

Chapter One

THE AADAAB (ETIQUETTE) OF EATING AND DRINKING

“..So eat and drink of the sustenance provided by Allaah and do no evil nor mischief on (the face of) the earth.”

Al Qur’aan 2:60

“O ye people! Eat of what is on earth, lawful and good: and do not follow the footsteps of the Evil One; for he is to you an avowed enemy.”

Al

Qur’aan 2:168

“O Children of Adam! Wear your beautiful apparel at every time and place of prayer: eat and drink: but waste not by excess, for Allaah loveth not the wasters.”

Al Qur’aan

7:31

“That they may enjoy the fruits of this (artistry): it was not their hands that made this: will they not then give thanks?”

Dear Children,

Al Qur’aan 36:35

السلام عليكم

Assalaamu Alaikum

Alhamdulillah, we are resuming publication of **“WITH CHILDREN**

IN MIND” after one year. We will be covering entirely new subject areas in this series, *Inshaa Allaah*, and pray that we will thus be able to increase both our *Imaan* and our understanding of Islam.

In this issue the Islamic *Aadaab* (etiquette) of eating and drinking will be described. In these matters (as in all other matters affecting our lives) Almighty Allaah has laid down clear rules in Al Qur’aan as to what we **can** eat and drink and what we must **not eat** and drink. In addition, through the example of the Holy Prophet (S.A.W.) we are shown how to eat and drink. Now, many of us have grown up in a non-Islamic society and unfortunately we follow many of the customs of that society. For example, when we have a meal we are expected to leave a little of the food on the plate as this is considered “good manners”. If we eat everything from the plate the others will feel we are too greedy or that we are starving. Muslims however, have a different view in this matter (as in so many others) as we will see later on.

As we live in a non-Muslim society, we have first of all to be careful that all the food and drink we consume are “*halaal*” that is, lawful. We know of course that we as Muslims are forbidden to consume, among other food and drinks:

1. pork and any food containing pork,
2. alcoholic beverages, and
3. any food or drink containing alcohol.

We know also that we are allowed to eat the meat of cows, sheep, goat and chickens **provided** they are slaughtered in the proper Islamic way. If they are not so slaughtered we cannot eat the meat. So we must not eat or drink anything which is *haram* (unlawful) for if we do so we will be breaking Almighty Allaah’s laws. As we know, when we break a law we will be punished sooner or later. Remember that the Holy Prophet (S.A.W.) said:

“When a man puts into his stomach a morsel of what is forbidden his prayers are not accepted for forty days, and a servant of Allaah whose body is nourished by usury or what is forbidden becomes deserving of Hell-fire.

When we visit our non-Muslim friends we must therefore ensure that whatever we eat or drink is *halaal*. We should enquire from our hosts about the preparation of the meals in a polite manner, explaining to them our religious beliefs. Most likely they would already know and will be able to offer a variety from which we can choose something appropriate.

Now children, eating these so-called “fast” foods is becoming more and more popular these days. We have to be careful when we eat outside of home because although the meat may be *halaal*, we do not know whether the other ingredients used in the preparation of the meal are *halaal*. It is better to refrain from eating at these public places unless you are absolutely certain that the foods conform to Islamic standards. **You must also consider that these foods have very little nutritional value and, in the long run, can cause you health problems.** Remember, in the first verse of Al Qur’aan quoted above Almighty Allaah tells us that the food we eat must be both “lawful” and “good”.

***Aadaab* (etiquette) to be observed when eating and drinking**

The following are the main *aadaab* to be observed when eating and/or drinking:

1. Wash your hands thoroughly before beginning to eat.
2. Sit on the floor with both knees raised, or with one knee up and the other down, or with legs crossed. In this way your stomach will contract and you will eat less than if you sat on a chair. If you have to sit on a chair sit upright. Do not sit in a reclining position while eating.
3. Put a pinch of salt on your tongue before you begin to eat and also at the end of the meal.
4. Say the following *du’a* before beginning to eat:
“*Bismillaah wa ‘ala barakatillaah*”
“In the name of Allaah and with the Blessings of Allaah”
5. If you forget to offer *du’a* say the following as soon as you remember:

“*Bismillaah Awwa-l-hadeen wa aa-khiru-huu*”

“In the name of Allaah from beginning to end.”

6. Eat using your right hand, with three fingers. Use a fourth if you want to but do not use the “little” finger. (If for some reason you have to use a fork or spoon, **use your right hand, not your left hand**, to put the food in your mouth.
7. Take only as much food in your plate as you can eat. If you have any doubt take less and after eating what you have taken, take more if necessary.
8. Put a reasonable amount of food in your mouth at one time. Do not fill your mouth to full capacity.
9. Begin eating from the side of the plate which is nearer to you.
10. Chew the food properly as this helps digestion.
11. If you find the food is not to your liking, do not say so.
12. Lick your fingers and plate after eating as this causes saliva to come out. This also helps in digestion.
13. Do not blow on the food to cool it, as your breath will possibly have some poisonous germs.
14. Do not drink water in one breath. Drink in three sips and in a sitting position.
15. When eating fruit take only one piece or slice at a time.
16. Do not eat until your stomach is filled as this will cause your bowels to become weak.
17. Stop eating and drinking so that one-third of the stomach is left for air.
18. After you have finished eating make the following du’a:
“*Alhamdu-Lillaahil-ladhii at’amanaa wa saqaanaa wa ja’alanaa min-al-Muslimiin.*”
“Praise be to Allaah, Who fed us and gave us drink and made us Muslims.”
19. Wash your hands thoroughly after you have finished eating.

Eating in company

The following additional *aadaab* must be observed when eating in company:

- (i) Do not begin to eat before the others;
- (ii) Do not eat so quickly as to finish eating before the others;
- (iii) The conversation should centre on religious and/or moral matters;
- (iv) Do not force a person to partake of a dish if he does not want to do so;
- (v) Do not look to see how much or what others are eating;
- (vi) Do not make adverse comments about the food;
- (vii) Do not leave the others until all have finished eating;
- (viii) If you are the guest of another person for a meal, you should make *du'a* for the person in the following words:

“*Allaahumma at-im man at-'a-ma-nii waas-qi man saqaani*”

“O Allaah! feed him who fed me and give him drink who gave me drink”.

Finally, dear children, you should make every effort to eat as a family as often as possible as doing so will bring you all closer.

Khudaa Haafiz

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SUBHAAN ALLAAH - GLORY BE TO ALLAH

Chapter Two

THE AADAAB (ETIQUETTE) OF GREETING AND MEETING

*“When those come to thee who believe in Our Signs say:
‘Peace be on you’ ...”*

Al Qur’aan 6:54

“You cannot enter Paradise until you acquire piety and you cannot attain piety unless you learn to love each other. Let me tell you a device. If you use it, you will learn to love one another. Make the practice of offering salaam to each other common among you.”

The Holy Prophet Muhammad (S.A.W.)

Dear Children,

السلام عليكم

Assalaamu Alaikum

When two or more persons meet, it is normal for them to offer some greeting or salutation. We who live in a Western country are accustomed to hear persons greet one another with the words “Good Morning”, “Good Day” or similar words. When you examine these words however

you will find that they have no meaning for any number of reasons. For example, the day may in fact be a very rainy one, or the person may not be enjoying good health.

This brings us to the question of how Muslims must greet one another when they meet. The verse from Al Qur'aan quoted above, while addressed to the Holy Prophet Muhammad (S.A.W.), also applies to us. It tells us that we must greet one another with the words “Assalaamu Alaikum” which means “Peace be unto you”. Now, “Assalaam” (The Peace) is one of the ninety-nine attributes of Almighty Allaah, or *Asma ul Husna*. The Holy Prophet Muhammad (S.A.W.) said,

“Assalaam” is one of the attributes of Allaah. It has been sent to the world for the benefit of the people. Hence make the use of “Assalaam” common among you.

When you tell a Muslim “Assalaamu Alaikum”, you are in fact praying that Almighty Allaah will grant Peace to the person and protect the person and his family against all evils. What better greeting can you give to your Muslim brothers and sisters?

In addition to greeting in the Islamic way, males should also shake with both hands and embrace each other, while females should kiss each other. However, males and females must not kiss or embrace each other.

When you are greeted in the Islamic way, you should reply by at least saying, “Wa alaikum-us-Salaam” which means “Peace be on you also”. However, Almighty Allaah says in Chapter 4, Verse 86 of Al Qur'aan:

“When a (courteous) greeting is offered to you, meet it with a greeting still more courteous, or (at least) of equal courtesy. Allaah takes careful account of all things.”

Accordingly, it is better to reply by adding the words “wa Rahmatullaahi wa Barakatuhu”. Your reply would thus be “Wa ‘alaikum-us-Salaam wa Rahmatullaahi wa Barakatuhu”. This means “Peace be on you also

and Allaah's Mercy and Blessings".

WHO SHOULD OFFER SALAAM FIRST

You may wonder who should be the first to offer *Salaam* when Muslims meet or pass one another. According to the Holy Prophet Muhammad (S.A.W.) the initiative in offering 'salaam' should be taken as follows:

- the younger to the elder,
- the walking to the sitting,
- the one travelling in a vehicle to the one walking,
- and the smaller group to the larger.

HOW OFTEN SHOULD THE SALAAM BE OFFERED

The *Salaam* should be offered whenever Muslims meet or leave one another. **For example, when you leave home to go to school and when you return home; and when you leave your home to go to play and return.** In fact, it should be offered every time you leave your family and friends and every time you meet them. Remember, the Holy Prophet Muhammad (S.A.W.) said:

"Let me tell you a device which will promote love and friendship among you. Say 'Salaam' to one another as often as possible".

Again:

"Any person who meets a Muslim brother should say 'Salaam' to him. Later if one of them should go out of sight behind a tree, wall or a stone and re-appears, he should offer 'Salaam' once again on seeing his brother."

ON VISITING FRIENDS OR RELATIVES

The following *aadaab* should be observed when visiting friends or relatives:

- If possible, you should telephone or make arrangements before, in order to ensure the time of the visit is convenient for the host,

- On reaching the person's home you should stay at the side of the door and extend *Salaam* (do not peep through the door or windows to see if anyone is home),
- If you call three times and no one answers, then leave,
- On entering the home extend *Salaam* to those present and shake hands in the Islamic way (**Remember males and females must not shake hands**),
- Speak only about pleasant matters,
- Do not stay longer than necessary or else your friend will get bored with you.

ON RECEIVING FRIENDS OR RELATIVES

When friends or relatives visit you, you should:

1. stand up to greet them, shake hands with them (using both hands), and embrace them;
2. return their greeting with a better one;
3. offer them some refreshment;
4. walk with them, on their departure, outside the house;
5. if they do not have transport and you have, offer to take them home if possible.

GREETING A GATHERING OF MUSLIMS AND NON-MUSLIMS

When you arrive at a gathering in which Muslims and non-Muslims are present, say:

“Assalaamu Alaikum”

“Peace be unto you”

GREETING NON-MUSLIMS

When a person who is not a Muslim greets you, you should respond by saying:

“Taslimaat”

“Respect to you”

WHEN NOT TO OFFER SALAAM

The following are some of the occasions on which *Salaam* should NOT be offered:

- when Al Qur’aan and the *Ahadith* are being read or taught;
- when the *khutbah* is being delivered;
- when the ‘*Adhaan* or *Takbir* is being called;
- when a person is in the toilet;
- when a religious discussion is taking place;
- when a religious class is being conducted;
- when your religious beliefs are being criticised or made fun of;
- when obscene jokes and similar un-Islamic activities are being carried out.

We end by reminding you of the following *Ahadith* (sayings of the Holy Prophet Muhammad - S.A.W.):

“The most miserly person is he who lets go an opportunity to say ‘Salaam’.”

“He who takes the initiative in offering ‘Salaam’ is the nearest to

Allaah.”
Rabi-ul-Awwal/Rabi-ul-Akhir 1419 A.H.

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ALHAMDU-LILLAAH - PRAISE BE TO ALLAH

Chapter Three

THE AADAAB (ETIQUETTE) OF RETIRING TO, AND ARISING FROM, SLEEP

“It is Allaah that takes the souls of men at death; and those that die not He takes during their sleep: those on whom He has passed the decree of death, He keeps back from returning to life, but the rest He sends to their bodies for a term appointed. Verily in this are Signs for those who reflect.” Al Qur’aan

39:42

Dear Children,

السلام عليكم

Assalaamu Alaikum

The above verse from Al Qur’aan shows quite clearly that some of those who go to sleep during the night may not awaken next morning because Almighty Allaah had taken their souls. Such persons had in fact passed away. We do not know when our turn will be. Before going to bed every night we must therefore take all the necessary steps to ensure that if we are called to our Creator during the night we would be

in a proper condition to be received by Him. How do we achieve this? By of course following what Almighty Allaah and His Final Prophet (S.A.W.) have ordained for us.

Given below therefore are the main *aadaab* to be observed from the time the night begins to fall until you arise the following morning.

1. When the night begins, all children should be at home for the Holy Prophet (S.A.W.) said:

“When the night falls, keep your children at home, for at this hour evil spirits stalk the earth. However, after an hour has passed you may permit the children to move out.”

2. Offer the following *du’a* at that time:

“Allaahumma bika amsainaa wa bika asbahnaa wa bika nahyaa wa bika namutu wa ilaikan-nushuur.”

“O Allaah! With Thy help do we enter upon the morning and with Thy help do we enter upon the evening. With Thy help do we live and with Thy help do we die. And unto Thee shall be the resurrection.”

3. When the *Adhaan* is called for *Maghrib salaah* say:

“Allaahumma haadha iqbalu lailika wa idbaru naharika wa aswaatu du ‘aatika’ faghfirlii.”

“Oh Allaah, this is the hour of the approach of Thy night and the departure of Thy day and this is the time of Thy Mu’addhins’ call. Hence grant me salvation.”

4. Light up your homes when it gets dark.
5. Perform your *Isha salaah* before you go to bed.
6. Secure your house properly before going to bed and leave a light on.
7. Do not wake up late into the night. Remember, Almighty Allaah says in Al Qur’aan:

“And (have we not) created you in pairs, and made your sleep for

rest, and made the night as a covering, and made the day as a means of subsistence?” Ch. 78 Verses 8-11

8. Perform *Wudu* (ablution) before retiring.
9. Do not sleep on a very soft bed. The Holy Prophet's bed was made of skin stuffed with bark of the palm tree. (Your Social Studies teacher will tell you it is healthier to sleep on a firm bed).

10. Offer the following *du'a* on getting into your bed:

“Allaahumma bismeka amootu wa ayha.”

“Oh Allaah, with Thy name I retire and shall rise.”

11. Recite some verses of Al Qur'aan while in bed. In this connection the Holy Prophet (S.A.W.) said:

“When a man lies down on the bed, an angel and the devil call him. The angel says to him: ‘Close thy deeds of the day with a virtuous act.’ And the devil says: ‘Close thy deeds of the day with an evil act.’ If that man then recites the name of Allaah before going to sleep, the angel stands guard over him all night.”

The Holy Prophet (S.A.W.) used to raise his hands as if offering *du'a*, recite *Suraat Iklaas*, *Falaq* and *Naas*, breathe upon his hands, and then pass his hands over his head, face and the front of his body as far as he could reach,

12. Sleep on your right side, resting the palm of your right hand below your cheek. Avoid sleeping on your left side or flat.
13. Do not cover your face while sleeping.
14. Invoke *Daruud* on the Holy Prophet Muhammad (S.A.W.) as often as possible. You might be fortunate to be blessed by Allaah with a vision of the Holy Prophet (S.A.W.).

The Holy Prophet (S.A.W.) said:

“He who sees my vision in dream actually sees me, for the devil cannot appear in my form.”

The following is one form of *Daruud*:

“Allaahumma salli ‘alaa Muhammadin wa ‘alaa aali Muhammadin kamaa sallaita ‘alaa Ibraahiima wa ‘alaa aali Ibraahiima innaka hamiidun majiid. Allaahumma baarik ‘alaa Muhammadin wa ‘alaa aali Muhammadin kamaa baarakta ‘alaa Ibraahiima wa ‘alaa aali Ibraahiima innaka hamiidun majiid.”

“O Allaah! Shower Thy Blessings on our leader Muhammad and his descendants as Thou showerest Thy Blessings on our leader Ibraahiim and his descendants; verily, Thou art the Praiseworthy, the Glorious. O Allaah! Bless our leader Muhammad and his descendants as Thou blessedest our leader Ibraahiim and his descendants ; verily, Thou art the Praiseworthy, the Glorious.”

15. Practise getting up in the early hours of the morning and offering the *Tahajjud salaah*.

16. Offer the following *du’a* on rising:

“Alhamdu lil laahil ladhii ahyaaanaa ba’da maa amaatanaa wa ilaihin nushoor”

“All Praise to Allaah, He Who revived us to life after giving us death, and to Him we shall have to return.”

17. Thank Almighty Allaah if, on awakening, you had a happy dream. The Holy Prophet (S.A.W.) said:

“Offer thanks to the Lord and praise Him whenever you see a happy dream. And relate your happy dreams and relate them to your friends only.”

18. In the event you have an unhappy or terrifying dream, do not tell anyone, but offer the following *du’a*:

“A’udhu bika-limatil-laahit-taa-ammami min ghadabihii wa iqaabihii wa sharri ‘ibadiihii wa min hamazatish-shayaatiini wa anyahduruun.”

“I seek the protection of the perfect words of Allaah against His Wrath and Anger and Punishment, against evil doings of His creatures, against the fears of evil spirits and against the possibility that those evil spirits or their fears should assail me.”

Dear children, remember that Almighty Allaah sent Al Qur'aan as a complete guide and the Holy Prophet Muhammad (S.A.W.) as the Perfect Exemplar for us. We must always follow the injunctions in Al Qur'aan and the example of the Holy Prophet Muhammad (S.A.W.). If we do so we will always be on the Right Path and so gain the Pleasure of Almighty Allaah both in this world and the Hereafter. Finally, remember that we may be able to understand some of the Commands of Almighty Allaah now, some at a later time and we may never be able to understand others. But we must always have complete faith in Him and His Final Messenger.

Khudaa Haafiz

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ALLAAHU AKBAR

ALLAAH IS THE GREATEST