Sayyid Al-Hakeem: among the consequences of overeating are sickness and tyranny

Sayyid Ammar Al-Hakeem, Head of Al-Hikma National Movement, continued his discourse on the explanation of Imam Zain Al-Abidin's message on Rights. His Eminence stated that the stomach constitutes the eighth right in our discussion of Imam Zain Al-Abidin's message on Rights, which has been the subject of our Ramadan lecture series. We have reviewed various aspects of this right, culminating in the seventh illumination, which advises against overeating and gluttony, as stated by Imam Zain Al-Abidin (peace be upon him): "Do not take it beyond the limit of sufficiency to the point of excess and the loss of dignity." We also discussed numerous narrations from the Prophet Mohammed (peace be upon him and his family) and Ahl Al-Bayt (peace be upon them) that prohibit overeating to the point of gluttony.

In today's lecture, we will continue discussing narrations related to this matter, including the statement of Imam Ali (peace be upon him) in his letter to Uthman ibn Haneef. He said, "O son of Haneef, I have heard that a man from the youths of Basra has invited you to a feast where delicacies are served, and I did not expect you to accept food from people who don’t invite the poor of their people and enrich themselves from the wealth of the needy. So, consider what you are consuming from this feast. Don’t eat what you doubt, and enjoy what you are certain of its goodness."

Sayyid Al-Hakeem added, "Among the consequences of overeating are, firstly, tyranny."

Imam Ja'far Al-Sadiq (peace be upon him) said, "The closest a servant can be to Allah, the Glorious and Exalted, is when his stomach is empty, and the most hated state a servant can be to Allah is when his stomach is full."

“Secondly, laziness in worship.”

The Prophet Mohammed (peace be upon him and his family) said, "A heart overwhelmed with food and drink is a bad support for religion."

“Thirdly, illness.”

Imam Ja'far Al-Sadiq (peace be upon him) said, "Eating to the point of satiation causes leprosy."

“Fourthly, hunger in the Hereafter.”

The Prophet Mohammed (peace be upon him and his family) said, "The majority of people are satiated in this world, but most of them will be hungry in the Hereafter."

“Fifthly, death and hardness of the heart.”

The Prophet Mohammed (peace be upon him and his family) said, "Do not kill hearts with excessive eating and drinking, for hearts die like plants die when watered excessively."

Imam Zain Al-Abidin (peace be upon him) said, ", for satiation that leads one to overeating is sluggish, inhibiting, and depriving one of all goodness and nobility." Sayyid Al-Hakeem provided a collection of Quranic evidence. This meaning is mentioned in Surat Al-Nisa, verse 142: "Indeed, the hypocrites [think to] deceive Allah, but He is deceiving them. And when they

stand for prayer, they stand lazily, showing [themselves to] the people and not remembering Allah except a little." Imam Ja'far Al-Sadiq (peace be upon him) said, "Laziness is the enemy of action." And Imam Al-Kadhim (peace be upon him) said: My father speaking to some of his sons, saying, "Beware of laziness and despair, for they deprive you of your share in this world and the Hereafter."