

## Eating while standing

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

**Question:** “Is it allowed to eat while standing?”

**Shaykh al-Albaanee** (رَحْمَةُ اللَّهِ)<sup>1</sup>:

“I say, there is no text about the prohibition of eating while standing like there occurs the text prohibiting drinking while standing. But there is a narration from Anas bin Maalik (رضي الله عنه)<sup>2</sup> that when he narrated to those around him in a gathering that the Prophet (صلى الله عليه وسلم)<sup>3</sup> prohibited drinking while standing, someone said to him: ‘What about eating (while standing)?’ He replied: ‘It is worse.’

I say here, we should follow this Companion because we don’t have anything with which we can contradict him. But what is the distinction between eating while standing and eating while walking? Eating while walking is allowed, because there is text clearly stating that they used to eat while walking during the time of the Prophet (صلى الله عليه وسلم). As for eating while standing, there is no text regarding it from the Prophet (صلى الله عليه وسلم), neither negative nor positive. All we have is this authentic narration from Anas bin Maalik and this is what we act upon.

Moreover, maybe some of you noticed in these times that it has become a fashion for the disbelievers to eat while standing although chairs are present; but they don’t sit on them out of pride. So then, the previous ruling is further strengthened. I say, we are with the narration of Anas because Anas knew what we don’t know, and because the disbelievers nowadays and the Muslims who imitate them eat while standing, so we differ from them.”

<sup>1</sup> (رَحْمَةُ اللَّهِ) (rahimahullaah) May Allaah the Most High have mercy on him

<sup>2</sup> (رضي الله عنه) (rad iyallaahu `anhu) May Allaah the Most High be pleased with him

<sup>3</sup> (صلى الله عليه وسلم) (sallallaahu `alayhi wa sallam) May the peace and blessings of Allaah the Most High be upon him