

# The Quran and its Message

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سَلَامٌ عَلَيْكُمْ

Salamun Alaikum (Peace be upon you)

## EAT AND DRINK BUT DON'T BE EXTRAVAGANT

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While many starve around the world, it is not uncommon to see how much food is wasted or consumed in excess and with extravagance in parts of the world where civilisations are more affluent. Inevitably, many health concerns such as obesity are also associated with such choices such as over indulgence.

The Quran gives succinct advice when it comes to eating and drinking. With the blessings of God, many of the restrictions placed on the followers of previous scriptures were removed by the Quran for believers. The scope of food permissibility has been comprehensively explained by the Quran (See related article below).

### **002:172**

"O you who believe! Eat of the good things that We have provided for you, and be grateful to God, if it is Him you worship"

However, the need to exercise moderation has been powerfully stated by another verse of the Quran, which if arguably followed, would have far reaching positive consequences, not only to oneself, but to wider society.

### **007:031**

"O Children of Adam! Take your adornment at every place of worship and eat and drink (what you want), **but do not be extravagant / excessive / prodigal or wasteful (Arabic: tusrifu)**. God truly does not love those who are excessive / prodigal / wasteful / extravagant (Arabic: musrifeen)"

Tusrifu / musrifeen is formed from the Arabic root: 'Siin-Ra-Fa' which means to be prodigal, excessive, wasteful, extravagant, unmindful and to exceed undue bounds and transgress.

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## FINAL THOUGHTS

Much of the Quran's wisdom lies abandoned as many follow their own whims and desires. It is no surprise that on the Day of Judgment the messenger will say:

### 025:030 (Part)

"...O my Lord! Indeed! my own people / community (Arabic: Qawm) took this Quran as a forsaken thing / ignored it / abandoned it (Arabic: Mahjuran)"

### Related Articles:

- (1) [Food Permissibility and Prohibitions](#)

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