
Recommendation to break Fast with moist dates

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

From Anas bin Maalik (رضي الله عنه)¹ 'that the Messenger (صلى الله عليه وسلم)² used to break fast upon a few moist dates before he would pray, if there were no moist dates then he would break fast upon a few dry dates, and if there were none then he would take a few sips of water.'

Collected by Imam Ahmad, and others from the collectors of the Sunan with a Hasan hadeeth from Anas bin Maalik (رضي الله عنه). It was graded Hasan by Tirmidhee, and authenticated by al-Hakim, Dhahabee and Deeyah in 'al-Mukhtar'. I researched this narration in detail in 'al-Irwaa' and 'Saheeh Abee Daawood'.

The aim of mentioning this hadeeth along with a brief research was indeed as a reminder of this Sunnah which many fasting people have neglected especially those who are generally invited to break fast at someone's house and they prepare delicious, fine food and drink. As for presenting moist dates or dry dates then this is rare, and not even mentioned. What is more disliked than that is being negligent of making Iftaar by taking sips of water. So may Allaah give a tree in Paradise for the one who is amongst [those who listen to speech and follow the best of it. Those are the ones Allaah has guided, and those are people of understanding.]³

[Taken from: 'Silsilah as-Saheehah' No. 2840]

¹ (رضي الله عنه) (rad iyallaahu `anhu) May Allaah be pleased with him

² (صلى الله عليه وسلم) (sallallaahu `alayhi wa sallam) May the peace and blessings of Allaah be upon him

³ Soorah az-Zumar [39: 18]