



Islamic Religious Council of Singapore

Friday Khutbah

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Living in Moderation

الْحَمْدُ لِلَّهِ الَّذِي جَعَلَ الشَّمْسَ ضِيَاءً وَالْقَمَرَ نُورًا، وَأَنْزَلَ الْقُرْآنَ
لِلْمُتَّقِينَ ذِكْرًا، أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ وَأَنَّ مُحَمَّدًا
عَبْدُهُ وَرَسُولُهُ، اللَّهُمَّ صَلِّ وَسَلِّمْ عَلَى سَيِّدِنَا مُحَمَّدٍ وَعَلَى آلِهِ وَأَصْحَابِهِ
صَلَاةً وَسَلَامًا دَائِمِينَ إِلَى يَوْمِ تَجِدُ كُلُّ نَفْسٍ مَا عَمِلَتْ مُحْضِرًا. أَمَّا
بَعْدُ، فَيَا عِبَادَ اللَّهِ، اتَّقُوا اللَّهَ حَقَّ تَقَاتِهِ وَلَا تَمُوتُنَّ إِلَّا وَأَنْتُمْ مُسْلِمُونَ.

Blessed Friday jamaah,

Let us increase our faith and taqwa in Allah s.w.t. by obeying His commands and avoiding His prohibitions. We ask Allah to protect and bless us in this world and the hereafter. Amin.

My brothers,

The coming of Syawal marks the departure of Ramadan, along with all its unique advantages, rewards and blessings, such as fasting together with our families and the joy of praying tarawih every night. Our nights were spent in the most beautiful of ways;

supplicating to Allah, repenting to Him, humbling ourselves before him, asking for His forgiveness, raising our hands in du'a seeking His grace, and striving for Lailatul Qadr in order to achieve the bountiful rewards it contains.

All these blessings and opportunities may or may not be granted to us in years to come. Nevertheless, as sad as we are that Ramadan has left us, we should continue all the efforts we exerted throughout Ramadan so that its spirit lives on in ourselves and our daily lives.

For instance, if we were able to fast in Ramadan, why shouldn't we be able to continue to perform voluntary fasting outside of Ramadan, beginning with six days of sunnah fasting in Syawal? If we paid our obligatory Zakat in Ramadan, let us continue to give charity if we have the means to do so. If we managed to pray tarawih prayers consistently in Ramadan, why not continue spending a portion of our nights praying tahajjud?

This, my brothers, is what we mean by making Ramadan a part of our lifestyle. Ramadan is the benchmark of consistency for the good deeds and acts of worship we perform.

Saidatina Aisyah r.a. once described the deeds of Rasulullah s.a.w., saying:

كَانَ عَمَلُهُ دِيمَةً

Meaning: *"The deeds of the Prophet s.a.w. were consistent."* (Al-Bukhari)

Therefore, my brothers, let us not abandon a good deed we used to practice during Ramadan. Let us emulate the Prophet s.a.w. in ensuring our good deeds are done constantly and consistently.

Blessed jemaah,

The second guideline is to exercise moderation in performing any form of worships, beginning with our good deeds. While the vigour of Ramadan may still be fresh, let us not burden ourselves by performing these deeds excessively, lest we get tired or bored and eventually stop doing them altogether. Rasulullah s.a.w. said: *"Religion is very easy and whoever overburdens himself in his religion will not be able to continue in that way. So follow the right course, try to be near to perfection and receive the good tidings that you will be rewarded."* (Al-Bukhari & Muslim)

When moderation in practicing religion is abandoned, balance will be lost. Without balance, we become incapable of understanding and practising Islam holistically.

My brothers,

Moderation, in the context of Islamic teachings, is not limited only to acts of worship. It extends to many aspects of our daily affairs. This Hari Raya, let us observe the guidance provided by the

Quran when we serve our guests food, or when food is served to us. The majority of Singaporean Muslims celebrate Syawal by visiting relatives and friends, and enjoying delicious festive foods and dishes. While Islam encourages this practice, it also reminds us to consume in moderation. Allah s.w.t. has said in Surah Al-A'raf, verse 31:

﴿يَبْنَىِٔ ءَاۤءِمَ خُذُوْا زِيْنَتَكُمْ عِنْدَ كُلِّ مَسْجِدٍ وَكُلُوْا وَاشْرَبُوْا وَلَا تُسْرِفُوْا اِنَّهٗ لَا يُحِبُّ الْمُسْرِفِيْنَ﴾
﴿٣١﴾

Meaning: *"O children of Adam, take your adornment at every masjid, and eat and drink, but do not be excessive. Indeed, He does not like those who commit excess."*

In this verse, Allah s.w.t. reminds the believers not to be excessive, while simultaneously encouraging them to observe moderation and balance in their lifestyle and diet.

Therefore, let us eat in moderation as this allows our digestive system to function more efficiently.

Let us be reminded that the purpose of visiting our relatives and friends is none other than to strengthen our relationships with them, whereas eating and drinking are just side activities. Let us make our visits an opportunity to be closer to our families and friends rather than a festival of gluttonous eating.

A diet which pleases Allah is that which yields benefit for us and our communities, and not just to satisfy our cravings and desires. In a hadith reported by Imam At-Tirmizi, the Prophet s.a.w. said: *"No man fills a container worse than his stomach. A few morsels that keep his back upright are sufficient for him."*

This, my brothers, is the guidance of Allah and His Prophet s.a.w. with regards to being moderate in our diet. Imam As-Syafi'i said with regards to his dietary habits: *"I haven't filled my stomach to satisfaction since I was 16 years old, because doing so makes the body weaker, hardens the heart, eliminates one's intelligence, brings sleepiness, and weakens one's ability to do acts of worship"*.

My dear brothers,

Eating what is Halal and Toyyib (good) is one of the most important factors that contribute to a healthy body. A healthy and strong Muslim is more beloved to Allah s.w.t. than a weak Muslim. I am not referring to the weaknesses that we are born with or cannot avoid; rather, it is the weakness that occurs as a result of illness due to our own unhealthy lifestyles and excessive diets.

We end up facing various complications which affect our health, such as high cholesterol and sugar levels in our blood. These

complications contribute to chronic diseases such high blood pressure, diabetes, heart disease and many others.

Diabetes, for example, is now considered a global pandemic. In Singapore, more than 400,000 people suffer from diabetes. 1 in 6 of them are Muslims between the ages of 18 to 69.

Besides that, we must ensure our food comes from ethical sources where animals are treated well, and where its workers are treated with respect and carry out their duties with professionalism and integrity.

Avoid eating foods from unknown or ambiguous sources, because it might not only impact our bodily health, but also our spiritual health.

We ask Allah s.w.t. to grant us halal sustenance and good health so that we may continue to contribute to our faith, country and race to the best of our abilities. May Allah s.w.t. protect us and our communities from all forms of harm and illnesses. Amin Ya Rabbal 'Alamin.

بَارَكَ اللهُ لِي وَلَكُمْ فِي الْقُرْآنِ الْعَظِيمِ، وَنَفَعَنِي وَإِيَّاكُمْ بِمَا فِيهِ مِنَ
الآيَاتِ وَالذِّكْرِ الْحَكِيمِ، وَتَقَبَّلَ مِنِّي وَمِنْكُمْ تِلَاوَتَهُ إِنَّهُ هُوَ السَّمِيعُ
الْعَلِيمُ، أَقُولُ قَوْلِي هَذَا وَأَسْتَغْفِرُ اللهَ الْعَظِيمَ لِي وَلَكُمْ، وَلِسَائِرِ
الْمُسْلِمِينَ وَالْمُسْلِمَاتِ، وَالْمُؤْمِنِينَ وَالْمُؤْمِنَاتِ، فَاسْتَغْفِرُوهُ يَا
فَوْزَ الْمُسْتَغْفِرِينَ يَا نَجَاةَ التَّائِبِينَ.