

ḤADĪTH OF THE WEEK – WEEK FORTY-ONE

On the authority of al-Miqdām, the son of Ma'dīkarib, may Allāh be pleased with him, who said: I heard the Messenger of Allāh, may Allāh's blessings and peace be upon him, say:

“A human has not filled a container worse than a belly. Sufficient for the son of 'Ādam are some mouthfuls, which will make his spine straight. However, if there is no avoiding it, then a third for his food, a third for his drink, and a third for his breath.”

It was related by al-'Imāmu 'Aḥmad, at-Tirmidhiyy, an-Nasā'iyy, and Ibnu Mājah. at-Tirmidhiyy said it is a ḥasan ḥadīth.