

الْحَمْدُ لِلَّهِ الَّذِي خَلَقَنَا مِنْ طِينٍ ثُمَّ قَضَىٰ أَجَلًا، وَخَلَقَ الْمَوْتَ وَالْحَيَاةَ لِيَبْلُوَنَا أَيُّنَا أَحْسَنُ عَمَلًا، أَعْمَدُهُ سُبْحَانَهُ كَمَا يُحِبُّ وَيَرْضَىٰ، وَأَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، أَقْسَمَ بِاللَّيْلِ وَالنَّهَارِ، وَقَسَمَ الْأَجَالَ وَوَقَّتَ الْأَعْمَارَ، وَهُوَ الْعَزِيزُ الْغَفَّارُ، وَأَشْهَدُ أَنَّ سَيِّدَنَا وَنَبِيَّنَا مُحَمَّدًا عَبْدُ اللَّهِ وَرَسُولُهُ، هَدَانَا اللَّهُ تَعَالَىٰ بِهِ سُبُلَ السَّلَامِ، عَلَيْهِ مِنَ اللَّهِ أَفْضَلُ صَلَاةٍ وَأَزْكَىٰ سَلَامٍ، وَعَلَىٰ آلِهِ وَصَحْبِهِ الْكِرَامِ، وَعَلَىٰ مَنْ تَبِعَهُمْ بِإِحْسَانٍ إِلَىٰ يَوْمِ الدِّينِ.

**Praise be to Allah, Who has created us from clay and then decreed a term. He Who created death and life to test us as to which of us is the best in deed. I thank Him the way it pleases Him and bear witness that there is no deity worthy of worship, except for Him alone without any partners or peers. He the Almighty swore by day and night, set each one's lifetime and He is the most honourable, the much-forgiving.**

**I also bear witness that Muhammad is His Servant and Messenger; through him Allah the Almighty has guided us towards peace. May the peace and the blessings of Allah be upon him, his Companions and all those who will follow them in righteousness till the Day of Judgment.**

- **Human Nature:** Humans are designed to move, limbs, heart, mind, body - not stay still.
- But recently we have found ourselves in an era when moving has become redundant.
- Science and technology have undoubtedly made our lives easier.
- **Sedentary Lifestyle:** Leads coronary heart disease, type 2 diabetes, obesity, mental illness, dementia, some cancers. Reduced quality of life, depression and unhappiness.

## Effects of Laziness:

- Lazy People
- Low Self-Confidence
- No Ambition
- Insecure
- Inept
- Lethargic
- Counterproductive
- Incompetent

## Doctors/Psychiatrists:

- Sleep Early/Routine
- Wash Your Face
- Exercise
- Diet
- Clean Lifestyle,
- Be Positive
- Good Company
- Keep Things Simple
- Prioritise Time
- Continuity

- **Statistics**
- **6 Million** young Americans, neither in school or at work – aged 15-24
- Lazy young people cost **£53 Billion** 2013
- 65% Health Issues
- 11-25 year olds, reduced quality of life
- 2030 average person will use **25%** more energy than if he stayed in bed all day
- **17%** premature death
- **95%** of the UK population are not even doing the minimum recommended exercise
- Manchester **40%** classified as inactive

وَإِذَا قَامُوا إِلَى الصَّلَاةِ قَامُوا كُسَالَى يُرَاءُونَ النَّاسَ وَلَا يَذْكُرُونَ اللَّهَ إِلَّا قَلِيلًا

“when they stand for prayer, they stand lazily, showing the people, and not remembering Allah except a little”. (4:142)

- Disease - Ailment

وَالَّذِينَ جَاهَدُوا فِينَا لَنَهْدِيَنَّهُمْ سُبُلَنَا وَإِنَّ اللَّهَ لَمَعَ الْمُحْسِنِينَ

“And those who strive for Us - We will surely guide them to Our ways. And indeed, Allah is with the doers of good”. (29:69)

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحَزَنِ وَأَعُوذُ بِكَ مِنَ الْعَجْزِ وَالْكَسَلِ وَأَعُوذُ بِكَ مِنَ الْجُبْنِ وَالْبُخْلِ وَأَعُوذُ بِكَ مِنَ غَلْبَةِ الدِّينِ وَقَهْرِ الرِّجَالِ

"O Allah! I seek refuge with You from worry and grief, from incapacity and laziness, from cowardice and miserliness, from being heavily in debt and from being overpowered by (other) men."

Sahih al-Bukhari

وَمَا خَلَقْتُ الْجِنَّ وَالْإِنْسَ إِلَّا لِيَعْبُدُونِ

“And I did not create the jinn and mankind except to worship Me”. (51:56)

كيف يعبدونه وهم كسالى؟! لا يمكن، فالعبادة بها مشقة

يَقُولُونَ سَلَامٌ عَلَيْكُمْ ادْخُلُوا الْجَنَّةَ بِمَا كُنْتُمْ تَعْمَلُونَ

“Enter Paradise for what you used to do”. 16:32

أَحَبُّ الْأَعْمَالِ إِلَى اللَّهِ تَعَالَى أَدْوَمُهَا وَإِنْ قَلَّ

“The acts most pleasing to Allah are those which are done continuously, even if they are small”. (Sahih Muslim)

- ففي غزوة الأحزاب كان ﷺ بالرغم من بلوغه ما يقارب 58 من العمر أنشط الناس
- "من أصبح اليوم منكم صائما؟" قال أبو بكر: أنا، قال: "فمن تبع منكم اليوم جنازة؟" قال أبو بكر: أنا، قال: "فمن أطعم اليوم منكم مسكينا؟" قال أبو بكر: أنا، قال: "فمن عاد اليوم منكم مريضا؟" قال أبو بكر: أنا، فقال رسول الله -صلى الله عليه وسلم-: "ما اجتمعن في امرئ إلا دخل الجنة"

حَتَّىٰ إِذَا جَاءَ أَحَدَهُمُ الْمَوْتُ قَالَ رَبِّ ارْجِعُونِ لَعَلِّي أَعْمَلُ صَالِحًا فِيمَا تَرَكْتُ

“When death comes to one of them, he says, "My Lord, send me back, That I might do righteousness in that which I left behind". (23:99-100)

وَلَا تَقُولَنَّ لِشَيْءٍ إِنِّي فَاعِلٌ ذَلِكَ غَدًا

“And never say of anything, Indeed, I will do that tomorrow”. (18:23)

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحَزَنِ وَأَعُوذُ بِكَ مِنَ الْعَجْزِ وَالْكَسَلِ وَأَعُوذُ بِكَ مِنَ الْجُبْنِ وَالْبُخْلِ وَأَعُوذُ بِكَ مِنْ غَلَبَةِ الدَّيْنِ وَقَهْرِ الرِّجَالِ

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