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THE ROLE OF SPIRITUAL PRESCRIPTIONS IN MANAGING PHYSICAL ILLNESS: A STUDY OF THE 'EPISTLE FOR THE SICK' IN RISALE-I NUR

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Abstract

This study explores Epistle for the Sick by Bediuzzaman Said Nursi (1877– 1960), part of the Risale-i Nur collection, which offers spiritual guidance for managing physical illness through Qur'anic insights. Nursi interprets health and sickness as complementary aspects of human existence, where illness serves as a means of purification, reflection, and closeness to Allah. In the post-COVID-19 era, global health challenges have not only affected the body but also weakened mental and spiritual resilience due to prolonged isolation and fear. Adopting Nursi's framework, this paper examines illness as a spiritual opportunity rather than a misfortune. Using a qualitative-inductive methodology, data from primary and secondary sources were analyzed thematically. Findings reveal that illness, when viewed through a Qur'anic lens, should not be feared but embraced as a divine blessing that brings lessons, patience, gratitude, and moral refinement. Nursi emphasizes that sickness can serve as an investment for eternal success in the Hereafter, teaching believers reliance

on divine mercy and avoidance of sinful behavior. The paper further argues that modern secular educational models, particularly those influenced by Western philosophies, have overshadowed spiritual and moral development. In contrast, Nursi’s Qur’anic perspective promotes balance between material knowledge and spiritual wisdom. His teachings provide a holistic approach to healing—uniting body, mind, and soul. In the post-pandemic context, this spiritual framework offers individuals renewed faith, resilience, and inner peace while underscoring the need for educational reform that integrates Islamic and modern paradigms. © 2025 Centre of Quranic Research (CQR), University of Malaya, Malaysia.

Author keywords

Epistle to the Sick; Post-COVID Mental Health; Qur’anic Perspective; Risale-i Nur; Spiritual Healing

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