

## Lesson 4

### Aqeedah

Another big reward of Allah is that He created us in the community of His Messenger Muhammad صلی اللہ علیہ وسلم.

### Dua

(Tirmidhi:3513) **اللَّهُمَّ إِنَّكَ عَفُوفٌ كَرِيمٌ تُحِبُّ الْعَفْوَ فَاعْفُ عَنِّي**

### Hadeeth

**مَا عَابَ رَسُولُ اللَّهِ صلی اللہ علیہ وسلم طَعَامًا قَطُّ، إِنْ اشْتَهَاهُ أَكَلَهُ وَإِنْ كَرِهَهُ تَرَكَهُ**

*Translation:* The Messenger of Allah صلی اللہ علیہ وسلم never expressed disapproval of food; if he desired it, he ate it, and if he disliked it, he left it alone. (Abu Dawood: 3763)

### Akhlaaq

**Some etiquettes of eating food.**

1. Eat with Right hand.
2. Eat from what is before you.
3. If a food-bite is fallen, then clean it and eat it.
4. Recite the supplication after taking food.

### Seerah

The Messenger of Allah صلی اللہ علیہ وسلم never found fault in food. If he desired he ate, else left it without any comment.

How frequently some of us complain about food? If you don't like it, leave it as our dear Prophet صلی اللہ علیہ وسلم did. Remember! He is our best example.