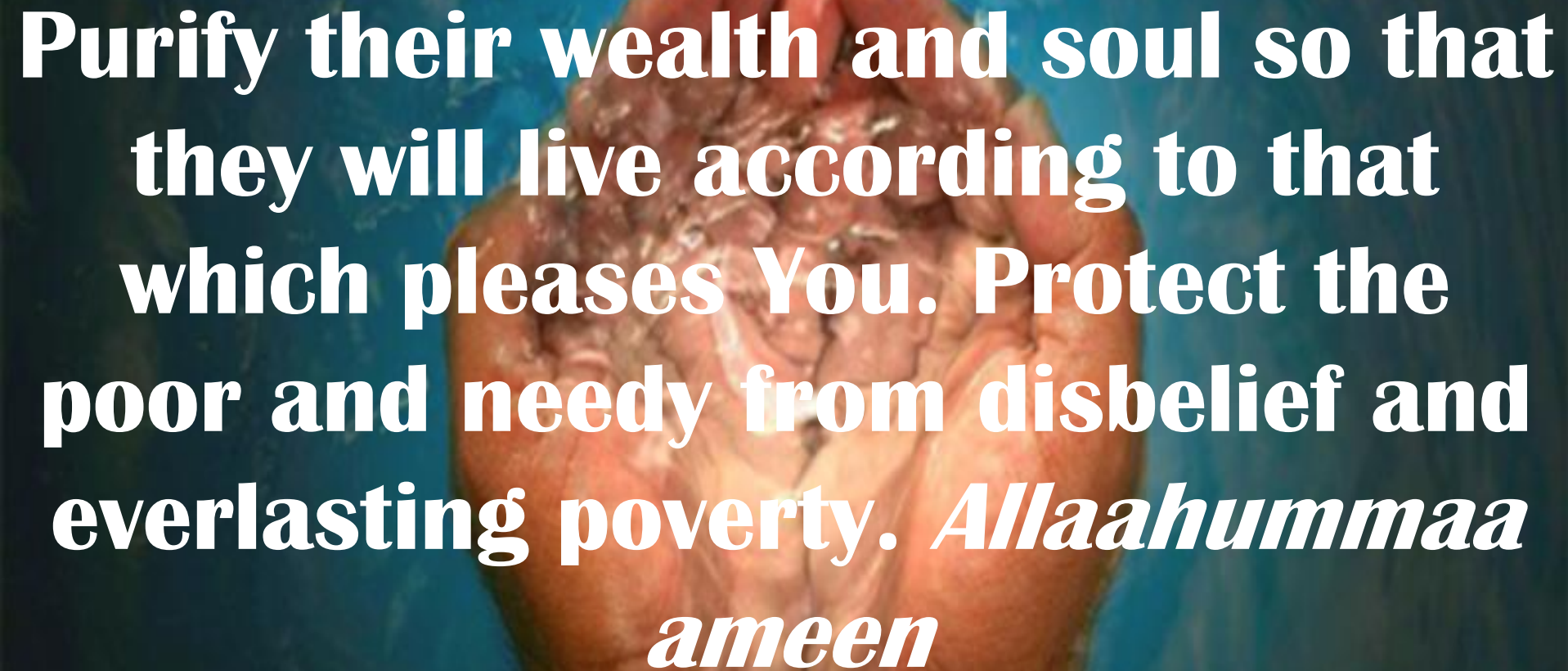
O Allah, we implore upon you, keep us steadfast upon the methodology of *Ahlus Sunnah wal Jamaa'ah*, and protect us from *'aqeedah* and practices that are misguided and deviated such as extreme Shee'ism, Qaadiyani, and others.

A pair of hands is shown in a prayerful gesture, with fingers interlaced and palms facing each other. The hands are positioned centrally against a dark blue background that is speckled with white, resembling a starry night sky. The lighting is soft, highlighting the texture of the skin and the veins on the hands.

**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.**



**and also those that have given
away and endowed (*waqf*) their
wealth to the Selangor Islamic
Development Trust Fund (*Tabung
Amanah Pembangunan Islam
Selangor*) with eternal rewards
until the Hereafter.**

A pair of hands is shown clasped in a prayerful gesture, with fingers interlaced and palms facing each other. The hands are positioned centrally against a dark blue, textured background. The lighting highlights the skin tones and the texture of the hands. The text is overlaid on the image in a bold, white, sans-serif font.

**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***



جَاهِدُوا فِي سَبِيلِ اللَّهِ لَعَلَّكُمْ تُفْلِحُونَ

JABATAN AGAMA ISLAM SELANGOR

DI SEDIAKAN OLEH :

BAHAGIAN KHUTBAH,

JABATAN AGAMA ISLAM SELANGOR

ILLUSTRASI OLEH :

UNIT TEKNOLOGI MAKLUMAT,

JABATAN AGAMA ISLAM SELANGOR