

Summarised Friday Sermon

1 JUNE 2007

IMPORTANCE OF HALAL FOOD

- We should be thankful for the comfortable, prosperous and peaceful life that we enjoy in Singapore. Allah's blessings are bountiful and for this we should be a grateful servant. It is important that as Muslims we should only consume food that is of halal origin and sources and it also has to be good and does not bring harm.
- A good Muslim would pay attention to what he eats for whatever he put into his mouth would be a part of him and has an effect not only on his physical body, but also on his spiritual self. By taking only those that are halal and good, a good Muslim is showing his gratitude towards Allah for all the blessings Allah has given.
- Just like all Allah's command, there are reasons and wisdoms behind His prohibitions that are meant to bring good to humankind even when the reasons are beyond our understanding. The food and drinks that have been made haram to us are made that way for a reason: most of it are means of protecting us from impurities and diseases that we could get from non-halal food and drinks
- Alcoholic drinks too have proved to be dangerous to ourselves. On top of impairing our mind it brings us physical illness like high blood pressure as well as many social illnesses, for a person who is drunk will most likely be destructive. When Allah forbids us from taking non-halal food and drinks, it is not to restrict our enjoyment of food and drink, but to protect us from its harmful effects.
- It is very important for us to be concerned about our food and drinks in order to be a Muslim community of healthy soul and body. So let us hope that by being smart Muslim consumers in selecting food and drinks that are both halal and good, we will strengthen ourselves and our inner will to be a better persons, people of compassion and good characters.



Summarized By: **Darul Makmur Mosque**

Mosque without borders