

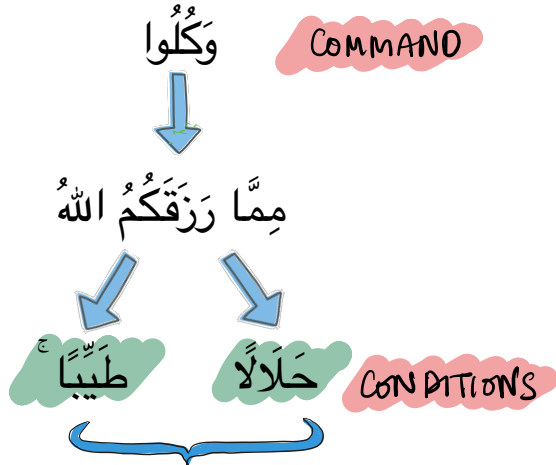
PEARL OF THE WEEK: Al-Maidah 5:88

وَكُلُوا مِمَّا رَزَقَكُمُ اللَّهُ حَلَالًا طَيِّبًا وَاتَّقُوا اللَّهَ الَّذِي أَنْتُمْ بِهِ مُؤْمِنُونَ

And eat of what Allah has provided for you [which is] lawful and good. And fear Allah, in whom you are believers.

Al-Maidah [5:88]

Islam GUIDES our way of life
 Food is a BASIC need
 Allah provides numerous resources
 Our Deen encourages us to eat → wajib! It's an ibadah
 Our Deen is Complete
 how to worship ↙ ↘ how to eat, what to eat
 Believer's life tied by the bounds & limitations
 & happy to follow it
 & overcomes our desires



COMMAND TO EAT (Sh Uthaymin)

WAJIB Mandatory to Eat Eating to Live	MUSTAHAB Highly Recommended To Eat Hungry
MUBAH It is ok to Eat Not Hungry	

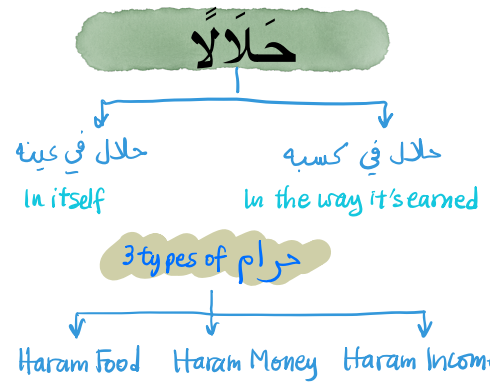
وَاتَّقُوا اللَّهَ الَّذِي أَنْتُمْ بِهِ مُؤْمِنُونَ

طَيِّبًا
 Beneficial Pleasing
 Suitable Clean

Benefits of Tayyib Food

Way to Allah's Love & Jannah	Acceptance of DUA
Barakah in Life & Wealth	Success in Dunya & Akhirah
Sweetness in Speech	Barakah in Children
Earning with one hand brings dignity	

They ask you, [O Muhammad], what has been made lawful for them. Say, "Lawful for you are [all] good foods and [game caught by] what you have trained of hunting animals which you train as Allah has taught you. So eat of what they catch for you, and mention the name of Allah upon it, and fear Allah." Indeed, Allah is swift in account.
 Al-Ma'idah [5:4]



"Apart from what is lawful & good, all other things are unlawful & not good" [Bulhain]

[Saying], "Eat from the good things with which We have provided you and do not transgress [or oppress others] therein, lest My anger should descend upon you. And he upon whom My anger descends has certainly fallen."
 Taha [20:81]

Eat Like a Bee!

"By the One in whose hand is the soul of Muhammad, the believer is like a bee which eats that which is pure and wholesome and lays that which is pure and wholesome. When it lands on something it does not break or ruin it."
[Ahmad]

Don't Impose Restriction

O you who have believed, do not prohibit the good things which Allah has made lawful to you and do not transgress. Indeed, Allah does not like transgressors.
Al-Maidah [5:87]

What about Junk Food?

Then eat of what Allah has provided for you [which is] lawful and good. And be grateful for the favor of Allah, if it is [indeed] Him that you worship.
An-Nahl [16:114]

Syaitan & Food

O mankind, eat from whatever is on earth [that is] lawful and good and do not follow the footsteps of Satan. Indeed, he is to you a clear enemy..
Al-Baqarah [2:168]



What is Haram?

Anything which is Not Halal

Biggest Harm of Haram:

No Entry in Jannah

Harms of Haram

Major Sin
Worship Wasted
Duas Rejected

"None of you should eat with his left hand nor drink with his left hand. Syaitan eats & drinks with his left hand"
[Adab Al-Mufrad]

Condemnation of Haram

"Body which is nourished with haram will not enter Jannah"
[Al-Silsilah As-Sahihah]

"A time will come when one will not care how one gains one's money, legally or illegally"
[Bukhari]

"Syaitan turns them away from the right religion & he makes unlawful what has been declared lawful"
[Muslim]

Treat Haram Just Like you Treat Allergies!

"If you have these 4 qualities, you should not worry about what you missed in the world:
fulfilling the trust,
truthful speech,
good character, and
restraint with food (purity)"
[Ahmad]

Benefits of Halal Food

Protection of Deen & Respect

Helps in Doing Good Deeds

Deeds get Accepted

obedience becomes EASY

Heart Softens

Eating Affects You

physically
(heart, kidney, brain)

emotionally
(mood)

Drinking Haram

The Messenger of Allaah (peace and blessings of Allaah be upon him) said: "Whoever drinks alcohol and gets drunk, his prayer will not be accepted for forty days and if he dies he will go to Hell. But if he repents, Allaah will accept his repentance. If he again drinks alcohol and gets drunk, his prayer will not be accepted for forty days and if he dies he will go to Hell. But if he repents, Allaah will accept his repentance. If he again drinks alcohol and gets drunk, his prayer will not be accepted for forty days and if he dies he will go to Hell. But if he repents, Allaah will accept his repentance. If he commits (this sin) again, then Allaah pledges to make him drink the mud of khabaal on the Day of Resurrection."

They asked, "O Messenger of Allaah, what is the mud of khabaal?" He said, "The juices of the people of Hell."

Classed as saheeh by al-Albaani in Saheeh Ibn Maajah.

EATING

what do you put in your body?

example of expensive car: you are careful what you put in.

Test of Faith; have Taqwa!

KNOWLEDGE INTO ACTION

Always eat Halal 

Don't even think of eating Haram

Leave the Doubtful



Care about Purity



Don't be too quick to label

Check Ingredients



Teach your children about Halal & Haram

Eat Halal For Acceptance of Good Deeds



Keep a check on your food

Make Du'a :

Dua for Beneficial Knowledge, Provision, Accepted deeds

اللَّهُمَّ إِنِّي أَسْأَلُكَ عِلْمًا نَافِعًا،
وَرِزْقًا طَيِّبًا، وَعَمَلًا مُتَقَبَّلًا،

(O Allah, I ask You for beneficial knowledge, goodly provision and acceptable deeds)
(Sunan Ibn Maajah: 925)

اللَّهُمَّ اكْفِنِي بِحَلَالِكَ عَنْ حَرَامِكَ،
وَأَغْنِنِي بِفَضْلِكَ عَمَّنْ سِوَاكَ

Allaahumma-fee bihalaalika 'an haraamika wa 'aghninee bifadhlika 'amman siwaaka.

O Allah, suffice me with what You have allowed instead of what You have forbidden, and make me independent of all others besides You.

Putri Khalid