

Fruits for the Week

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The life and food in heaven

The Prophet Muhammad (SAW) said: ***“The people of Heaven eat, drink, and do not defecate, blow their nose or urinate; but their food is to be burped; and that their smell is like ...”*** (Muslim)

Most of the people in this world are so concerned and particular with their own worldly menus and food, and very few of them are aware of the food which will be prepared by Allah in the Hereafter. The above *hadith* reminds us that the food and life in Heaven is totally different from the food and life in this world. Life in Heaven is the real life of physical and spiritual enjoyment. In Heaven there are enjoyment and happiness, foods and liquids of all kinds, and life is without death, sickness, defecation and urination. In Heaven there are things better and beyond our own imagination, our thinking and even beyond our hope and aspiration.

The believers (*al-Mu'minoon*) will be housed in Paradise where running water of rivers is under them. Allah (SWT) says: ***“But those who believe and work deeds of righteousness, to them shall We give a home in Heaven, lofty mansions beneath which flow rivers, to dwell therein for aye; an excellent reward for those who do (good).”*** (Al-Ankabut:58)

There are gardens of trees, of all types and varieties with the best taste and appearance. The Holy Qur'an mentioned all these types saying: ***“There will be two gardens....Containing all kind (of trees and delights);...In them (each) will be two springs flowing (free);...In them will be fruits of every kind, two and two. They will recline on carpets, whose inner linings will be of rich brocade; the fruit of the gardens will be near (and easy of reach). In them will be (maidens), chaste, restraining their glances, whom no man or jinn before them has touched.”*** (Al-Rahman:46-56)

The varieties of plants and fruits in Paradise are too many to be counted as those foods are not available on planet earth. However, the Holy Qur'an mentioned a few types of food on earth. The food of heaven is of different nature, of different chemical composition, taste and of different flavour and aroma. Allah says: ***“In them will be fruits, and dates and pomegranates...”*** (Al-Rahman:68)

Allah will give the believers in Paradise plentiful fruits and they are regularly supplied. Allah says: ***“You will have therein abundance of fruit, from which you shall have satisfaction.”*** (Al-Zukhruf:73) He further says: ***“And fruits in abundance, whose season is not limited nor (supply) forbidden.”*** (Al-Waqi'ah:32-33)

The dwellers of heaven will get whatever they wish. When something is ordered it will be delivered immediately. The quality of food and taste are incomparable. Allah says: ***“As to the righteous, they shall be amidst (cool) shades and springs (of water). And (they shall have) fruits,-all they desire.”*** (Al-Mursalat:42) And He says: ***“And with fruits, any that they may select; and the flesh of fowls, any that they may desire.”*** (Al-Waqi'ah:20) He also says: ***“And We shall bestow on them, of fruit and meat, anything they shall desire.”*** (Al-Thur:22)

In heaven, there are things (foods, liquids, etc.) that the eyes never saw; that the ears never heard, and even the heart never ever has thought of.

Therefore, grab the food as can as possible by doing what is instructed and refraining from what is prohibited. May Allah admit us into Heaven. Amin.

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