

Date: 05-12-2025 (simplified summary)

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
يَا بَنَى آدَمَ خُذُوا زِينَتَكُمْ عِنْدَ كُلِّ مَسْجِدٍ وَكُلُوا
وَأَشْرَبُوا وَلَا تُسْرِفُوا إِنَّهُ لَا يُحِبُّ الْمُسْرِفِينَ.
قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ:
كُلُوا وَتَصَدَّقُوا وَالْبَسُوا فِي غَيْرِ إِسْرَافٍ وَلَا مَخِيلَةٍ.

WASTE

Dear brothers and sisters, *isrāf* (wastefulness) means going to excess and misusing the blessings of Allah ﷻ. *Isrāf* disturbs balance, brings poverty, and harms peace. Allah ﷻ has made *isrāf* *ḥarām*. The Prophet ﷺ taught us to eat, to give, and to dress ourselves without wastefulness.¹ Dear Muslims, Allah ﷻ has appointed us as *khalīfa* on earth and entrusted His blessings to us. We must protect them; we must not waste food, time, or health. So let us be careful with every *ni'ma* and be aware that one day we will be questioned about this. May Allah ﷻ protect us from *isrāf*. *Āmīn*.

Redaction & translation: drs. Ahmed Bulut
Translation Commission ISN

¹ Ibn Mājah, Kitāb al-Ṭahāra, 48.