

Blessings of sahoor

Shaykh al-Uthaymeen
[Liqā' al-Baab al-Maftooh (Introduction to no. 223).]

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the name of Allaah, the Most Merciful, the Bestower of Mercy

Shaykh al-Uthaymeen (*May Allaah the Most High have mercy on him*) said:

One of its blessings is that it supplies nourishment to the body throughout the day and helps one to be patient in refraining from food and drink, even during the long, hot days of summer, whereas when a person is not fasting you will find him drinking five or six times a day, and eating twice. But Allaah has instilled blessing in sahoor, so it makes the body able to cope with fasting.