

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
In the Name of Allah, Most Merciful, Ever Merciful

Sample Friday Speech (Khutbah): Stop Smoking in #STOPTOBER

PART ONE:

إن الحمد لله نحمده ونستعينه ونستغفره ونعوذ بالله من شرور أنفسنا ومن سيئات أعمالنا ، من يهده الله فلا مضل له ومن يضل فلا هادي له وأشهد أن لا إله إلا الله وحده لا شريك له وأشهد أن محمدا عبده ورسوله يا أيها الذين ءامنوا اتقوا الله حق تقاته، ولا تموتن إلا وأنتم مسلمون.

Salamun-alaikum, Peace be with you,

Verses to be read:

In Surah Al-Baqarah (2:195), The Quran tells us:

وَأَنْفِقُوا فِي سَبِيلِ اللَّهِ وَلَا تُلْقُوا بِأَيْدِيكُمْ إِلَى التَّهْلُكَةِ وَأَحْسِنُوا إِنَّ اللَّهَ يُحِبُّ
الْمُحْسِنِينَ

“And spend of your substance in the cause of Allah, and make not your own hands contribute to (your) destruction; but do good; for Allah loveth those who do good.”

(TRANSLATOR: YUSUF ALI)

And again Allah (SWT) tells us in The Quran in Surah-Al Baqarah (2:168),

يَا أَيُّهَا النَّاسُ كُلُوا مِمَّا فِي الْأَرْضِ حَلَالًا طَيِّبًا وَلَا تَتَّبِعُوا خُطُوَاتِ
الشَّيْطَانِ إِنَّهُ لَكُمْ عَدُوٌّ مُبِينٌ

O ye people! Eat of what is on earth, Lawful and good; and do not follow the footsteps of the evil one, for he is to you an avowed enemy.

(TRANSLATOR: YUSUF ALI)



Introduction to smoking

Islam takes a holistic approach to health, and physical, emotional and spiritual health cannot be separated: when a part of a person is injured or unhealthy, the other parts suffer as well. If a person is physically ill or injured it may be difficult to concentrate on anything but pain.

The two verses from the Quran that were just quoted talk about consuming not just that which is lawful, but good. In addition, Allah tells us not to throw ourselves into ruin.

There are many unhealthy things in this world that we can choose to intake – but few are as unhealthy and kill as many people on a daily basis than cigarettes.

This is the topic of today's sermon especially as October is designated as "STOtober" month where people are encouraged try to make the extra special effort to give up smoking.

How common is it?

Smoking is a problem for the whole world, not just Muslims communities. But Muslims need to be aware that it is rampant in our communities. According to some statistics more than 60% of all Indonesian men smoke, and in the UK about 30% of all Pakistani and 40% of Bangladeshi men smoke, even though the national average is 15%. (Source: <https://link.springer.com/article/10.1186%2F1745-6215-10-71>)

It is not just the older population either. Smoking is often common amongst young Muslims too. And if they do not smoke, then they may be smoking sheesha or hookah which also carry dangers to health. Increasingly we are seeing young people also smoking E-cigarettes but E-cigarettes are not completely risk free either.

Is it haram (forbidden)?

There are those that will say that we cannot declare smoking Haraam (forbidden) because the Prophet (SAW) did not declare it so. However, the opinion of many scholars is that smoking is something not acceptable in Islam.

This is because we are reminded time and again that we should not ruin ourselves with our own hands. We are reminded that we should consume that which is not good. And we are reminded that we should not kill ourselves.

And smoking is literally ruining ourselves with our own hand. Smoking has greatly more harms than benefits. Smoking damages our health in so many ways, that it is a direct assault on our bodies.



Irrelevant to the fiqh (jurisprudential) debate on whether smoking is halal (permissible) or haram (forbidden), there is no doubt that in smoking, there is little good and plenty of harm; so why don't we stop it?

What are the harms of smoking?

The harms of smoking are not unknown to anyone. Every cigarette pack in the UK now contains pictures of horribly tarred lungs, of cancer ridden patients and of blocked blood vessels from someone who died of a heart attack.

And according to official NHS guidance: "Every cigarette you smoke causes the poisons from tar to enter your bloodstream. These can cause heart disease, lung disease and cancer." (Source: www.nhs.uk/smokefree)

Smoking kills.

And it does not just kill the person smoking, as second hand or passive smoking kills the people around them, too.

It kills the finances of those who smoke. The amount of money saved by someone who smokes just one pack a day would be enough to go on Hajj. Every year.

Can you imagine that? Hajj every year and a chance to be as sinless like a newborn. Or paying for an orphan to get an education. Or for a widow to feed her family; and so on.

Instead, smokers burn that money and harm themselves and their children. Is wasting money not a valid reason to quit?

Should we not be doing more to stop it?

PART TWO:

So now what? We agree that smoking is bad. We agree that smoking is harmful. We know that smoking is killing ourselves.

Now, what do we do?

Alhamdulillah, in Islam there are many opportunities that help people break their bad habits. Here are some practical steps that we can and should take individually and some collectively.



1. Use Ramadan as a chance to stop
 - In Islam, we don't have to wait until a STOPtober. We have an in-built month of detox. That is Ramadan. A fasting Muslim will spend most of the day going without a cigarette and somehow, he or she will be able to do it. This is the best chance to give it up. And it happens every year.
2. We should assist our fellow Muslims
 - A Muslim is one who wishes for his brother what he wishes for himself. This is what the Prophet (SAW) taught us.
 - If we follow this advice, then those of us who are lucky enough not to be addicted to cigarettes should encourage and assist those who want to give up.
3. Seek assistance from the professionals
 - The Prophet (SAW) taught us that we should seek advice and help from professionals or experts. Smoking is a medical issue. It is therefore advisable to seek assistance from your GP or other such medical professional for assistance on how to quit smoking.
 - They may be able to point you towards medication, patches, gels and many other alternatives that will help you get rid of this addiction.
4. Keep your hands busy with something else
 - Those who smoke often miss the feeling of having a cigarette in their hands. Consider:
 - Instead of cigarettes, put a tasbeeh in your hand.
 - Instead of a cigarette, do dhikr with your hands.
 - Instead of a cigarette, use a miswak.
5. Make dua to Allah
 - At the end of the day, Allah is the one who will be able to help you break any addiction no matter how strong.
 - Sincerely make the intention to give up, and no matter how many times you fail – do not give up giving up.

In conclusion, smoking is a harmful act that is killing hundreds of thousands of people across the world every single year, including Muslims and those of other or no faith.

Smoking is one of the biggest causes of death and illness in the UK. Every year around 78,000 people in the UK die from smoking, with many more living with debilitating smoking-related illnesses. Smoking increases your risk of developing more than 50 serious health conditions. Some may be fatal, and others can cause irreversible long-term damage to your health.



It is orphaning children. It is widowing women and men. It is putting burden on our healthcare system. It is lining the pockets of large tobacco companies. It is draining the wealth, the lives and the energy of our society

It is time we did something about it.

Let us end this misery.

Whatever you do, make no mistake, you are continuing the work of the Prophet (SAW) – “And we have not sent you except as a Mercy to all Mankind.”

We are the Ummah (nation) of the Mercy of Mankind and it is time that we started living up to this great privilege.

Allah (SWT) tells us in the Quran in Surah 'Al-Imran (3:159)

فَإِذَا عَزَمْتَ فَتَوَكَّلْ عَلَى اللَّهِ إِنَّ اللَّهَ يُحِبُّ الْمُتَوَكِّلِينَ ﴿١٥٩﴾

“Then, when thou hast Taken a decision put thy trust in Allah. For Allah loves those who put their trust (in Him).

(TRANSLATOR: YUSUF ALI)

Closing Dua of Sermon: (Rely on Allah sincerely, with full determination not to return to smoking, if one has a strong faith and Trust in Allah (SWT) then Allah will surely guide him to the right path and he will be able to give up this harmful habit for good.)

End.