



The Sunnah manner of eating

by inter-islam.org

The Holy Prophet (May Allah send peace and blessings upon him) expressed dislike for over-eating and said that over-eating is ill luck and misfortune. In other words, a person who over eats will be followed by such faults and defects that he will have difficulty and hardship in every place and people will look at him in a bad way.

The Holy Prophet (May Allah send peace and blessings upon him) used to eat with three fingers, and before wiping and cleaning his hand he used to lick his blessed fingers.

Whenever food is very hot, it should be left covered for a while, so that the emission of steam finishes. In doing so, the Holy Prophet (May Allah send peace and blessings upon him) has said that this is a method in which barakah may be gained.

Hazrat Anas (May Allah be pleased with him) has mentioned that, "I once saw the Holy Prophet (May Allah send peace and blessings upon him) sitting in a squatting posture and eating dates."

The posture mentioned means that when one keeps his calves straight and sits on his feet.

Once in a gathering, the number of people eating increased, so the Holy Prophet (May Allah send peace and blessings upon him) sat with his blessed legs folded (as in Attahiyyat position in Salaah), the reason being that there is humility in sitting like this and there is consideration for other people who are also present because sitting in this manner creates more room for them.

The people eating should not get up before the table cloth has been lifted.

When one is eating with another person then he should not stop eating as long as the other person is eating, even though the stomach has become full, this is so that the other person does not feel ashamed. If one has to stop eating, then he should make an excuse

One should not drink from a water container by putting his mouth on it.

The same prohibition has been applied to placing the mouth on and drinking from a spouted jug, or a goblet meaning a long necked flask or a bottle etc.

One should not breathe into a utensil or blow into it. One should also refrain from placing his mouth on a utensil that is cracked or broken. Many people have the habit of standing up and drinking, one should also refrain from this act.

The Holy Prophet (May Allah send peace and blessings upon him) never found fault with food, if he liked it then he would eat it. If he did not prefer it, then he would just leave it without complaining.

Hazrat Huzaifa (May Allah be pleased with him) has mentioned that the Holy Prophet (May Allah send peace and blessings upon him) prevented us from eating and drinking in gold and silver utensils. This order is for both men and women.

May Allah Taa'la give us the ability to act upon these Sunnahs of Rasullullah (May Allah send peace and blessings upon him).

Ameen

Source: inter-islam.org

source: <http://muslimvillage.com/2014/12/12/60406/sunnah-manner-eating/>