

Dar-ul-Ifta

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

نحمده و نصلى على رسوله الكريم

The importance of eating Halal in Islam

Food and drinks have a direct effect on the health of human beings. If food and drinks are pure, clean and Halal, they have a positive effect on the health of a person. On the contrary, if the food or drink is neither Halal nor clean, it has a negative effect on health.

Islam has established several rules regarding food and drinks in view to create a healthy society. Islam wants to eliminate the various diseases affecting society. This is the reason why Islam lays strong emphasis on physical health as well as moral progress. Many times in the Holy Qur'aan, Allah Almighty highlights the need to eat pure things which are Halal and forbids the use of unclean and Haraam foodstuffs. The Messenger of Allah (peace be upon him) also stressed on the need to consume Halal food.

In the Holy Quran, Allah Almighty says:

1. **“O Messengers, eat pure things and do good deeds. I know your deeds.”** [S23:V51]
2. **“O Believers, eat our good things provided to you, and be grateful to Allah, if it is He whom your worship.”** [S2: V172]

In the first verse ‘رسل’ (Rusul) refers to either all Messengers and Prophets or to the Messenger of each period or to the Holy Prophet Muhammad or to Hazrat ‘Issâ. In the second verse, Allah addresses Himself to the Believers. So we can conclude that Almighty Allah has ordered both the masses (believers) and the elite (Messengers) to consume only what are Halal.

Hadith

1. On the authority of Sayyiduna Hazrat Abu Bakr Siddique, it is reported that Allah’s Messenger said: “That body will not enter Paradise which has been fed on Haram things.” [Mishkaat no. 243]
2. Hazrat Abdullah has reported that he heard the Holy Prophet say: “Earning Halal is obligatory and to work and make the effort to earn Halal is a obligatory after another obligatory.” [Mishkaat no. 242]
3. Hazrat Jaabir reported that he heard the Messenger of Allah say: “That flesh will not enter Paradise which has grown with Haraam things. In fact, every flesh which has been cultivated with Haraam will be fit to enter the fire of Hell.” [Mishkaat no. 242]

Apart from the above, there are a lot many Hadiths where clear recommendations have been made to eat pure and Halal things and to abstain from Haraam nutrients. May Allah give us all Tawfeek to earn Halal revenues and eat Halal. May Allah protect us from eating Haraam.

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