

**AL-AN'AM(6:141)**

وَهُوَ الَّذِي أَنشَأَ جَنَّاتٍ مَّعْرُوشَاتٍ وَغَيْرَ مَعْرُوشَاتٍ وَالنَّخْلَ وَالزَّرْعَ مُخْتَلِفًا أَكْلُهُ وَالزَّيْتُونَ وَالرُّمَّانَ مُتَشَبِهًا وَغَيْرَ مُتَشَبِهٍ ۚ كُلُوا مِن ثَمَرِهِ إِذَا أَثْمَرَ وَءَاتُوا حَقَّهُ يَوْمَ حَصَادِهِ ۚ وَلَا تُسْرِفُوا ۚ إِنَّهُ لَا يُحِبُّ الْمُسْرِفِينَ

He is the One Who produces gardens—both cultivated and wild—and palm trees, crops of different flavours, olives, and pomegranates—similar 'in shape', but dissimilar 'in taste'. Eat of the fruit they bear and pay the dues at harvest, but do not waste. Surely He does not like the wasteful.

**THIS AYAH CAN BE DIVIDED INTO 3 ELEMENTS:****1****Allah is the creator of everything (edible)**

Allah states that He created everything, including the produce, fruits, and cattle.

Allah even explains in great detail the different types of plants or crops. Each of them has its tastes and benefits.



سبحان الله!

**2****Pay the dues at harvest**

(FROM THE CHAIN OF SA'ID BIN JUBAYR)

"This ruling, giving the poor the handfuls (of seed grains) and some of the hay as food for their animals, was before Zakah became obligatory."

THIS IS A MECCAN SURAH, BUT THE CONCEPT OF ZAKAH HAS ALREADY BEEN MENTIONED HERE

**3****Do not be wasteful**

وَلَا تُسْرِفُوا

Opinion 1: Tafsir Ibn Kathir.

This ayah refers to eating. Do not go extravagance in eating because this spoils the mind and the body.

Opinion 2: Nouman Ali Khan.

Do not go overboard on spending (related to the profits/produce gained from the harvest)

going  
**ZERO**  
WASTE

Allah has chastised those who harvest without giving away a part of it as charity. Refer to Surah Al-Qalam, 68:18–33; the story of the owners of the garden who were planning to hide their harvest from the poor

**REFLECTION OF THE AYAH**

كُلُوا وَاشْرَبُوا وَالْبَسُوا مِنْ غَيْرِ إِسْرَافٍ وَلَا مَخِيلَةٍ

Eat, drink and clothe yourselves without extravagance or arrogance (Sahih Al-Bukhari)

We are advised to be moderate in fueling ourselves. Extensive research by scientists has found adverse effects of excessive eating. Among them are brain fog, loss of focus, and health issues, e.g., High blood pressure, diabetes, obesity, etc

**FUN FACT**

DID YOU KNOW?

A study conducted by Dr. David Sinclair and co., a professor of genetics at Harvard Medical School, has found an increase in longevity and improvement in health by eating less.

Another study made by a group of scientists has found that fasting for four weeks from dawn to sunset improved blood pressure, reduced BMI, decreased weight circumference, and upregulated DNA-repair proteins (Abdulsada et al., 2021)

Islam introduced fasting more than 1400 years ago. We Muslims don't just benefit from the health perspective, but ultimately the rewards from Allah.

It is equally wrong and considered wasteful to prepare more food than we need and later throw it away.

Be mindful of our intention to not be boastful by going extravagantly with food and clothes.

