

إِنَّ جِسَدَكَ عَلَيْكَ حَقًّا

Indeed, your body has right over you

ہے شکی تمہارے جسم کا تم پر حق ہے۔

الْحَمْدُ لِلَّهِ الَّذِي أَسْبَغَ عَلَيْنَا (نِعْمَةً ظَاهِرَةً وَبَاطِنَةً)⁽¹⁾ وَأَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، وَأَشْهَدُ أَنَّ سَيِّدَنَا وَنَبِيَّنَا مُحَمَّدًا عَبْدَ اللَّهِ وَرَسُولُهُ، خَلَقَنَا عَلَى الْأَخْذِ بِأَسْبَابِ الْوَقَايَةِ، صَلَّى اللَّهُ وَسَلَّمْ عَلَيْهِ وَعَلَى آلِهِ وَصَحْبِهِ وَالتَّابِعِينَ. أَوْصِيَكُمْ عِبَادَ اللَّهِ وَنَفْسِي بِتَقْوَى اللَّهِ، قَالَ تَعَالَى: (وَاتَّقُوا اللَّهَ لَعَلَّكُمْ تُفْلِحُونَ)⁽²⁾.
عِبَادَ اللَّهِ: يَقُولُ اللَّهُ عَزَّ وَجَلَّ: (لَقَدْ خَلَقْنَا الْإِنْسَانَ فِي أَحْسَنِ تَقْوِيمٍ)⁽³⁾.

We have indeed created the human being in the best of moulds and forms.

يَعْنِي أَنَّ مِنْ نِعَمِ اللَّهِ سُبْحَانَهُ عَلَى الْإِنْسَانِ؛ أَنْ خَلَقَهُ فِي أَفْضَلِ حَالٍ، وَجَعَلَ جِسَدَهُ فِي أَحْسَنِ صُورَةٍ⁽⁴⁾، وَجَسَمَهُ فِي أَتَمِّ صِحَّةٍ، وَجَعَلَهُ مَسْئُولًا عَنْ هَذِهِ النِّعْمَةِ؛ مَاذَا عَمِلَ بِهَا؟ وَهَلْ حَافِظٌ عَلَيْهَا؟ قَالَ ابْنُ عَبَّاسٍ رَضِيَ اللَّهُ عَنْهُمَا فِي تَفْسِيرِ قَوْلِ اللَّهِ تَعَالَى: (ثُمَّ لَنَسْأَلَنَّ يَوْمَئِذٍ عَنِ النَّعِيمِ)⁽⁵⁾

Then, on that day, you will surely be asked concerning the blessings (you enjoyed).

: النَّعِيمُ: صِحَّةُ الْأُبْدَانِ وَالْأَسْتِمَاعِ وَالْأَبْصَارِ، يَسْأَلُ اللَّهُ الْعِبَادَ عَنْهَا⁽⁶⁾.

Ibn-Abbs R.A says “Here pleasure (al-na‘im) means: Wellness of body, hearing and vision. Allah will ask His servants about that.

وَقَالَ النَّبِيُّ ﷺ: «إِنَّ أَوَّلَ مَا يُسْأَلُ عَنْهُ الْعَبْدُ يَوْمَ الْقِيَامَةِ مِنَ النَّعِيمِ: أَنْ يُقَالَ لَهُ: أَلَمْ نُصِحِّ لَكَ جِسْمَكَ»⁽⁷⁾.

(1) لقمان: 20.

(2) آل عمران: 200.

(3) التين: 4.

(4) تفسير الطبري: (507 / 24).

(5) التكاثر: 8.

(6) جامع العلوم والحكم: (77 / 2).

(7) الترمذي: 3358، والجامع الكبير: 6351 واللفظ له

“Indeed the first of what will the servant be asked about on the Day of Judgment is that it will be said to him: ‘Did We not make your body healthy?’

فَمِنْ حَقِّ أَجْسَامِنَا عَلَيْنَا، أَنْ نَحْفَظَ عَلَى صِحَّتِهَا، وَنَتَأَكَّدَ مِنْ سَلَامَتِهَا،

Therefore, our bodies have a right that we look after them and take care of their health and wellbeing and make sure that they are sound and ailment-free.

قَالَ رَسُولُ اللَّهِ ﷺ: «إِنَّ جِسَدَكَ عَلَيْكَ حَقًّا»⁽¹⁾

“Indeed, your body has a right over you”

وَمِنْ الْفَيَاقِمِ بِحَقِّ الْجَسَدِ: الْحِرْصُ عَلَى وَقَاتِهِ، وَالْأَخْذُ بِأَسْبَابِ عَافِيَتِهِ، فَإِنَّ الْعَافِيَةَ خَيْرٌ مَطْلُوبٍ، وَأَعَزُّ مَرْغُوبٍ،

Part of fulfilling the body’s right is taking the necessary care to protect it and taking necessary measures to ensure its health and wellbeing.

The Messenger of Allah (may Allah’s peace and blessings be upon him)

قَالَ رَسُولُ اللَّهِ ﷺ: «إِنَّ أَحَدًا لَمْ يُعْطَ بَعْدَ الْبَقِيْنِ خَيْرًا مِنَ الْعَافِيَةِ»⁽²⁾

“Indeed, one is not granted after certainty, anything better than protection and wellbeing.”

فِعَافِيَةُ الْجَسَدِ وَصِحَّتُهُ؛ تَتَحَقَّقُ لِلْإِنْسَانِ سَعَادَتُهُ، وَيَطِيبُ عَيْشُهُ، وَيَكْتُمِلُ هَنَؤُهُ، وَقَدْ قِيلَ: لَا تَطِيبُ الْحَيَاةُ بِدُونِ صِحَّةٍ⁽³⁾. فَالْصِّحَّةُ تُسَاعِدُ الْإِنْسَانَ عَلَى تَأْدِيَةِ الطَّاعَاتِ، وَعَمَلِ الْخَيْرَاتِ، وَإِعْمَارِ الْأَرْضِ وَبِنَاءِ الْحَضَارَاتِ. فَاللَّهُمَّ مَتِّعْنَا بِأَسْمَاعِنَا وَأَبْصَارِنَا، وَفُؤَاتِنَا دَوْمًا مَا أَحْيَيْتَنَا.

It is through the health and wellbeing of one’s body, that a person realizes joy and happiness and enjoys a good, wholesome and blessed life. It is said that life cannot be good and wholesome without good health. Good health helps a

(1) البخاري: 5199.

(2) الترمذي: 3558.

(3) معجم الشيوخ للصيداوي: 385/1.

person carry out righteous and devotional deeds, perform kind and charitable acts and contribute towards developing the earth and land and building society, culture and civilization. O Allah, let us enjoy our hearing, our sight and our power and faculty as long as You grant us life.

عِبَادَ اللَّهِ: يَعْيشُ الْعَالَمُ فَتْرَةً عَصِيبَةً مَعَ وَبَاءٍ كُورُونَا، وَقَدْ مَنَّ اللَّهُ تَعَالَى عَلَيْنَا بِأَسْبَابِ الْوَقَايَةِ مِنْهُ، بِفَضْلِهِ وَكَرَمِهِ، فَيَجْمَلُ بِكُلِّ مَنَا أَنْ يُبَادَرَ إِلَى أَخْذِ اللَّقَاحِ؛ حِفَظًا عَلَى سَلَامَتِهِ، وَحِمَايَةً لِرُوحِهِ وَأَرْوَاحِ أُسْرَتِهِ، وَوَقَايَةً لِأَبْنَاءِ جَمْعِهِ

O Servants of Allah: The world is living in very hard and tiring times during Corona pandemic.

Alhamdulillah, a vaccine is now available which will strengthen our immunity and safeguard our health and wellbeing in an effort to protect the health and wellbeing of everyone. Moreover, it deems it suitable that each of us hastens towards taking the vaccine in order to preserve his health and wellbeing, protect his own life and the lives of his family and safeguard his fellow members of society as a way of enacting the statement of the Prophet (may Allah's peace and blessings be upon him):

«أَخْرِصْ عَلَى مَا يَنْفَعُكَ»⁽¹⁾

“Be keen on what benefits you”

. حَتَّى تَعُودَ حَيَاتُنَا إِلَى طَبِيعَتِهَا، وَتُظَلِّلَ الْعَاقِبَةُ بُيُوتَنَا، وَتَجْتَمَعَ بِأَهْلِنَا وَأَحِبِّينَا.

This is so our life can return back to normality and so our homes can be enveloped in sound health and wellbeing and we are able to meet with our family and loved ones.

(1) مسلم: 2664.

هَذَا وَصَلُّوا وَسَلِّمُوا عَلَى سَيِّدِنَا وَنَبِيِّنَا مُحَمَّدٍ، اللَّهُمَّ صَلِّ وَسَلِّمْ عَلَى سَيِّدِنَا وَنَبِيِّنَا مُحَمَّدٍ، وَعَلَى آلِهِ وَصَحْبِهِ أَجْمَعِينَ. اللَّهُمَّ عَافِنَا فِي أَجْسَادِنَا، وَمَتِّعْنَا بِصِحَّتِنَا، وَاحْفَظْ أَوْلَادَنَا وَأَهْلَنَا، وَأَدِّمِ الْعَافِيَةَ عَلَى وَطَنِنَا، وَعَلَى الْعَالَمِ مِنْ حَوْلِنَا. اللَّهُمَّ ارْزُقْنَا عَنَّا وَعَنِ الْعَالَمِينَ الْوَبَاءَ، يَا مُجِيبَ الدُّعَاءِ، وَمُحَقِّقَ الرَّجَاءِ. اللَّهُمَّ اغْفِرْ لِكُلِّ مَنْ وَقَفَ لَكَ وَقْفًا يَعُودُ نَفْعُهُ عَلَى عِبَادِكَ.

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً، وَفِي الْآخِرَةِ حَسَنَةً، وَفِنَا عَذَابَ النَّارِ. وَأَقِمِ الصَّلَاةَ

And with this, let us send our peace and blessings upon our Master and Prophet, Muhammad, his family and all of his companions.

O Allah grant us wellbeing in our bodies and enjoyment of our health, protect our children and family, and grant continued wellbeing to our country and the world around us. O Allah remove this pandemic from us and from the world, O You Who answers prayers and fulfills hopes.

O Allah bestow mercy on our fathers and our mothers, and all our relatives, and all those who have a right over us.

O Allah, give us in this life what is good; and in the next life what is good, and save us from the fire.

أَقُولُ قَوْلِي هَذَا وَأَسْتَغْفِرُ اللَّهَ لِي وَلَكُمْ، فَاسْتَغْفِرُوهُ إِنَّهُ هُوَ الْغَفُورُ الرَّحِيمُ.

I say these words of mine while I seek Allah's Forgiveness for you and for me, so seek His Forgiveness, for He is Oft-Forgiving, Most Merciful.