The Blessing of Good Health and Free Time

Standard version · Jummah Khutbah Reader

First Khutbah — Arabic Opening

Innal hamda lillah, nahmaduhu wa nasta‘eenuhu wa nastaghfiruhu, wa na‘oodhu billahi min shuroori anfusina wa min sayyi’aati a‘maalina. ▶ **Audio**

Man yah-dihi-llahu falaa mudilla lah, wa man yud-lil falaa haadiya lah. ▶ **Audio**

Wa ash-hadu an laa ilaaha illallahu wahdahu laa shareeka lah, wa ash-hadu anna Muhammadan ‘abduhu wa rasooluh. ▶ **Audio**

Yaa ay-yuhal-ladheena aamanut-taqul-laha haqqa tu-qaa-tihi wa laa tamootunna illaa wa antum muslimoon. ▶ **Audio**

Yaa ayyuhan-naasu-ttaqu rabbakumul-ladhee khalaqakum min nafsin waahidah, ▶ **Audio**

wa khalaqa minhaa zawjahaa, wa baththa minhumaa rijaalan katheeran wa nisaa’aa. ▶ **Audio**

Wattaqullahal-ladhee tasaa’aloona bihi wal-arhaam. Innallaha kaana ‘alaykum raqeebaa. ▶ **Audio**

Yaa ayyuhalladheena aamanu-ttaqullaha wa qooloo qawlan sadeedaa. ▶ **Audio**

Yuslih lakum a‘maalakum wa yaghfir lakum dhunoobakum. ▶ **Audio**

Wa man yuti‘illaha wa rasoolahu faqad faaza fawzan ‘azeemaa. ▶ **Audio**

Ammaa ba‘d. ▶ **Audio**

Fa inna asdaqal hadeethi kitaabullah, ▶ **Audio**

wa khayral hadyi hadyu Muhammadin sallallahu ‘alayhi wa sallam, ▶ **Audio**

wa sharral umoori muh-dathaa-tuhaa, wa kulla muh-dathatin bid‘ah, wa kulla bid‘atin dalaalah, wa kulla dalaalatin fin-naar. ▶ **Audio**

First Khutbah — English

My dear brothers in Islam,

I advise myself first, and then all of you, to have taqwa of Allah.

Fear Allah, be aware of Allah, and remember that one day we will stand before Him and answer for how we used the blessings He gave us.

Today's khutbah is about two blessings that almost every one of us has taken for granted at some point in our lives.

Two blessings that we often fail to appreciate until we begin losing them.

Good health and free time.

My dear brothers in Islam,

Every morning, many of us wake up, get out of bed and begin our day without giving much thought to the blessings Allah has given us.

We can see.

We can hear.

We can walk.

We can eat and drink.

We can speak to our families and go about our daily activities.

And because these things have become so normal to us, we sometimes forget how valuable they really are.

But imagine waking up tomorrow and discovering that you can no longer walk without help.

Imagine suddenly losing your eyesight.

Or imagine being told by a doctor that you have a serious illness.

How quickly would our priorities change?

Things that seemed so important yesterday would suddenly become unimportant.

And the health we barely thought about would become something we desperately wanted back.

My dear brothers in Islam,

We should not have to lose our health before we learn to appreciate it.

The Prophet Muhammad, Sallahu Alayhi wa Salam, gave us a very important warning about this.

In Sahih al-Bukhari, (Hadith 6412), the Prophet, Sallahu Alayhi wa Salam, said:

"There are two blessings that many people are deceived into losing: health and free time."

Think carefully about these words.

The Prophet, Sallahu Alayhi wa Salam, did not mention wealth.

He did not mention expensive possessions.

He mentioned health and free time.

Two blessings that many people have, yet fail to use properly.

My dear brothers in Islam,

When we are healthy, we often assume that we will remain healthy.

We tell ourselves that we will become more serious about our worship when we are older.

We will begin attending the masjid regularly when we retire.

We will read more Quran when we have fewer responsibilities.

And we will give more charity when we have more money.

But who has promised us that we will reach old age?

Who has promised us that we will remain healthy?

And who has promised us that we will have more free time in the future?

My dear brothers in Islam,

The opportunity we have today may not be available to us tomorrow.

A person may spend years planning what he will do when he retires.

He imagines travelling, spending more time with his family and becoming more involved in his religion.

But when retirement finally arrives, his health may no longer allow him to do the things he had planned.

Another person may work so hard to accumulate wealth that he neglects his health and family.

And when he finally has enough money, he discovers that he no longer has the strength to enjoy it.

My dear brothers in Islam,

There is nothing wrong with working hard or planning for our future.

We have responsibilities.

We need to provide for our families.

And Islam encourages us to fulfil those responsibilities.

But we must never become so focused on preparing for tomorrow that we waste the blessings Allah has given us today.

My dear brothers in Islam,

Let us think about our health for a moment.

When we are healthy, we can stand in salah.

We can walk to the masjid.

We can fast Ramadan without serious difficulty.

We can help our parents.

We can work to support our families.

And we can assist people who need our help.

But when sickness arrives, some of these things may become difficult.

A person who once stood comfortably during salah may need to pray while sitting.

Someone who regularly attended the masjid may become unable to leave his home.

And someone who worked hard every day may suddenly become dependent upon others.

My dear brothers in Islam,

This does not mean that a person who becomes sick has lost his value.

Nor does it mean that someone living with a disability is less beloved to Allah.

Allah knows each person's circumstances, and Islam provides allowances for people who cannot perform certain acts of worship in the usual way.

But these realities should remind those of us who have good health to appreciate it.

If Allah has given us strength today, let us use that strength to do good.

My dear brothers in Islam,

Now let us think about the second blessing mentioned in the hadith.

Free time.

How much free time do we waste without even realising it?

We spend time scrolling through our phones.

Watching videos.

Following arguments on social media.

Or moving from one form of entertainment to another.

We tell ourselves that we are only going to spend a few minutes.

But sometimes, those few minutes become an hour.

And that hour becomes an entire evening.

My dear brothers in Islam,

There is nothing wrong with halal recreation.

We need rest.

We need time with our families.

And we need opportunities to relax after fulfilling our responsibilities.

Islam does not require us to spend every waking moment working or performing voluntary acts of worship.

But there is a difference between enjoying reasonable rest and allowing our time to disappear without any real benefit.

Time is one of the few things in life that we can never recover once it has passed.

If we lose money, we may earn it again.

If something breaks, we may replace it.

But yesterday will never return.

An hour that has passed is gone forever.

And every day that passes brings us closer to the end of our lives.

My dear brothers in Islam,

Allah reminds us of the importance of time in Surah Al-Asr, (verses 1–3).

Allah swears by the passage of time and warns that mankind is in loss, except those who have faith, do good deeds and encourage one another towards truth and patience.

Think about this reminder.

Allah is drawing our attention to time itself.

And He is reminding us that success is not simply about how long we live.

It is about how we use the life He has given us.

A person may live for many years but waste much of that time.

Another person may live a shorter life but fill it with sincere worship, kindness and beneficial deeds.

The value of our lives is not measured only by the number of years we live, but also by what we do with those years.

My dear brothers in Islam,

Sometimes we say that we do not have enough time for Islam.

We are too busy to read the Quran.

Too busy to attend the masjid.

Too busy to seek Islamic knowledge.

And sometimes, even too busy to perform our salah on time.

But if we examine our daily routines, we may discover that we have more time than we realise.

Perhaps we spend thirty minutes watching unnecessary videos.

Perhaps we spend an hour scrolling through social media.

Or perhaps we regularly waste an entire evening doing things that bring us little benefit.

My dear brothers in Islam,

Imagine if we used even a small portion of that time differently.

Ten minutes reading the Quran.

A few minutes remembering Allah.

A short visit to our elderly parents.

Or some time teaching our children something beneficial about Islam.

These may seem like small actions.

But when performed regularly and sincerely, they can make a great difference in our lives.

My dear brothers in Islam,

We should also remember that looking after our health is itself an important responsibility.

Our bodies are a trust from Allah.

We should make reasonable efforts to care for them.

Eat sensibly.

Exercise according to our abilities.

Get enough rest.

And avoid harmful habits.

We should not deliberately damage our health and then expect our bodies to continue functioning without consequences.

And when we become sick, we should seek appropriate medical care.

Taking care of our health helps us fulfil our responsibilities towards Allah, our families and ourselves.

My dear brothers in Islam,

There is another important lesson in all of this.

Our families need some of the time and health Allah has given us.

Sometimes, a father spends so much time working that he rarely sees his children.

When he returns home, he is tired.

He sits down with his phone.

And before long, the evening is over.

His children may have wanted to speak to him.

His wife may have wanted to spend some time together.

Or his elderly parents may have been hoping for a phone call.

But he tells himself that he will make more time for them later.

My dear brothers in Islam,

Our responsibilities to our families are important.

Providing money is one responsibility.

But giving our families attention, kindness and guidance is also important.

A child will not remain young forever.

Our parents will not always be with us.

And the opportunities we have to spend time together may one day disappear.

Do not become so busy earning a living that you forget to spend time with the people you are living for.

My dear brothers in Islam,

The Prophet Muhammad, Sallahu Alayhi wa Salam, gave another important reminder in Sahih al-Bukhari, (Hadith 6416).

He advised us to live in this world like a stranger or a traveller.

And Abdullah ibn Umar, who narrated this hadith, would remind people to make use of their health before sickness and their life before death.

What a powerful reminder.

We are travellers in this world.

Our stay here is temporary.

And one day, our journey will come to an end.

So let us make good use of what Allah has given us while we still have the opportunity.

May Allah grant good health to those who are sick.

May Allah help us appreciate the blessings we have.

May Allah protect us from wasting our lives on things that bring no benefit.

And may Allah guide us to use our health and time in ways that please Him, Ameen.

End of First Khutbah — Asking for Forgiveness

Aqoolu qawlee haadhaa, wa astaghfirullaha lee wa lakum, wa li saa'i-ril muslimeena min kulli dhanb. Fastaghfirooh, innahu huwal ghafoorur raheem. ▶ **Audio**

Sit briefly between the two khutbahs.

Second Khutbah — Arabic Opening

Alhamdulillahi rabbil 'aalameen, was-salaatu was-salaamu 'alaa ashrafil anbiyaa'i wal mursaleen, nabiyyinaa Muhammadin, wa 'alaa aalihi wa sahbihi ajma'een. ▶ **Audio**

Ash-hadu an laa ilaaha illallahu wahdahu laa shareeka lah, wa ash-hadu anna Muhammadan 'abduhu wa rasooluh. Ammaa ba'd. ▶ **Audio**

Second Khutbah — English

My dear brothers in Islam,

Again, I advise myself and all of you to have taqwa of Allah.

We have spoken about the blessings of good health and free time.

But now we need to ask ourselves:

How can we make better use of these blessings?

My dear brothers in Islam,

The first thing we can do is protect our salah.

Whatever responsibilities we have, we must make an effort to perform our prayers on time.

Do not allow entertainment, unnecessary distractions or poor planning to become reasons for regularly neglecting salah.

Arrange your day so that your prayers remain a priority.

The second thing we can do is become more aware of how we spend our time.

Think about your daily routine.

How much time do you spend using your phone?

How much time do you spend watching television?

And how much of that time could be used for something more beneficial?

We do not have to abandon every form of entertainment.

But perhaps we can reduce some of the time we waste.

Even fifteen minutes each day can be used to read Quran, seek knowledge or help another person.

My dear brothers in Islam,

The third thing we should do is look after our health.

If you have been neglecting your wellbeing, begin making small improvements.

Go for a walk.

Improve your eating habits.

Make time for proper rest.

And seek medical attention when necessary.

Do not wait until you become seriously ill before you begin appreciating the health Allah has given you.

My dear brothers in Islam,

We should also use some of our time to care for others.

Visit your parents.

Spend meaningful time with your spouse and children.

Check on someone who is sick.

And help someone who is struggling.

Sometimes, the greatest benefit we can bring to another person does not require money.

Sometimes, it simply requires our time and attention.

My dear brothers in Islam,

For our younger brothers, remember that youth and strength will not remain forever.

Use your energy to seek knowledge.

Develop useful skills.

Establish good habits.

And strengthen your relationship with Allah.

Do not spend your best years believing that you can become serious about your religion when you are older.

And for our older brothers, remember that even if our health is no longer what it once was, there are still many ways to earn reward.

We can make dua.

Remember Allah.

Share beneficial knowledge.

Offer good advice.

And perform acts of worship according to our abilities.

My dear brothers in Islam,

We should also teach our children to value their time.

Help them develop healthy habits.

Encourage useful activities.

Teach them that not every free moment needs to be spent looking at a screen.

But most importantly, let them see these values in us.

We cannot constantly waste our own time and then expect our children to behave differently.

My dear brothers in Islam,

One day, our health will weaken.

And one day, our time in this world will come to an end.

We will no longer be able to return and perform another prayer.

We will no longer be able to give another charity from our wealth.

And we will no longer be able to go back and use the hours we wasted.

But today, we are still here.

And Allah has given us another opportunity.

Let us use the health we have today before sickness makes things difficult, and let us use the time we have today before our time comes to an end.

May Allah place barakah in our health and our time.

May Allah grant relief and healing to those who are suffering.

May Allah help us fulfil our responsibilities towards our families.

May Allah protect our children from wasting their lives on harmful things.

And may Allah allow us to use the blessings He has given us to earn His pleasure and enter Jannah, Ameen.

Closing Dua — Arabic Transliteration

In-nal-laaha wa ma-laaa-e-ka-ta-hoo yu-sal-loo-na 'alan-na-bee, yaaa ay-yu-hal-la-thee-na aa-ma-noo sal-loo 'a-lay-hi wa sal-li-moo tas-lee-maa. ▶ **Audio**

Allah humma Sali wa salam wa barik ala Muhammadin wa ala alley Muhammad ▶ **Audio**

Allahummaghfir lil-muslimeena wal-muslimaat, wal-mu'mineena wal-mu'minaat, al-ahyaa'i minhum wal-amwaat. ▶ **Audio**

Rabbanaa zalamnaa anfusanaa, wa illam taghfir lanaa wa tarhamnaa, lanakoonanna minal-khaasireen. ▶ **Audio**

Rabbanaa aatinaa fid-dunyaa hasanah, wa fil-aakhirati hasanah, wa qinaa 'adhaaban-naar. ▶ **Audio**

Final Khutbah Closing — Arabic Transliteration

Ibaadallah, innallaha ya’muru bil-‘adli wal-ihsaani wa eetaa’i dhil-qurbaa, wa yanhaa ‘anil fahshaa’i wal-munkari wal-baghy. Ya‘izukum la‘allakum tadhakkaroon. ▶ **Audio**

Wa akhiroo da3wanal humdoolilahi rubul Alameen. Wa Aqimis-salaah. ▶ **Audio**