

## After Eating

الْحَمْدُ لِلّٰهِ الَّذِي أَطْعَمَنِي هَذَا، وَرَزَقَنِيهِ، مِنْ غَيْرِ حُولٍ مِّنِي وَلَا قُوَّةٍ

Al-ham-du lil-lā-hil-la-dhee at-'a-ma-nee Hā-dhā, wa ra-za-qa nee-hi min ghai-ri haw-lin min-nee wa lā qoo-wah.

'All Praise belongs to Allāh, Who has fed me this (food) and provided it for me, with no power nor might from myself.'<sup>1</sup>

### The text of the Hadeeth:

"Whoever ate (his) food and then said: 'Al-ham-du lil-lā-hil-la-dhee at-'a-ma-nee hā-dhā wa ra-za-qa nee-hi min ghai-ri haw-lin min-nee wa lā qoo-wah,' will be forgiven his previous sins."<sup>2</sup>

### Explanation of the Hadeeth:

**The saying of the Prophet** (Sallallahu Alaihi wa Sallam): "Al-ham-du li-l-lāh" (All praise belongs to Allāh) is the acknowledgement that Allāh, Alone, is the One who *deserves* to be praised for every good and beautiful thing that comes to us. Similarly, He is deserving of praise due to His qualities and characteristics of Perfection!

**His saying** (Sallallahu Alaihi wa Sallam): "Al-la-dhee at-'a-ma-nee hā-dhā wa ra-za-qa-nee-hi" (Who has fed me this (food) and provided it for me...). In this case, we are *praising* Allāh and expressing *gratitude* to Him for this great blessing of lawful and wholesome food.

Allāh, the Most High, says in the Qur'ān:

يَأَيُّهَا الَّذِينَ آمَنُوا كُلُّاً مِّنْ طَبَّتِ مَارَزَقُنَّكُمْ

<sup>1</sup> Fortress of the Muslim, no. 180.

<sup>2</sup> Reported by At-Tirmidhee, no. 2751, Abu Dāwood, no. 4023, Ibn Mājah, no. 3285, Irwā' al-Ghaleel no. 1989 and in Saheeh al-Jāmi', no. 6086, from the Hadeeth of Mu'ādh Bin Anas (may Allāh be pleased with him). Al-Albānee said that this Hadeeth is Good, Acceptable (Hasan).

وَأَشْكُرُوا لِلَّهِ إِن كُنْتُمْ إِيمَانًا تَعْبُدُونَ

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O you who believe! Eat of the good things that We have provided you with, and be grateful to Allāh, if it is indeed He whom you worship. (2:172)

**His saying** (Sallallahu Alaihi wa Sallam): "**Min ghai-ri haw-lin min-nee wa lā qoo-wah**" (with no power nor might from myself). This is an acknowledgement that we have no ability to provide for ourselves the food which is essential for life. Rather, we are dependent upon our Creator, from Whom every blessing, bounty and favor originates. Therefore, all *praise* and all *thanks* are due to Him alone!

**Another Hadeeth:**

Anas Bin Mālik (may Allāh be pleased with him) said: "The Messenger of Allāh (Sallallahu Alaihi wa Sallam) said: "Verily, Allāh is *pleased* with the servant who *eats* something (however little it may be), then he *praises* Allāh for it (saying: **Al-Ham-du lil-lāh**); or he *drinks* something (however little it may be), then he *praises* Allāh for it (saying: **Al-Ham-du lil-lāh**)."<sup>3</sup>"<sup>3</sup>

[Taken from: '*Reflections Upon Selected Daily Supplications*' - Abu Muhammad]

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<sup>3</sup> Saheeh Muslim, no. 2734.