



## I saw the Messenger of Allah (may Allah's peace and blessings be upon him) eating some dates while sitting on his buttocks with his knees bent upwards

Anas (may Allah be pleased with him) reported: I saw the Messenger of Allah (may Allah's peace and blessings be upon him) eating some dates while sitting on his buttocks with his knees bent upwards.

[Authentic hadith] [Narrated by Muslim]

Anas (may Allah be pleased with him) said: I saw the Messenger of Allah (may Allah's peace and blessings be upon him) eating some dates while sitting with his buttocks on the ground and his knees bent upwards. He sat that way so as not to eat much, because in this position one is not sitting comfortably so he does not eat much.

<https://sunnah.global/hadeeth/en/show/4296>

