

THE EFFECTS OF UNLAWFUL FOOD AND DRINK

الْحَمْدُ لِلَّهِ نَحْمَدُهُ وَنَسْتَعِينُهُ وَنَسْتَغْفِرُهُ. وَنَعُوذُ بِاللَّهِ مِنْ شُرُورِ أَنْفُسِنَا وَمِنْ
سَيِّئَاتِ أَعْمَالِنَا. مَنْ يَهْدِهِ اللَّهُ فَلَا مُضِلَّ لَهُ وَمَنْ يَضِلَّ فَلَا هَادِيَ لَهُ.
أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، وَأَشْهَدُ أَنَّ سَيِّدَنَا مُحَمَّدًا عَبْدُهُ
وَرَسُولُهُ. اللَّهُمَّ صَلِّ وَسَلِّمْ وَبَارِكْ عَلَى سَيِّدِنَا مُحَمَّدٍ وَعَلَى آلِهِ وَأَصْحَابِهِ
أَجْمَعِينَ.
أَمَّا بَعْدُ،

فِيَا عِبَادَ اللَّهِ، اتَّقُوا اللَّهَ أَوْصِيَكُمْ وَإِيَّايَ بِتَقْوَى اللَّهِ، فَقَدْ فَازَ الْمُتَّقُونَ.

Let us all increase our devotion towards Allah the Almighty by performing all that He has decreed and abstaining from all that He has prohibited. Hopefully, we will be blessed in this world and in the Hereafter.

Dear Brothers and Sisters,

Allah the Almighty commands us to eat food or acquire sustenance from a lawful and clean source as mentioned in the Quran in Chapter 5 (Surah al-Maidah), verse (ayat) 88;

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

وَكُلُوا مِمَّا رَزَقَكُمُ اللَّهُ حَلَالًا طَيِّبًا وَاتَّقُوا اللَّهَ الَّذِي أَنْتُمْ بِهِءِ مُؤْمِنُونَ ﴿٨٨﴾

Which means: *Eat of the things which Allah hath provided for you, lawful and good; but fear Allah, in Whom ye believe.*

All Muslims are obligated to obey the command from Allah the Almighty to eat good and lawful food in order to maintain spiritual purity which will facilitate us to receive Allah's guidance so that we will become virtuous servants. "Lawful" refers to the food itself and the way of obtaining it. While the word "good" refers to the food's usefulness and nutritional value. Some food may nutritionally unhealthy and therefore be damaging to our health.

There is no restriction to the believers who are financially capable of buying and enjoying good food and drink, but we must abide by the provisions which have been set by Islamic law: food must be nourishing, lawful and taken in moderation. Allah the Almighty reminds us to be careful in choosing food as mentioned in the Quran in Chapter 80 (Surah 'Abasa), verse (*ayat*) 24:

فَلْيَنْظُرِ الْإِنْسَانُ إِلَىٰ طَعَامِهِ ۚ ﴿٢٤﴾

Which means: *Then let man look at his food, (and how We provide it):*

Dear Brothers and Sisters,

Unlawful food and drinks consist of the physical food such as pork, dead animals (not slaughtered), blood, wine, etc. as well as the food obtained through unlawful means like stealing, robbing, cheating, usury, gambling, bribery or not being trustworthy at work (such as being lazy, truant, negligent, etc.)

Prophet Muhammad (may peace and blessings of Allah be upon him [pbuh]) said in a *Hadith* which was narrated by *Imam* Muslim which means: Abu Hurairah said: "The Messenger of Allah said, 'O mankind, verily Allah is good and accept only good. And verily Allah has commanded those who believe in (committing) the commandment He conveyed to the Prophets. Then the Prophet read the word of Allah, 'O messengers, eat of the good things and do good deeds.' And He said, 'O ye who believe! Eat of the good things We have bestowed 'Then he (the Prophet) related the story of a man who travelled far away. His body was covered with dust and unkempt. The traveller then stretched his hands to the sky as he prayed, 'My Lord, my Lord '. But his food was *haram* (unlawful), his drink was *haram*, his clothes were from the *haram* and he was fed with the *haram*. So how can his prayers be answered. "

This *Hadith* implies that lawful (*halal*) and unlawful (*haram*) food affect worship because every time we worship, we are required to always be in a state of purity and cleanliness in terms of our physical and spiritual condition. Let us ponder, will Allah the Almighty ever accept our worship and our supplication if there are any unlawful objects or elements in our body? It is clear that food or any unlawful sustenance that goes into our stomach will become our flesh and blood which will affect the formation of our character. Even worse, the unlawful elements will also be the cause for a person to be thrown into the hellfire, as mentioned by the Prophet (pbuh) in a *Hadith* which was narrated by al-Tobarani;

أَيُّمَا لَحْمٍ نَبَتَ مِنَ الْحَرَامِ فَالْتَّارُ أَوْلَىٰ لَهُ

Which means: *There is no flesh that sprouts from the unlawful except that the Fire is more suitable for it.*

Dear Brothers and Sisters,

Indeed unlawful food can have bad effects on the one who eats it such as preventing . him from obeying Allah the Almighty and enticing him to commit sins.

Every command or prohibition in Islam has its own wisdom. Therefore, obey all instructions that have been established by our religion in order to obtain the blessings and guidance from Allah the Almighty as stated in the Quran in Chapter 2 (Surah al-Baqarah), verse (*ayat*) 172;

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

يَا أَيُّهَا الَّذِينَ ءَامَنُوا كُلُوا مِن طَيِّبَاتِ مَا رَزَقْنَاكُمْ وَاشْكُرُوا لِلَّهِ إِن كُنتُمْ ءِِيَاءُ

تَعْبُدُونَ ﴿١٧٢﴾

Which means: *O ye who believe! Eat of the good things that We have provided for you, and be grateful to Allah, if it is Him ye worship.*

بَارَكَ اللهُ لِيْ وَلَكُمْ فِي الْقُرْآنِ الْعَظِيْمِ، وَنَفَعَنِي وَإِيَّاكُمْ بِمَا فِيهِ مِنَ الْآيَاتِ
وَالذِّكْرِ الْحَكِيْمِ، وَتَقَبَّلَ مِنِّيْ وَمِنْكُمْ تِلَاوَتَهُ إِنَّهُ هُوَ السَّمِيعُ الْعَلِيْمُ، أَقُولُ قَوْلِي
هَذَا وَأَسْتَغْفِرُ اللهَ الْعَظِيْمَ لِيْ وَلَكُمْ، وَلِسَائِرِ الْمُسْلِمِيْنَ وَالْمُسْلِمَاتِ، وَالْمُؤْمِنِيْنَ
وَالْمُؤْمِنَاتِ، فَاسْتَغْفِرُوهُ فَيَا فَوْزَ الْمُسْتَغْفِرِيْنَ وَيَا نَجَاةَ التَّائِبِيْنَ.