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Food

الأكل Food

Little [Consumption of] Food

الحَتُّ عَلى قِلَّةِ الأكل

1– The Prophet (S) said, 'A man whose [consumption of] food is little has a healthy stomach and a pure heart, and a man whose food is plenty has a sickly stomach and a hard heart.' [Tanbih al-Khawatir, v. 1, p. 46]

2- Imam Ali (a.s.) said, 'Eating little is a sign of self-restraint, and eating a lot is a sign of wastefulness.' [Mustadrak al-Wasa'il, v. 16, p. 213, no. 19634]

Eating Excessively

التَّحذيرُ عَن كَثرَةِ الأكل

3- The Prophet (S) said, 'Man cannot fill a container worse than his stomach.' [Tanbih al-Khawatir, v. 1,

4- The Prophet (S) said, 'A man who fills his stomach will not enter the dominion of the heavens and the earth.'[Ibid.]

5- The Prophet (S) said, 'Be warned against excessive food, for it poisons the heart with hardness, slows the limbs in performing acts of obedience, and blocks the souls from hearing counsel.' [Bihar al-Anwar, v. 77, p. 182, no. 10]

6– Imam Ali (a.s.) said, 'A man who eats excessively, his health declines and his burden becomes heavier than he can endure.' [Ghurar al–Hikam, no. 8903]

7- Imam Ali (a.s.) said, 'Hunger and disease cannot coexist.' [Mustadrak al-Wasa'il, v. 16, p. 222, no. 19652]

Among The Vices Of Gluttony

8- Imam Ali (a.s.) said, 'Astuteness and gluttony cannot coexist.' [Ibid. v. 12, p. 94, no. 13615]

9- Imam Ali (a.s.) said, 'When the stomach is filled with [even] permissible food, the heart becomes blind to goodness.' [Ghurar al-Hikam, no. 4139]

10- Imam Ali (a.s.) said, 'Overeating spoils piety.' [Ibid. no. 659]

11- Imam Ali (a.s.) said, 'Overeating is the greatest aid to acts of disobedience.' [Ibid. no. 9922]

Hunger

ميراثُ الجُوع

12- The Prophet (S) said, 'Applaud a man who abstains from food, sleeps hungry, and has patience. These are the ones who will be satiated on the Day of Judgment.' [Bihar al-Anwar, v. 75, p. 462, no. 17]

15– In the Íadith of Mi'raj (The Prophet's Ascension to the heavens), the Prophet (S) said, 'O Allah! What is the outcome of hunger?' He said, 'Wisdom, protection of the heart, drawing closer to Me, lasting sorrow, less burden on the people, telling the truth, and lack of concern whether one lives in wealth or poverty.' [Ibid. v. 77, p. 22, no. 6]

14- Imam Ali (a.s.) said, 'How good a helper hunger is at taming the self and breaking its habit.' [Mustadrak al-Wasa'il, v. 16, p. 214, no. 19634]

15- Imam al-Hadi (a.s.) said, 'Lack of sleep sweetens sleeping and hunger increases the tastiness of food.' [Bihar al-Anwar, v. 78, p. 369, no. 4]

Balance of Eating

16- The Prophet (S) said, 'Eat when you desire and stop while you still desire.' [Bihar al-Anwar, v. 62, p. 290]

17- Imam al-Ridha (a.s.) said, 'A man who wants to be healthy and have a light body must decrease his dinner.' [Ibid. p. 324]

Table Manners

18– The Prophet (S) said, 'A man who is eating and is being watched by another, to whom he does not offer to share his food will be afflicted with an incurable disease.'[Tanbih al-Khawatir, v. 1, p. 47]

19– The Prophet (S) said, 'The believer eats according to the desire of his family, while the hypocrite makes his family eat according to his own desires.' [Bihar al–Anwar, v. 62, p. 291]

20- Imam Ali (a.s.) said, 'Whoever mentions the name of Allah at the beginning of [eating his] food or drink and thanks Allah at the end will never be asked about the favor of this food.' [Wasa'il al-Shi'ah, v. 16, p. 484, no. 5]

21- Imam Ali (a.s.) said, 'Start with salt before you eat. If people knew what [benefits] salt has, they would prefer it to tested medicine.'[Ibid. p. 520, no. 3]

22- Imam Ali (a.s.) said, 'Set hot food aside until it cools off, for when the Prophet (S) was given hot food, he said, 'Set it aside until it cools down, for Allah, Mighty and Exalted, would not feed us fire when blessings lie with that which is cool.'[al-Kafi, v. 6, p. 321, no. 1]

الإمامُ الحسنُ (عَلَيهِ السَلامُ) : فِي المَائدةِ اثْنَتَا عَشرَةَ خَصلْلَةً يَجِبُ عَلَى كُلِّ مُسْلِمٍ أَنْ يَعْرِفَهَا : أَرْبَعٌ مِنْها فَرْضٌ، -23 .

. فَأُمَّا الفَرْضُ : فَالمَعْرِفَةُ ، وَالرّضَا ، وَالتَّسْمِيَةُ، وَالشُّكْرُ

. وَأُمَّا السُّنَّةُ : فَالوُضُوءُ قَبْلَ الطَّعَام ، والجُلُوسُ عَلَى الجَانِبِ الأَيْسَرِ ، والأكْلُ بِثَلاث أصابِع، وَلَعْقُ الأصابِع

. وَأُمَّا التَّأْدِيبُ : فَالأَكْلُ مِمَّا يَلِيكَ ، وَتَصنْغِيرُ اللُّقْمَةِ ، وَتَجْوِيدُ المَضنْغ ، وَقِلَّةُ النَّظَر فِي وُجُوهِ النَّاس

23- Imam al-Hasan (a.s.) said, 'There are twelve things that every Muslim should know about the table [manners]; four are mandatory, four are recommended, and four are general manners. The mandatory are: knowledge [of the food], to be content with it, mentioning the name of Allah [before it], and offering thanks to Him [afterwards]. The recommended acts are: ablution before eating, sitting on one's left side, eating with three fingers, and licking the fingers [after the meal]. And the general manners are: eating from the closest spot to you, taking small bites, chewing well, and rarely looking at people's faces [while eating].'[Wasa'il al-Shi'ah, v. 16, p. 539, no. 1]

24– Imam al–Sadiq (a.s.) said, 'He who washes his hands before and after eating will be blessed at the beginning and at the end of his food. As long as he lives, he will be in comfort, and he will be cured of the ills of his body.'[al–Mahajjat al–Baydha, v. 3, p. 6]

25– Imam al–Sadiq (a.s.) narrated, on the authority of his fathers about the tradition entailing certain prohibitions of the Prophet (S), 'He prohibited blowing on food or drink.' [Wasa'il al–Shi'ah, v. 16, p. 518, no. 1]

26- Imam al-Sadiq (a.s.) said, 'Do not leave your plates uncovered for Satan spits on uncovered plates and takes from them what he wants.' [Mustadrak al-Wasa'il, v. 8, p. 295, no. 9485]

27- Imam al-Kazim (a.s.), when he was asked who the contemptible person was, replied, 'The one who eats in the marketplaces.' [Wasa'il al-Shi'ah, v. 16, p. 510, no. 1]

28- Prolong your seating at the dinnertable, for these are times that will not [need to] be accounted for as part of your lives.[al-Ikhtisas, p. 253]

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