

Date: 12-04-2024 (simplified summary)

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
فَإِذَا فَرَغْتَ فَانصَبْ ﴿٧﴾ وَإِلَىٰ رَبِّكَ فَارْغَبْ ﴿٨﴾
قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ:
نِعْمَتَانِ مَغْبُورٌ فِيهِمَا كَثِيرٌ مِنَ النَّاسِ؛ الصِّحَّةُ وَالْفَرَاغُ.

TWO BIG BLESSINGS: HEALTH AND TIME

Dear brothers and sisters, Allah ﷻ says the following in the Qur'ān: **“By the time! Verily, the man is lost, except those who believe and do righteous deeds, and exhort one another to the truth, and exhort one another to patience.”**¹ According to a *ḥadīth*, the Prophet ﷺ said: **“There are two blessings, the value of which most people do not realize: health and leisure.”**² Dear Muslims, Allah ﷻ has assigned us a short time for our life on earth. A life spent aimlessly cannot be considered life. Real life is a life filled with faith and goodness, a life adorned with humanity and *akhlāq*, a life of consciousness, trust and responsibility, enriched with good works. The Messenger of Allah ﷺ emphasized the importance of health before illness, leisure before busyness, youth before old age, and wealth before poverty. Therefore, let's use the time given to us consciously so that we can meet Allah ﷻ without any sorrow.

Redaction & translation: Ahmed Bulut
Translation Commission ISN

¹ Al-ʿAṣr, 103: 1-3.

² Al-Bukhārī, Al-Riqāq, 1.