

In The Name of Allaah, The Most Merciful, The Bestower of Mercy.

Aa'isha [may Allaah be pleased with her] said, "**Allaah's Messenger [peace and blessings of Allaah be upon him] used to eat melon with fresh dates, and then said, 'We remove the heat of this one (i.e. dates) with the coldness of this one (i.e. watermelon), and the coldness of this one (i.e. watermelon) with the heat of this one (i.e. dates)'**". (1)

Al-Allaamah Zayd Bin Haadee Al-Madkhalee [may Allaah have mercy upon him] said, "The Prophet [peace and blessings of Allaah be upon him] only speaks based on revelation from Allaah. He was taught by his Lord about the specific qualities of these two types of foods, so he combined them when eating due to the reason mentioned, which is, '**We remove the heat of this one (i.e. dates) with the coldness of this one (i.e. melon), and the coldness of this one (i.e. melon) with the heat of this one (i.e. dates)**'. And to follow this example of the Prophet [peace and blessings of Allaah be upon him] – after a person learns about it – **is a Sunnah** in relation to the likes of these affairs". (2) [End of quote]

Additional benefit on Al-Allaamah Zayd Bin Haadee's [may Allaah have mercy upon him] statement, "And to follow this example of the Prophet [peace and blessings of Allaah be upon him] – after a person learns about it – **is a Sunnah** in relation to the likes of these affairs!" Al-Allaamah Saaleh Al-Fawzaan [may Allaah preserve him] was asked, "What is the difference between a Sunnatun Waajibatun [an **Obligatory Sunnah**] and a Sunnatun Mustahabbatun [a **Recommended Sunnah**?]

Answer: The initial affair regarding an Amr (i.e. a command) is that it necessitates **Wujoob** (i.e. an obligation or obligatory). The initial affair regarding the Awaamir (commands) in the Qur'aan or the Sunnah is that they necessitate Wujoob. If Allaah or the Messenger [peace and blessings of Allaah be upon him] command something, then the initial affair regarding this is Wujoob. An affair does not alternate from being obligatory to being recommended except based on another proof- either a verse of the Qur'aan or a hadeeth. And it maybe that an affair falls under **Ibaahah** (i.e. permissibility), so it (i.e. an affair) maybe obligatory, recommended or something permissible, such as the statement of Allaah: **وَإِذْ حَلَلْتُمْ فَأَصْطَادُوا** - But when you finish the Ihram (of Hajj or Umrah), you may hunt]. [Surah Al-Maa'idah. Verse 2] Meaning, when you finish the Ihraam, then you can hunt. So, this affair is neither obligatory nor recommended, rather it is something permissible. (3) [End of quote]

Then Al-Allaamah Zayd Bin Haadee [may Allaah have mercy upon him] finally stated regarding eating fresh dates with melon, "So, he (i.e. a Muslim) acts as the Prophet [peace and blessings of Allaah be upon him] did. **This is something authorised (or established in the religion), but it is not obligatory**". (4)

[Ref 1: Sunan Abee Daawud 3836. Declared Hasan by Imaam Al- Albaanee]

[Ref 2: An Excerpt from 'At-taleeqaat Al-Maleehah Alaa Silsilah Al-Ahaadeeth As-Saheehah. Vol 1. Page 368]

[Ref 3: <https://youtu.be/8st36r4M0HE>]

[Ref 4: An Excerpt from 'At-taleeqaat Al-Maleehah Alaa Silsilah Al-Ahaadeeth As-Saheehah. Vol 1. Page 368]