

Eating dates for Suhoor

Article taken and slightly adapted from: shaikhalbaani.wordpress.com

(Sabeelur-Rashaad fi Hadyi Khairil-Ibaad, vol. 1, p. 6.)

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the name of Allaah, the Most Merciful, the Bestower of Mercy

The Prophet (صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ) said,

“How excellent are dates as the believer’s Suhoor.”

[Aboo Dawood, no. 2345, Shaykh al-Albaanee said: “Saheeh”]