

The Excellence of Taking Suhoor: From Among its Benefits and Blessings

*Anas (radiallahu anhu) reported that Allah's Messenger (salla Allahu alayhi wa sallam) said "Take meal a little before dawn, for there is a blessing in taking meal at that time."
(Muslim #2412)*

1.

It differentiates us from the People of the Book

(Saheeh Muslim Commentary)

Amr b. al-As reported Allah's Messenger (salla Allahu alayhi wa sallam) as saying: "The difference between our fasting and that of the people of the Book is eating shortly before dawn." (Muslim #2413)

The People of the Book put hardships on themselves when they fasted and did not take something to eat before they started their fasts. This resulted in them not being able to stand the "rigor of fasting" and fasting was abandoned for the most part.

2.

It equips us with strength to complete our fast.

(Saheeh Muslim Commentary)

Our suhoor is very important as it gives us the energy to get through a whole day of not eating or drinking.

3.

Gives us an opportunity to thank our Lord for the food provided to us.

(Saheeh Muslim Commentary)

After taking our suhoor, we start our fast and can feel grateful to Him for having allowed us this blessing that gives us strength to get through our day.