

YOU ARE NOT ALONE

Sickness is a time when you might feel afraid, lonely and worried. It is a time of stress and tribulation for patients and their families.

Only Almighty Allah, the Creator and Sustainer of the universe, knows what the result of your sickness will be. Your best response in these circumstances is to be patient and to ask Allah *Subhanahu wa Ta`ala* to shower His mercy and healing upon you.

This country has some of the finest hospitals and doctors, who will do anything humanly possible to cure your sickness.

While in the hospital you might still need to talk to someone besides family or medical staff. Each hospital has a Spiritual Care Department committed to caring for your spiritual needs. Volunteers from the Muslim community or mosques work with these departments and visit patients.

FACILITIES AND SERVICES AT YOUR DISPOSAL

At the time of admission into the hospital, you are asked about your address, Health plan, religion / faith, etc. It is important to say you are a Muslim. At this time or after admission, inform the nursing station that you require *halal* meals, or vegetarian food with eggs, fish and milk. You may opt for kosher meals if halal food is not available.

To request a visit by a Muslim / Muslimah volunteer, contact the Spiritual & Religious Care Department. They are always helpful. This department manages a Multi-faith Prayer (or Meditation) Room. This room is open to patients, visitors and staff of all faiths and will therefore carry a variety of religious books and symbols. Copies of the Quran and prayer mats are often available here. If there is no prayer mat or Quran, donate one to the Spiritual & Religious Care Department.

COPING WITH SICKNESS

Every thing that happens in our life can be a blessing if we choose to make it so by saying *Shukr Alhamdulillah* (Thanks, and all praises are for Allah).

Prophet Muhammad (peace be upon him) is reported to have said that, sickness is one of the ways of purifying ourselves. In one tradition he said, *“For any trouble, worry, grief, hurt or sorrow that afflicts a believer; even the prick of a thorn, Allah Subhanahu removes in its stead some of his (minor) sins.”* It is therefore our attitude and response to our sickness determines whether it becomes a blessing and rids us of our sins.

Prophet Muhammad (PBUH) said, *“Wonderful is the case of a believer. There is good for him in everything and that is only for the believer. If he experiences a blessing, he is **Shakir** (grateful) to Almighty Allah - which is rewarding for him. If he experiences adversity, he is **Sabir** (patient) - which is also rewarding for him.”*

The story of Prophet Ayub in the Quran, called Job in the Bible, peace be upon him, serves as a reminder that Almighty Allah's help is always near. In the course of his life, Prophet Ayub (PBUH) faced many hardships. When afflicted with sores all over his body, people around him suggested that the sores and other calamities that befell on him were a punishment from Almighty Allah. Yet, Prophet Ayub's (PBUH) faith and obedience to Allah never wavered. He was filled with patience and hope. In the face of all this adversity he turned to Allah *Ghafoorur-Raheem* stating, *“Lo! Adversity has seized me but You (Allah) are the most Merciful of those who show mercy.”* Quran 21:83

At the peak of Ayub's (PBUH) illness, Allah *Ta`ala* granted him (PBUH) healing and freedom from all his distress. Allah

describes Ayub's (PBUH) attitude in the Quran: *“Truly We found him (Ayyub) full of patience and constancy, how excellent a servant!”* Quran 38:44

OTHER CONSIDERATIONS

A. Prophet Muhammad (PBUH) advised patients to do take medicine and ask Allah for healing. Doctors give medicine but healing comes from Allah. Sickness is a time to practice patience, be generous and kind to others. It helps to keep you in a positive state of mind and protect your nobility.

During your sickness, it is not Islamic to say *‘Why me my Lord?’* Patience is the Key!

The following may be helpful:

If you have wealth, help the poor and the needy. Charity wipes out sins. Is your will up-to-date and does your family know? Did you write consent to treatment?

Make friends by speaking kind words to fellow patients and staff in the hospital.

Pray for and ask for the blessings of the Almighty on your family, friends, visitors, caregivers & the medical staff; for the prayer of the sick has a special position with Almighty Allah.

Use your circumstances to mend relations with the family and friends that might have gone sour over the years.

While in the hospital, take the hospital restrictions (which is like a ‘prison’) to be a ‘school’ to learn more about the *Deen* (i.e., Islamic way of life) and continue to practice the teachings of Prophet Muhammad (PBUH).

B. Thank Allah *Ta`ala* for the successful recovery, or operation and finding help at the time when it was most needed. A suitable *Du`a* and *Hadith* from *Tirmidhi* is: *“Alhamdulillah, Praise be to Allah, that He has saved me from*

this disaster and has preferred me over many of His creations.”

C. Regarding *Tahara* (personal cleanliness), do your best under hospital and your personal conditions of sickness. Never postpone *Ibadaat*. Do *Wudu* or *Tayammum*, Allah knows your situation. Perform *Salaat* in chair or in your bed. Combine *Salaat* if you have to, but do not postpone, for we do not know what is going to happen tomorrow.

D. You may have to stay in the hospital for a day or two. It is also possible that it could prolong. Equip yourself for a comfortable stay. A detailed list of things to carry at the time of admission is given in another brochure under the title ‘Personal Kit for Patients going to Hospitals’

E. At times of calamity, sickness or any difficulty, believers are asked to seek help through *Sabr & Salaat* (patience & prayers) Quran 2:153

SOME *Du`a*

Following *du`as* from the Quran and Prophet Muhammad (PBUH) may be recited.

1 .Lo! Adversity has seized me but You are the Most Merciful. Quran 21:83

إني مسني الضر وأنت أرحم الراحمين

Anni massaniyad-durru wa anta arhamur-rahimeen

2. There is no god but Thou, glory to Thee; I was indeed of the wrong doers. Quran 21:87

لا إله إلا أنت سبحانك إني كنت من الظالمين

La ilaha illa anta subhanaka inni kuntu minaz-zalimeen

3. And when I am sick, it is He Who cures me. Quran 26:80

وإذا مرضت فهو يشفين

Wa idha maridtu fahuwa yashfeen

4. I ask Allah the Supreme, Lord of the magnificent throne to cure.

Ref. (H) Abu-Dawood & At-Tirmidhi

أسأل الله العظيم، رب العرش العظيم، أن يشفيك

As-alu Allaha al-azeem, rabbu-l arshi alazeem, an yashfeek

5. Allah! Keep me alive as long as life is better for me, and let me die, if death is better for me

Ref. (H) Bukhari

اللهم أحييني ما دامت الحياة خيرا لي
وتوفني إذا كانت الوفاة خيرا لي

Allahumma ahyini ma damat alhayatu khayran li, wa tawaf-fani idha kanat alwafatu khayral-li

6. I seek refuge in Almighty Allah and in His power from that which I feel and fear.

Ref. (H) Muslim

أعوذ بعرزة الله وقدرته من شر ما أجد وأحاذر

a-oudhu bi-izzati Allahi wa qudratihi min sharri ma ajidu wa uhathir

7. Our Lord! Give us good in this world and good in the Hereafter and defend us from the torment of Fire. Quran 2:201

ربنا آتنا في الدنيا حسنة وفي الآخرة حسنة
وقنا عذاب النار

Rabbana aatina fiddunya hasanatan wa filakhirati hasanatan wa qina adhaban-naar

8. Allah, Lord of people, take away the disease. Cure, for surely You are the Healer. There is no cure but Yours. Grant a cure that leaves no disease. Ref. (H) Bukhari

اللهم رب الناس أذهب الباس واشف أنت الشافي
لا شفاء إلا شفاؤك شفاء لا يغادر سقما

*Allahuma Rabbannaas adh-hibilbas ishfih
antash Shafi, la shifa-a illa shifaouka, shifa-
un la yughadiru saqama*

9. Recite *Sura Naas & Falaq*, (Chapters 113 and 114) and blow onto your hands and pass

them over your body as a way of asking Almighty Allah to protect and cure.

Ref. (H) Muslim.

10. And put your trust in Allah, for Allah is sufficient as Trustee. (Quran 33.3)

وَتَوَكَّلْ عَلَى اللَّهِ وَكَفَىٰ بِاللَّهِ وَكِيلًا

Wa tawakkul-allallah wa kafa bill-lahi wakila

It is not rare that any two patients with the same condition and the same disease looked after by the same physician may not experience the same outcome.

Scientists point this situation to the state of mind of the patients which is his ‘thoughts’ or his ‘consciousness’. This is controlled by the brain. This is spirituality which the scientists associate with one’s consciousness in the brain.

Now, the question arises as to whether brain controls consciousness or the consciousness controls brain. The head of the dept. of neuroscience at the Harvard University is of the opinion is that ‘every word that we utter, changes or controls our brain’. Endorsed by Dr. Deepak Chopra. So, there you are; be a practicing Muslim.

Talk to Allah! That is, recite Quran, do *tasbeeh*, and bring the thoughts of *Shsfi* (The Healer), *Rahman*, *Raheem Ghaffar* and more of the attributes of Allah in your lips, thoughts (mind & conscience).

This will influence the brain and *inshaAllah* healing starts. After all, Allah is closer to you from your jugular vein! Go to *sajda*. Hopefully with the physician’s help by the permission of *Allah wa Ta`ala* you will gain healing.

For a person who is spiritually conscious, healing is not a big problem. This patient accepts the decision of Allah with peace.

For any assistance, contact any Masjid near you, ISNA, or your hospital’s Spiritual & Religious Care Department.

Some useful Web sites: www.imana.org; Tanzil.net; Searchtruth.com; altafsir.com isnacanada.com; Harunyahya.com;

Brochures from ISNA’s web site: www.isnacanada.ca.

- RU 4 Surgery?
- Welcome New Baby
- Palliative Care
- Smile, The Best Medicine
- Sabr / Patience
- Attending the Dying
- Handy Information to the Medical Staff & Nursing Homes regarding Muslim Patients & Islam
- Personal Kit for Patients Going to Hospital
- **Book: *Islamic Perspectives on Prayers & Coping with Sickness*.**
By Amjad R.M. Syed.

ISNA’s Book store: 905-403-8406 Ext. 218

Your Doctor’s Name & Tel. #

Tel. # of your nearest Masjid:

With sincere *Du`a*

Your Notes:



وننزل من القرآن ما هو شفاء
ورحمة للمؤمنين

“And We send down in the Quran
that which is a healing and a mercy
to those who believe...”
(Quran 17:82)

Coping with Sickness & Hospital Life

Muslim Patients Visiting Services

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