



Parenting Advice for Muslim Mothers

Connecting with Allah ﷻ Through *Dua* During Ramadan (Part 6)

DUA TO BE RECITED BEFORE MEALS

بِسْمِ اللَّهِ وَعَلَى بَرَكَاتِهِ

Bismillahi wa 'ala barakatillah

Translation: With the name of Allah and with His blessings I begin (eating)

If you forget to recite the above *dua* before you start eating, whenever you remember you can recite the *dua* below, and it will be as if you didn't forget at all!

بِسْمِ اللَّهِ أَوَّلَهُ وَآخِرَهُ

Bismillahi awwalahu wa aakhirahu

Translation: With the name of Allah is the beginning and the end (of eating)



What are we asking for in these *duas*?

In these *duas* we are asking Allah ﷻ for *barakah* in our food. We get that anyway when we say *Bismillah* before we start eating, and in this *dua* we are also specifically asking for it because it is so important.

But what is *barakah* in food?

Barakah is a special power that Allah ﷻ puts in food, so the food becomes full of benefit for us and we are protected from any harm because of it.

Barakah in food includes the following:

1. That the food doesn't make us sick, and in fact makes us strong and healthy. Because sometimes some food looks really good, but when we eat it we get a tummy ache or feel ill and may even have to go to the hospital.



At this point perhaps you can remind your child of occasions where they or other members of the family have fallen sick because of food that they have consumed

2. That a small amount of food is enough for us, and our tummy gets full with it. Because sometimes we eat a lot of food but still don't feel full, or we keep getting hungry and need to eat again and again, because of which we end up overeating and harming our health.
3. That we use the strength and the energy we get from the food to do good deeds. Do pray *salat* and fast and read Qur'an. To help others and be kind and speak the truth. To obey our parents and make them happy.
4. That whenever we feel hungry, Allah ﷻ gives us food. Because there are many children in the world who don't have enough to fill their tummies, and many go to bed hungry.

We should make *dua* for *barakah* in other things too. For example, we should ask Allah ﷻ for *barakah* in time so that we can get a lot of work done in just a short amount of time and so our time will be used in doing good things. We should ask for *barakah* in wealth so whatever our mother or father earn becomes enough to fulfil all our needs, and there is some left over to help others with. We should ask for *barakah* in our health so that we are protected from hospital visits and having to take medicines. We should ask for *barakah* in our knowledge and our relationships and our lives in general so we live in a way that we become dear to Allah ﷻ.



At this point you can discuss with your children what having *barakah* in knowledge, relationships and life would include.

Indeed, *barakah* is a great gift from Allah ﷻ. By making *dua* for *barakah* in our food, we not only get all the benefits of food and are protected from any harm, we also turn the simple act of eating into a good deed because of which we become dear to Allah ﷻ. *Dua* really has amazing super-power!