

Du'a' before Meals

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ . اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَآلِ مُحَمَّدٍ .
اللَّهُمَّ إِنِّي أَسْأَلُكَ فِي أَكْلِي وَشُرْبِي السَّلَامَةَ مِنْ وَغَكَةٍ ،
وَالْقُوَّةَ بِهِ عَلَى طَاعَتِكَ وَذِكْرِكَ وَشُكْرِكَ ، فِيمَا بَقِيَتهُ فِي بَدَنِي ،
وَأَنْ تُشَجِّعَنِي بِقُوَّتِهِ عَلَى عِبَادَتِكَ ،
وَأَنْ تُلْهِمَنِي حُسْنَ التَّحَرُّزِ مِنْ مَعْصِيَتِكَ .

In the name of Allah, the Beneficent, the Merciful. O Allah, bless Muhammad *and his family*. O Allah, I ask You, in my eating and drinking, safety from illness, and to obey You and remember You and be thankful to You, as long it remains in my body, and through its strength encourage me towards Your worship and inspire me to refrain from Your disobedience. O Allah! Bless Muhammad and his family.
(Ref: Al-Fayd al-Kāshānī, *Khulāsatul Adhikār*, p 79)

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الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنَا ، وَسَقَانَا ، وَكَفَانَا ، وَآوَانَا ،
وَأَنْعَمَ عَلَيْنَا ، وَأَفْضَلَ . الْحَمْدُ لِلَّهِ الَّذِي ﴿يُطْعِمُ وَلَا يُطْعَمُ﴾
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In the name of Allah, the Beneficent, the Merciful.

O Allah, bless Muhammad and his family.

Praise be to Allah Who has fed us, provided water for us, sufficed us, supported us, sheltered us, favored us, and many more.

Praise be to Allah Who *feeds but is not fed*.

O Allah! Bless Muhammad and his family.

(Ref: *As-Sahīfa As-Sajjādiyyah Al-Jāmi'ah*, p 601)

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