

# Virtues of illness

لَا بَأْسَ ظُهُورُ إِنْ شَاءَ اللَّهُ، اَللَّهُمَّ اشْفِهِ اَللَّهُمَّ عَافِهِ

*Illness is a blessing and a means of forgiveness of sins*

Just as Nabi ﷺ has taught us that death is not the end of life but rather the beginning of a new existence which will be happy and blissful for the faithful servants of Allah and is thus a wonderful gift for him, in the same way Nabi ﷺ has also informed us that illness is not entirely suffering and misery but a blessing as well and a means of cleansing from sins. The following Ahadith further elucidate this:

1. Hazrat Abu Sa'eed Khudri ؓ narrates that Nabi ﷺ said: "When a Muslim is afflicted by fatigue, disease, sorrow, grief, hurt or distress, to such an extent that even if a thorn pricks him, Allah Ta'ala forgives his (minor) sins by means of that." (Bukhari and Muslim)

2. Hazrat Abdullah ibn Masood ؓ narrates that on one occasion I visited Nabi ﷺ when he had a fever. I felt him with my hand and said "O Rasul of Allah! You have a severe fever." Nabi ﷺ replied, "Yes indeed! I am afflicted with the fever of two people from amongst you." I then then asked, "Is this because you will gain a double reward for this?" Nabi ﷺ then replied, "Yes." Nabi ﷺ further stated, "When a Mu'min is afflicted by any suffering, in the form of a sickness or anything else, Allah Ta'ala allows his (minor) sins to fall off in the same way as a tree sheds its leaves in autumn." (Bukhari and Muslim)

3. Hazrat Abu Hurairah ؓ narrates that Nabi ﷺ said: "Misfortunes and afflictions will continue descending on some Mu'mineen (male and female), sometimes on their bodies, sometimes on their possessions and sometimes on their children (and as a result of it), their (minor) sins are forgiven to such an extent that after death they meet Allah Ta'ala in such a state that not a single sin is left." (Tirmizi)

4. Nabi ﷺ said: "Sometimes for a Mu'min Allah Ta'ala has ordained a high rank (in Jannat) which he cannot attain through his own efforts, so Allah Ta'ala afflicts them with a physical distress or grief from the side of his children and then grants him the good fortune to be patient till (in return for these troubles and calamities and his patience and forbearance) Allah Ta'ala makes him attain the high rank ordained for him beforehand." (Musnad Ahmad and Abu Dawood from Mishkaat)

5. Hazrat Abu Moosa Ashari ؓ narrates that Nabi ﷺ said: "When a servant of Allah is sick or on a journey (and cannot carry out the daily routine of his worship etc.) his deeds are recorded in the same way with Allah as when he was healthy or staying at home." (Bukhari)

6. Hazrat Jaabir ؓ narrates that Nabi ﷺ said: "On the Day of Qiyaamah, when people will be rewarded in compensation for their suffering and difficulties in the world, then those people who had always lived a life of ease and comfort will (regretfully) wish that their skins were cut with scissors in the world." (Tirmizi)



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