



Date: 08-11-2024 (simplified summary)

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

وَلَا تُلْفُوا بِأَيْدِيكُمْ إِلَى التَّهْلُكَةِ.

قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ:

مَنْ أَصْبَحَ مِنْكُمْ آمِنًا فِي سِرْبِهِ مُعَافَى فِي جَسَدِهِ عِنْدَهُ قُوَّةٌ

يَوْمِهِ فَكَأَنَّمَا حِيزَتْ لَهُ الدُّنْيَا.

HEALTH: A BLESSING OF INVALUABLE VALUE

Dear brothers and sisters, one of the most important blessings that humanity has been given is, without doubt, health. The Qur'an indicates that a person must protect his health, because health is the foundation of everything. Dear Muslims, let us not forget that every minute of health is a priceless blessing. Let us try to make the most of the days when we are young, fit, and healthy. Let us also avoid harmful substances that threaten our health and that are forbidden by our religion. May we always be grateful for this invaluable blessing and strive to maintain it with care and responsibility.