

## CHAPTER TWENTY-SEVEN

### SUNNAH OF DRINKING WATER

*O Allah (The Exalted) I have believed in our master Muhammad (may Allah bless him and grant him peace) and I have not seen him so do not deprive my heart of a vision of him and provide me with his companionship and have me die on his way and lead me to drink after from his Pool plentifully, blissfully, heartily, a drink after which we will never feel thirst. You are the Power of all things.*

Water is a great gift of Allah (The Exalted). Without it we will not survive. Humans as well as animals drink water. Both Muslims as well as non-Muslims drink. Everyone has a different way of drinking. A Muslim's way should be according to the Messenger of Allah (may Allah bless him and grant him peace). Hence, when we drink water or any other liquid in accordance to the Sunnah, our drinking becomes a rewardable act.

#### **The Prophet (may Allah bless him and grant him peace) Liked...**

The Messenger of Allah (may Allah bless him and grant him peace) liked sweet and cold water.<sup>i</sup> The Messenger of Allah (may Allah bless him and grant him peace) never made a noise whilst drinking water and when he (may Allah bless him and grant him peace) would drink milk, milk shake, (*Sharbat*) etc. he would give others first and then take himself.

#### **Drinking With The Devil**

Abu Hurayrah (may Allah be pleased with him) narrates that, "Once the Messenger of Allah (may Allah bless him and grant him peace) saw a person drinking whilst standing, the Prophet (may Allah bless him and grant him peace) asked him to vomit it back out", the person ask 'Why shall I vomit it out!' the Prophet (may Allah bless him and grant him peace) said 'Surely who drank with you is worse than a cat, that is the devil'." <sup>ii</sup>

Anas (may Allah be pleased with him) states that, "The Messenger of Allah (may Allah bless him and grant him peace) forbade drinking water standing up. It was asked, "What about eating?" he said, "That (i.e. eating whilst standing) is even worse"." <sup>iii</sup>

We see Muslims' walking in the town centres today eating and drinking whilst standing. Even at gatherings some eat and drink whilst standing and are ignorant of the Sunnah way. Let us take the sayings of the Prophet (may Allah bless him and grant him peace) seriously and start practising them wherever we are.

Abu Hurayrah (may Allah be pleased with him) narrates from the Messenger of Allah (may Allah bless him and grant him peace) that, "Do not drink water standing up, if you do it by mistake and you remember then vomit it out." <sup>iv</sup>

This is the importance of drinking whilst sitting. To drink water standing up is disliked (*Makrooh-e-Tanzih*) and we don't want to displease Allah (The Exalted) and His beloved Prophet (may Allah bless him and grant him peace). The Sunnah is only beneficial and to save oneself from any harm to the health. It is praiseworthy (*Mustahab*) to drink the water of ablution standing up also the water of *Zam Zam* as this is Sunnah. <sup>vi</sup>

#### **Zam Zam**

Ibn 'Abbas (may Allah be pleased with him) states that, "I presented some Zam Zam water to the Messenger of Allah (may Allah bless him and grant him peace) he stood up and drank it." <sup>vii</sup>

Respected brother / sister! We are Muslims and we have been taught the manners of drinking. We should drink whilst sitting as even research has proved that to drink standing is bad for health. Muslims do not pay much attention in the Sunnah manner of drinking. Do not emulate or feel ashamed of the non-Muslims, as we have been given a way which is the best as it is shown by the best of all creation, the Messenger of Allah (may Allah bless him and grant him peace). One of the reason's for drinking *Zam Zam* standing is because it is the Sunnah of the Prophet (may Allah bless him and grant him peace) and the other reason is for respect. Mufti Ahmad Yaar Khan Na'eemi (may Allah's mercy be upon him) states that water drank by the pious can also be drank standing up. <sup>viii</sup>

## Supplication for Zam Zam

Allahumma Innee Asaluka 'Ilman naafiaw Wa Rizqaw Wasi 'Aw-Wa 'Amalan Mutaqabbalaw Wa Shifa ammin Kulli Daa'

*'O Allah! I ask You for beneficial knowledge, increase in wealth, accepted deeds and cure from illness'* <sup>ix</sup>

Whatever supplication you make after drinking this blessed water will be accepted. We should make good supplications for yourself, family and the Ummah.

## Drinking Like a Camel

Ibn 'Abbas (may Allah be pleased with him) narrates from the Messenger of Allah (may Allah bless him and grant him peace) that, *"Do not drink water in one breath like a camel. However, drink it in two or three breaths. Say 'Bismillah' and when you move the glass, praise Allah (The Exalted) by saying 'Alhamdulillah.'"*

<sup>x</sup>

Anas (may Allah be pleased with him) reported that, *"The Messenger of Allah (may Allah bless him and grant him peace) would breath three times (outside the container) in the course of a drink and said; 'It is more thirst quenching, harmless and healthier.'"* <sup>xi</sup>

## Do Not Blow On Hot Stuff

Ibn 'Abbas (may Allah be pleased with him) said that, *"The Messenger of Allah (may Allah bless him and grant him peace) forbade from breathing or blowing in the container." <sup>xii</sup>*

Research proves that when one blows in a hot drink, the bacterium increases in the drink. These bacteria's you will drink and will increase in the stomach, as there is warmth and this will create more illness in the stomach.

Mufti Ahmad Yaar Khan Naeemi (may Allah's Mercy be upon him) writes, *"The tongue that has been engaged in the dhikr of Allah (The Exalted) and the air that is released thereof is a cure for illness." <sup>xiii</sup>*

## Drink From Your Hands

Ibn 'Umar (may Allah be pleased with him) states that, *"Wash your hands and drink from your hands as there is no glass or object cleaner than your hands." <sup>xiv</sup>*

This is the Sunnah of Prophet Isa (upon whom be peace).<sup>xv</sup> You can drink with your hands and use both hands and it is not permissible to drink with just one hand as water is wasted. People may want to practise the Sunnah by drinking with the hands, however, bear in mind that water or any drink is not wasted.

## Wasting Water

Some people were with Shaykh Ahmad Raza Khan (may Allah's Mercy be upon him) a person had drank some water and threw the rest away. The Shaykh said, *"You should not throw away the left over water, you could have placed it in another container as at the moment we have plenty of water, this is the reason we do not value a sip of water." <sup>xvi</sup>*

## Suck The Water

Anas (may Allah be pleased with him) narrates from the Messenger of Allah (may Allah bless him and grant him peace) that, *"Suck the water when drinking, as it will digest easily and prevents illness." <sup>xvii</sup>*

## How Did The Prophet (may Allah bless him and grant him peace) Drink?

The glass was held in the Prophet's (may Allah bless him and grant him peace) right hand and he would sit down and pray 'Bismillah.' The method of drinking is to take three small sips by sucking the water without making any noise and moving the glass away from the mouth each time and praising Allah (The Exalted) each time by saying 'Alhamdulillah' and at the end the Messenger of Allah (may Allah bless him and grant him peace) would say 'Ash-shukru-Lillahi.'

Respected brother/sister in Islam! If you see any Muslim drinking with their left hand then advise them in a nice way and instruct them to act upon the Sunnah of our beloved Prophet the Messenger of Allah (may Allah bless him and grant him peace) and gain the reward of reviving a Sunnah. *Jazakallah Khayrah.*

### **Cover The Utensils**

Abu Hurayrah (may Allah be pleased with him) states that, *“The Messenger of Allah (may Allah bless him and grant him peace) commanded us to cover any utensils, to close the tops of water bags and to turn the containers over.”* <sup>xviii</sup>

This is done when there is nothing to cover the utensils. Especially at night as there is a day in the year where difficulties descend and enters the utensils that are open. In the hadith it states if there is no cover then use a stick (i.e. pen etc.) and recite ‘*Bismillah*’ and place on top of the utensils. <sup>xix</sup>

### **Serving**

Abu Qatadah (may Allah be pleased with him) narrates the Messenger of Allah (may Allah bless him and grant him peace) said that, *“One who serves should drink last.”* <sup>xx</sup>

### **Best Charity**

Sa’ad bin ‘Ubada (may Allah be pleased with him) narrates that, *“I came in the presence of the Messenger of Allah (may Allah bless him and grant him peace) and asked what type of charity do you like? He said, ‘Water.’”* <sup>xxi</sup>

### **Fire In Stomach**

Umm Salma (may Allah be pleased with her) narrates the Messenger of Allah (may Allah bless him and grant him peace) said that, *“Whosoever drinks from silver enters fire in their stomach.”* <sup>xxii</sup> *Allahu Akbar!*

In another hadith narrated by Huzaifa (may Allah be pleased with him) narrates that the Messenger of Allah (may Allah bless him and grant him peace) forbade eating and drinking from gold or silver and said that, *“These are for the non-believers in this world and for you in the hereafter.”* <sup>xxiii</sup>

One should also bear in mind that to wear a watch made from gold or silver or to use a pen with a tip of gold or silver is a sin.

### **Manners Of Drinking**

1. Pray ‘*Bismillah Hirahma Nirahem*’ <sup>xxiv</sup> and drink with your right hand as the devil drinks and eats with the left hand. <sup>xxv</sup>
2. To sit and drink. <sup>xxvi</sup>
3. Drink by taking three separate sips and not all at once. Separate the utensil from the mouth each time. <sup>xxvii</sup>
4. Whilst drinking, suck the drink and do not make a noise. <sup>xxviii</sup>
5. Do not blow into any drink for cooling. <sup>xxix</sup>
6. Say ‘*Alhamdulillah Rabbil ‘Aalameen*’ after drinking. <sup>xxx</sup>
7. It is not permissible to throw away the left-over drink. <sup>xxxi</sup>
8. Always cover the water that is left in a glass, jug or pot. <sup>xxxii</sup>
9. Drink where you can see in the container. <sup>xxxiii</sup>

### **Supplication After Drinking Water**

‘*Alhamdulillah Hilladhi Saqana ‘Adhbann Furotann Birrahmatihi Walam Yaj’Alhu Milhann Ujajann Bidhunoo Binaa*’

*‘All praise is due to Allah (The Exalted) who has given us fresh sweet water through His mercy and did not make it salty and bitter due to our sins’*

### **Supplication After Drinking Milk**

Pray ‘*Bismillah*’ and pray this supplication after drinking milk:

‘*Allahumma Baarik Lana Feehi Wazidna Minhu*’

*‘O Allah grant us blessings in it (the milk) and increase it for us.’* <sup>xxxiv</sup>

Milk has both nutrients of food and drink. When a child is born all it has is milk and this is sufficient for so many months. This is why we should thank Allah (The Exalted) and ask Him to increase it for us.

10. Not to drink from a big container like a jug or bottle etc. but from a cup or glass. <sup>xxxv</sup>
11. One should not drink from a chipped end of a cup. <sup>xxxvi</sup>
12. The Messenger of Allah (may Allah bless him and grant him peace) has prohibited the usage of gold and silver utensils. <sup>xxxvii</sup>
13. In the hadith it states, whoever makes utensils make from earth for their house, as the angles visit that house. <sup>xxxviii</sup>
14. Drinking water after meals is not the Sunnah of the Messenger of Allah (may Allah bless him and grant him peace) especially, if the water is very hot or cold as both are harmful.
15. There is cure from (the drink) that a Muslim has drunk from. <sup>xxxix</sup>
16. One serving should drink last. <sup>xl</sup>
17. Nowadays, many people drink with the left hand mostly whilst eating and think it is against the practice to drink with the right hand, the Islamic practice is to drink with the right hand.
18. To cover the utensils when not in use, be it with a stick if nothing else is available. <sup>xli</sup>

Imam Shafi states that four things make the body idle, excessive sexual intercourse, too much thinking, too much drinking of water when hungry, and too much pepper. <sup>xlii</sup>

The Messenger of Allah (may Allah bless him and grant him peace) would use utensils for drinking made from earth. He had a wooden cup<sup>xliii</sup>, which had on its exterior a metal handle, and he would drink liquids from this. In another narration narrated by ibn 'Abbas (may Allah be pleased with him) it is reported that the Messenger of Allah (may Allah bless him and grant him peace) had a glass cup. <sup>xliiv</sup>

*O Allah (The Exalted) give us the ability to practise the Sunnah of Your beloved Messenger (may Allah bless him and grant him peace) whilst we drink. Ameen.*

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- <sup>i</sup> Tirmidhi  
<sup>ii</sup> Madarijun Nabuwat, part 1, p. 467  
<sup>iii</sup> Tirmidhi  
<sup>iv</sup> Muslim  
<sup>v</sup> Khazinah Rahmat, p. 109  
<sup>vi</sup> Tirmidhi  
<sup>vii</sup> Bukhari & Muslim  
<sup>viii</sup> Khazinah Rahmat, p. 109-10  
<sup>ix</sup> Bahar-e-Shariat, part one, Vol: 3.  
<sup>x</sup> Tirmidhi  
<sup>xi</sup> Muslim  
<sup>xii</sup> Tirmidhi  
<sup>xiii</sup> Asrarul Ehkam  
<sup>xiv</sup> Ibn Majah  
<sup>xv</sup> ibid  
<sup>xvi</sup> Al-Malfooz: Vol:3  
<sup>xvii</sup> Delmi  
<sup>xviii</sup> Ibn Majah  
<sup>xix</sup> Faizane Sunnat, Sunnah of drinking water. p. 805  
<sup>xx</sup> Tirmidhi  
<sup>xxi</sup> Abu Dawud. Fatawa-e-Razawiyya, Vol: 2, p. 22. Jam'i-ul-Hadith, Vol: 2, p. 512  
<sup>xxii</sup> Bukhari & Muslim  
<sup>xxiii</sup> ibid  
<sup>xxiv</sup> Tirmidhi  
<sup>xxv</sup> Bukhari  
<sup>xxvi</sup> Muslim  
<sup>xxvii</sup> Muslim & Tirmidhi  
<sup>xxviii</sup> Faizane Sunnat, Sunnah of drinking water. p. 816  
<sup>xxix</sup> Tirmidhi  
<sup>xxx</sup> Bukhari & Tirmidhi  
<sup>xxxi</sup> Faizane Sunnat, Sunnah of drinking water. p. 809-10  
<sup>xxxii</sup> Ibn Majah  
<sup>xxxiii</sup> Faizane Sunnat, Sunnah of drinking water. p. 816  
<sup>xxxiv</sup> Tirmidhi & Abu Dawud in drink  
<sup>xxxv</sup> Bukhari & Muslim  
<sup>xxxvi</sup> Abu Dawud  
<sup>xxxvii</sup> Bukhari  
<sup>xxxviii</sup> Faizane Sunnat  
<sup>xxxix</sup> Faizane Sunnat, Sunnah of drinking water. p. 816  
<sup>xl</sup> Tirmidhi  
<sup>xli</sup> Bukhari & Muslim  
<sup>xlii</sup> Ihya uloom ad-deen  
<sup>xliiii</sup> Faizane Sunnat, Sunnah of drinking water. p. 816  
<sup>xliv</sup> Ibn Majah