

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

The Amīr/National President  
Jamā‘at Aḥmadiyya,

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Dear Brother,

السلام علیکم ورحمة اللہ وبرکاتہ

**Exhortation to life-devotees and missionaries to walk and exercise daily, to practice speaking aloud in order to convey the message of Islām, and to read newspapers.**

**Believers should always live in conformity with Divine commandments.**

**Abide by *Taqwa*. It is the deficiency in *Taqwa* that leads people to put their trusts in others rather than in God.**

On 22nd July, 2016, Ḥazrat Khalīfatul-Masīḥ V (May Allāh be his Helper) delivered the Friday Sermon at Baitul Futūḥ Mosque, London.

Ḥuzoor (May Allāh be his Helper) said: Speaking about the Promised Messiah’s عليه السلام habit of hard work, maintaining his health, and keeping physically fit, Ḥazrat Muṣṭaleḥ Mau‘ūd رضي الله عنه says that the Promised Messiah عليه السلام was not given to indolence, rather he was hard working and was not averse to physical exertion despite his love for solitude. He would often prefer to walk rather than ride. He continued this habit to his last days and would walk from four to seven miles every day. In this context, Ḥuzoor (May Allāh be his Helper) drew the attention of life-devotees and particularly missionaries that in order to maintain their health and being strong they should make a habit of taking exercise regularly. There are some young missionaries whose physique tells that they do not exercise. Dr. Noori Sahib, after doing a check-up of missionaries who had come from Jamias outside Pakistan, said that some of them are dangerously overweight. It is necessary to adopt some kind of exercise, eat healthy foods, and avoid junk foods. Ḥuzoor (May Allāh be his Helper) said that I do not just say this to you, but I myself exercise regularly. We need healthy missionaries and life devotees so that they can carry on the work of the Jamā‘at in the best manner.

Ḥuzoor (May Allāh be his Helper) said that there are times when sound systems are not available, therefore our missionaries should also practice speaking aloud. While the Promised Messiah عليه السلام normally talked in a low tone, but on occasions when it was required to convey the message of Islām, he would also speak aloud. Speaking about Lecture Lahore, Ḥazrat Muṣṭaleḥ Mau‘ūd رضي الله عنه says that when the Promised Messiah عليه السلام spoke it seemed as if a trumpet was being sounded from heaven.

Ḥuzoor (May Allāh be his Helper) said that some people express their worry that they cannot remain steadfast in their state of piety. Ḥuzoor (May Allāh be his Helper) said that it was good to do self-scrutiny and to think of self-reformation. Often this is not something evil but only fluctuation between greater piety and lesser piety. Once a Companion of the Holy Prophet صلى الله عليه وسلم thought that this was a sign of hypocrisy, but the Holy Prophet صلى الله عليه وسلم said that it was the sign of a believer. It is those people who remain worried about their piety, just as mother is worried about her child, that grow in piety and mould their lives according to the commandments of God. It is better to be worried about one’s faith than to be heedless.

Ḥuzoor (May Allāh be his Helper) said that joy and sorrow are related to empathy. We do not feel the joy and sorrow of others as we share the joy and sorrow of our near and dear ones. Therefore while we pray for our benefactors and their progeny, we should also pray especially for members of the Jamā‘at, for the Jamā‘at is one body.

Ḥuzoor (May Allāh be his Helper) said that the Promised Messiah عليه السلام used to read newspapers regularly. Therefore, those in positions of responsibility should read newspaper regularly and look at even the minor news.

Speaking about the devotion of Ḥazrat Khalīfatul-Masīḥ I رضى الله عنه , Ḥuzoor (May Allāh be his Helper) said that when Abdul Hakeem recanted his faith, Ḥazrat Khalīfatul-Masīḥ I رضى الله عنه removed his Commentary of the Holy Qur’ān from his library lest he should invite God’s displeasure on account of it. This feeling for the honour of faith and fear of God is an example for us. Referring to some objections raised by persons who have been penalised by the Jamā‘at, Ḥuzoor (May Allāh be his Helper) said that some apparently big issues can be small and small issues can be of greater significance depending on the mischief they create. Therefore sometimes apparently big issues have to be overlooked and action has to be taken against matters that are apparently small. It is not proper to unjustly intervene or intercede in such cases.

Speaking about Da‘wat Ilallāh, Ḥuzoor (May Allāh be his Helper) said that in the time of the Promised Messiah عليه السلام, Da‘wat Ilallāh was mostly done through announcements. Even today the message reaches a far wider audience through media and newspapers, which is not possible through traditional literature. Through newspapers our message can be conveyed to more people in a day than it could possibly be done by distributing literature for two months.

Ḥuzoor (May Allāh be his Helper) related a story that was told by the Promised Messiah عليه السلام to Ḥazrat Muṣleh Mau‘ūd رضى الله عنه when he was young which shows that great blessings come from *Taqwa* and that one should put one’s trust in God and ask from Him. Ḥuzoor (May Allāh be his Helper) said that this was the Promised Messiah’s عليه السلام counsel to a child, but everyone should put one’s trust in God. May Allah inculcate this level of *Taqwa* in every one of us. *Amīn*.

At the end of the sermon, Ḥuzoor (May Allāh be his Helper) informed the Jamā‘at of the sad demise of Al-Haaj, Dr. Idris Bengura Ṣāḥib, Nā’ib Amīr of Sierra Leone Jamā‘at, and that of Mansora Begum Ṣāḥiba, wife of Khalid Saifullah Khan Ṣāḥib, Nā’ib Amīr of Australia, and led their funeral prayer in absentia after the Friday prayer.

Please convey these guidelines given by Ḥuzoor (May Allāh be his Helper) to members of your Jamā‘at.

Jazākumullāh.

Wassalām,

(Hameedullah)

Wakīl A‘lā,

Tahrīk Jadīd Anjuman Aḥmadiyya Pakistan,

Dated: 27 July 2016