

2 – Delaying the Pre Dawn Meal

From Anas ibn Maalik from Zayd ibn Thaabit *radi Allaahu ‘anhumaa* who said:

We took the *suhoor* with the Messenger of Allaah *sall Allaahu ‘alaihi wa sallam*, then he stood up for the prayer.

Anas said: “I said to Zayd, “How long was it between the *adhaan* (*meaning the iqaamah*) and the *suhoor*?”

He said, "The time taken (to recite) fifty *aayaat*."

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The Shaykh Muhammad ibn Saalih al ‘Uthaymeen rahimahullaah commented:

Since from the goals behind taking *suhoor* is to strengthen the body upon fasting and preserving its energy, then it is from wisdom to delay it.

And it is that Anas ibn Maalik related from Zayd ibn Thaabit *radi Allaahu ‘anhumaa* that he took the *suhoor* in the company of the Prophet *sall Allaahu ‘alaihi wa sallam* in his house, then he stood up for the prayer, and there was not between the prayer and his finishing the *suhoor* but the length of time taken for the reciter to recite fifty medium length *aayaat* from the Qur-aan with a recitation that was neither rapid nor slow.