

إِنَّا، بَعْدَ أَنْ مَضَى رَمَضَانُ وَسِتَّةُ أَيَّامٍ مِنْ شَوَّالٍ، قَدْ نَظَرْنَا أَنَّنَا نَحْتَاجُ إِلَى أَنَّهُ نَعْوِصُ، فَنَمَلًا بَطُونًا بِالطَّعَامِ اللَّذِيذِ وَلَكِنَّ الشَّرَّ فِي الطَّعَامِ مِنْ أَصُولِ الْآفَاتِ.

قَالَ النَّبِيُّ ﷺ لِعَائِشَةَ رَضِيَ اللَّهُ عَنْهَا: «ادْفُقُوا بَابَ الْجَنَّةِ دَوْمًا يَفْتَحَ لَكُمْ». قَالَتْ: كَيْفَ نَدْفُقُهُ دَوْمًا؟

«قَالَ: «بِالْجُوعِ وَالظَّمَا». وَقَالَتْ عَائِشَةُ رَضِيَ اللَّهُ عَنْهَا: أَوَّلُ بَدْعَةٍ حَدَّثْتُ بَعْدَ رَسُولِ اللَّهِ ﷺ الشَّيْخُ؛ فَإِنَّ الْقَوْمَ إِذَا شَبِعَتْ بَطُونُهُمْ طَمَحَتْ نَفُوسُهُمْ إِلَى الدُّنْيَا».

وَقَالَ اللَّهُ تَعَالَى: وَكُلُوا وَاشْرَبُوا وَلَا تُسْرِفُوا ۚ إِنَّهُ لَا يُحِبُّ الْمُسْرِفِينَ ﴿٣١﴾ [الأعراف: ٣١]

’Innanā, ba‘da ‘an maḍā Ramaḍā-nu wa sittatu ‘ayyāmin min Shaw-wāl, qad nazunnu ‘anna-nā naḥtāju ‘ilā ‘an nu‘awwiḍa, fa-namla‘u buṭūnanā biṭ-ṭa‘āmi l-laḍīd.

Wa-lākinna sh-sharaha fī ṭ-ṭa‘ām min uṣūli l-‘āfāt. Qāla n-nabiyyu ﷺ li-‘Ā’isha raḍiya llāhu ‘anhā: «udquqū bāba l-jannati dawmān yuftaḥ lakum».

Qālat: kayfa naduqquhu dawmān? Qāla: «bil-jū‘i wa-ḡ-ḡama’». Wa-qālat ‘Ā’ishatu raḍiya llāhu ‘anhā: «‘awwalu bid‘atin ḥadaṭat ba‘da rasūli llāhi ﷺ ash-shiba’; fa-‘inna l-qawma ‘idā shabi‘at buṭūnuhum ṭamaḥat nufūsuḥum ‘ilā d-dunyā».

Wa-qāla llāhu ta‘ālā: «wa-kulū wa-shrabū wa-lā tusrifū ‘innahū lā yuḥibbu l-musrifīn».

Now that Ramadan and the six days of Shawwal have passed, we may think we need to make up for it and fill our stomachs with delicious food.

But overeating is one of the root evils. The Prophet (peace be upon him) said to Aisha (may Allah be pleased with her): “Knock constantly on the door of Paradise, and it will be opened for you.” She said: “How do we knock constantly?”

He said: “With hunger and thirst.” Aisha (may Allah be pleased with her) said:

“The first innovation after the Messenger of Allah was fullness. When people’s stomachs are full, their souls incline toward the worldly life.”

The Qur’an says: “Eat and drink, but do not be excessive. Indeed, He does not love those who are excessive.” (7:31)