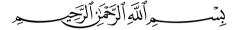


## Fasting Series | Shaykh 'Abdul-'Azīz ibn Bāz Suhūr



عَنْ أَنْسِ بْنِ مَالِكٍ رضى الله عنه قَالَ: قَالَ رَسُولُ اللهِ صلى الله عليه وسلم: «تَسَحَّرُوا فَإِنَّ فِي السَّحُورِ بَرَكَةً»

Anas ibn Mālik (رَضَوَالِلَهُ عَنْهُ) narrated that Allāh's Messenger (صَلَّالِلَهُ عَلَيْهِ وَسَلَّمَ) said:

Eat the *saḥūr* (pre-dawn meal) for there are blessings in the meal.<sup>1</sup>

عَنْ أَنْسِ بْنِ مَالِكٍ عَنْ زَيْدِ بْنِ ثَابِتٍ رضي الله عنهما قَالَ: تَسَحَّرْنَا مَعَ رَسُولِ اللهِ - صلى الله عليه وسلم - ثُمَّ قَامَ إِلَى الصَّلاةِ. قَالَ

 $<sup>^{\</sup>scriptscriptstyle 1}$  Ṣaḥīḥ al-Bukhārī (no. 1923) and Ṣaḥīḥ Muslim (no. 1095)



أَنَسُ: قُلْت لِزَيْدٍ: كَمْ كَانَ بَيْنَ الأَذَانِ وَالسَّحُورِ؟ قَالَ: قَدْرُ خَمْسِينَ آنَةً.

Anas ibn Mālik (رَضَوَّالِتُهُ also narrated that Zayd ibn Thābit (رَضَوَّالِتُهُ said:

We ate saḥūr with Allāh's Messenger (صَالَاتُهُ عَلَيْهِ وَسَالَهُ) and then he stood for the prayer. Anas said: "I said to Zayd, 'How much time was between the adhān and saḥūr?' He said: Enough time to recite fifty verses.<sup>2</sup>

## Explanation of Shaykh 'Abdul-'Azīz ibn Bāz (وَحَمُدُاللَّهُ):3

Saḥūr is the food that is eaten in the last part of the night, and suḥūr is the action of eating in the last part of the night. This is [linguistically] the same as waḍū' and wuḍū', wuḍū' is the action of making ablution,

<sup>3</sup> Explanation of Shaykh Ibn Bāz, Dār al-Riyādah (pg. 241-242)

<sup>&</sup>lt;sup>2</sup> Şahīh al-Bukhārī (no. 1921) and Şahīh Muslim (no. 1097)



whereas  $wad\bar{u}$  is the water that is used for purification.

It is legislated for the Muslims to eat the pre-dawn meal so that they can have strength in obeying Allāh.

In the second ḥadīth, Zayd ibn Thābit (وَصَالِعُنَا ) says, "We ate saḥūr with Allāh's Messenger (صَالَاتُ ) and then he stood for the prayer." Anas said: "I said to Zayd, 'How much time was between the adhān and saḥūr?' He said: "Enough time to recite fifty verses." Meaning, the Prophet's suḥūr was late, in the last part of the night. The sunnah is to delay the suḥūr so that the fasting person has more strength to obey Allāh. So, the suḥūr should be close to the adhān time, not in the middle part of the night as some people do.

In another ḥadīth, the Prophet (صَالَّ لَلْهُ عَلَيْهِ وَسَلَّمَ) said:

«لَا يَزَالُ النَّاسُ بِخَيْرٍ مَا عَجَّلُوا الْفِطْرَ»



The people will not cease to remain upon goodness so long as they hasten with the breaking of the fast.<sup>4</sup>

Also, it is reported in Ṣaḥīḥ Muslim that the Prophet (صَايَّالَتُهُ عَلَيْهِ وَسَالَمَ) said:

The difference between our fast and the fasting of Ahlul-Kitāb is the eating of the pre-dawn meal.<sup>5</sup>

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 $<sup>^4</sup>$  Ṣaḥīḥ al-Bukhārī (no. 1957) and Ṣaḥīḥ Muslim (no. 1098)

<sup>&</sup>lt;sup>5</sup> Ṣaḥīḥ Muslim (no. 1096)