

Does Abstention from Certain Foods Contradict Tawakkul?

Q: Imaan-95 : Will one be contradicting Tawakkul (trust in Allaah) by exercising caution when abstaining from certain foods with the belief that they may be harmful and eating other foods in the belief that they are beneficial?

Answer: Harm and benefit are both from Allaah, as is illness and cure. Nothing can do any good or harm without Allaah's permission. Eating or abstaining from something with this belief in mind does not contradict Tawakkul.

A lady named Ummu Mundhir SAW. reports that Rasulullaah SAW. and Hadhrat Ali RADI. once visited their home. When Rasulullaah SAW. started to eat from a branch of dates that was hanging there, Hadhrat Ali RADI. also joined him. Rasulullaah SAW. then stopped Hadhrat Ali RADI. saying. "You are still recuperating from your illness (your body therefore cannot take dates yet)." Hadhrat Ali RADI. therefore stopped eating. When a dish of beetroot and barley was then served, Rasulullaah SAW. told Hadhrat Ali RADI. to eat of that since it was good for him.

Tawakkul does not mean that one should deny the effects that things have. Tawakkul entails that one does not rely on the effects that things have, but rather on the benefits and harm that Allaah places in these things by His command. Without Allaah's intervention everything is useless.

Fatawa Rahimiyyah (Vol.1)