

THE PHYSICAL BODY

WITH THE NAME OF ALLAH, MOST GRACIOUS, MOST MERCIFUL.

The human being is essentially made up of body, mind and spirit. Allah (S.W.T.) has given us laws to raise ourselves in every field of human activity.

The physical body, like the rest of the make-up of the human being, is meant to be a trust from Allah (S.W.T.).

Our Rabb has given rules and guidelines to take care of the body as it is one of

The great wonders of creation.

We are reminded in Sura aT-Tin (ch. 95): verse 4:-

“We have indeed created man (the human being) in the best of moulds.”

Then we are told that the human being is a sign of Allah (S.W.T.).

Listen to Sura al-Zariyat (ch. 51): verses 20 & 21:-

“And on earth are signs for those of assured faith, as also in your own selves: will you not then see?”

The above verse means to say that the human body should be studied as a means to strengthen faith!

A Muslim should be grateful to Allah (S.W.T.) for the miraculous gift of each part of the body.

It should be used to serve the cause of our Rabb.

Hence every care must be taken to keep it healthy and strong.

Now listen the words of our beloved Nabie (S.A.W.):-

“A physically strong believer is better and more loved by Allah than a physically weak believer, but there is good in both of them. Be enthusiastic for everything which brings you good and seek therein divine help and do not lose heart in your endeavour....”

--- Sahih Muslim

Worksheet

1) Why is it good for a believer to undertake a study of the human body?

2) According to the reported Hadith, our Rabb loves a believer who is strong and healthy, why?
