

FRIDAY KHUTBA OF TOKYO CAMII

February 12th, 2010

SPORTS IN ISLAM

Dear Mumins!

Islam, our exalted religion, has permitted some sports for mumins for the purpose of healing their fatigue, distress and sorrow. Likewise, our beloved Prophet (s.a.w.) expressed that *"the stronger mumin is better and more beloved to Allah than the weak mumin"*¹ and advised us to engage in sports in order to achieve this strength.

Our Prophet (s.a.w.) decreed by stating to those who are in stress or in need of resting: *"When one of you falls in sorrow or distress, there is no way for him other than putting on his arrow then scattering the grief through it."*² Again when the Prophet (s.a.w.) was informed that a group of His companions had gone to have fun, He was not pleased, but upon hearing that they had gone "shooting", He (s.a.w.) said: *"Shooting is not a vain entertainment, on the contrary it is the best of the diversions that you might pass the time."*³

Horsemanship is another branch of sport that is encouraged in our religion. Rasulallah (s.a.w.) has advised that we learn how to ride, and said: *"Learn marksmanship and horsemanship."*⁴ Moreover, He not only advised horsemanship but also organized competitions from time to time and awarded those who had won in these competitions.⁵

Running has been advised as well, and the companions (ashab) considered this important. About this matter, the Prophet (s.a.w.) said the following: *"There would be a hasanah (merit) for every step of the one who runs between two targets."*⁶ Our mother Aisha (r.anha) narrates: "I raced with the Prophet (s.a.w.) and beat him in the race. Later, after I had put on some weight, we raced again. This time he was the winner.

At that time, He said to me, *"This one cancels that (previous) one."*⁷

Wrestling is also among the sports that the Prophet (s.a.w.) participated in. According to a narration, He wrestled with Rukana, the master of wrestling, many times and beat him every time.⁸ Rasulallah (s.a.w.) also encouraged swimming by saying that: *"Right of a child upon the father is that He teaches him the writing, the swimming and the marksmanship."*⁹



My Dear Brothers and Sisters!

It is a fact that not all branches of contemporary sports existed at the time of the Prophet (s.a.w.). Thus, it could be regarded that all kinds of sports are jâiz (allowable) that do not go against the orders and prohibitions of our religion. On the other side, Islam urges us to take part in sports rather

than being merely spectators.

I finish my khutba by expressing some principal matters that should be taken into consideration while doing sports:

Sports that are wounding, such as boxing, must not be engaged in.

Sport must not be done merely for the purpose of entertainment or diversion.

While doing a sport, the worships, and particularly the daily five prayers, must not be neglected.

Furthermore, there must not be any expectation of financial gain.

While participating in sports, one must not say bad words to others, or swear due to sudden anger or swells of passion.

Tasattur (covering the haram parts of the body) must be observed.

No time should be wasted by exceeding the normal amount of time allotted to rest and entertainment.

Most importantly, the playing of sports must not be made into an instrument of any kind of gambling.

¹ Muslim, Qadar, 34.

² Tabarani.

³ Kanzu'l-'Ummâl, 4, 292.

⁴ Riyâdu's-Sâlihîn, 1564.

⁵ Nasaî, Hayl, 14.

⁶ Tabarani.

⁷ Abu Dawud, Jihad, 61.

⁸ Ibn Hishâm, I, 390-391.

⁹ Bayhakî.