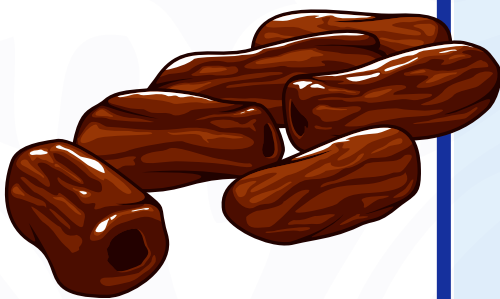


WHAT IS SUHOOR? *Day 6*

LESSON

Muslim families awake before sunrise to pray and share a light meal known as **Suhoor**, in Arabic. This meal will sustain those who are fasting until sunset that evening.

Dates are commonly eaten at Suhoor due to their sustenance and nutritional benefits and their recommendation from Prophet Muhammad, peace be upon him.



"Eat suhoor, for in suhoor there is blessing. "

Hadith: Sahih Bukhari 1923

"The best suhoor for the believer is dates."

Hadith: Abi Dawud 2345

