MEDICAL HELP: WHY NOT?

Seeking treatment could itself be an act of worship.

Sometimes, overcoming a difficulty requires a little help.

And there is absolutely nothing wrong with seeking it.

In fact, **seeking help can itself become a beautiful act of worship.**

Think about it.

If you seek treatment because you genuinely want to leave behind something that displeases Allah Ta'alaa, then even your decision to seek help carries a noble intention.

You're not merely trying to overcome a habit.

You're taking a step towards Allah Ta'alaa.

And that step, however small it may seem, is something to be proud of.

O SERVANTS OF ALLAH, SEEK TREATMENT!

The Prophet Muhammad ﷺ once encouraged his Companions with these beautiful words:

"O servants of Allah! Seek treatment, for Allah has not created an illness without providing a remedy for it."

Jāmi' at-Tirmidhī, 2038 (the narration makes an exception for old age).

Notice something remarkable about these words.

The Prophet ﷺ didn't simply say, "Seek treatment."

He began by addressing them as:

"O servants of Allah!"

What a beautiful reminder!

Seeking treatment need not be seen as a sign of weakness or a lack of faith.

Quite the opposite.

When a person seeks help with the intention of becoming a better servant of Allah Ta'alaa, that very decision can become an expression of servitude to Him.

After all, if a physical illness deserves attention and treatment, why should a condition that has begun to overpower one's choices, habits and self-control be denied the same care?

KEEP WALKING. KEEP SEEKING.

Medical help, counselling, spiritual practices, good company and personal determination need not compete with one another.

They can work together.

Sometimes one approach brings remarkable improvement. Sometimes several are needed. And sometimes the path to recovery takes longer than expected.

Whatever help proves beneficial, make good use of it. And when a course of treatment has been agreed upon, give it the commitment it deserves.

Above all, remember the intention that brought you here.

You're not simply seeking freedom from something. You're seeking the freedom to become the person Allah Ta'alaa created you to be.

And surely, that is a journey worth taking.