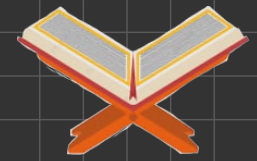




PEARLS OF QUR'AN



TOPIC : EAT HALAL AND PURE

A way of life

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-Ma'idah, Ayah 88

By Shazrina Azman

DEEN IS A CODE FOR LIFE!

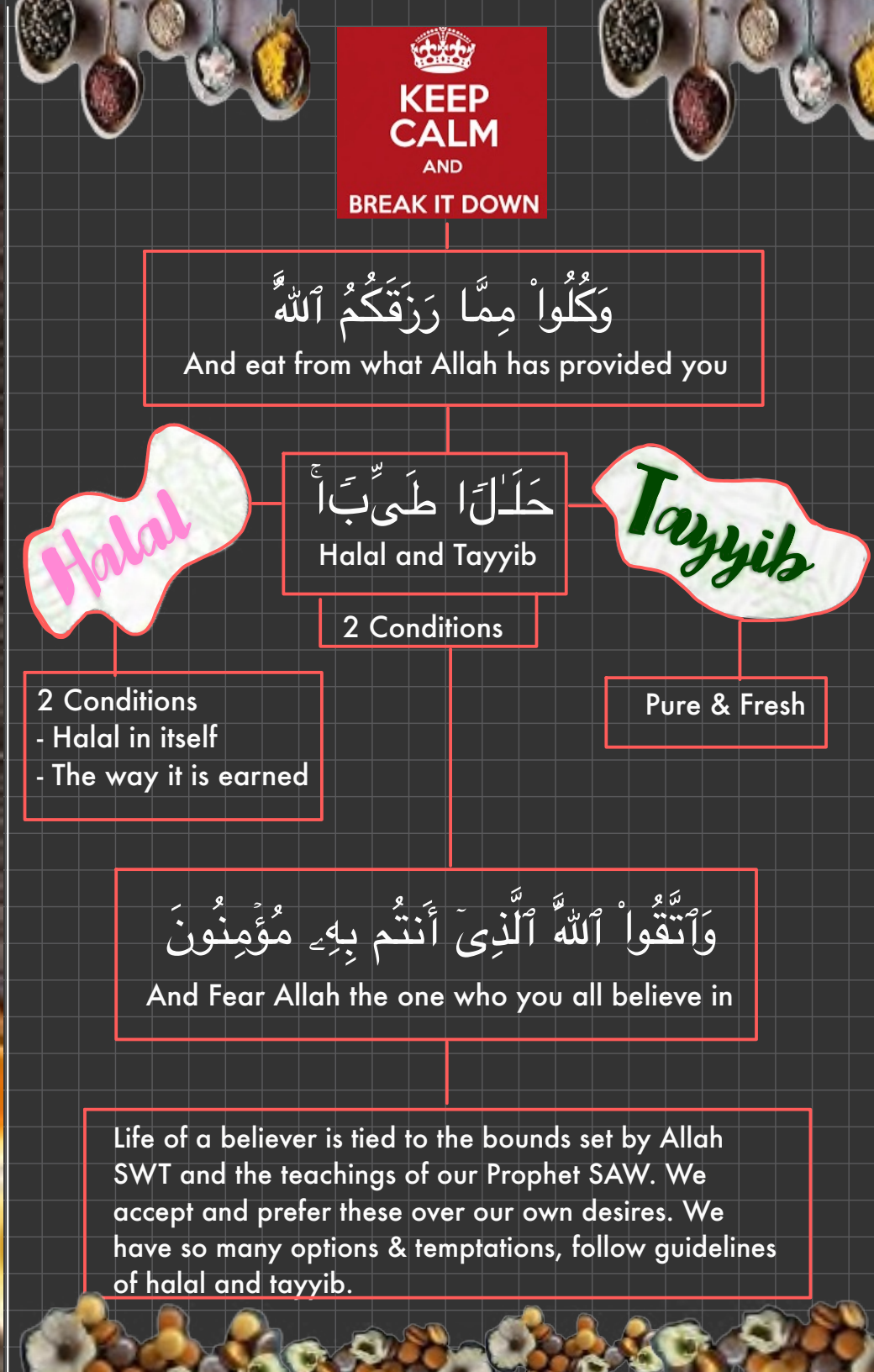
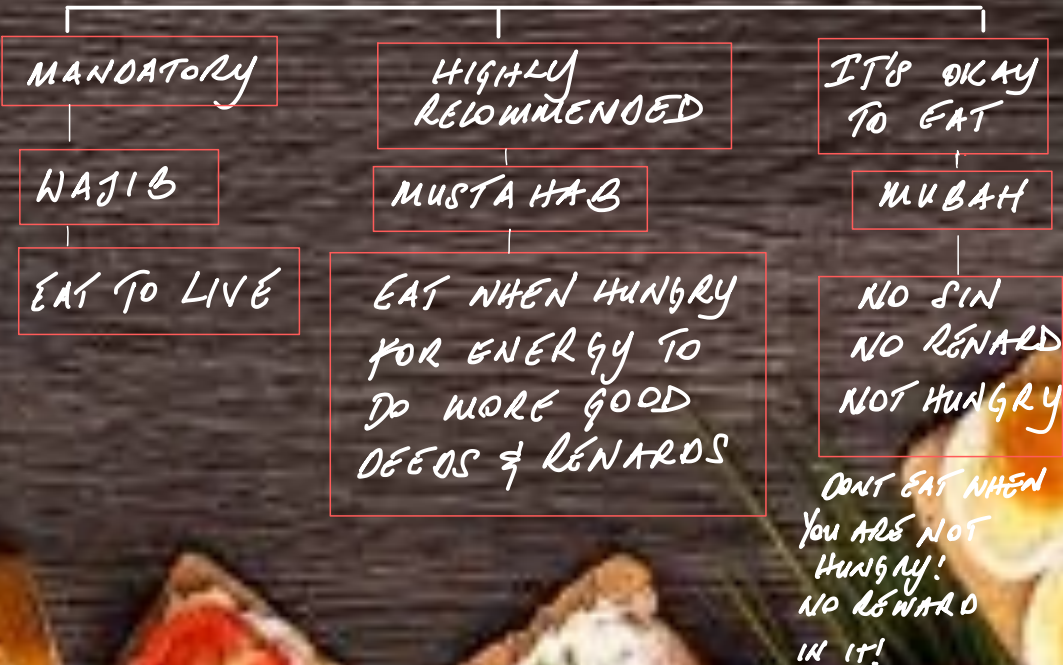
IMAM UTHMAYN " Islam gives us guidelines on what to eat and how much."

Islam guides our way of life and it is our lifestyle.



Food is a basic need and the deen encourages us to eat, it is a part of our ibaadah and wajib to do so! There are numerous sources, everything is halal unless mentioned from the Qur'an and Sunnah. Any guidance apart from these 2 Sunnah's will have loop holes as they are not the words of Allah. Only looks to Islam for complete guidance.

COMMAND TO EAT :



3 TYPES OF HARAM



FOOD!



STOLEN OR
TAKEN WITH
INJUSTICE



SOURCE OF
INCOME, RIBA,
DEALS WITH
HARAM

IS IT HALAL?



Is there alcohol in it?
Is the meat halal? The sauce?
What oil is it fried in and are the
cooking utensils mixed with non-halal
meats and ingredients? Is there haram
animal fat?
Is there lard in it? Don't assume, be sure
If they say it is halal, take their word for
it, even if there is no certification.

CASE STUDY



But what if you earned
money from haram
income? Then the
money is not halal.
Internet scams is
robbery!

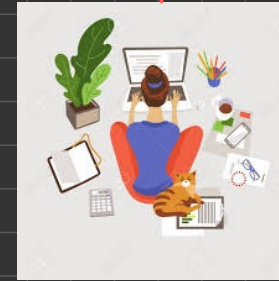


CASE STUDY

Husband works at
the printing press
& the content is
not halal, there
are images of
sexy women.



GO FOR ALL HALAL
TO SAVE YOUR IMAN!



Wife works from
home and she
plays games and
gambles for
money and
income.

Both are earning haram so whatever they eat, even if it is halal, is haram. If both earn halal, then what they eat, if it is halal, is halal.

A restaurant that claims that it is a Halal restaurant cannot sell alcohol in it.

If you are unsure, it is best to cook and eat at home, make sure the ingredients are halal and look for a trustworthy butcher. If someone buys you food and you are unsure, you can assume it is halal.

If someone earns all haram, don't eat from their money. If it is mixed income, some halal some haram, then you can eat. But if it is family, you cannot avoid them.

BE PARTICULAR ABOUT FOOD LIKE
RASUL ALLAH (ﷺ)

Umm Abdillah sent some milk to the Prophet (ﷺ) after a long hot day. He sent it back asking where is it from? She said from my goat. He sent it back again asking where did you get the goat from? She said I bought it with my money. So he drank it. When she asked O Messenger of Allah, I send this milk to you because of the long hot day.... why did you enquire so much about it? He said, I was given the same command as the Prophets before me - that I should not eat except what is pure and not do except what is righteous. [as-Silsilah as-Saheehah : 1136]

Don't be harsh when asking, be nice and respectful so that people can learn from us.

WHAT IS TAYYIB?



CLEAN

Food that is not rotten, filthy, stinky.

PLEASING

Food that is pleasing to the eyes and taste palate, yummy!

BENEFICIAL

Food that gives nutrition, not just fill the tummy!

SUITABLE

Some foods can cause allergies so don't eat them, get advice from your doctor, don't ignore. You could lose lives with allergies - sugars, seafood, starch, some fruits etc. Dietetic people eat differently from others, do not force feed them and be considerate



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, Ayah 4)

Ibn Abbas r.a : "Apart from what is lawful and good, all other things are unlawful and not good (unclean Al-Kabtih)

Say, "Not equal are the evil and the good, although the abundance of evil might impress you." So fear Allah, O you of understanding, that you may be successful.
(AL-Ma'idah, Ayah 100)

[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."
(Ta-Ha, Ayah 81)

BENEFITS OF TAYYIB FOOD

Way to Allah's love and Jannah

Barakah in life and wealth

Sweetness in speech

Earning with one's hand brings clarity

Acceptance of du'as

Success in Dunya and Akhirah

Barakah in children

We are what we eat, so if you eat good, you are good
If you eat bad, then you will be too



Side effects of bad food is grumpiness, laziness, tiredness, crankiness etc.





IF YOU ARE A BELIEVER
LIVE LIKE A HONEY BEE!



The Messenger of Allah, peace and blessings be upon him, said : "By the One in whose hand is the soul of Muhammad, the believer is like a bee, which eats that which is wholesome and lays that which is pure and wholesome. When it lands on something it does not break or ruin it."
[Mushad Ahmad 6872]



Honey bee's do not destroy. They eat good and produces good! They don't sit on garbage, they sit on beautiful flowers and fruits. Honey is pure and wholesome.

So we should also not destroy the earth and environment, don't pollute in order to get our food.



DON'T IMPOSE RESTRICTIONS



I am not going to eat it because I am too righteous

Oh I don't eat expensive food, I don't eat this and that

I eat what I want to eat, I will not eat some things that are halal

You can't make your own rules that are against Allah's rules!

Allah does not love those who transgress.



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-Ma'idah, Ayah 87]

It is also not righteous to eat food that has no nutrition or to wear rags and pretend to be poor because you want to look righteous. That is lying.

WHAT ABOUT JUNK FOOD?

Junk food is useless food. Go for wholesome food.



We don't eat junk food, junk food eats us!

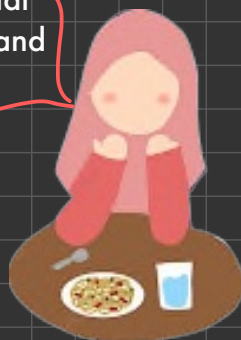
True story : A teenager became blind because he lived of chips and crisps. He was not getting the nutrients he needed for his body to grow and for eyes to see! Be careful what you feed your kids. Feeding them with junk food is damaging. Raise them right islamically, physically and mentally!

Eating Halal and Tayyib can become ibaadah as it is a command of Allah. Eat not just for weight loss and health reasons, do it for Allah.

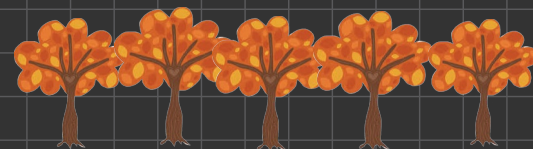
Then eat of what Allah has provided for you [which is] lawful and good. And be grateful for the favor of Allah, if it is [indeed] Him that you worship. [An-Nahl, Ayah 114]

"Alhamdulillah, we can eat halal and tayyib! So many options and so much variety!"

Gratitude after eating a Halal meal is worship! Preparing Halal and Tayyib meal for the family for the sake of Allah is ibaadah.



THE 1ST CRIME



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, Ayah 168]

The first crime by humankind was done by Adam a.s, and it was to do with the forbidden fruit. So food is a human weakness. Shaitan lured Adam a.s & Hawa and he will lure us and force us to go to haram. Always go for Halal!

SHAITAN MISGUIDES US IN HALAL & HARAM

Allah's Messenger (ﷺ), while delivering a sermon one day, said: Behold, my Lord commanded me that I should teach you which you do not know and which He has taught me today. [He has instructed thus] : The property which I have conferred upon them is lawful for them. I have created My servants as one having natural inclination to the worship of Allah but it is satan who turns them away from the right religion and he makes unlawful what has been declared lawful for them and he commands them to ascribe partnership with ie, although he has no justification for that." Sahih Muslim 7386

"None of you should eat with his left hand nor drink with his left hand. Shaytaan eats and drinks with his left." Adab al-Mufrad 1189

Don't take it lightly, eat and drink with the right hand! Don't be like Shaytan!

WHAT IS HARAM?



Anything which is not halal.



The biggest harm of haram is no entry in Jannah!



Many people take it so casually they think that they can eat haram in non muslim countries. If you can't find halal, go elsewhere, eat seafood or vegetarian.

HARMS OF HARAM

Major sin

Worship waisted

Du'as rejected

HARAM MONEY

Shaytan does not
Worry about them

Check is your life
Halal & tayyib?



Even if we don't get what we want Allah gives contentment. But if we don't have that, check your haram intake.

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



Allergies can cause sickness & death within minutes! What do you do? If you are allergic to a specific food simply don't eat it as you will get sick!

Treat haram like you are allergic to it - Lard, drugs, alcohol, Zinah, smoking, some meats etc.



If you have these four qualities, you should not worry about what you missed in the world : Fulfilling the trust, truthful speech, good character and restrained with food [purity].

Mushad Ahmad 6614



CHECK LIST FOR SUCCESS

TRUSTWORTHY ✓
TRUTHFUL ✓
AHLAQ ✓
GOOD FOOD ✓

Narrated Abu Bakr that the Messenger of Allah (ﷺ) said : The body which is nourished with haram will not enter Jannah.
As-Silsilah as-Saheehah 2609

BENEFITS OF



HALAL FOOD

1. PROTECTION OF DEEN AND RESPECT

If you don't eat halal, it shows that we are weak and have no self restraint. If someone drinks, that person loses his respect, because he does and says nasty things, swears, is violent. Believers should be dignified and have respect.

2. HELPS IN DOING GOOD DEEDS

When you eat halal it is a good deed and it will open up more doors to more good deeds

3. DEEDS ARE ACCEPTED

If you want to secure good deeds, eat halal.

4. OBEDIENCE BECOMES EASY

Imam Ahmad : How do I soften the heart? Eat Halal!

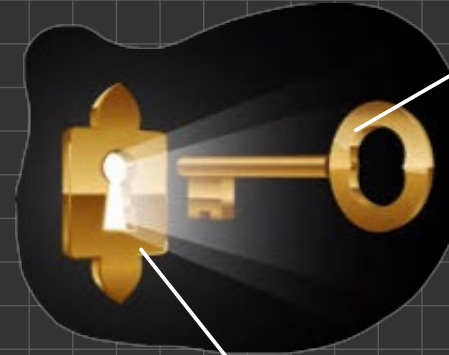
5. THE HEART SOFTENS

TREASURE OF OBEDIENCE



Du'a

Yahya Ibn Mu'adh : Obedience is one of the treasures of Allah, it's key is du'a and halal morsels are the teeth of the key.



HALAL

If you really want to obey Allah, the key is du'a, the treasure to obedience, to unlock the treasure of obedience you need du'a and you need Halal.

PARTS OF A KEY



The keys teeth are the most important part, you can't unlock anything without them! So only take and do what is halal!



Narrated 'Abdullah bin 'Umar:
That the Messenger of Allah (ﷺ) said: "Whoever drinks Khamr, Salat is not accepted from him for forty days. If he repents, then Allah will accept his repentance. If he returns to it, then Allah will not accept his Salat for forty days. If he repents, then Allah will accept his repentance. If he returns to it, then Allah will not accept his Salat for forty days. If he repents, then Allah will accept his repentance. If he returns to it a fourth time, Allah will not accept his Salat for forty days, and if he were to repent, Allah would not accept his repentance, and he will be given to drink from the river of Al-Khabal." They said: "O Aby 'Abdur-Rahman! What is the river of Al-Khabal?" He said: "A river of the pus from the inhabitants of the Fire."

[Abu 'Eisa said:] This Hadith is Hasan. Similar to this has been reported from 'Abdullah bin 'Amr and Ibn 'Abbas from the Prophet (ﷺ).

Jami` at-Tirmidhi 1862

Whats the lesson? Eating does effect you! Our heart, lungs, stomach, liver, kidneys and brain.

Science has also proven it which makes it easy for us to choose good food.

If you look at a sports car, you can't just put in any fuel, it must be a specific fuel for the engine, if not it will breakdown! Similarly, you can't just fill your body with just any food; unhealthy, allergy, oily, junk, sugary foods etc. It will effect your mood; sleepy, cranky, bad mood etc.

Have Taqwa first, it will lead to eating halal and tayyib and take halal as a lifestyle. That is the test of faith.

ILM TO ACTION

Always eat halal, ¹⁰⁰ everywhere you are.

Don't think of eating haram

Leave the doubtful

Make sure your income is halal

Care about purity, how pure and fresh is it?

Don't be too quick to label halal or haram and be judgemental

Check our ingredients for obedience reasons.

Teach children about Halal and haram.

Don't take food home from office if it's not meant for you

Narrated Abu Huraira:

Dates used to be brought to Allah's Messenger (ﷺ) immediately after being plucked. Different persons would bring their dates till a big heap collected (in front of the Prophet). Once Al-Hasan and Al-Husain were playing with these dates. One of them took a date and put it in his mouth. Allah's Messenger (ﷺ) looked at him and took it out from his mouth and said, "Don't you know that Muhammad's offspring do not eat what is given in charity?"

ahih al-Bukhari 1485

DU'AS

اللَّهُمَّ إِنِّي أَسْأَلُكَ عِلْمًا نَافِعًا وَرِزْقًا طَيِّبًا
وَعَمَلًا مُتَقَبَّلًا

O Allah! I ask You for beneficial knowledge,
pure provision and acceptable deeds. (سنن ابن
(ماجه، كتاب اقامة الصلاة، باب مايقال بعد التسليم : 925)

اللَّهُمَّ اكْفِنِي بِحَلَالِكَ عَنْ حَرَامِكَ وَأَغْنِنِي بِفَضْلِكَ
عَمَّنْ سِوَاكَ

O Allah! Suffice me with Your
halal (lawful) and (save me)
from Your haram (unlawful),
and enrich me with Your
favours so that I am not
dependent upon anyone except
You. (سنن الترمذی، كتاب الدعوات ، احاديث)
حسن (شتى من ابواب الدعوات : 3563)



حَلَالًا	رَزَقَكُمُ اللَّهُ	مِمَّا	وَكُلُوا	الْمُعْتَدِينَ	تُحِبُّ
(as) lawful (things) (which are)	Allah has provided you all	from what	and (you all) eat!	those who transgress	He loves
طَيِّبًا	وَاتَّقُوا	اللَّهِ	الَّذِي	أَنْتُمْ	بِهِ
good	and (you all) adopt taqwā!/ - be conscious! of - safeguard yourselves! from	Allah (Who is)	the One Who	you all	in Him
(are) believers					

