

# Prophetic 'Ad'iyah & 'Adhkār At The Time of Eating & Drinking

Inspired by:

The Muḥaddith, The Faqīh, The Dā'ī Kabīr, Shaykhul Ḥadīth

Hazrat Mawlānā Fazlur Rahman Azmi حفظه الله ونفعنا بعلومه وفضيوله

## A Du'ā' When Food Is Brought

اللَّهُمَّ بَارِكْ لَنَا فِيْمَا رَزَقْتَنَا ، وَقِنَا عَذَابَ النَّارِ ، بِسْمِ اللَّهِ .

*Al-laa-hum-ma baa-rik la-naa fee-maa ra-zaq-ta-naa, wa qi-naa 'adhaa-ban-naar. Bis-mil-laah.*

O Allāh, bless us in that which You have given us as sustenance, and protect us from the punishment of Hell-Fire. In the Name of Allāh. [Ibn Sunnī #457]

## 'Adhkār Before Eating

بِسْمِ اللَّهِ .

*Bis-mil-laah.*

In the Name of Allāh. [Ṣaḥīḥiḥ Bukhārī #5376]

بِسْمِ اللَّهِ وَبَرَكَاتِهِ .

*Bis-mil-laa-hi wa ba-ra-ka-til-laah.*

In the Name of Allāh, and with the blessings of Allāh. [Mustadrak Ḥākim #7280]

## A Dhikr When Bismillāh Is Forgotten Before Eating

بِسْمِ اللَّهِ أَوَّلُهُ وَآخِرُهُ .

*Bis-mil-laa-hi 'aw-wa-la-hu wa 'aa-khi-ra-hu.*

In the Name of Allāh at the beginning and the end. [Sunan 'Abī Dāwūd #3767]

## A Dhikr After Eating When The Tablecloth Is Being Lifted

الْحَمْدُ لِلَّهِ حَمْدًا كَثِيرًا طَيِّبًا مُبَارَكًا فِيهِ ، عَدِيرٌ مَكْفِيٌّ وَلَا مُودَّعٌ وَلَا مُسْتَعْفَى عَنْهُ ، رَبَّنَا .

*Al-ḥam-du lil-laa-hi ḥam-dan ka-thee-ran ṭay-yi-ban mu-baa-ra-kan fee-hi, ghay-ra mak-fiy-yin wa laa mu-wad-da'in wa laa mus-tagh-nan 'an-hu, rab-ba-naa.*

All praises are due to Allāh – which are abundant, sincere, and full of blessings. O our Sustainer, we are not lifting this food considering it to be sufficient (forever) or bidding it farewell (forever) or expressing no need for it. [See: Ṣaḥīḥiḥ Bukhārī #5458, Jāmi' Tirmidhī #3456]

## Ad'iyah & Adhkār After Eating

الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنِي هَذَا الطَّعَامَ ، وَرَزَقَنِيهِ مِنْ غَيْرِ حَوْلٍ مِنِّي وَلَا قُوَّةٍ .

*Al-ḥam-du lil-laa-hil-la-dhee 'aṭ-ʿa-ma-nee haa-dhaṭ-ṭa-ʿaa-ma,  
wa ra-za-qa-nee-hi min ghay-ri ḥaw-lim min-nee wa laa quw-wah.*

All praises are due to Allāh, Who fed me this food and provided it for me, with no strength or power on my part. [Sunan 'Abī Dāwūd #4023, Jāmi' Tirmidhī #3458]

الْحَمْدُ لِلَّهِ الَّذِي هُوَ أَشْبَعَنَا ، وَأَرْوَأَنَا ، وَأَنْعَمَ عَلَيْنَا ، وَأَفْضَلَ .

*Al-ḥam-du lil-laa-hil-la-dhee huwa 'ash-ba-ʿa-naa, wa 'ar-waa-naa,  
wa 'an-ʿa-ma 'a-lay-naa, wa 'af-ḍal.*

All praises are due to Allāh Who has satiated us, quenched our thirst and bestowed upon us His favours and grace.

[Shu'abul 'Imān #4284, Ṣaḥīḥ Ibn Ḥibbān #5216, Tabarānī in Aṣ-Ṣaghīr #185, Al-Awsaṭ #2247]

اللَّهُمَّ بَارِكْ لَنَا فِيهِ ، وَأَطْعِمْنَا خَيْرًا مِنْهُ .

*Al-laa-hum-ma baa-rik la-naa fee-hi, wa 'aṭ-ʿim-naa khay-ran min-hu.*

O Allāh, grant us blessings in this food and feed us better than it.

[Jāmi' Tirmidhī #3455, Sunan 'Abī Dāwūd #3730]

الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنَا ، وَسَقَانَا ، وَجَعَلَنَا مُسْلِمِينَ .

*Al-ḥam-du lil-laa-hil-la-dhee 'aṭ-ʿa-ma-naa, wa sa-qaanaa,  
wa ja-ʿa-la-naa mus-li-meen.*

All praises are due to Allāh, Who gave us food and drink and made us Muslims.

[Sunan 'Abī Dāwūd #3850, Jāmi' Tirmidhī #3457]

الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَ وَسَقَى ، وَجَعَلَ لَهُ مَخْرَجًا .

*Al-ḥam-du lil-laa-hil-la-dhee 'aṭ-ʿa-ma wa sa-qaaw, wa saw-wa-gha-hu,  
wa ja-ʿa-la la-hu makh-ra-jaa.*

All praises are due to Allāh, Who gave (us) food and drink, digested it and made a passage for the removal (of its waste from the body).

[Sunan 'Abī Dāwūd #3851, Ṣaḥīḥ Ibn Ḥibbān #5220]

اللَّهُمَّ أَطْعَمْتَ وَأَسْقَيْتَ ، وَأَغْنَيْتَ وَأَقْنَيْتَ ، وَهَدَيْتَ وَأَخْيَيْتَ ،  
فَلَكَ الْحَمْدُ عَلَى مَا أَعْطَيْتَ.

*Al-laa-hum-ma 'aṭ-ʿam-ta wa 'as-qay-ta, wa 'agh-nay-ta wa-'aq-nay-ta,  
wa ha-day-ta wa 'aḥ-yay-ta, fa-la-kal ḥam-du 'a-laa maa 'a-ṭayt.*

O Allāh, You have fed us, given us to drink, made us independent, made us content, guided us and granted us life, so all praises are due to You alone for what You have bestowed upon us. [Musnad Aḥmad #16595]

### Adhkār When Washing One's Hands After Eating

الْحَمْدُ لِلَّهِ الَّذِي يُطْعِمُ وَلَا يُطْعَمُ ، مَنْ عَلَيْنَا فَهَدَانَا ، وَأَطْعَمَنَا وَسَقَانَا ، وَكُلَّ بَلَاءٍ حَسَنٍ  
أَبْلَانَا ، الْحَمْدُ لِلَّهِ غَيْرِ مُودِّعٍ وَلَا مُكَافَأٍ ، وَلَا مَكْفُورٍ وَلَا مُسْتَعْفَى عَنْهُ ، الْحَمْدُ لِلَّهِ الَّذِي  
أَطْعَمَ مِنَ الطَّعَامِ ، وَسَقَى مِنَ الشَّرَابِ ، وَكَسَا مِنَ الْعُرْيِ ، وَهَدَى مِنَ الضَّلَالَةِ ، وَبَصَّرَ  
مِنَ الْعَمَى ، وَفَضَّلَ عَلَى كَثِيرٍ مِّنْ خَلْقِهِ تَفْضِيلًا ، الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ.

*Al-ḥam-du lil-laa-hil-la-dhee yuṭ-ʿi-mu wa laa yuṭ-ʿam, Man-na 'a-lay-naa fa-ha-  
daa-naa, wa 'aṭ-ʿa-ma-naa wa sa-qaa-naa, wa kul-la ba-laa-'in ḥa-sa-nin 'ab-laa-  
naa. Al-ḥam-du lil-laa-hi ghay-ra mu-wad-da-'in wa laa mu-kaa-fan, wa laa mak-  
foo-rin wa laa mus-tagħ-nan 'an-hu. Al-ḥam-du lil-laa-hil-la-dhee 'aṭ-ʿa-ma mi-naṭ-  
ṭa-ʿaa-mi, wa sa-qaa mi-nash sha-raa-bi, wa ka-saa mi-nal 'ur-yi, wa ha-daa mi-naḍ-  
ḍa-laa-la-ti wa baṣ-ṣara mi-nal 'a-maa, wa faḍ-ḍala 'a-laa ka-thee-rim min khal-qi-  
hi taf-ḍee-laa. Al-ḥam-du lil-laa-hi rab-bil 'aa-la-meen.*

All praises are due to Allāh, Who feeds but does not eat. He bestowed (His) favours on us by guiding us on the right path, giving us food and drink and favouring us with His choicest gifts. All praises are due to Allāh – Who cannot be said farewell to (and treated with contempt), Who cannot be thanked sufficiently, to Whom ingratitude cannot be displayed and of Whom independence cannot be expressed. All praises are due to Allāh, Who gave food to eat, water to drink, clothes with which to cover our shame, guidance to safeguard against misguidance, sight to protect against blindness and conferred [upon us] the most of His favours out of so many of His creations. All praises are due to Allāh, the Sustainer of the universe.

[Nasa'ī in Al-Kubrā #10060, Ṣaḥīḥ Ibn Ḥibbān #5219, Mustadrak Ḥākim 1/546]

## A Dhikr Before Drinking



بِسْمِ اللَّهِ.

*Bis-mil-laah.*

In the Name of Allāh. [Jāmi' Tirmidhī #1885]

## A Dhikr After Every Sip

الْحَمْدُ لِلَّهِ.

*Al-ḥam-du lil-laah.*

All praises are due to Allāh.

[Jāmi' Tirmidhī #1885, Ṣaḥīḥ Muslim #2734]

## A Dhikr After Drinking Water

الْحَمْدُ لِلَّهِ الَّذِي سَقَانَا عَذْبًا فُرَاتًا بِرَحْمَتِهِ وَلَمْ يَجْعَلْهُ مِلْحًا أَوْ جَائِبًا بِدُنُوبِنَا.

*Al-ḥam-du lil-laa-hil-la-dhee sa-qaa-naa 'adh-ban fu-raa-tan bi-raḥ-ma-ti-hi wa lam yaj-'al-hu mil-ḥan 'u-jaa-jan bi-dhu-noo-bi-naa.*

All praises are due to Allāh, who, through His mercy has given us sweet, tasty water to drink and has not made it salty or bitter due to our sins.

[Ṭabarānī in *Ad-Du'ā'* #899]

## A Du'ā' After Drinking Milk

اللَّهُمَّ بَارِكْ لَنَا فِيهِ ، وَزِدْنَا مِنْهُ.

*Al-laa-hum-ma baa-rik la-naa fee-hi wa zid-naa min-hu.*

O Allāh, grant us blessings in this (milk) and increase it for us.

[Jāmi' Tirmidhī #3455, Sunan 'Abī Dāwūd #3730]



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