

## Taking Sahoor (Pre-Dawn Meal) Just Before Fajr

On the authority of Anas ibn Maalik, from Zaid ibn Thaabit (Radiya-llahu `an-humaa) who said: We ate the pre-dawn meal (*Sahoor*) with the Messenger of Allah (Salla-llahu alayhi wa Sallam) and then he (Salla-llahu alayhi wa Sallam) stood up to perform the (*Fajr*) prayer. Anas (Radiya-llahu 'an-hu) said: I said to Zaid (Radiya-llahu 'an-hu): How much time was there between the **Adhaan** [i.e. *al-Iqaamah*: the call to stand up for the prayer] and the pre-dawn meal (*Sahoor*)? He (Zaid) (Radiya-llahu 'an-hu) said: The amount of time in which one recites fifty (50) verses (of the Qur'aan). [al-Bukhaaree, no. 1921]

**Extra Hadeeth:** On the authority of Anas, from Zaid (Radiya-llahu 'an-humaa) who said: **We ate the pre-dawn meal (*Sahoor*) with the Messenger of Allah (Salla-llahu alayhi wa sallama) and then we stood up to perform the (*Fajr*) prayer.** I (Anas) said (to Zaid): How much time was there between the two of them (i.e. *between the Sahoor and the Iqaamah for prayer*)? He (Zaid) (Radiya-llahu 'an-hu) said: The amount of time in which one recites fifty (50) verses (of the Qur'aan). [al-Bukhaaree, no. 575, 576]

### Rulings Derived from this Hadeeth

1. The preference or excellence (*Af-da-lee-yah*) of *delaying* the pre-dawn meal (*Sahoor*) until *just before* the Dawn (*Fajr*) prayer.
2. To hasten and hurry to perform the dawn prayer, so that the *prayer* will be close to the time of **al-Imsaak** (the time when one must stop eating, i.e. at the actual break of dawn).
3. The time of **al-Imsaak** (the time when one *must stop eating*) is actually at the break of dawn, as Allah, the Most High, said: `...And eat and drink until the white thread (light) of the dawn appears to you distinct from the black thread (darkness of night), then complete your fast until nightfall (i.e. until sunset)...' [Soorah al-Baqarah, 2:187]

From this we come to know that what the people do by making two (separate) times, a time for **al-Imsaak** (to stop eating) and a time for the break of dawn [to perform the *Fajr* prayer] is an innovation (*bid'ah*) for which Allah has not revealed any authority. Rather, it is only the evil suggestions or whisperings of Satan to cause confusion for them in their Deen (Islaam). Otherwise, *as-Sunnah al-Muhammadeeyah* (the Way of the Prophet Muhammad) (Salla-llahu alayhi wa Sallam) is that **al-Imsaak** (the time to stop eating) is at the *beginning* of the **break of dawn** [i.e. they are *one* and the *same* time].

**Note:** The Prophet (Salla-llahu alayhi wa Sallam) said: 'If any one of you hears the call to prayer (for *Fajr*) while his eating/drinking utensil is in his hand [i.e. he is still eating] then he **should not** put it down until he fulfills his need from it (i.e. eats/drinks what is in his hand).' [Saheeh Abu Daawood, no. 2350]

'*Umdah al-Ahkaam*', By al-Imaam Abdul-Ghaneer ibn Abdul-Waahid al-Maqdisee, along with its *Sharh* (Explanation) '*Tayseer al-'Allaam*', by Shaykh Abdullah ibn Abdur-Rahmaan ibn Saalih Aali Bassaam. Hadeeth No. 177 [p. 414]