

Dates

By Adnan



Dates serve as a protection for you

Narrated Sa`d:

I heard Allah's Messenger (ﷺ) saying, "Whoever takes seven 'Ajwa dates in the morning will not be affected by magic or poison on that day."

Sahih al-Bukhari 5779

Dates will not only protect you from evil harm spiritually, but it was also protect you from it physically.

They fill you up quickly

'Aisha reported Allah's Messenger (ﷺ) as saying:

A family which has no dates (in their house) its members will be hungry; (or) the family which has no dates its members may be hungry. He said this twice or thrice.

Sahih Muslim 2046b

Dates will also bring about many benefits for your body.

Eaten by the prophet when it was time to break the fast

Anas bin Malik narrated:

"The Messenger of Allah would break the fast with fresh dates before performing Salat. If there were no fresh dates then (he would break the fast) with dried dates, and if there were no dried dates then he would take a few sips of water."

Jami` at-Tirmidhi 696

The prophet placed a high value on dates

Narrated Anas bin Malik:

Allah's Messenger (ﷺ) never proceeded (for the prayer) on the Day of Eid-ul-Fitr unless he had eaten some dates. Anas also narrated: The Prophet (ﷺ) used to eat odd number of dates.

Sahih al-Bukhari 953

جزاك الله خيرا