

**The Sunnah of Abstaining from Eating on the Day of Eid al-Adhaa**  
**Imaam Muhammad Ibn Saalih al-'Uthaimeen**  
**(Rahimahullaah)**

Imaam Muhammad ibn Saalih al-Uthaimeen (Rahimahullaah) [after mentioning the *Sunnah* of eating an odd number of dates before going out for *Eid al-Fitr Salaah*] said:

“And the **opposite** (is true) on the occasion of (Eid) al-Adhaa, **if one is slaughtering** (a sacrificial animal, i.e. *Ud-heeyah*).”

“This means: the **opposite** of eating, meaning that he *abandons* [i.e. delays] *eating* on (the Day of Eid) al-Adhaa.

“However, this is with the **Shart** (condition): **if** one is slaughtering (an animal as *Ud-heeyah*). Hence, it is preferable on the occasion of Eid al-Adhaa that one delays (eating) until he slaughters.

“This is due to the Hadeeth of Buraidah (Radiyahullaahu an-hu): ‘**The Prophet (SallAllaahu Alaihi wa Sallam) did not go out on the Day of (Eid) al-Fitr until he ate something; and he (SallAllaahu Alaihi wa Sallam) did not eat anything on the Day of (Eid) Adhaa until he performed the (Eid) Salaah.**’ [Reported by Imaam Ahmad, 5/352; at-Tirmidhee, no. 542; Ibn Maajah, no. 1756; and Shaykh al-Albaanee declared it to be authentic in al-Mishkaat, no. 1440]

[Shaykh Muhammad ibn Saalih al-'Uthaimeen (Rahimahullaah) goes on to say]: “**If** someone does *not* have an **Ud-heeyah** (sacrificial animal) – then, **it is not legislated to abstain from eating before the Salaah**. Hence, if someone eats before going out for the Salaah on the occasion of Eid al-Adhaa – **if** he does not have an **Ad-heeyah** (sacrificial animal) – then, we will *not* say to him: You have opposed the *Sunnah*.”

[Summarized from: ‘al-Jaami’ Li-Ahkaam Fiqhus-Sunnah’, vol. 2, pgs. 12-13,  
[Translation: Abu Muhammad, Dhul-Hijjah 1434 AH (October 2013 CE)]