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## Eating with three fingers

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

**Question 6: “Is it Sunnah to eat with three fingers generally with respect to all food or specifically with *thareed*<sup>1</sup> only?”**

Shaykh al-Albaanee (رَحِمَهُ اللهُ)<sup>2</sup> answers:

“There isn’t, in the Sunnah mentioned from the Prophet (صلى الله عليه وسلم)<sup>3</sup> that which will help us to answer this question. All there is, is that the Prophet (صلى الله عليه وسلم) used to eat with three fingers; but that which is necessary for us to say about this hadeeth with regard to its fiqh (understanding) is that:

Firstly, **this hadeeth does not mean to determine that it is not permissible for the Muslim to eat by other means like the well-known spoons today.** Rather, it only means that if the Muslim eats a food that can be eaten with three fingers, then he (should) not show that he is greedy with the food such that he eats with the whole handful while he is able to eat like the Messenger of Allaah (صلى الله عليه وسلم) used to eat, with three fingers. Secondly, it is known that gravy of meat, for example, cannot be eaten with three fingers; so there it is necessary (to use) other means to eat it. And this is from the worldly affairs and not from the affairs of the religion, which the Messenger of Allaah (صلى الله عليه وسلم) was assigned that he conveys all the rulings of the religion to the people. He (عليه الصلاة والسلام)<sup>4</sup> has said (regarding) worldly affairs: ‘**You are more knowledgeable about your worldly affairs than me.**’<sup>5</sup>

asaheeha translations

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<sup>1</sup> a dish of bread, meat and broth

<sup>2</sup> (رَحِمَهُ اللهُ) (rahimahullaah) May Allaah have mercy on him

<sup>3</sup> (صلى الله عليه وسلم) May the peace and blessings of Allaah be upon him

<sup>4</sup> (عليه الصلاة والسلام) (Alayhi 'l-salat wa'l-Salam) Upon him prayer and peace

<sup>5</sup> Saheeh aj-Jaami' no.1488