

## Eating & Drinking Manners

عَنْ كَعْبِ بْنِ مَالِكٍ   قَالَ: "رَأَيْتُ رَسُولَ اللَّهِ   يَأْكُلُ بِثَلَاثِ أَصَابِعٍ فَإِذَا فَرَغَ لَعَقَهَا." (كتاب الأَطْعَمَةِ بِمَشْكَاتِ الْمَصَابِيحِ)

K'ab ibn Malik   reported that he saw Rasulallah   eating with three fingers and he would lick them after finishing his meal. (Mishkat al-Masabih)

### Keywords in Hadith

|              |                  |
|--------------|------------------|
| يَأْكُلُ     | He eats          |
| أَصَابِعٍ    | Fingers          |
| إِذَا فَرَغَ | When he finished |
| لَعَقَهَا    | He licked them   |

### Explanation

Islam is complete code of life. It is not simply a faith or belief like many other religions that has no link or relationship with practical life. Besides it has basic fundamentals and modes of worship, it has prescribed for the believers a complete code of conduct and behaviour. It is a religion of manners and etiquette.

It has not left unnoticed even the habits of eating and dunking. It advises how to eat and drink. In this tradition we are told that Rasulallah   would eat with his three fingers and lick them when he had finished eating. In another tradition it is reported that while eating he used the middle finger, the index finger and the thumb. He never used all the five fingers. It is a common observation that when we eat bread only the tips of the three fingers are involved and we can easily lick them. To use all the fingers while eating and then licking them after having finished meal is not a sunnah.

عَنْ عَمْرُو بْنِ شُعَيْبٍ   عَنْ أَبِيهِ عَنْ جَدِّهِ قَالَ: "رَأَيْتُ رَسُولَ اللَّهِ   يَشْرَبُ قَائِمًا وَقَاعِدًا." (ابواب الاشرية بجامع الترمذی)

Amr ibn Sho'aib   relates from his father and he from his grandfather that the latter had seen the Prophet   drinking water in standing as well as in sitting postures. (Jam'e of Tirmidhi)

### Keywords in the Hadith

|          |           |
|----------|-----------|
| رَأَيْتُ | I saw     |
| يَشْرَبُ | He drinks |
| قَائِمًا | Standing  |
| قَاعِدًا | Sitting   |

In the second tradition Amr ibn Sho'aib   reported that he had seen the Prophet   in sitting postures. There are also traditions that tell us that Rasulallah   forbade the drinking water in a standing position. This Prophet's   action (of drinking water in a standing position) and the prohibition mentioned above have been reconciled by the scholars in different manners. The opinion of some of the 'ulama is that the prohibition came later and it therefore, abrogates the earlier practice, whereas some 'ulama assert the very opposite of it. They say that the traditions reporting the drinking of water in a standing position abrogate the prohibition.

However one thing is clear from this that at least drinking water in standing position is not altogether forbidden by the Prophet  . It is not legally binding to drink water in a sitting posture.

## All Thanks

Thanks to God  
Who is All Universe's Lord  
For His bounties All around us  
Thanks to God  
Who makes sun shine, Enriching our fruit thus  
Thanks to God  
Who showers rain  
Which smoothes the soil To our grains  
Thanks to God  
For growing tall green  
Trees like towers And such colourful flowers  
Like rainbows  
His grandeur His every creature shows  
Thanks to Him for everything we have  
Whether it seems to us good or bad.

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