

اذكار

الطعام والشراب

The Invocations of
Food and Drink



by

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Indeed it's from the sunnah for the Muslim - before starting his food and drink- to say **Bismillah**, so that he becomes protected and preserved, and so that his food and drink become blessed. It was reported by Al Bukhari and Muslim in their Saheehs: narrated Umar Ibn Abi Salamah who said: I was a boy under the care of Messenger of Allah (May Allah exalt His mention and grant him safety), and as my hand used to wander around in the dish, So Allah's Messenger May Allah exalt His mention and grant him safety told me once: *('O boy! Mention the Name of Allah and eat with your right hand, and eat from what is nearer to you). Since then I have always followed this way of eating.*

In making the Tasmiyah over food [saying Bismillah before eating or drinking] there are many benefits, such as: bringing blessing to the food. It was stated in the Sunan of abu dawood and [of] ibn Majah and others; Narrated Wahshi Ibn Harb Ibn Wahshi from his father from his grandfather that some of the companions of the Messenger of Allah said: "We eat but we do not feel full." He (May Allah exalt his mention and grant him safety) said, *"Perhaps you eat separately?"* they said: yes, He then said: *"Gather together around your food, and mention the Name of Allah over it, then it will be blessed for you."*

And among the benefits of the Tasmiyah over food [is]; expelling the shaytan and distancing him away, so that he will be unable to take share in one's food. It was reported in Saheeh Muslim from Huthayfah who said:

When we attended a meal with the Messenger of Allah (May Allah exalt His mention and grant him safety), we would not stretch forth our hands towards the food until he May Allah exalt His mention and grant him safety would start eating first. Once, we were with him when a little girl rushed in as if someone was pushing her. She was about to lay her hand on the food when the Messenger of Allah (May Allah exalt His mention and grant him safety) caught her hand. Then a bedouin came in rushing as if someone were pushing him. He (May Allah exalt His mention and grant him safety) caught his hand also and said: *"Shaytan considers food as lawful, when the name of Allah is not mentioned over it. So he (Shaytan) brought this girl to make the food lawful through her but I caught her hand. Then he brought*

the bedouin to make it lawful through him but I caught his hand also. By Him in Whose Hand my soul is, now Shaytan's hand is in my grasp along with her hand."

And it has been affirmed in another hadith, that Shaytan says - when the Muslim leaves (off) the Tasmiyah when entering his house and upon (eating) his food - : (you have found a place to spend the night in as well as dinner) In this [hadith] is an indication that the Tasmiyah is an expeller of satan and a hindrance to him entering the house and sharing the food and drink. It's enough for the Muslim in this occasion, to say; Bismillah, however the additional [phrase] ar-Rahman ar-Raheem is not proven by any hadith from the prophet (May Allah exalt His mention and grant him safety).

Then indeed, if the Muslim forgets the Tasmiyah when starting his food, then it is prescribed for him to say during eating - when he remembers- :

بِسْمِ اللَّهِ أَوَّلَهُ وَآخِرَهُ

'Bismillah at the beginning and at the end'

Abu Dawood and Ibn Majah and other than them reported from Aisha that the Messenger of Allah (May Allah exalt his mention and grant him safety) said: *"When any of you wants to eat, he should mention the Name of Allah in the begining, (i.e., say Bismillah). If he forgets to do it in the beginning, he should say: Bismillah at the beginning and at the end"* The benefit obtained from this hadith reported is that the occasion of the Tasmiyah is at the beginning of food, however if the Muslim forgets it in this occasion, it is sufficient to recite the wordings mentioned in this hadith while eating.

And it was reported in a hadith - in which there is some weakness in the chain of narration - that Shaytan vomits what is in his belly if the Muslim recite this Tasmiyah, and this [was reported] in that which An-Nasa'i and abu dawood had narrated from Umayyah Ibn Makhshi (May Allah be pleased with him) said: The Messenger of Allah (May Allah exalt His mention and grant him safety) was sitting and a man was eating. He did not mention the Name of Allah until only one morsel from his food was left. When he raised it to his mouth he said Bismillah at the beginning and at the

end. So the Messenger of Allah May Allah exalt his mention and grant him safety laughed and said: "shaytan kept eating along with him, but when he mentioned Allah's name, he vomited what was in his belly." However, this hadith is weak, Al hafidh ibn Hajar and others than him has classified it as weak. As for making the Tasmiyah during food for he who had forgot [it at the beginning], by saying Bismillah at the beginning and at the end it is proven as in the hadith before this.

Then also it is [prescribed] upon the muslim to praise Allah, when he finishes his food and drink and for that Allah will be pleased with his slave when he does so. Imam Muslim mentioned in his saheeh from Anas ibn Malik (May Allah be pleased with him) that he reported: Messenger of Allah (May Allah exalt His mention and grant him safety) said:

"Allah will be pleased with His slave who, after he eats a meal praises Him, and after he takes a drink praises Him."

Many wordings of Hamd (praising Allah) were mentioned in the Sunnah to be said after (eating) food. If the Muslim was able to memorize them and alternate between them, then no doubt that it is more virtuous and stronger in following his prophet (May Allah exalt His mention and grant him safety) However, if he was not able to do so, then he should not leave saying **al-Hamdulillaah** الحمد لله after food, for that it is a great, blessed, and dear word to Allah. And among the authentic wordings of Hamd is that which was reported by abu dawood and tirmidhi from Anas (may Allah be pleased with him) that the Messenger of Allah (May Allah exalt his mention and grant him safety) said: "He who takes food and then says":

الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنِي هَذَا وَرَزَقَنِيهِ مِنْ غَيْرِ حَوْلٍ مِنِّي وَلَا قُوَّةٍ

"Praise be to Allah Who has fed me with this food and provided me with it through no might and power on my part' he will be forgiven his former and later sins."

Among them is also that which was stated by Bukhari from abu Umamah: that whenever the table of the prophet Muhammad (May Allah exalt His mention and grant him safety) was taken away he used to say:

الْحَمْدُ لِلَّهِ كَثِيرًا طَيِّبًا مُبَارَكًا فِيهِ، غَيْرَ مَكْفِيٍّ، وَلَا مُوَدَّعٍ وَلَا
مُسْتَغْنَى عَنْهُ، رَبَّنَا

“All praise is due to Allah, praise which is abundant, pure, and full of blessings; it cannot (be compensated for, nor can it) be left, nor can it be done without, Oh Our Lord.”

The meaning of (it cannot (be compensated for, nor can it) be left, nor can it be done without,) is the praise, so it’s like he has said: abundant praise which cannot (be compensated for, nor can it) be left, nor can it be done without. And among the reported wordings of praise in this matter, is what was narrated by Imam Ahmad and others from Abdur rahman ibn Jubair that he was told by a man that served the prophet (May Allah exalt His mention and grant him safety) for eight years that he used to hear the Messenger of Allah (May Allah exalt His mention and grant him safety) whenever food was put near for him, saying: “Bismillah”, and when he finished (saying):

اللَّهُمَّ أَطَعَمْتَ وَأَسْقَيْتَ ، وَأَغْنَيْتَ وَأَقْنَيْتَ ، وَهَدَيْتَ وَأَحْيَيْتَ
، فَالْحَمْدُ عَلَى مَا أَعْطَيْتَ

O Allah you fed, provided with drink, enriched, sufficed, guided, and brought to life, so praise is due for You for what you gave.

And it is encouraged for the Muslim to when he breaks fast to say:

ذَهَبَ الظَّمَاُ وَابْتَلَّتِ الْعُرُوقُ وَثَبَتَ الْأَجْرُ إِنْ شَاءَ اللَّهُ

Thirst has gone, the arteries are moist, and the reward is sure if Allah wills

And (the above invocation is) for that which was narrated by abu dawood from ibn Umar (May Allah be please with him) who said that the Messenger of Allah (May Allah exalt His mention and grant him safety) used to say when he broke his fast:

Thirst has gone, the arteries are moist, and the reward is sure if Allah wills

It (also) has been narrated in the sunnah different types of invocations that one should make for those who give him food. It is recommended for the Muslim to memorize what is easy for him, as to say to the one who hosts him as guest for food. And from these invocations is that which was narrated in saheeh Muslim from al Miqdad (May Allah be please with him said): I and two of my companions were so much afflicted by hunger that we had nearly lost our power of seeing and hearing. So we went to the prophet (May Allah exalt His mention and grant him safety). and he [imam Muslim] narrated the full hadith, in which [in it mentioned] that the prophet (May Allah exalt His mention and grant him safety) said:

اللَّهُمَّ أَطْعِمْ مَنْ أَطْعَمَنِي وَأَسْقِ مَنْ أَسْقَانِي

O Lord, feed the one who fed me and provide drink for one who provided me drink

And among the (invocations) is that which was also narrated by imam muslim from Abdullah Ibn Busr (may Allah be please with him) that he said: the Messenger of Allah (May Allah exalt His mention and grant him safety) had come as guest to my father, and we brought him a meal and a watba (a preparation that is made of dates cheese and butter) He ate out of that. He was then given dates which he ate, putting the stones between his fingers and holding his forefinger and middle finger together" Then a drink was brought for him and he drank it, and then gave it to the one who was on his right side. He (the narrator) said: My father took hold of the rein of his riding animal and requested him to supplicate for us. Thereupon he said:

اللَّهُمَّ بَارِكْ لَهُمْ فِي مَا رَزَقْتَهُمْ وَاعْفِرْ لَهُمْ وَارْحَمْهُمْ

O Allah. bless them in what You have provided them, and forgive them and have mercy upon them.

And (also) that which was narrated by Abu Dawood from Anas Ibn Malik (May Allah be pleased with him) that: The Prophet (May Allah exalt His mention and grant him safety) came to visit Sa'd bin 'Ubadah (May Allah be pleased with him) who presented bread and olive oil to him. The Prophet (May Allah exalt His mention and grant him safety) ate it and said,

أَفْطَرَ عِنْدَكُمْ الصَّائِمُونَ وَأَكَلَ طَعَامَكُمْ الْأَبْرَارُ وَصَلَّتْ عَلَيْكُمْ
الْمَلَائِكَةُ

May fasting people break their fast with you, may the righteous eat your food, and may the angels send blessing upon you

And how beautiful it is that the Muslim pays attention to food ethics and invocations, so that it becomes more blessed and enjoyable and free of harm.

We ask Allah that He makes this a benefit for us and you

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