



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

Wahshi ibn Harb (may Allah be pleased with him) reported that the Companions of the Messenger of Allah (may Allah's peace and blessings be upon him) 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."

[Good hadith] [Narrated by Ibn Majah - Narrated by Abu Daoud - Narrated by Ahmad]

The Companions told the Prophet (may Allah's peace and blessings be upon him) that they eat but they do not feel satiated. So he told them eating separately is one of the reasons for a non-blessed meal. Food is thus divided over several persons, each eating on their own plate; so the blessing is taken out of food. Another reason is not mentioning the name of Allah over food. Here the devil shares food with eaters, and the blessing is taken out of food.

<https://sunnah.global/hadeeth/en/show/4212>

