

Pearl Of The Week :

Eat Halal & Pure

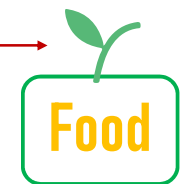
And eat of what Allah has provided for you [which is] lawful and good.
And be mindful of Allah, in whom you are believers. Al-Maidah: 88

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

Eat

كُلُوا It is a Command by Allah in 3 scenarios :-

- 1 **Wajib** - Mandatory
Eating to Live
- 2 **Mustahab** -
Highly recommended
Hungry
- 3 **Mushab** -
No sin, no reward
Not hungry



- ✓ Basic needs
- ✓ All halal except what is haram from the **Quran** & **Sunnah**

Halal حلال



Conditions :

- 1 As it is, in itself
- 2 From halal earning

Benefits of Halal Food

- ✓ Protection of Deen & respect
- ✓ Helps in doing good deeds
- ✓ Obedience becomes easy
- ✓ Deeds get accepted
- ✓ Heart softens

&

طيبات Pure



Conditions :

- 1 Clean
- 2 Pleasing
- 3 Beneficial
- 4 Suitable

Benefits of Toyyib Food

- ✓ Way to Allah's love & Jannah
- ✓ Acceptance of dua'
- ✓ Barakah in life & wealth
- ✓ Success in Dunya & Akhirat
- ✓ Sweetness in speech
- ✓ Barakah in children
- ✓ Earning with one's hand brings dignity

A Believer is Pure

The Messenger of Allah ﷺ said: "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."

Musnad Ahmad : 6872



Do Not Impose Restrictions

"...Do not prohibit the good things which Allah has made lawful to you and do not transgress."
Al-Maidah:87

All **Taiyyib Food** are Halal
"...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..." Al-Maidah: 4



Eating Halal & Toyyib is an IBADAH

Al-Nahl : 114

Gratitude after enjoying a Halal & Pure meal is considered a **Worship**



Khobith vs Toyyib
"...Not equal are the evil and the good, although the abundance of evil might impress you...." Al-Maidah:100

Eat From Good Things - Limitation is the Key
"...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...."
Taha: 81

However **SHAYTAN** will always try to deviate us...

SHAYTAN's Role

To misguide us in Halal & Haram

"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: 168

The Prophet ﷺ said, "None of you should eat with his left hand nor drink with his left hand. Shaytan eats and drinks with his left hand." Al-Adab Al-Mufrad 1189

Therefore, Do Not Eat

Haram حرام



What is Haram?

Anything which is not Halal

Types of Haram

- 1 **Haram Food & Drink**
eg. prohibited animal, alcohol
- 2 **Food Supply chain**
Obtained through illegal means eg. stealing, gambling

Harms of Haram Food

- ✓ Major sin
- ✓ Worship wasted
- ✓ Duas rejected
- ✓ Deprivation of Jannah



"That body will not enter Paradise which has been nourished with Haram." Baihaqi

& Impure خبيث



Harms of Impure Food

- ✓ "If Junk food is really 'junk', then it is useless. Not that we eat the food, but the junk food eats us."
- ✓ Avoid food that can cause allergy to oneself

Conditions:

- 1 Unclean
- 2 Not pleasing
- 3 Not beneficial
- 4 Not suitable



".....Any drink that intoxicates is unlawful!all other things are unlawful and not good (unclean Al-Khabith)." Sahih Al-Bukhary : 5598

Haram Food Supply / Income Chain



Effect of Haram income & Haram money on Halal food

The Prophet ﷺ said, "A time will come when one will not care how one gains one's money, legally or illegally." Sahih Al-Bukhari 2059

The Purity of the Food

Once a lady sent a cup of milk to the Prophet ﷺ in evening for him to break his fast. The Prophet ﷺ sent the milk back saying that if the milk is from your goat then I will drink it. The servant came back saying, "My mistress says that this milk is bought from her lawful wealth." Only when the Prophet ﷺ was satisfied about its source did he drink that milk. Al-Silsilah Sahihah 1136



Let's Put Knowledge Into Action – Eat Halal & Toiyyib

Eating Affects You

You Are What You Eat



Internally



Physically

Food that affects our body positively shall energise us and prepare for a better quality of worship

Spiritually

Consuming Halal food is a 'Test of Faith'. "...if you are believers?" Have *taqwa* in Allah, be mindful of Allah

Mood

A believer should not have a bad mood. Don't indulge in food that promotes bad mood. Eg. Excessive taking red meat, fatty food



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)
(Sahih Ibn Maajah, 20)

Dua to get rid of Debt

اللَّهُمَّ اكْفِنِي بِحَلَالِكَ عَنْ حَرَامِكَ،
وَاعْنِنِي بِفَضْلِكَ عَمَّنْ سِوَاكَ

O Allaah! Provide me with lawful (Halal) livelihood, adequate to my needs instead of the unlawful (Haram), and make me suffice with Your graces needing nothing from anyone else

Narrated by al-Tirmidhi (3563)

"If you have these four qualities, you will not worry about what you missed in the world :

- ✓ Fulfilling the trust
- ✓ Good character
- ✓ Truthful speech
- ✓ Restraint with food."

Musnad Ahmad 6614

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