11153 - Extravagance in food and drink during Ramadan

the question

What is your opinion on those who make many kinds of foods and sweets during Ramadan?.

Detailed answer

Praise be to Allah.

Extravagance in all things is something that is blameworthy and is not allowed, especially in food and drink. Allah says (interpretation of the meaning):

“and eat and drink but waste not by extravagance, certainly He (Allah) likes not Al-Musrifoon (those who waste by extravagance)”

[al-A’raaf 7:31]

And the Prophet (peace and blessings of Allah be upon him) said: “The son of Adam does not fill any vessel worse than his stomach; for the son of Adam a few mouthfuls are sufficient to keep his back straight. If you must fill it, then one-third for food, one-third for drink and one-third for air.” Narrated by al-Tirmidhi, 2380; Ibn Maajah, 3349. Classed as saheeh by al-Albaani in Saheeh al-Tirmidhi, 1939).

Extravagance in food and drink includes many evils:

vThe more a person enjoys the good things of this world, the less will be he share in the Hereafter.

Al-Haakim narrated that Abu Juhayfah (may Allah be pleased with him) said: The Messenger of Allah (peace and blessings of Allah be upon him) said: “The more people eat their fill in this world, the more hungry they will be on the Day of Resurrection.”

Narrated by Ibn Abi’l-Dunya, who added that Abu Juhayfah never filled his stomach until he

departed this life.

Classed as saheeh by al-Albaani in al-Silsilah al_Saheehah, 342.

‘Umar (may Allah be pleased with him) said: By Allah, if I wanted I could wear the finest clothes among you, and eat the best food, and have the most luxurious life. But I heard that Allah will condemned people for someo f their actions and said (interpretation of the meaning):

“You received your good things in the life of the world, and you took your pleasure therein. Now this Day you shall be recompensed with a torment of humiliation, because you were arrogant in the land without a right, and because you used to rebel against Allah’s Command (disobey Allah)”

[al-Ahqaaf 46:20]

Heelat al-Awliya’, 1/49

vThat distracts a person from many deeds of obedience and worship, such as reading Qur’aan, which is what the Muslim should focus on during this blessed month, as was the practice of the Salaf.

But women end up spending a large part of the day on preparing food, and a large part of the night on preparing sweets and drinks.

If a person eats too much he becomes lazy and sleeps a great deal, so he wastes a lot of his time.

Sufyaan al-Thawri (may Allah have mercy on his) said: If you want your body to be healthy and to sleep less, then eat less.

Eating too much also makes the heart heedless.

It was said to Imam Ahmad (may Allah have mercy on him): Does a man find any softness and humility in his heart when he is full? He said, I do not think so.

And Allah knows best.