

Explanation of Du'ā 15 from the *Sahifa* on **Sickness**<sup>1</sup>

وَاتْلُ عَلَيْهِمْ نَبَأَ إِبْرَاهِيمَ {69} إِذْ قَالَ لِأَبِيهِ وَقَوْمِهِ مَا تَعْبُدُونَ {70} قَالُوا نَعْبُدُ أَصْنَامًا فَنَنْظِلُ لَهَا  
عَاكِفِينَ {71} قَالَ هَلْ يَسْمَعُونَكُمُ إِذْ تَدْعُونَ {72} أَوْ يَنْفَعُونَكُمُ أَوْ يَضُرُّونَ {73} قَالُوا بَلْ  
وَجَدْنَا آبَاءَنَا كَذَلِكَ يَفْعَلُونَ {74} قَالَ أَفَرَأَيْتُمْ مَا كُنْتُمْ تَعْبُدُونَ {75} أَنْتُمْ وَأَبَاؤُكُمْ  
الْأَقْدَمُونَ {76} فَأَيُّكُمْ عَدُوٌّ لِي إِلَّا رَبُّ الْعَالَمِينَ {77} الَّذِي خَلَقَنِي فَهُوَ يَهْدِينِ {78}  
وَالَّذِي هُوَ يُطْعِمُنِي وَيَسْقِينِ {79} وَإِذَا مَرِضْتُ فَهُوَ يَشْفِينِ {80} وَالَّذِي يُمِيتُنِي ثُمَّ يُحْيِينِ {81}  
وَالَّذِي أَطْمَعُ أَنْ يَغْفِرَ لِي خَطِيئَتِي يَوْمَ الدِّينِ {82}

Commentary on the verses that begin from 26:69 – 82

Nabi Ibrahim's talking about his creator, compared to idols worshipped by his uncle, etc  
Instead of saying that I'm their enemies, he says they are my enemies.

Guidance is connected to creation.

God also takes care of material things, the least of which is food & drink

Allah is concerned about our good health and well-being; sickness is natural

There is life after death, a universal message of all the Prophets

We all hope being forgiven for our mistakes on the Day of Judgment

QUOTES ON SICKNESS FROM ONLINE

“In time of sickness the soul collects itself anew” Latin Proverb

Sickness shows us what we are” Latin Proverbs

“Health is not valued till sickness comes.” Thomas Fuller

“It is not good for all our wishes to be filled; through sickness we recognize the value of health; through evil, the value of good; through hunger, the value of food; through exertion, the value of rest.” Dorothy Canfield Fisher

There is no medicine like hope, no incentive so great, and no tonics so powerful as expectation of something better tomorrow. -O. Swett Marden

Maradha: to become sick, fall ill. Three kinds of sickness: physical, moral and spiritual. Vices are hindrance for human beings.

In Arabic: *shamsun maridhtun*: sun is ill, i.e. not giving proper light – on account of obstruction and hindrance.

Maradha also means to come out of proportion and equilibrium

The root with forms maradhan & yamradhu has come 24 times in the HQ

QULI Qarai in his Index: Sick person: 2:184, 185, 196; 4:43, 102; 5:6; 9:91; 73:20

<sup>1</sup> Explanatory notes prepared by H. Kassamali for ALI 137 June 2008

--- blameless 9:91; 24:61; 48:17  
 --- prayer 4:43, 102; 5:6  
 --- well-wishers 9:91

2:184 Fasting is exempted for those who are sick

2:185 Fasting exempted because God desired ease and does not wish hardship for them  
 So let those of you who witness it fast [in] it, and as for anyone who is sick or on a journey, let it be a [similar] number of other days. God desires ease for you, and He does not desire hardship for you,

2:196 Shaving of head is not required in Hajj for those who are sick

4:43 & 5:6 Tayammum instead of wudhu and ghusl

4:102 set aside weapons if you are sick

9:91 blameless if do not spend when sick

24:61 can eat from the houses of??

48:17 exempted from fighting

73:20 sick can recite the Qur'an as much as can

### **Etiquette of visiting a sick person:**

(Al-Akhlāq wal-ādāb al-islāmiyyah, pp. 897)

Do not stay for a long time when visiting him/her

Ask about his/her condition and pray for his/her recovery. It is better to say:

اللَّهُمَّ اشْفَهُ بِشَفَائِكَ، وَدَاوُهُ بِدَوَائِكَ، وَعَافِهِ مِنْ بَلَائِكَ.

Put your hand on the arm of the sick and recite al-Hamd 7 times or 70 times.

the visitor should put one hand over the other when sitting besides the sick

do not eat in front him what would harm him and what he covets for

do not do anything that would irritate the sick or cause grief

present him with gifts, especially fruits

request the sick to pray for you as his du`as are accepted. Imam as-Sadiq (a) has said: du`as of three types of people are accepted: the Haji, the warrior and the sick.

### **How should a sick person face his/her sickness?**

Practice utmost patience for sickness is accompanied with great divine reward (thawāb).

Sickness is a trial that descend on a person. So, Allah forgives the sick through it and gives him a lot of reward.

thank Allah (swt) for He has tried him with a sickness that is less compared to others. And

also thank Allah for allowing him to enjoy good health for long

avoid complaining about sickness, especially to say: "Why me?" or to say there that he is facing the trial non else is facing, etc.

It is mustahab conceal the sickness for 3 days, and thereafter are informed and given permission to visit the sick

do not haste in taking medicine or referring to a doctor. Rather give your body an opportunity to resist the sickness.

stay away from all those things that would harm him.

the sick and his relatives to give charity hoping to get cured and warding off calamities. The Holy Prophet (a): cure the sick amongst you by (giving) charity

it is mustahab for the sick in the presence of believers to attest to the belief in the *usul ad-din* and belief in other creeds of Islam

will about the one third of his estate, and appoint an upright and a trustful person over his minor (children)

### **Hadith on sickness:**

As- Sadiq (a): Fever is the harbinger of death, and Allah' prison on His earth, and its boiling is from Jahannam, and it is share/allotment of every believer from the Fire.

Imam as-Sajjad (a): Yes, the pain of fever gives every limb its share of affliction; there is no good for him who does not get afflicted by it.

Imam as-Sajjad (a): the fever of night is expiation (*kaffarah*) for a year, and that is because its pain remains in the body for a year.

Imam as-Sadiq (a): the night fever is expiation for [sins] before it and after it.

Al-Baqir (a): keeping awake at night on account of sickness is better than the worship of a year.

As-Sadiq (a): the night headache (*suda` laylat*) reduces/diminishes every mistake except the major sins.

The Holy Prophet (s): when a Muslim gets sick, Allah writes for him the best deeds he used to perform during his good health, and the sins fall down the way leaves fall from a tree.

Al-Kazim (a): when a believer falls ill, Allah reveals to the people of the left: "do not record for my servant as long as he is in my confinement and my shackle." And He reveals to the people of the Right: write for him what you used to record for him the good deeds during his good health.