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EATING AND DRINKING

Before and after food, for the host, at iftar, milk and Zamzam.

8 duas | Bahishti Zewar

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AT THE START OF EVERY MEAL 1

بِسْمِ اللهِ وَبَرَكَةِ اللهِ

Bismillâhi wabarakatillâh.

(I am eating) In the name of Allah (SWT) and with the blessings of Allah (SWT).

Behesti Zewar (Part 6, p. 268), citing Hakim

WHEN ONE FORGETS TO SAY BISMILLĀH BEFORE EATING 2

بِسْمِ اللهِ أَوَّلَهُ وَآخِرَهُ

Bismillâhi aw-walahu wa âkhirah.

In the name of Allah, at the beginning of it and at the end of it (meal).

Behesti Zewar (Part 6, p. 269), citing Abu Dawud

UPON FINISHING A MEAL 3

اَلْحَمْدُ لِلّٰهِ الَّذِيْ أَطْعَمَنَا وَسَقَانَا وَجَعَلَنَا مِنَ الْمُسْلِمِيْنَ

Al-hamdu lillâhilladhi at-amana wasaqânâ waja-alana minal muslimin.

All praise is due to Allah (SWT) who gave us food and drink and made us Muslims.

Behesti Zewar (Part 6, p. 268), citing Tirmidhi

WHEN FINISHED EATING 4

اَلْحَمْدُ لِلّٰهِ الَّذِيْ أَطْعَمَنِيْ هٰذَا الطَّعَامَ وَرَزَقَنِيْهِ مِنْ غَيْرِ حَوْلٍ مِّنِّيْ وَلَا قُوَّةٍ

Al-hamdu lillâ-hilladhi at-amani hadhat ta-ama wa razaqanihi min ghayri hawlim minni walâ quwwah.

All praises are for Allah who fed me this food and gave it to me without any strength and ability on my part.

Behesti Zewar (Part 6, p. 268), citing Tirmidhi

WHEN EATING AT SOMEONE'S HOME 5

اَللّٰهُمَّ أَطْعِمْ مَنْ أَطْعَمَنِيْ وَاسْقِ مَنْ سَقَانِيْ

Allâhumma at-im man at-amani wasqi man saqâni.

O Allah (SWT) feed those who have fed me and satiate those who have satiated me.

Behesti Zewar (Part 6, p. 269), citing Muslim

AT THE TIME OF OPENING THE FAST 6

اَللّٰهُمَّ لَكَ صُمْتُ وَعَلٰى رِزْقِكَ أَفْطَرْتُ

Allâhumma laka sumtu wa ‘alâ rizqika aftartu.

O Allah (SWT), for You I’ve fasted and I have completed my fast (iftar) on what You have provided.

Behesti Zewar (Part 6, p. 269), citing Abu Dawud

AFTER DRINKING MILK 7

اَللّٰهُمَّ بَارِكْ لَنَا فِيْهِ وَزِدْنَا مِنْهُ

Allahumma barik lana fihi wazidna minhu

O Allah (SWT), grant us blessing in it and grant us more of it.

Behesti Zewar (Part 6, p. 269), citing Tirmidhi

AT THE TIME OF DRINKING THE WATER OF ZAMZAM 8

اَللّٰهُمَّ إِنِّيْ أَسْأَلُكَ عِلْمًا نَافِعًا، وَرِزْقًا وَاسِعًا، وَشِفَاءً مِّنْ كُلِّ دَاءٍ

Allâhumma inni as’aluka ‘ilman nâfi-an wa rizqan wâsi-an wa shifâ-an min kulli dâ’.

O Allah, I seek of You, beneficial knowledge, plentiful provision, and cure from all diseases.

Behesti Zewar (Part 6, p. 270), citing Hakim