

Summarised Friday Sermon

27 MARCH 2009

IMPROVING THE STATE of OUR COMMUNITY'S HEALTH

- Allah S.W.T with His grace and mercy, continuously bestows upon His servants with numerous blessings, such as good health.
- As Muslims, we must take care of this blessing and give our body its right to good health and treatment when needed.
- One of the ways to take care of our health is to consume food which is halal and healthy (nutritious), and to adopt a healthy lifestyle, such as to exercise regularly.
- Exercising together with family members and friends will help us to bond with them, apart from sharpening our minds.
- Hopefully, when we strive to do this, Allah S.W.T. will grant us good health and sharpness of mind, so that we can continue to be His successful servant in this world and the hereafter Amin Ya Rabbal Alamin.



Summarized By: **Darul Makmur Mosque**
Mosque without borders