

Mawlana Shaykh Muhammad Adil ar-Rabbani

ILLNESS AND CURE COME FROM ALLĀH ﷻ

As-Salāmu ‘Alaykum wa RaḥmatuLlāhi wa Barakātuh.

A‘ūdhu BiLlāhi Minash-shayṭāni r-rajīm. BismiLlāhi r-Raḥmāni r-Raḥīm.

Wa ṣ-Salātu wa s-Salāmu ‘alā Rasūlinā Muḥammadin Sayyidi l-Anwālina wa l-Akhirīn.

Madad yā RasūlAllāh, Madad yā Sādāti Aṣḥābi RasūlilLāh, Madad yā Mashāyikhinā,

Dastūr Mawlana Sheikh Abdullāh al-Fa‘īẓ ad-Dāghistāni, Sheikh Muḥammad Nāẓim al-

Haqqāni. Madad. Tarīqatunā aṣ-Suḥbah wa l-Khayru fī l-Jam‘iyyah.

BismiLlāhi r-Rahmani r-Rahim,

وَإِذَا مَرَضْتُ فَهُوَ يَشْفِينِ

(Qur’ān 26:80). ‘Wa idhā mariḍtu fahuwa yashfīn’, ‘And when I am ill, it is He who cures me.’ Ṣadaqa Llāhu l-‘Aẓīm. Allāh ‘Azza wa-Jalla has ordained both illness and healing; all of it comes from Him ﷻ. Although illness may be decreed by Allāh ﷻ to elevate a believer’s rank and forgive their sins, it does not manifest in the same way for everyone; some experience it more intensely than others. This is part of Allāh’s ﷻ wisdom. Allāh ﷻ grants everything to people as a test—whether to raise someone’s station or to cleanse them of their sins. That illness comes from Allāh ﷻ.

A sick person must seek a doctor as a means of finding a cure; one cannot simply leave the illness to take its own course. However, some people are prone to constant anxiety and obsessive thoughts, asking, “Am I sick or not? What is this condition?” and visiting the doctor unnecessarily. Others, of course, are genuinely ill. Therefore, one must act appropriately when faced with such a situation. Nowadays, because hospital visits and treatments are free, people go to the hospital constantly, which can lead to unnecessary procedures. Treatments prescribed by the Sunnah may also be applied, but these too have their proper methods and protocols; you cannot simply go and have hijāmah or other procedures done at any moment. You must take your medication according to the proper guidelines and follow the advice given so that it may bring healing. Even if a complete cure is not achieved, Allāh ﷻ may still alleviate it. It is Allāh’s ﷻ decree; when taking medicine, you should do so with the intention of finding a cure and by reciting the Basmala, for healing comes not from the medicine itself, but from Allāh ﷻ. The medicine is merely a means. You should not say, “I recovered solely because of that medicine.” It is Allāh’s ﷻ decree; healing comes from Allāh ﷻ, and the medicine served only as a means.

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This is a test for mankind. As we have said, it is a trial, yet sometimes a person goes to extremes, claiming, “I did this, I accomplished that.” At times, Allāh ﷻ may inflict this illness to shatter such pride. Illness is part of Allāh’s ﷻ divine wisdom. Some rebel, asking, “Why did this happen to me?” If you rebel, the reward for your suffering is lost; in other words, you endure pain and hardship in vain. Instead, you should say, “It came from Allāh ﷻ; may Allāh ﷻ grant healing,” and never lose hope in Him ﷻ. One must never despair of Allāh’s ﷻ mercy, not even until one’s very last breath. There might be healing. You ask others for du’a and praise Allāh ﷻ, acknowledging, “He ﷻ gave us this illness so that our station might be elevated.” Therefore, people should not rebel; there is no other door to turn to, no other path to go to. You might rebel against Allāh ﷻ for sending you an illness, yet there is nowhere to flee from Him ﷻ. We come from Allāh ﷻ, and to Allāh ﷻ we shall ultimately return; there is no escape.

May Allāh ﷻ protect us. May Allāh ﷻ grant us a healthy life, for health is a tremendous blessing—truly a magnificent favor. Our Prophet ṣallā Llāhu ‘alayhi wa-sallam says that there are two blessings regarding which people are often deceived and fail to appreciate their true worth. As their lives pass by, they remain unaware of this and do not value their health; it is only when they fall ill that they realize what a great blessing health truly is. May Allāh ﷻ protect us and grant healing to all the sick. May Allāh ﷻ protect us all, in shā’a Llāh. May we not be tested with illness, in shā’a Llāh. May Allāh ﷻ grant us a life of health and well-being, and may no harm come to our faith, in shā’a Llāh.

Wa min Allāhi t-Tawfīq. Al-Fātiḥa.

Mawlana Sheikh Muhammad Adil ar-Rabbani
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