

Relationship between Eating Pure and Righteous Deeds

Allah (SWT), Hazrat Adam A.S., Guidance for Eating

From the beginning of man, when Allah (SWT) appointed Hazrat Adam A.S. as Allah's vicegerent on earth, as his representative, He said to eat from the abundance and bounty of the garden for nourishment and sustenance. And, to avoid what was forbidden and not fall prey to temptations of Shaitan. There are lessons for mankind here; and, that the only right thing is to accept and follow the Divine Guiding light of Allah (SWT).

"We said: "O Adam! Dwell thou and thy wife in the Garden; and eat of the bountiful things therein as (where and when) ye will; but approach not this tree, or ye run into harm and transgression." (Quran 2:35)

Islam's approach to life and health includes treating our bodies with respect and nourishing them with, not only faith, but also with lawful and pure sustenance. Consciously choosing wholesome food and avoiding the unwholesome is essential to good overall wellbeing.

"Eat of the good things which We have provided for you." (Quran 2:172) "Eat of what is lawful and wholesome on the earth." (Quran 2:168)

Healthy Eating and Worship of Allah (SWT)

The Quran contains many verses about food and drink, giving guidance about over-arching dietary principles, healthy eating, and nutrition that relate to the interconnectedness of physical, mental, and spiritual health. Encouragement to eat only good and pure food is also tempered with warnings to remember Allah (SWT) and avoid shaitan. Healthy eating not only satisfies hunger but also has an effect on how well we worship, and remember Allah (SWT).

"O mankind, eat from whatever is on earth [that is] lawful and good and do not follow the footsteps of Satan. Indeed, he is to you a clear enemy." (Quran 2:168)

"He only orders you to evil and immorality, and to say about Allah what you do not know." (Quran 2:169)

Excessive Eating, Disability, Effect on Spiritual Endeavors

Healthy eating is also about NOT engaging in excessive eating. If we become obsessed with food or indulge in too much unwholesome sustenance, it may create health issues which distract us from our primary purpose of serving Allah (SWT). And, conversely, we don't want to neglect our health and nutrition and just focus on our spiritual endeavors. This can also lead to poor health resulting in our inability to fulfill all our religious obligations and to practice Taqwa.

Excessive Eating, Disability, Effect on Spiritual Endeavors (con't.)

Many of the most common chronic illnesses today are associated with unhealthy eating habits. Overeating leads to obesity which can cause other disabilities and diseases. They include diabetes, heart disease, hypertension (high blood pressure) and stroke, to name a few. These are among the leading causes of death and disability in the United States, per the Center for Disease Control. Staying healthy is integral to practicing righteous living.

“You who believe, do not forbid the good things God has made lawful to you—do not exceed the limits: God does not love those who exceed the limits—but eat the lawful and good things that God provides for you.” (Quran 5:87-88)

“O children of Adam, take your adornment at every masjid, and eat and drink, but be not excessive. Indeed, He likes not those who commit excess.” (Quran 7:31)

Pay Attention to What You Eat

In this day and age we need to be knowledgeable about what we eat, where we choose to eat, the packaged/canned goods we buy, and what is going into the preparation of food (make sure ingredients are not haram). Additionally, many of the items we purchase at a grocery store are full of preservatives, sugar, sodium, food coloring, antibiotics, hormones, etc. . . . very addicting and very harmful!!

Here is a link to a useful source that provides up-to-date information about halal, haram and mushbooh products and foods. www.muslimconsumergroup.com

The Path to Righteous Deeds and Righteous Living

Eating what is unlawful degrades our deeds and prevents them from being accepted and obstructs our path to righteousness and Jannah.

“O ye apostles! enjoy (all) things good and pure, and work righteousness: for I am well-acquainted with (all) that ye do.” (Quran 23:51)

To practice righteous living, we need healthy bodies and minds so that we can devote our lives to Allah (SWT) without unhealthy, unexpected distractions. Eating pure and lawful food are among the keys that open the door to acceptance of our good deeds, righteous actions and lead us to a fulfilling and more complete life here on earth and in the hereafter.