

Islamic Guidelines To Deal With **Sickness**



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This booklet contains Quranic verses; please handle it with respect.

Zikr, Dua and ibadat are also helpful in the recovery of the patient as well as medical care. Therefore, Shifa International Hospital has prepared this short booklet for the spiritual guidance of the patients. It is organized in the style of answering the common problems / questions. It is hoped that this endeavor will be useful in achieving its goal.

In the name of Allah the most Gracious & Merciful

Who can suffer and for how long?

I. Any one from the believers:

Allah (SWT) said: We shall test you with something of fear, hunger, loss of wealth, lives and produce, give glad tidings to those who endure with patience. [Al Quran 2:155]

He further said: "Do people think they will be left alone, and they will not be tried?" [Al Quran 29:3]

Saad ibn e Abi Waqqas (RA) said: 'I said: "O Prophet of Allah (SAW), which of the people are most sorely tested?" He said: "The Prophets, then the next best and the next best. A man will be tested in accordance with his level of religious commitment. [Tirmadhi, 2398/ Sahih]

The best among all the creations, Prophet Muhammad, (SAW) when burying his child Ibrahim said, "The eyes are shedding tears and the heart is grieved, and we will not say except what pleases our Lord, O Ibrahim!

Indeed, we are grieved by your separation." [Bukhari, 1303]

So, whatever ordeal you are dealing with in your life, don't feel guilty about being open to it and interacting with it.

II. This suffering could be short term as well as long term:

All the prophets were put on trials by Allah (SWT) and

they faced hardships. Ayoob (AS) dealt with a severe ailment for eighteen years. He was a prophet, all of his friends and family members left him except his wife.

[Ibn Hibban, 2898/ Sahih]

"Perhaps you dislike a thing and Allah (SWT) makes therein much good." [Al Quran 4:19]

So the sufferings are not anger of Allah if we become closer to Him. The bounties of Allah are not favors if we go astray from His path due to them.

What are the exclusive benefits or advantages you could get while you go through such experiences?

I. Forgiveness of the sins:

Allah said: Whatever misfortune happens to you, is because of the things your hands have wrought, and for many (of them) He grants forgiveness. [Al Quran 42:30]

The Prophet (SAW) said: "No calamity befalls a Muslim but that Allah expiates some of his sins because of it, even if it was the prick of a thorn." [Bukhari, 5640].

II. Recruitment for higher ranks:

Prophet Muhammad (SAW) said: "When Allah (SWT) desires good for someone, He tries him with hardships."

[Bukhari, 5645]

Suhaib (RA) reported that Prophet of Allah (SAW) said: Strange are the ways of a believer, for there is good in every affair of his and this is not the case with anyone else except in the case of a believer, for if he has an occasion to feel delighted, he thanks (Allah), thus there is a good for him in it, and if he gets into trouble and shows resignation (and endures it patiently), there is a good for him in it.

What you should do when you are sick?

There are some suggestions which can help those who are facing any disease or hardship:

- Read or listen to Quran (because dhikr gives contentment) [Al Quran 13:28].
- Make dua for Allah's help, strength and relief from the test just as Yaqub (AS), Maryam (AS) and the Prophet Muhammad (SAW) all did.
- Charity (Sadaqah) Prophet (SAW) said " Charity extinguishes sins as water extinguishes fire." [Tirmadi, 2616/ hasan].
- Strengthen your salah: "Seek help with patience and prayer" [Al Quran 2:153]
- Remember nothing in this life lasts forever, so the test will have an end In sha Allah: "verily with every hardship comes ease" [Al Quran 94:5-6].

- "Allah (SWT) does not burden any soul beyond what it can bear;" [Al Quran 2:286] Allah has confidence in us, so we too need to have confidence in our ability to get through the test.
- Trust in Allah and satisfy with His decree: Allah said "(He is) Lord of the East and the West. There is no worthy of worship but He. Take Him therefore as disposer of your affairs." [Al Quran 73: 9] "If Allah helps you, none can overcome you; and if He forsakes you, who is there after Him that can help you? And in Allah (Alone) let believers put their trust." [Al Quran 3:160] "And (O Muhammad) convey good tidings to those who are patient, who say, when inflicted by hardship, Verily we are of Allah and verily to Him shall we return; upon them is the blessings of Allah and His mercy." [Al Quran 2:155] because Allah is the best of Planners and Teaches us the best lessons.
- Remember those who are in more hardships than you. Prophet (SAW) said: "Look at those who are below you and do not look at those who are above you, for that is more likely to hold you back from belittling the blessings that Allah has bestowed upon you" [Muslim, 2963] remember the Ummah and people around you in your own communities. Bear in mind every single person is being tested in different ways.

What are the minimum mandatory ibadaat (faraidh) which you should maintain in this period and how and when you should be able to complete them?

I. Prayers:

Imran ibn Husayn (RA) reported that he was suffering from hemorrhoids (piles), so he asked the Prophet (SAW) about the prayer and he said: "Pray standing; if you cannot, then sitting; if you cannot, then lying on your side." [Bukhari, 1117]

II. Fasting, vow and will:

A sick person can delay his fasting of Ramdan and if the sickness is irrecoverable then he can compensate it with feeding the poor as Allah guided in His Book. He Said: "And whoever is ill or on a journey, the same number (of days which one did not fast must be made up) from other days, Allah intends for you ease and He does not want to make things difficult for you." [Al Quran 2:185]

"And as for those who can fast with difficulty, (i.e. an old man, etc.), they have to feed a poor person (for every day)." [Al Quran 2:183] But if a person dies and he had delayed his duty of fasting, Hajj or he had a vow or will, his heirs are responsible to perform or implement it on his behalf. Prophet (SAW) said: "Whoever dies with any remaining fast, his heir should fast for him." [Bukhari, 1952] All these things should be known to the immediate

family members.

What is the role and responsibility of your immediate family members during this time?

Do not be out of patience:

Allah said: "Verily! I have rewarded them this day for their patience; they are indeed the ones who are successful." [Al Quran 23:111].

He also said: "...to be firm or patient in pain or suffering, and adversity, and throughout periods of panic. Such are the people of truth and they are the pious" [Al Quran 2:177]

When Prophet Yaqoob (AS) despaired of ever seeing his son Yousaf (AS) he turned to Allah, and the Quran tells us that he beseeched Allah for relief. Prophet Yaqoob (AS) knew that there was no point in raging against the world, he knew that Allah (SWT) loves and protects those who are patient. "He said: I only complain of my grief and sorrow to Allah, and I know from Allah that which you know not." [Al Quran 12:86]

How friends and well-wishers can help you and your family during this difficult time?

I. To visit the patient:

Prophet (SAW) said: "When a muslim visits a (sick)

muslim early in the morning, seventy thousand angels send blessings upon him until evening comes, and if he visits him in the evening, seventy thousand angels will send blessings upon him until morning comes, and he will have a share of reaped fruits in Paradise"

[Ibn Majah, 3098/ Sahih]

II. Help him in all his needs:

Prophet (SAW) said: "Anyone who relieves a hardship for a believer in this world, Allah will relieve one of his hardships on the Day of Resurrection. Anyone who makes things easy for a hard-pressed person, Allah will make things easy for him in this world and in the hereafter. Anyone who covers up the faults and sins of a muslim, Allah will cover up his faults and sins in this world and in the hereafter." [Muslim, 2699]

Once you come out of the illness what changes you should have in your behavior towards Allah (SWT), yourself and your daily responsibilities.

Remember & invoke Allah as much as you can and ask Him for his mercy & blessings. Recompense your violations for the rights of Allah and rights of his creations. Promise Allah to fulfil all the duties imposed by Him and get rid of all the evil deeds and relations.

Supplications For The Recovery Of Sufferings

رَبِّ أَلَيْسَ لِي بِعَذَابٍ أَزِيدُ وَأَنْتَ أَرْحَمُ الرَّاحِمِينَ

"Truly adversity has afflicted me and You Are Most Merciful of all who show mercy." [Al Quran 21:83]

اللَّهُمَّ لَا سَهْلَ إِلَّا مَا جَعَلْتَهُ سَهْلًا. وَأَنْتَ تَجْعَلُ الْحَزْنَ إِذَا شِئْتَ سَهْلًا

"O Allah, there is no ease except in that which You have made easy, and You make the difficulty, if You wish, easy." [Ibn Hibban,974/ sahih]

Ayesha (R.A.) stated that when anyone among them had an illness, Prophet Mohammad (SAW) used to rub the area of the pain reciting the following dua:

أَذْهِبِ الْبَأْسَ رَبَّ النَّاسِ وَاشْفِ أَنْتَ الشَّافِي لَا شِفَاءَ إِلَّا بِشِفَاؤِكَ شِفَاءً لَا يُعَادِرُ سَقَمًا

"O Lord of the people, remove this pain and cure it, You are the one who cures and there is no one besides You who can cure, grant such a cure that no illness remains".

Uthman Ibn Abi Al-'As (RA) reported: I complained to the messenger of Allah (SAW) about a pain I had in my body. The messenger of Allah (SAW). said, "Place your hand where you feel pain and say: 'Bismillah (In the Name of Allah)' three times; and then repeat seven times:

أَعُوذُ بِعِزَّةِ اللَّهِ وَقُدْرَتِهِ مِنْ شَرِّ مَا أَحْذَرُ وَأُحَادِرُ

"I seek refuge with Allah and with His Power from the evil that afflicts me and that which I apprehend." [Muslim, 2202]

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“Islamic Guidelines to deal with Sickness”

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