

SUNNAH TO WASH BOTH THE HANDS BEFORE AND AFTER MEALS.
TO EAT AND DRINK WITH THE RIGHT HAND.
THE DEVIL EATS AND DRINKS WITH THE LEFT HAND.

(SUNAN ABU DAWUD
3755, 3848)

(SAHIH MUSLIM,
HADITH # 5233)

DUA BEFORE MEALS

REMIND ONE
ANOTHER @ MEALS

بِسْمِ اللَّهِ وَعَلَى بَرَكَاتِهِ

Bismillahi wa Allah baraka tillah

Trans: In the name of Allah and upon the Blessings from Allah

BLESSINGS
FROM ALLAH
(S.W.T.)

FORGETS

If one forgets to read Bismillah before eating then if he remembers whilst eating he should recite the following dua:

FORGETS

Bismillahi awwalahu wa aakhirahu

Trans:

In the name of Allah at it's beginning and end.

بِسْمِ اللَّهِ أَوَّلَهُ وَأَخْرَهُ

(SUNAN ABU DAWUD
#3761
SAHIH IBN HIBBAN
#5214)

PRAISE

DUA AFTER MEALS

ALLAH

الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنَا وَسَقَانَا وَجَعَلَنَا مِنَ الْمُسْلِمِينَ

Alhamdu lillahi-lazi at 'amanaa wa saqaanaa wa ja 'alanaa minal muslimeen

Trans: All praise is due to Allah Who gave us food and drink, and made us Muslims

(TIRMIZI,
ABU DAWUD)

If the name of Allah is not taken before meals, the devil also partakes of the food and if Allah's (Sub hanahu Wata-Aalla) name is taken, the devil is prevented from doing so. (SAHIH MUSLIM #5230) (Prevent devil from Eating)

FOOD



DON'T BE EXTRAVAGANT. IT LEADS TO POVERTY.



ENEMY

A BENEFICIAL DUA FOR REMOVING DEPRESSION:

Sayyiduna Anas bin Maalik رضي الله عنه (Radiallahu Anh) reports that it was the noble practise of our beloved Rasulallah صلى الله عليه وسلم (Sallallaahu alaihi wa sallam) after every Fardh Salaah to place his right hand on his forehead (and in some narrations, on his head) and recite the following supplication:

بِسْمِ اللَّهِ الَّذِي لَا إِلَهَ إِلَّا هُوَ الرَّحْمَنُ الرَّحِيمُ،

SUNNAH

اللَّهُمَّ أَزْهِبْ عَنِّي الْهَمَّ وَالْحُزْنَ

WORRY

(IBN SUNNI (R.A.)
P. 101, HADITH #112)

Bismillahillazy laa ilaaha illa huwa-Rahmaanu-Raheem. Allahumma Azh-hib 'annil-hamma wal-huzn.

Trans: In the name of Allah, there is none worthy of worship but He, the most Gracious, the most Merciful. Oh Allah! Remove from me worry and depression.

According to the hadeeth, to revive an abating sunnah of Rasulallah صلى الله عليه وسلم you will receive the reward of a hundred martyrs. Practise and tell others.

اللَّهُمَّ صَلِّ عَلَى سَيِّدِنَا مُحَمَّدٍ وَأَنْزِلْهُ الْمَقْعَدَ الْمُقَرَّبَ عِنْدَكَ يَوْمَ الْقِيَمَةِ

Allahumma Salli 'alaa sayidinaa Muhammadiw-wa anzilul maq'adal-muqarraba 'indaka yawmal-Qiyaamah

Trans: O Allah, shower salutation upon our master Muhammad صلى الله عليه وسلم and grant him the position of nearness with You on the day of Qiyaamah, shall certainly receive my intercession on his behalf.