Get together over your food and mention the name of Allah, so that it will be blessed for you

Wahshiyy ibn Harb (may Allah be pleased with him) reported: They said: O Messenger of Allah, we eat but we do not get satiated. He said: "Perhaps you eat separately." They said: Yes. He then said: "Get together over your food and mention the name of Allah, so that it will be blessed for you."

[Hasan] [Narrated by Abu Dāwūd, Ibn Mājah, and Ahmad]

Some of the Companions asked the Prophet (may Allah's peace and blessings be upon him), saying: We eat, but we do not get satiated. Thereupon, the Prophet (may Allah's peace and blessings be upon him) said to them: Perhaps you eat separately, and each of you eats alone. They said: Yes. He said: Gather together and do not eat separately, and mention the name of Allah when eating by saying: Bismillāh—it will be blessed for you, and you will feel satisfied.

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