

## *Eating while standing*

*source: silsilat ul-hudā wa nnūr ~ the series of guidance and light ~  
tape no. 246*

Question #7: “Is it allowed to eat while standing?”

*Shaykh al-Albānī* answers:

“I say, there is no text with regard to the prohibition of eating while standing like (there) came the text to prohibit drinking while standing. But there is a narration from *Anas bin Mālik* رضي الله عنه, that when he narrated to those around him in gathering that the Prophet صلى الله عليه وسلم prohibited drinking while standing, someone said to him: ‘What do you say about eating (while standing)?’ (*Anas*) said: ‘It is worse.’

I say here, it is necessary that we follow this Companion because there isn’t anything with us with which we can contradict him. But what is the difference between eating while standing and eating while walking? Eating while walking is allowed, because clear text reports 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, not negative (prohibiting/discouraging it) nor positive (obligating/encouraging it). We only have this authentic narration from *Anas bin Mālik* and we act by it.

Another thing is connected to (this affair), which is – maybe some of you noticed, in this era, that it has become a part of the fashion of the disbelievers to eat while standing although chairs are present, but they don’t sit on them out of arrogance. Hence, the previous

ruling increases in strength. Yes, I say, we side with the narration of *Anas*, because *Anas* knows what we don't know, and because the disbelievers today and the Muslims who imitate them eat while standing, so we (should) be different from them."

*~ asaheeha translations ~*