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دولة الإمارات العربية المتحدة
الهيئة العامة للشؤون الإسلامية والأوقاف

Prevention is better than cure

First Khutba

All praises are for Allah, who has bestowed upon us the blessing of healthy bodies. I testify that there is nothing worthy of worship except Allah, the most compassionate, most merciful. And I testify that our Sayyid, our Prophet, Muhammad, is His Messenger until the Last Day. So O Allah send your peace and blessings upon him and upon his noble family and companions. And upon whomsoever follows them in the best of ways till the Last Day.

To continue:

O slaves of Allah, be conscious of Allah to the rightful degree such consciousness entails. And ask Him for constancy in good health and wellbeing. For indeed the Messenger of Allah used to supplicate to Allah every morning saying:

اللَّهُمَّ عَافِنِي فِي بَدَنِي، اللَّهُمَّ عَافِنِي فِي سَمْعِي، اللَّهُمَّ عَافِنِي
فِي بَصَرِي، لَا إِلَهَ إِلَّا أَنْتَ

O Allah, make me healthy in my body. O Allah, make me healthy in my hearing. O Allah, make me healthy in my sight. There is no god but You.

So good health in our bodies and its wellbeing are from the blessings that Allah bestows upon us thereby. Hence it is an obligation to strive to preserve them, and this is done through adopting the methods and means of preventative health. For indeed a dirhams weight (about ٦ gm) of protection is better than a qintars weight (about ١٥٠kg) of treatment. One of the most important methods of health protection is cleanliness, for indeed Allah has given us ablution (Wudu), which is a comprehensive lesson in the necessity and importance of maintaining cleanliness. As Allah says:

يَا أَيُّهَا الَّذِينَ آمَنُوا إِذَا قُمْتُمْ إِلَى الصَّلَاةِ فَاغْسِلُوا وُجُوهَكُمْ
وَأَيْدِيَكُمْ إِلَى الْمَرَافِقِ وَامْسَحُوا بِرُءُوسِكُمْ وَأَرْجُلَكُمْ إِلَى الْكَعْبَيْنِ

O you who have believed, when you rise to [perform] prayer, wash your faces and your forearms to the elbows and wipe over your heads and wash your feet to the ankles.

So in this noble verse, our Lord has stipulated cleanliness for a great act of worship. The act was Salat (the formal ritual prayer) which was made obligatory upon every able Muslim. And thus it became obligatory to do Wudu for ritual purity, which is washing the various limbs, being those limbs most vulnerable to contamination. And it was the Prophetic practise (Sunnah) to wash these limbs

three times, in order to bring about complete cleanliness. So a person leaves his Wudu in a state of purity, and enters into his prayer in a state of cleanliness. And such a person has also taken the means of wellbeing and good health.

Know that from that which achieves cleanliness is what the Prophet enacted for a Muslim in his sunnah. For he used to do Wudu in his home, even before leaving to go towards the Masjid. And he is reported to have said that sins will be forgiven for someone who:

مَنْ تَوَضَّأَ فِي بَيْتِهِ فَأَحْسَنَ الْوُضُوءَ، ثُمَّ أَتَى الْمَسْجِدَ

Whoever does his Wudu in his house, and beautified his Wudu therein, then heads towards the Masjid.

So the Wudu of a Muslim in his house, is closer to the ideal of cleanliness than doing Wudu in a public place.

O Slaves of Allah:

What is required if a person is afflicted by a form of contagious disease? Such a person should leave aside interacting with others. This is intended as a form of protecting their health, and preserving their wellbeing. And to push aside harm from them, for the Prophet said: لَا يُورِدَنَّ مُمْرِضٌ عَلَى مُصِحٍّ

“The sick should not be mixed with the healthy”

This includes all public places, inclusive of Mosques. Hence any worshipper who feels symptoms such as a fever in his body or a cold or cough or sneeze, should pray at home and not attend the mosque. So he should not pray in congregation, not even for Friday prayers, and this should continue until Allah facilitates for him to heal.

From that which helps a person safeguard and protect others: Is to adhere to the guidance of the Prophet. For if he ever sneezed he would cover his mouth and face with his hands or with his garments. For this is a demonstraton of the means by which we can prevent the spread of illness. So we should be avid in following that prophetic guidance and instruction. We realize its goals that help achieve the interest.

So O Allah: Bless us with good health in our bodies and well being in our souls. And bless us all with your devotion, and devotion towards your trustworthy Messenger Muhammad. And piety towards those You have ordered us to show piety towards in Your manifest Book, when You said, and you are the most Truthful of those who say:

يَا أَيُّهَا الَّذِينَ آمَنُوا أَطِيعُوا اللَّهَ وَأَطِيعُوا الرَّسُولَ

وَأُولِي الْأَمْرِ مِنْكُمْ

O you who have believed, obey Allah and obey the Messenger and those in authority among you.

I say this and seek His forgiveness for me and for You. I seek the redemptive forgiveness of Allah.

Second Khutba

All praises are for Allah, the One, and may peace and blessings upon him after whom there is no other Prophet. And upon his family, companions and whomsoever follows them in his guidance.

To continue:

So have taqwa of Allah, o servants of Allah. Know that the following of sound medical advice helps to promote the cause of preventive healthcare, and to not follow it leads to fatal results.

Thus, in connection with what has afflicted the world with regards to the emergence and spread of the infectious Coronavirus disease. And what has been put forth through the great efforts of the United Arab Emirates in containing its spread in our country. The Ministry of Health has issued various preventive instructions. These include: avoiding crowds, not intermingling with the sick afflicted with infectious diseases, washing your hands with soap and water, covering your mouth

and nose with a tissue/ handkerchief when coughing or sneezing. It also includes restricting ourselves to verbal greetings, and abstaining from greeting through physical touch, whether it be using the hands or the nose, or hugging or kissing. Concerning these instructions, it is our duty to adhere to all of them, for this adherence should be considered a religious obligation, alongside being a national duty. And with this, let us send our peace and blessings upon the seal of the Prophets and Messengers. O Allah, bestow Your peace, blessings and grace upon him and upon his family and all of his companions. And be pleased with the Righteous Caliphs: And with all the noble companions.

Servants of Allah: I am going to make supplication, so say “Ameen”. For He does not alter His decree except through supplication. And Allah is too generous that He be asked through the slave raising his hands. In a state of humility before Him, that He return the slave back dissappointed in Him. O Allah: we turn to Your name through which nothing is harmed in the earth and the heavens. That we not be afflicted through disease or calamity. Or that disease or epidemic may befall us, O Allah: hear this supplication. We ask you Allah for constancy of well being. For ourselves and for all of the people around us. Save us from the evil of

epidemics and diseases. **O Allah, grant success to the UAE President HH Sheikh Khalifa bin Zayed Al Nahyan and to the Vice-President, the Crown Prince and his Brothers, their Highnesses, the Rulers of the Emirates. Guide them to all that is good that you love. Bestow your mercy on the late Sheikh Zayed and Sheikh Maktoum and the late UAE Sheikhs who have passed on to the mercy of their Lord. And grant them from your abundant grace and bless them with entry unto Your Paradise. O Allah, continue blessing the UAE with Your blessings. And with Your grace, Your bountyies through your nobility, O most Noble of the Noble.** So stand up (inwardly and outwardly) for the prayer.