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## Depriving oneself of good foods without any justification

Translated by Abu Abdirrahmaan Nasser ibn Najam

Taken from the works of Shaykh Muhammad ibn Saalih al 'Uthaymeen (رَحْمَةُ اللَّهِ)

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

With regards to depriving oneself of tayyib foods without justification, the Shaykh Muhammad ibn Saalih al 'Uthaymeen (رَحْمَةُ اللَّهِ)<sup>1</sup> comments:

Benefit no 8: The command to the believers and the messengers to eat from the foods which are tayyib.

And, as a ramification of this, is a point of benefit:

The criticism of whoever abstains, without an Islaamically legislated reason, from the foods which are tayyib.

So if, after Allaah has blessed the Muslim nation with wealth and the different types of fruits, if a person were to say:

I will not eat these, in an attempt to attain piety, and not because I don't want (the food).

Then this person has erred and his action is contrary to the actions of the Pious Predecessors because when they conquered cities, the Pious Predecessors would eat and drink the food and drink which they had not come across in the time of the Prophet (صلى الله عليه وسلم)<sup>2</sup>.

So whoever prevents himself from the foods which are tayyib without an Islaamically legislated reason, then he is blameworthy and is someone who rejects the blessing of Allaah, the Mighty and Majestic, upon him.

And from that which is known by the intellect is that rejecting the favour of the person who has (shown you) the favour is from evil manners.

So if a man from the generous people gives you a gift and you give it back, then this would be considered evil behaviour and manners. And therefore the Prophet (صلى الله عليه وسلم) did not used to give back the gift, even if the gift were something small, then he (صلى الله عليه وسلم) would still accept it and reward him for it.

(Sharh al Arba'een an-Nawawee (p147) of Shaykh Muhammad ibn Saalih al 'Uthaymeen (رَحْمَةُ اللَّهِ))

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<sup>1</sup> (رَحْمَةُ اللَّهِ) (rahimahullaah) May Allaah the Most High have mercy on him

<sup>2</sup> (صلى الله عليه وسلم) (sallallaahu 'alayhi wa sallam) May the peace and blessings of Allaah the Most High be upon him