

*Forgotten Sunnahs series*

## Visiting the sick

“ THE PROPHET (PBUH) SAID:

When the Muslim visits his (sick) Muslim brother, he is harvesting the fruits of Paradise until he returns.

[MUSLIM]

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We are usually aware of people within our circle of family & friends who are tested with an illness, big or small. Visiting and spending time with them has two major benefits. You show love towards another, instantly tightening the bonds of kinship/friendship. Also, to see someone who is unable to function normally, is a strong reminder of the blessing of health.