

My Prophet صلى الله عليه وسلم Also Felt Ill



Learning Objectives

In this lesson, I will:



Recognise that the Prophet صلى الله عليه وسلم also felt ill

Describe what to do when I feel ill

Explain how to stay positive when I am ill



Key Words

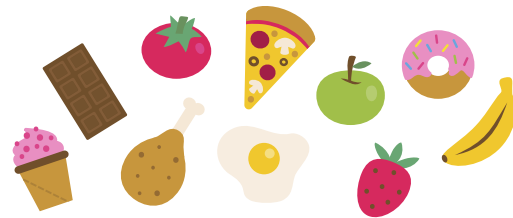
Fever

Complain

Power - قُدْرَةٌ

T Thinking Starter

What foods can you eat to help you stay healthy?

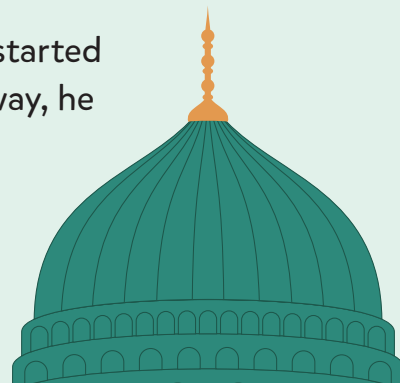


The Prophet صلى الله عليه وسلم Falls Ill

The Prophet صلى الله عليه وسلم was very active, strong and healthy. Whoever saw him would think he was younger than his actual age because he was so healthy.

It was only towards the end of life that he started to become ill. Before he صلى الله عليه وسلم passed away, he became very ill. He had a very bad **fever**.

But even when he was very ill, he worried about his Ummah, and he comforted his own family.



When the Prophet صلى الله عليه وسلم fell ill, he did not **complain**. Instead he taught us that when we are ill, Allah سبحانه وتعالى forgives our sins.

When I'm Ill

Our beloved Prophet ﷺ taught us that when we are ill, we should ask Allah to cure us and make us feel better. He also told us to take medicine and seek treatment.



Did You Know?

The Qur'an is the most powerful cure! The Prophet ﷺ would pray from the Qur'an and blow over himself when he was ill.



Task 1

The Prophet ﷺ told us to use the following as a means of cure (shifa). Can you work out what they are?

Description	What Am I?
I am small and round. Some people use me when they make bread. Oil can also be made out of me.	Black seeds 
I am produced by a bee. I am sweet.	
I came out from the ground when Hajar عليها السلام was looking for water for her baby son Isma'il عليه السلام.	
I am the oil of a fruit which is mentioned in the Qur'an. (Clue: By the Fig and the _____).	
I am the final revelation. I am the greatest cure!	

Allah is **ash-Shafi** (The Healer). Even if we think we were cured by medicine or the doctor, it was really Allah who cured us.

IT'S STORY TIME!

A Powerful Du'a

There was a Companion whose name was 'Uthman ibn Abi al-'Aas رضي الله عنه. One day he came to the Prophet Muhammad صلى الله عليه وسلم and told him that since he had accepted Islam, he had been feeling pain in his body.

What do you think the Prophet صلى الله عليه وسلم said to him?

The Messenger of Allah صلى الله عليه وسلم said to him: **"Put your hand on the part of your body where you feel pain and say 'Bismillah' three times."**

بِسْمِ اللَّهِ

He then told him to recite the following du'a seven times:

أَعُوذُ بِاللَّهِ وَقُدْرَتِهِ مِنْ شَرِّ مَا أَجِدُ وَأُحَاذِرُ

So 'Uthman رضي الله عنه did exactly as the Prophet صلى الله عليه وسلم told him to.

Miraculously, Allah سبحانه وتعالى removed all of his pain and he felt much better!

After this, whenever any family member of 'Uthman رضي الله عنه would fall ill, he would tell them to recite this special du'a that he had learnt from the Prophet صلى الله عليه وسلم.



Task 2

Trace and memorise this du'a.

3x بِسْمِ اللَّهِ

7x

أَعُوذُ بِاللَّهِ وَقُدْرَتِهِ مِنْ شَرِّ مَا أَجِدُ وَأُحَاذِرُ

"In the Name of Allah. I seek protection with Allah and with His power from the evil of what I feel and from what I fear." (Muslim)



Did You Know?

The Prophet صلى الله عليه وسلم would visit the sick and say comforting words to them.



Being Patient

Being ill can be difficult, especially if we fall ill very often. However, we should try our best to be patient. We should remain positive and not complain. Allah سبحانه وتعالى says in the Qur'an:

وَاللَّهُ يُحِبُّ الصَّابِرِينَ

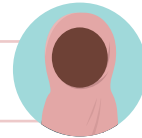
“And Allah loves those who are patient.”

(Surah Aal-'Imran : 146)

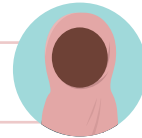


Task 3

Maryam is visiting her neighbour Auntie Khadijah who has got a terrible fever. What can she say to her neighbour?



What should she **not** say to her neighbour?



I Act On What I Learn

If I get ill, I will do what the Prophet صلى الله عليه وسلم taught 'Uthman رضي الله عنه to do!

P Progress Check



1. Did the Prophet صلى الله عليه وسلم moan and groan when he became ill? ☐

2. What did the Prophet صلى الله عليه وسلم teach us to do when we feel ill? ☐

3. How can you be patient when you are ill? ☐
