

FRIDAY KHUTBAH

Physical Strength as an Amanah

Approx. 12–15 minutes, both khutbahs combined

FIRST KHUTBAH

All praise is due to Allah, who fashioned the human body in the best form, gave it the strength to carry the weight of this life, and will ask every one of us what we did with it. I bear witness that there is no god but Allah, alone, without partner, and I bear witness that our master and Prophet Muhammad is the Messenger of Allah. May Allah's prayers, peace, and blessings be upon him, his family, his Companions, and all who follow him faithfully.

To proceed: I advise you, servants of Allah, and myself, to be mindful of Allah (taqwa), as Allah the Exalted says:

يَا أَيُّهَا الَّذِينَ آمَنُوا اتَّقُوا اللَّهَ حَقَّ تَقَاتِهِ وَلَا تَمُوتُنَّ إِلَّا وَأَنْتُمْ مُسْلِمُونَ

"O you who believe, fear Allah as He should be feared, and do not die except as Muslims." — Qur'an 3:102

Brothers and sisters, picture two men. Same age. Same iman. Same masjid every single Friday. One of them can carry his own groceries up three flights of stairs without a problem. The other one gets winded doing far less. Now tell me, when something actually goes wrong, when his father needs help moving, when his family needs someone who can physically show up and do something, which one of those two men can actually be counted on? That question is what we're sitting with today.

Some of you are already thinking, "Brother, I pray five times a day, I work hard to provide, isn't that enough?" Necessary? Absolutely. Enough on its own? No. Allah didn't just ask you to believe and to earn a living. He gave you a body, and He's going to ask you what you did with it too.

Picture the scene in the Qur'an. Bani Isra'il wanted a king, and they had their opinion about who deserved it, the richest man, obviously. Allah didn't pick the richest man. He picked the one who was actually ready:

إِنَّ اللَّهَ اصْطَفَاهُ عَلَيْكُمْ وَزَادَهُ بَسْطَةً فِي الْعِلْمِ وَالْجِسْمِ

"Indeed, Allah has chosen him over you and has increased him abundantly in knowledge and physique." — Qur'an 2:247

Knowledge and physique. Both, brothers. Now let's make this real. If something happens in your home in the middle of the night, if your wife or your kids need you to physically act, not think, not plan, act, are you the one who can, or are you the one who's going to be more of a liability than a help? That's not a rhetorical question. Sit with it.

The Prophet ﷺ once stood on this very kind of minbar and told the Companions:

أَلَا إِنَّ الْقُوَّةَ الرِّمِيَّ

"Indeed, strength is in archery. And he said it three times." — Sahih Muslim

Three times, brothers. He wanted it remembered, and here we are, still repeating it in this khutbah today. He was talking about being ready. Capable. Not someone who has to be carried when things get hard.

And it's not only about the emergencies, brothers. Think about your own mind for a second. How many of you feel foggy, heavy, short-tempered with your own kids by the end of the day, and you've chalked it up to stress, to work, to just being tired? A lot of that heaviness lifts the moment you actually move your body. It's not a secret, you already know this. There's also the confidence that comes with knowing you can rely on yourself, and honestly, the respect other people give you when you carry yourself like a man who takes care of what Allah gave him. That's not vanity, that's just how Allah made people. Ask yourself honestly how much of your own irritability, your own short fuse with the people you love most, comes from a body you've let go completely stagnant.

And brothers, there's nothing wrong with wanting to look good either. The Prophet ﷺ said:

اللَّهُ جَمِيلٌ يُحِبُّ الْجَمَالَ

"Allah is beautiful and loves beauty." — Sahih Muslim

Taking care of how you look, for your wife, for yourself, for your own dignity, is not vanity. Letting yourself go completely and calling it humility isn't humility either, it's neglect dressed up as piety.

And some of you use your prayer and your job as the whole excuse. "I work, I pray, leave me alone about the rest." Even the Companions tried that, and the Prophet ﷺ corrected it directly. Abdullah ibn Amr pushed himself to fast every single day and pray every single night, thinking more worship automatically means better worship. The Prophet ﷺ told him:

فَلَا تَفْعَلْ، صُمْ وَأَفْطِرْ، وَقُمْ وَنَمْ؛ فَإِنَّ لَجَسَدِكَ عَلَيْكَ حَقًّا

"Do not do that. Fast and break your fast, pray and sleep, for your body has a right over you." — Sahih al-Bukhari

If even in the middle of worship your body has a right that can't be brushed aside, what excuse do the rest of us have?

O believers, obey Allah, obey the Messenger, and heed those with knowledge among you.

I say these words of mine, and I ask Allah's forgiveness for myself and for you, so seek His forgiveness, indeed He is the Oft-Forgiving, the Most Merciful.

— The khateeb sits briefly before rising for the second khutbah —

SECOND KHUTBAH

All praise belongs to Allah alone, and may prayers and peace be upon the one after whom there is no Prophet.

To proceed: O believers, this deen is balance in everything, including how we treat our health. Allah says:

وَكُلُوا وَاشْرَبُوا وَلَا تُسْرِفُوا إِنَّهُ لَا يُحِبُّ الْمُسْرِفِينَ

"Eat and drink, but do not be excessive. Indeed, He does not like those who commit excess." — Qur'an 7:31

And He says:

وَلَا تُلقُوا بِأَيْدِيكُمْ إِلَى التَّهْلُكَةِ

"And do not throw yourselves into destruction with your own hands." — Qur'an 2:195

The Prophet ﷺ said:

مَا مَلَأَ آدَمِيٌّ وِعَاءً شَرًّا مِنْ بَطْنٍ

"No human being fills a vessel worse than the stomach." — al-Tirmidhi, hasan-sahih

Brothers, let's make this practical, right now, today. This was never about how you look in the mirror. It's about whether you can actually do what your family needs from you. Can you carry your daughter on your shoulders at the park for more than five minutes without your back giving out? Can you help your father move a couch when he calls you, or do you have to make an excuse? Can you run if your kids need you to run? That's what this strength is for. Allah gave it to you to serve, not to display.

So work and salah were never the finish line, brothers. They're the floor. What you build on top of that floor, that's your choice, and one day you will stand in front of Allah and be asked about it.

Brothers, if you've been putting this off, pick one step this week. Not a perfect plan. Just a start.

Imam's note: This is the moment to let them know about the gym guide that comes with this khutbah, how they can get it, in your own words. It may not be something you can physically hand out right after the prayer, so just point them to it, wherever and however they'll be able to access it.

اللَّهُمَّ صَلِّ وَسَلِّمْ وَبَارِكْ عَلَى مُحَمَّدٍ وَعَلَى آلِهِ وَصَحْبِهِ أَجْمَعِينَ

O Allah, send Your prayers, peace, and blessings upon Muhammad, and upon all his family and Companions.

O Allah, we ask You for well-being in this world and the next.

O Allah, make us strong in our faith and our bodies, and do not make us of those who neglect, nor of those who go to extremes.

O Allah, set right the affairs of the Muslims everywhere, and grant them well-being and strength to obey You.

Our Lord, give us good in this world and good in the Hereafter, and protect us from the punishment of the Fire.

Servants of Allah: remember Allah, the Magnificent and Majestic, and He will remember you. Be grateful to Him for His blessings, and He will increase you in favor.

And establish the prayer.

SOURCES (FOR REFERENCE ONLY, NOT FOR READING ALOUD)

- Taqwa verse: Qur'an 3:102
- Talut and knowledge/physique: Qur'an 2:247
- The archery hadith: Sahih Muslim 1917
- "Allah is beautiful and loves beauty": Sahih Muslim 131
- The body's rights hadith: Sahih al-Bukhari 5199
- Eat and drink without excess: Qur'an 7:31
- Do not throw yourselves into destruction: Qur'an 2:195
- No vessel worse than the stomach: al-Tirmidhi 2380, hasan-sahih