

1 – Taking the Pre Dawn Meal

From Anas ibn Maalik *radi Allaahu ‘anhu* who said:
The Messenger of Allaah *sall Allaahu ‘alaihi wa sallam* said:

Take the suhoor (the pre dawn meal) for there is indeed blessing in the suhoor.

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The Shaykh Muhammad ibn Saalih al ‘Uthaymeen rahimahullaah commented in his explanation of Umdat ul Ahkaam:

In this hadeeth, Anas ibn Maalik *radi Allaahu ‘anhu* informed that the Prophet *sall Allaahu ‘alaihi wa sallam* commanded the fasting people to (take) *suhoor* so that they can acquire nourishment and they remain in full strength.

And he *sall Allaahu ‘alaihi wa sallam* made clear that there is blessing in this *suhoor*, clarifying that as an encouragement upon that and as an incitement upon that.

And blessing (may) be either a *deeni* blessing, and that is complying with the command of the Prophet *sall Allaahu ‘alaihi wa sallam* and taking him as an example to be followed and opposing the People of the Book (the Jews and the Christians) and what occurs as a result of that by way of reward and strength upon fasting.

Or it may be related to the *dunyaa* (worldly life), such as taking pleasure from the *halaal* food and drink which he desires and protecting one’s bodily strength and its energy.