

## The Quran is Healing

### First Khutbah

إِنَّ الْحَمْدَ لِلَّهِ , نَحْمَدُهُ , وَنَسْتَغِيثُهُ وَنَسْتَغْفِرُهُ , وَنَعُوذُ بِاللَّهِ مِنْ شُرُورِ أَنْفُسِنَا وَمِنْ سَيِّئَاتِ أَعْمَالِنَا , مَنْ يَهْدِهِ اللَّهُ فَلَا مُضِلَّ لَهُ , وَمَنْ يَضِلَّ فَلَا هَادِيَ لَهُ , وَأَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ وَأَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

Verily, all praise is for Allah. We praise Him, we seek His assistance and we ask for His forgiveness. And we seek refuge in Him from the evils of our selves. Whoever Allah guides, none can misguide. Whoever He misguides, none can guide. And I bear witness that there is no deity other than Allah and I bear witness that Mohammad is His servant and messenger.

(يَا أَيُّهَا الَّذِينَ آمَنُوا اتَّقُوا اللَّهَ حَقَّ تُقَاتِهِ وَلَا تَمُوتُنَّ إِلَّا وَأَنْتُمْ مُسْلِمُونَ ﴿١٠٢﴾ [آل عمران:102])

Al Imran(3) 102 : **O you who believe! Fear Allah as He should be feared, and die not except in a state of Islam.**

Oh Believers:

Throughout its verses, the Quran contains many descriptions attesting to its virtue, greatness, and immense benefit to humanity—if they live by it. Among these descriptions is that it is a healing. This description appears in three different places in the Book of Allah Almighty.

The first verse is:

يَا أَيُّهَا النَّاسُ قَدْ جَاءَتْكُمْ مَوْعِظَةٌ مِنْ رَبِّكُمْ وَشِفَاءٌ لِمَا فِي الصُّدُورِ وَهُدًى وَرَحْمَةٌ لِلْمُؤْمِنِينَ

Yunus (10) 57: **O mankind, there has come to you instruction from your Lord and healing for what is in the breasts and guidance and mercy for the believers.**

The second verse is:

وَنُنَزِّلُ مِنَ الْقُرْآنِ مَا هُوَ شِفَاءٌ وَرَحْمَةٌ لِّلْمُؤْمِنِينَ وَلَا يَزِيدُ الظَّالِمِينَ إِلَّا خَسَارًا

Al-Isra '(17) 82: **And We send down of the Quran that which is healing and mercy for the believers, but it does not increase the wrongdoers except in loss.**

Regarding this verse, Qatādah and al-Hasan—may Allah have mercy upon them both—said:

No one ever sat with the Quran except that he rose from it having gained either an increase or a decrease—an increase in guidance or a decrease in blindness and misguidance.

The third verse is:

قُلْ هُوَ لِلَّذِينَ آمَنُوا هُدًى وَشِفَاءٌ وَالَّذِينَ لَا يُؤْمِنُونَ فِي آذَانِهِمْ وَقْرٌ وَهُوَ عَلَيْهِمْ عَمًى

Fussilat (41) 44: **Say, 'It is, for those who believe, a guidance and healing. But those who do not believe—in their ears is deafness, and it is upon them blindness.'**

In two of these verses, Allah did not restrict this healing to any single domain. Rather, the term “healing” was mentioned indefinitely in an affirmative context, thereby encompassing all forms and kinds of healing—spiritual, moral, emotional, and even physical. In one verse, healing is specified as a healing for what is in the breasts. That is, a healing for the diseases of the heart.

And indeed, the most obstinate and fatal of all illnesses are the illnesses of the heart. For the heart is the repository of knowledge, thought, and moral character. Hearts are of two kinds.

Hearts filled with faith, illuminated by the light of knowledge and guidance. These are the living hearts.

And hearts devoid of faith, barren of the knowledge that comes from revelation. These are the dead hearts.

The death of the heart has two causes which are ignorance and arrogance.

Ignorance veils the heart from faith and light. When ignorance is lifted, the heart grows in faith and becomes radiant with the Quran. Ignorance is the condition of most disbelievers. Allah, the Exalted, said concerning them:

بَلْ أَكْثَرُهُمْ لَا يَعْلَمُونَ الْحَقَّ فَهُمْ مُعْرِضُونَ

Al-Anbiya (21) 24: **But most of them do not know the truth, so they are turning away.**

As for the arrogant hearts, they know the truth, but they refuse it. Allah Almighty said:

وَإِذَا قِيلَ لَهُمْ تَعَالَوْا إِلَىٰ مَا أَنْزَلَ اللَّهُ وَإِلَى الرَّسُولِ رَأَيْتَ الْمُنَافِقِينَ يَصُدُّونَ عَنْكَ صُدُودًا

An-Nisa '(4) 61: **And when it is said to them, 'Come to what Allah has revealed and to the Messenger, 'you see the hypocrites turning away from you in aversion.**

And in another verse:

وَرَأَيْتَهُمْ يَصُدُّونَ وَهُمْ مُسْتَكْبِرُونَ

Al-Munafiqun (63) 5: **And you see them evading while they are arrogant.**

Regarding the arrogant among the polytheists, Allah said:

إِنَّهُمْ كَانُوا إِذَا قِيلَ لَهُمْ لَا إِلَهَ إِلَّا اللَّهُ يَسْتَكْبِرُونَ

As-Saffat (37) 35: **Indeed, they, when it was said to them, 'There is no deity except Allah, 'were arrogant.**

And Allah Almighty said:

بَلْ أَتَيْنَاهُم بِذِكْرِهِمْ فَهُمْ عَنْ ذِكْرِهِمْ مُعْرِضُونَ

Al-Mu'minun (23) 71: **But We have brought them the message, but they, from their message, are turning away.**

Thus, ignorance is the greatest disease that stands between hearts and faith. It is an affliction that ensnares most people. Arrogance, though deadly, is less common than ignorance. The Quran is a cure from ignorance, a remedy for blindness of the mind and hardness of the heart.

It is a healing from ignorance of Allah Almighty—of His verses, His names, and His attributes. It is a healing from ignorance of the messages brought by His prophets. It is a healing from ignorance of the beginning and the end, of how creation began and to what it shall return.

For indeed, these supreme truths, though they are indicated by reason and affirmed by the innate human nature, cannot be firmly rooted in the heart as unshakable certainties, immune to the storms of doubt, except through Divine revelation. Moreover, there is no path to knowing their detailed realities except through revelation. Thus, the Quran removes ignorance about the greatest truths of existence. The Quran is the most complete healing for hearts afflicted with doubt, confusion, denial, and rejection.

How many souls has Allah, exalted be He, healed through the Quran!

He healed the ignorant, granting them knowledge.

He healed the doubter, lifting their uncertainty and replacing it with unwavering conviction.

He healed the sinners, who had wronged themselves through disobedience, when verses warning of the Fire and punishment stirred their hearts to repentance.

He healed the despairing pessimists. The Quran opened before them the doors of hope and optimism.

He healed the over-analytical seekers, who had wearied themselves in pursuit of proofs for the realities of existence. They found in the Quran what they sought presented in the most beautiful way, with the strongest evidences, and the most eloquent expression.

How many hearts trembling with fear and cowardice did Allah heal through the Quran! They read of the courage of the prophets, the virtues of striving and sacrifice, and their hearts were cured of fear. To the point that they themselves became wonders of bravery and selflessness.

How many stingy and tight-fisted souls did Allah heal through the Quran! When they read of the immense reward for generosity and spending in Allah's cause, the Quran cured them of their miserliness and loosened their hands after years of withholding.

How many people immersed in unlawful gain, sinking deeply in usury, were healed by the Quran! When they read that usury is war against Allah and His Messenger, they repented and abandoned it.

How many people infatuated with those forbidden to them, were healed by the Quran! When they read the story of the chastity of Prophet Yusuf, peace be upon him, purity was stirred within their hearts. They were healed of their affliction and contented themselves with what Allah made lawful.

How many disobedient children were awakened by the verses concerning the rights of parents, healed of their defiance and transformed into dutiful sons and daughters!

How many who had severed ties of kinship were moved by the verses threatening punishment for such severance. And thus they were healed, returning to their families with bonds of affection and connection!

How many wrongdoers who had neglected their wives and children were brought near to them by the Quran, filled with love and tenderness once again!

How many hot-tempered, angry souls, possessed by Satan, were healed by the Quran! Their rage subsided, replaced by calm and forbearance. For indeed, anger is from Satan, and Satan flees from the Quran.

How many burdened hearts, weighed down by sorrow and grief, unable to find rest or sleep, weary of life itself, found relief through the Quran! Their anxieties were lifted and their gloom dispelled.

Truly, countless diseases, of doubt and desire alike, have found their cure in the Quran. So let us seek healing for the illnesses of our hearts through the Quran.

Among the forms of abandoning the Quran is abandoning it as a means of healing, failing to seek from it the cure for the diseases and ailments of the heart, turning instead to other sources for remedy. Such a person falls under the declaration of the Messenger of Allah:

وَقَالَ الرَّسُولُ يَا رَبِّ إِنَّ قَوْمِي اتَّخَذُوا هَذَا الْقُرْآنَ مَهْجُورًا

Al-Furqan (25) 30: **And the Messenger has said, ‘O my Lord, indeed my people have taken this Quran as [a thing] abandoned.’**

Indeed, reciting the Quran for healing—ruqyah—brings the greatest cure for afflictions such as the evil eye, sorcery, possession by jinn, and all physical ailments. For the statement that the Quran is a healing came in a general form, encompassing both tangible and spiritual maladies, and the diseases of both heart and body.

It is narrated that some of the Companions recited Surat al-Fatihah over a man who had been bitten by a poisonous creature, and he rose as though nothing had afflicted him.

And Talhah ibn Musarraf—may Allah have mercy upon him—said:

“It used to be said: when the Quran is recited in the presence of a sick person, he feels relief.”

He continued: “I once entered upon Khaythamah while he was ill and said to him, ‘I see that you are well today.’ He replied, ‘Indeed, the Quran was recited in my presence.’”

أَقُولُ مَا تَسْمَعُونَ وَأَسْتَغْفِرُ اللَّهَ لِي وَلَكُمْ مِنْ كُلِّ ذَنْبٍ فَاسْتَغْفِرُوهُ إِنَّهُ هُوَ الْغَفُورُ الرَّحِيمُ

I say what you have heard and I seek forgiveness from Allah for me and you from every sin. So seek forgiveness from Him, Verily He is Oft-Forgiving, the Most Merciful.

## Second Khutbah

الْحَمْدُ لِلَّهِ، وَالصَّلَاةُ وَالسَّلَامُ عَلَى رَسُولِ اللَّهِ، وَ أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ  
وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

All praise is to Allah, and peace and blessings upon the Messenger of Allah, and I bear witness that there is no deity other than Allah and I bear witness that Mohammad is His slave and messenger.

Oh people:

There is no healing for the hearts more powerful than the healing of the Quran.

There are no exhortations more eloquent than its exhortations, and no reminders more potent than its reminders.

Whoever seeks sufficiency in anything other than the Quran will go astray, and whoever is not admonished by the Qu'an, there is no admonisher who can benefit them.

Abu Nasr al-Ramlī—may Allah have mercy upon him—said:

We came to al-Fuḍayl ibn 'Iyāḍ—may Allah have mercy upon him—in Makkah, and we asked him for some words of advice. He said: 'You have neglected the Book of Allah and now you seek the words of al-Fuḍayl and Ibn 'Uyaynah?! If you were to devote yourselves to the Book of Allah Almighty, you would find in it the healing for whatever you seek.'

When believer recites the Quran, their faith increases through its recitation, as Allah Almighty says:

وَإِذَا تُلِيَتْ عَلَيْهِمْ آيَاتُهُ زَادَتْهُمْ إِيمَانًا

Al-Anfal (8) 2: **And when His verses are recited to them, it increases them in faith.**

And when they memorize part of it and master its recitation, their hearts rejoice and are filled with joy; they are moved by its admonitions, act upon the knowledge it imparts, and live by its light—just as was the condition of the Companions, may Allah be pleased with them, when the Quran was being revealed to them. Allah said:



وَإِذَا مَا أُنْزِلَتْ سُورَةٌ فَمِنْهُمْ مَنْ يَقُولُ أَيُّكُمْ زَادَتْهُ هَذِهِ إِيْمَانًا فَآمَنَّا فَزَادَتْهُمْ إِيمَانًا وَهُمْ يَسْتَبْشِرُونَ

At-Tawbah (9) 124: **And whenever a surah is revealed, there are among them those who say, 'Which of you has this increased in faith? 'As for those who have believed, it has increased them in faith, and they rejoice.**

Jundub ibn 'Abdullah—may Allah be pleased with him—said:

“We learned the Quran, and by it our faith increased.”

But as for the hypocrites, it is the opposite. Allah says:

وَأَمَّا الَّذِينَ فِي قُلُوبِهِمْ مَرَضٌ فَزَادَتْهُمْ رِجْسًا إِلَى رِجْسِهِمْ وَمَاتُوا وَهُمْ كَافِرُونَ

At-Tawbah (9) 125: **But as for those in whose hearts is disease, it has increased them in evil in addition to their evil, and they will have died while they were disbelievers.**

The verses of the Quran only increase them in wickedness upon their wickedness. And in another verse He Almighty says:

وَلَا يَزِيدُ الظَّالِمِينَ إِلَّا خَسَارًا

Al-Isra (17) 82: **And it does not increase the wrongdoers except in loss.**

And in a third verse:

وَهُوَ عَلَيْهِمْ عَمًى

Fussilat (41) 44: **And it is upon them blindness.**

They are blinded by it, and blind to it. The same light that guides the believer veils the wrongdoers from seeing the truth.

The hypocrites hearing of the Quran, and even being admonished by it, only increases them in evil upon their evil, in loss upon loss, and in blindness upon their blindness.

The reason for this is that the healing of the Quran befits only pure souls and living hearts, those whose inner nature is receptive to truth, whose souls are alive with faith.

May Allah Almighty protect us from hypocrisy and from the hypocrites. We ask Allah Almighty to heal our hearts through the Quran, to increase us in faith through it, and to make us among those who rejoice in it. Indeed, He is All Hearing, Ever Answering.

هَذَا وَصَلُّوا وَسَلِّمُوا عَلَى نَبِيِّكُمْ كَمَا أَمَرَكُمْ بِذَلِكَ رَبُّكُمْ , فَقَالَ

I conclude with this and send prayers of blessings and peace upon your Prophet as your Lord commanded:

إِنَّ اللَّهَ وَمَلَائِكَتَهُ يُصَلُّونَ عَلَى النَّبِيِّ يَا أَيُّهَا الَّذِينَ آمَنُوا صَلُّوا عَلَيْهِ وَسَلِّمُوا تَسْلِيمًا

Al Ahzaab (33) 56: Indeed, Allah confers blessing upon the Prophet, and His angels [ask Him to do so]. O you who have believed, ask [ Allah to confer] blessing upon him and ask [ Allah to grant him] peace.

اللَّهُمَّ اهْدِنَا فِيمَنْ هَدَيْتَ وَعَافِنَا فِيمَنْ عَافَيْتَ وَتَوَلَّنَا فِيمَنْ تَوَلَّيْتَ وَبَارِكْ لَنَا فِيمَا أَعْطَيْتَ وَقِنَا شَرَّ مَا قَضَيْتَ إِنَّكَ تَقْضِي وَلَا يُقْضَى عَلَيْكَ وَإِنَّهُ لَا يَذِلُّ مَنْ وَالَيْتَ تَبَارَكْتَ رَبَّنَا وَتَعَالَيْتَ

O Allah, guide us with those whom You have guided, grant us well-being among those You have granted well-being, be an ally to us along with

those whom You are an ally to, and bless what You have bestowed upon us, and save us from the evil of what You have decreed. For verily You decree and none can decree over You. He whom You support can never be humiliated. Glory is to You, our Lord, You are Blessed and Exalted.

اللَّهُمَّ إِنَّا نَسْأَلُكَ مِنَ الْخَيْرِ كُلِّهِ عَاجِلِهِ وَآجِلِهِ مَا عَلِمْنَا مِنْهُ وَمَا لَمْ نَعْلَمْ وَنَعُوذُ بِكَ مِنَ الشَّرِّ كُلِّهِ عَاجِلِهِ وَآجِلِهِ مَا عَلِمْنَا مِنْهُ وَمَا لَمْ نَعْلَمْ اللَّهُمَّ إِنَّا نَسْأَلُكَ مِنْ خَيْرِ مَا سَأَلَكَ عَبْدُكَ وَنَبِيُّكَ وَنَعُوذُ بِكَ مِنْ شَرِّ مَا عَاذَ بِهِ عَبْدُكَ وَنَبِيُّكَ اللَّهُمَّ إِنَّا نَسْأَلُكَ الْجَنَّةَ وَمَا قَرَّبَ إِلَيْهَا مِنْ قَوْلٍ أَوْ عَمَلٍ وَنَعُوذُ بِكَ مِنَ النَّارِ وَمَا قَرَّبَ إِلَيْهَا مِنْ قَوْلٍ أَوْ عَمَلٍ وَنَسْأَلُكَ أَنْ تَجْعَلَ كُلَّ قَضَاءٍ قَضَيْتَهُ لَنَا خَيْرًا

O Allah, We ask You for all that is good, in this world and in the Hereafter, what we know and what we do not know. O Allah, we seek refuge with You from all evil, in this world and in the Hereafter, what we know and what we do not know. O Allah, we ask You for the good that Your servant and Prophet has asked You for, and we seek refuge with You from the evil from which Your servant and Prophet sought refuge. O Allah, we ask You for Paradise and for that which brings one closer to it, in word and deed, and we seek refuge in You from Hell and from that which brings one closer to it, in word and deed. And we ask You to make every decree that You decree concerning us good.

عِبَادَ اللَّهِ، إِنَّ اللَّهَ يَأْمُرُ بِالْعَدْلِ وَالْإِحْسَانِ وَإِيتَاءِ ذِي الْقُرْبَى وَيَنْهَى عَنِ الْفَحْشَاءِ وَالْمُنْكَرِ وَالْبَغْيِ، يَعِظُكُمْ لَعَلَّكُمْ تَذَكَّرُونَ

Servants of Allah. Indeed, Allah orders justice and good conduct and giving to relatives and forbids immorality and bad conduct and oppression. He admonishes you that perhaps you will be reminded.

أَذْكُرُوا اللَّهَ الْعَظِيمَ يَذْكُرْكُمْ وَاشْكُرُوا يَزِدْكُمْ وَاسْتَغْفِرُوا يُغْفِرْ لَكُمْ وَاتَّقُوا يَجْعَلْ لَكُمْ مِنْ أَمْرِكُمْ مَخْرَجًا ، وَأَقِمِ الصَّلَاةَ

Remember Allah, the Great - He will remember you. Thank Him for His favors - He will increase you therein. And seek forgiveness from Him - He will forgive you. And be conscious of Him - He will provide you a way out of difficult matters. And, establish the prayer.