

Why Halal food?

“يا أيها الناس كلوا مما فى الأرض حلالا طيبا”

“Oh people, eat from whatever is on earth that is lawful and good”¹

Once man had been created, God created sustenance for him as well. Just as the food contributes to growth and strength of a man’s body, it also influences his mind and soul considerably. Hence, God - the Wise, has forbidden people from eating certain foods so as not to negatively affect our souls.

While modern scientists have not yet discovered the negative effects of impermissible foods on people’s minds and souls, there are scientific findings, which confirm the harmful effects of impermissible foods on physical health. This provides some evidence for the miracle of the Holy Quran. In this paper impermissible foods mentioned in the Quranic chapters al-Baqarah and al-Maidah have been discussed.

What is Halal?

Halal is an Arabic word meaning lawful or permitted. In reference to food, it is the dietary standard, as prescribed in the Qur’an. The opposite of halal is haram, which means unlawful or prohibited. In general, every food is considered halal in Islam unless it is specially prohibited by the Qur’an or the Hadith.

The importance of obeying Allah

Obedience means to submit to the orders and commands of someone’s as well as to comply with rules and regulations, and

¹ 2:168

religiously its abiding to and by the orders of Allah and avoiding his prohibitions.

From a young age we learn to be obedient to our parents our elderly based on the fact that we know that they know better than us and that a very logical statement that everyone's understand, and as we progress in life, we start to become obedient to more people based on their profession and knowledge i.e. doctors and engineers and so on for merely the fact that they know better than us.

When it comes to Allah the creator we need to submit to him fully without any disagreement as he knows what's good and bad for us, as stated in the holy Quran

وَاللَّهُ أَخْرَجَكُمْ مِنْ بُطُونِ أُمَّهَاتِكُمْ لَا تَعْلَمُونَ شَيْئًا

“And Allah extracted you from the wombs of your mothers not knowing a thing”¹, thus it is only logical we turn to him when it comes to our affairs and ask him for guidance and follow his laws.

When Allah declares a law whether its allowed or forbidden its always done on the bases of benefit and harm. When Allah for examples forbids us from consuming a certain food its only because its harmful for us and since only, he knows the harm then its only logical we obey him, same when he allows me to consume a certain product due to the fact, he knows the benefit in it.

With the advances in science, scientists have proven that all the regulations and orders given to us in regards to slaughtering animals for the meat we eat, for example, is the best way for our health. The ban on drinking alcohol has its benefits on our health, especially the liver. There are hundreds of examples and we are still discovering medical

¹ 16:78

and psychological benefits of so many things we are asked to do as Muslims.

Our lives are determined by our choices; the best of these choices is the choice to obey Allah. When we submit to Allah, we are not going to have our rights abused; we are not going to lose out in any.

By obeying and submitting to Allah, we stand to gain in ways that we will not expect nor foresee and the most important thing is to realize that the greatest success is to be granted Allah's blessings in all aspects and throughout our lives.

We might assume that obedience is limited to humans only however Allah praise be to him tells us that everything around us is obedient to him and as an example to that, His saying:

ثُمَّ اسْتَوَىٰ إِلَى السَّمَاءِ وَهِيَ دُخَانٌ فَقَالَ لَهَا وَلِلْأَرْضِ ائْتِيَا طَوْعًا أَوْ كَرْهًا قَالَتَا أَتَيْنَا طَائِعِينَ
"Then He directed himself to the heaven while it was in the state of smoke and said it and to the earth come willingly or by compulsion, they said we have come willingly"¹

And also said:

وَلَهُ أَسْلَمَ مَنْ فِي السَّمَاوَاتِ وَالْأَرْضِ طَوْعًا وَكَرْهًا وَإِلَيْهِ يُرْجَعُونَ

"And to Him submitted all those within the heavens and earth willingly and by compulsion and to him they will return"²

And also said:

وَلِلَّهِ يَسْجُدُ مَنْ فِي السَّمَاوَاتِ وَالْأَرْضِ طَوْعًا وَكَرْهًا وَظِلَالُهُم بِالْغُدُوِّ وَالْآصَالِ

"And to Allah prostrate whoever is within the heavens and earth willingly or by compulsion"³.

¹ 41:11

² 3:83

³ 13:15

From this verse and others, we get to understand that the concept of obedience applies to all the creation and creatures of Allah and that's only because they know that Allah knows what's best for them. And this love originated out of love for him rather than compulsion.

Further more abidance to Allah is a sing of love for Allah praise be to him, and the lover always shows and manifest his love to the one he loves by submitting to his will and following his orders, as the holy Quran states:

قُلْ إِنْ كُنْتُمْ تُحِبُّونَ اللَّهَ فَاتَّبِعُونِي يُحْبِبْكُمُ اللَّهُ وَيَغْفِرْ لَكُمْ ذُنُوبَكُمْ

“Say if you love Allah then follow me, Allah will love and forgive your sin”¹

The benefits of being obedient to Allah in the Quran

A quick look into the verses of the holy Quran and the words of the infallibles we get to realizes that our success in this world and in the next is solely based on our obedience to Allah glory be to him, and so is our level of nearness and farness to him, having said that the Quran gave us some benefits of being obedient to Allah amongst of which:

1. Victory and success: Allah say's ***“And whoever obeys Allah and his messenger has certainly attained great victory”²***, and also said: ***“The only statement of the believers when they are called to Allah and his messenger to judge between them is that they say “we heard and obeyed” and those are the successful”³*** thus we get to understand that the only system that is complete and the is no wrong in it is the system of Allah and whoever follows it will be successful in this world and in the other and will be guided.

¹ 3:31

² 33:71

³ 24:51

2. Satisfaction of Allah: when people follow Allah and his messenger, he will be happy with them and blessed them with his satisfaction with them, Allah **says “certainly Allah was pleased with the believers when they pledged allegiance to you”¹.**
3. Guidance from Allah: Allah associated guidance with obedience and made it a condition to it as without obedience there is no guidance **“And if you obey him you will be guided”²**
4. Companionship with the prophets and martyrs: amongst the blessing Allah bestows upon those who obey him they will be considered amongst prophets and martyrs in the world and will be resurrected with him in the hereafter **“and whoever obeys Allah and his messenger will be with the ones upon whom Allah has bestowed favor of, the prophets, the truthful, the martyrs and the righteous”³.**
5. Good life: all of us seek to live a happy comfortable life and most of the time we don't and that's only because we do not follow the commands and laws of Allah, however if we to change that the result will change accordingly **“O you who believe respond to Allah and to the messenger when he calls you to that which gives you life”⁴**
6. Heaven: the ultimate result of being obedient to Allah is eternity in heaven and that's what we all seek and such a thing will not be achieved except with the obedience of Allah **“and whoever obeys Allah and his messenger will be admitted to heavens”⁵** and also the same verse was repeated in chapter **48:17**.

These are just some of the direct verses that emphasize on the importance of the obedience of Allah, and its effects in this world and

¹ 48:18

² 24:54

³ 4:69

⁴ 8:24

⁵ 4:13

the hereafter. It's also important to realize that Allah will not benefit from our obedience or disobedience its always us.

Obedience to Allah in the hadith

If we look in the narration of the prophet and the infallibles we see hundreds of narrations that rotates around the obedience of Allah and its importance and consequences.

The first thing the infallibles talk about when it comes to obedience is that Allah is not in need of it, Imam Ali said:

خلق الخلق حين خلقهم غنيا عن طاعتهم، أما من معصيتهم، لأنه لا تضره معصية من عصاه، ولا تنفعه طاعة من أطاعه

***"he created the creation while creating them, not in need of their abidance, safe from their disbalance, he can not be harmed by the disbalance of the disobedient, and can not benefit from the ones who are obedient"*¹**

And when it came to the benefits of obedience Imam Ali said the following:

***"The spoils of the wise is obedience of Allah"*² الطاعة غنيمة الأكياس**

***"Obedience is a safeguard"*³ الطاعة حرز**

***"Obedience turns of the anger of the lord"*⁴ الطاعة تطفى غضب الرب**

¹ Nahjul Balagah sermon 193

² Garar Alhykam الحكم غرر 506

³ Same as above

⁴ Mizan Al-Hikmah Volume 2 Page 1250

“Obedience is the key to every rightness”¹ الطاعة مفتاح كل سداد

“By obedience victory comes”² بالطاعة يكون الفوز

“Initiate obedience and you will be happy”³ بادر الطاعة تسعد

“if you carry your self on the obedience of Allah then you have honored it and you carry it in his disobedience then you have insulted it”⁴ اذا اخذت نفسك بطاعة الله اكرمتها و ان ابدلتها في معاصيه اهنتها

And the trail of narration in this field keeps going that we find it sufficient enough not to mention any more.

Thus, it become very clear that if we believe in the creator and we believe that the creator is wise and most knowing then its only befitting that we must obey him, and such obedience first and for most is for our benefit before anything else, and that’s what we call common sense.

Seeking Halal

When we talk about Halal food, most of the time we neglect or we forget to remember that not only food itself has be Halal but also the source of it.

If we obtain food from Haram money or haram sources food becomes forbidden to eat even though it’s been slaughter Islamically or fit the Islamic rules and regulations.

And that’s why we see the prophet and his pure household always emphasize on the fact That we need to eat Halal food and make sure the source of it is also Halal.

It was narrated that a man came to the prophet and he said “Oh messenger of Allah I love for my supplication to be excepted” **and the**

¹ As above

² As above

³ As above

⁴ Mizan Al-Hikmah Volume 2 Page 1251

prophet peace be upon him Said "Purify what you eat and do not enter anything in your stomach that is forbidden"¹

Adherence to obtaining halal earnings

One of the most important Fundamentals Of one's life Is to seek and obtain Halal means and profits.

What a person earns from a job, business or trade must be allowed for him to go into so what he earns becomes halal, for example The person Who sells Pigs meat Or alcohol The money he earns From these 2 Is forbidden, does The money Tell us Thus The money He has earned Is Haram money, and with this money he cannot buy food For himself or for his family as this food that he will buy also becomes Haram as a result.

Imam Ali said "the sustenance of people is in five: Leadership, construction, business, rent and charity"

And since the amount that a person earns depends on his job Send a time he lives in as it varies from time to time therefore Islamically earnings has been divided into two parts Halal earnings and forbidden earning.

The Holy Profit Said "**worship is 70 parts and the best of it seeking that which is Halal**"² he also said "**Toba (Tree in heaven) for he from the believers who earns money without committing A disobedience**"³

The purity of earnings and money has big effect on the purity of the heart and as we narrated before how it effects the acceptance of supplication thus the prophet said purify what eat and don't enter

¹ Wsail Alshia V7 P145

² Alkafi V5 P78

³ Alkafi V8 P169

anything forbidden in your stomach and your prayers and supplications will be accepted.

Effects of Halal earnings

1. Enlightening of the heart: the holy prophet said ***“he who eats Halal food for 40 days Allah will Enlighten his heart”¹***.
2. Easiness of crossing the path (Sirat) one day of judgment: the holy prophet said ***“He who eats from what his hands earn will Cross the path like lightning”²***
3. Then reward of Mujahid in the way of Allah: Imam Musah Al-kathem said ***“He who seeks sustenance from Halal, so he could sustain himself and his family he is a Mujahid in the way of Allah”³***
4. Mercy from Allah: the holy prophet said ***“He who eats from his hand Allah will look at him with a merciful look, then he will never punish him”⁴***
5. Obtaining the reward of the prophets: The holy prophet said ***“he who eats from his hard work will be resurrected on the day of judgment amongst the prophets and will get the reward of the prophets”⁵***
6. Opens the gates of heaven: The holy prophet said ***“He who eats Halal from his hard work, the doors of heaven will be opened for him, entering from any of it as he wishes”⁶***

¹ Edt Alssai Wa Najah Almasaei P140

² Mustdrak Alwasil V13 P23

³ Al kafi V5 P93

⁴ Mustdrak Alwasil V13 P24

⁵ Same as previous

⁶ Same as previous

Avoiding Haram (forbidden) earnings

The holy Quran and the prophet have warned against obtaining money from falsehood, Interest, oppression, and corruption and some of effects are:

1. Action won't be accepted: the holy prophet **said "He who eats from that which is forbidden Allah will not accept anything from him"**¹
2. Supplications won't be answered: the holy prophet said **"He who loves for his supplications to be accepted then let his food and earning be Halal"**²
3. curse of the Angels: the holy prophet said **"when one bite of Haram falls into the stomach of the servant he will be cursed by every angel in the heavens on earth"**³

these are a few of the effects of Haram food and money, and there are many more in the books of Hadith.

The speech of Imam Hussein on the plains of Karbala when he spoke to his enemies and said to them: **"why do you fight me knowing that I am the grandson of your prophet?"** Then he said to them **"Your stomachs have been filled with Haram and your hearts have been sealed, hell be on to you, don't you think? don't you listen?"**⁴

¹ Edt Alssai Wa Najah Almasaei P140

² Edt Alssai Wa Najah Almasaei P128

³ Bihar Alnwar V63 P314

⁴ Bihar Alnwar V45 P8