



## The Blessing of Long Life

### The First Sermon

All praises are due to Allah, the Merciful, the Compassionate. He has encouraged us to take care of our bodies' health and has made their protection and treatment a means of extending our human life. I bear witness that there is nothing worthy of worship except Allah alone, without partner, the Generous, the Bestower. And I bear witness that our Master and Prophet Muhammad is His servant and Messenger to all of creation. O Allah, send Your prayers and peace upon him and upon his family and companions and those who follow them in goodness.

**To Continue:** I advise you, O servants of Allah, and myself to have taqwa of Allah, for with it your hearts find peace, your souls are purified, and you will attain unto true contentment on the day you meet your Lord, as He says:

يَا أَيُّهَا الَّذِينَ آمَنُوا اتَّقُوا اللَّهَ وَلْتَنْظُرْ نَفْسٌ مَّا قَدَّمَتْ لِغَدٍ وَاتَّقُوا  
اللَّهَ إِنَّ اللَّهَ خَبِيرٌ بِمَا تَعْمَلُونَ

**O you who have believed, fear Allah. And let every soul look to what it has put forth for tomorrow - and fear Allah. Indeed, Allah is Acquainted with what you do (Qur'an ٥٩:١٨).**

**O Worshippers:** Our lifespan represents the most valuable capital of a human being and the most precious gift given to us by the Most Merciful. Allah has sworn by it in His Book, and the Prophet (peace and blessings of Allah be upon him) urged us to invest it in goodness before it is gone. Indeed our

lifespans are not called ‘umr in Arabic except because it builds (‘imārah) the body through cultivating it in the best and most wholesome of ways just as we are tasked to cultivate the earth and enable life to settle within it, for Allah the Almighty says: **فِيهَا هُوَ أَنْشَأَكُمْ مِنَ الْأَرْضِ وَاسْتَعْمَرَكُمْ**

**He brought you into being from the earth and settled you in it (Qur’an ۱۱:۶۱).**

So to have a long life lived well and in devotion to Allah is something that sound human nature and intellects desire. This is why the Prophet (peace and blessings of Allah be upon him) said: **إِنَّ مِنَ السَّعَادَةِ أَنْ يَطُولَ عُمُرُ الْعَبْدِ**

**Indeed from true happiness is a long life for the servant (Musnad Ahmad)**

He (peace and blessings of Allah be upon him) said:

**لَا يَزِيدُ الْمُؤْمِنَ عُمُرُهُ إِلَّا خَيْرًا**

**The life of a believer only increases him in goodness. (Sahih Muslim)**

Therefore, O servants of Allah, let us reflect how the Prophet (peace and blessings of Allah be upon him) viewed long life positively, making it a reason for increased goodness and achieving happiness. When Umm Anas bin Malik (may Allah be pleased with her) asked him to pray for her son Anas (may Allah be pleased with him) who was among the closest companions to the Prophet, he (peace and blessings of Allah be upon him) made a comprehensive supplication for him, by praying that he have a long life. So he (peace and blessings of Allah be upon him) said:

**اللَّهُمَّ أَكْثِرْ مَالَهُ وَوَلَدَهُ، وَأَطِلْ حَيَاتَهُ، وَاعْفِرْ لَهُ**

**O Allah, increase him in his wealth and offspring, prolong his life, and forgive him. (Bukhari and Muslim)**

Thus, a believer should invest his life in obeying his Lord, increasing in good deeds, making and acting upon many righteous intentions, dedicating his life to service for the sake of Allah and His Messenger, uplifting his country, building the civilization of the believers, and benefiting others with his experiences and knowledge. Hence, we find Sayyiduna Abu Bakr (may Allah be pleased with him) reporting that a man once asked:

يَا رَسُولَ اللَّهِ، أَيُّ النَّاسِ خَيْرٌ؟

**O Messenger of Allah, who are the best of people?**

He (peace and blessings of Allah be upon him) said:

مَنْ طَالَ عُمُرُهُ، وَحَسَنَ عَمَلُهُ

**The one whose life is long and his deeds are good.**

**(Tirmidhi)**

This is reason why given the importance of life, our Prophet (peace and blessings of Allah be upon him) used to pray to his Lord to grant him good health and wellbeing in his life, frequently asking in his supplications:

اللَّهُمَّ مَتِّعْنَا بِأَسْمَاعِنَا  
وَأَبْصَارِنَا وَقُوتِنَا مَا أَحْيَيْتَنَا، وَاجْعَلْهُ الْوَارِثَ مِنَّا

**O Allah! let us enjoy our hearing, our sight and our strength as long as You keep us alive and make for us heirs from our own offspring (Tirmidhi)**

So, O Allah, bless our lives, make us happy with good health, increase safety in our homelands, and make us act according to Your command which You have ordered us by saying: **O you who have believed, obey Allah and obey the Messenger and those in authority among you. I say this**

and seek Allah's forgiveness for myself and for you, so seek His forgiveness because He is the most forgiving, most merciful.

### **The Second Sermon**

All praises are due to Allah alone, and peace and blessings be upon the one after whom there is no other Prophet, and upon his family, companions, and those who follow his guidance.

**O Servants of Allah:** One of the greatest ways to achieve a long life is to maintain one's health and strive for well-being. The Messenger of Allah (peace and blessings of Allah be upon him) called us to this in his saying:

اسْأَلُوا اللَّهَ الْعَفْوَ وَالْعَافِيَةَ

#### **Ask Allah for forgiveness and well-being. (Tirmidhi)**

The health of the body is a trust placed in the hands of a person, and it is amongst the first things one will be asked about among the blessings before the King of all Kings, the Just, our Lord, wherein it will be said to the slave:

يُقَالُ لَهُ: أَلَمْ نُصِحَّ لَكَ جِسْمَكَ؟

#### **Did we not give you a healthy body? (Tirmidhi)**

So, O servants of Allah, think about how we would respond to this question? Did we respect and honor what we were given? Did we value the blessing of health appropriately and take the means to sustain it. Did we first of all, follow the measures to protect it by avoiding everything that harms it and strive to maintain it through balanced eating and drinking, regular walking, exercise and movement, and everything that ensures a healthy life. This includes regular medical check-ups, taking advantage of the significant advancements in treating many chronic diseases and

predicting them to avoid getting them and addressing them early.

This also means to take care for your social health by maintaining ties of kinship, having good manners, and treating others well. Likewise, pay attention to your mental health by cultivating a positive spirit and avoiding causes of worries and sorrows, as they are among the most dangerous things that destroy the body. This is why our Prophet (peace and blessings of Allah be upon him) sought refuge from them, often saying in his supplication:

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ الْهَمِّ وَالْحَزَنِ

**O Allah, I seek refuge in You from worry and grief.**

**(Bukhari)**

O Allah, make us follow the example of our Prophet (peace and blessings of Allah be upon him) and make us from those that honor the body and our health in the most holistic of ways. And send Your peace and blessings upon our Prophet, his family, and all his companions, and be pleased with the Rightly Guided Caliphs and all the honorable companions.

O Allah, grant us health in our bodies, well-being in our bodies, and let us enjoy our hearing, sight, and strength as long as we live. O Allah, continue the security, stability, prosperity, and development in the nation, and spread Your mercy and peace throughout the world.

O Allah, guide the President of the nation, Sheikh Mohammed bin Zayed, his deputies, his brothers, the rulers of the Emirates, and his trustworthy Crown Prince to what You love and are pleased with.

O Allah, have mercy on Sheikh Zayed, Sheikh Rashid, the founding leaders, Sheikh Maktoum, Sheikh Khalifa bin Zayed, and admit them into Your spacious gardens by Your

grace. Include the martyrs with Your mercy and forgiveness.  
O Allah, have mercy on the Muslim men and women, the  
believing men and women, the living and the dead.  
Servants of Allah, remember Allah, the Great and Glorious,  
and He will remember you. Be grateful for His blessings, and  
He will increase you. Establish the prayer.