

Du'a before Meals

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ . اللَّهُمَّ صَلِّ عَلَى
مُحَمَّدٍ وَآلِ مُحَمَّدٍ
اللَّهُمَّ إِنِّي أَسْأَلُكَ فِي أَكْلِي وَشُرْبِي
السَّلَامَةَ مِنْ وَعْكَهِ وَالْقُوَّةَ بِهِ عَلَى طَاعَتِكَ وَ
ذِكْرِكَ وَشُكْرِكَ ، فِيمَا أَبْقَيْتَهُ فِي بَدَنِي وَ أَنْ
تَشَجِّعَنِي بِقُوَّتِهَا عَلَى عِبَادَتِكَ وَ أَنْ تُلْهِمَنِي
حُسْنَ التَّحَرُّرِ مِنْ مَعْصِيَتِكَ . اللَّهُمَّ صَلِّ عَلَى
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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 as 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. (Khulasatul Adhkar, Al Faydh al-Kashani pg. 79)

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الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنَا، وَسَقَانَا، وَكَفَانَا،
وَأَيَّدَنَا، وَأَوَانَا، وَأَنْعَمَ عَلَيْنَا، وَأَفْضَلَ. الْحَمْدُ لِلَّهِ
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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 bestowed benefits.
Praise be to Allah *Who feeds but is not fed.*
O Allah, bless Muhammad and his family.
(As-Sahifa As-Sajjadiyyah Al-Jâmi'ah, p. 601)

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