



DID YOU KNOW ?

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Method of licking the fingers after eating

Cleaning the fingers after eating by licking them is a Sunnah of Rasulullah ﷺ. Hazrat Ka'b bin Malik رضى الله عنه narrates that Rasulullah ﷺ used to eat with three fingers and when he ﷺ completed eating he ﷺ would lick his (blessed) fingers. (Sahih Muslim)

In another Hadith, Hazrat Abu Hurayrah رضى الله عنه narrates that Nabi ﷺ said, “When you partake of meals, lick your fingers (after eating) because you do not know in which of them is the Barakah.” (Sahih Muslim)

The method of doing this has been outlined in the Hadith. Certain narrations indicate that Nabi ﷺ used to lick his (blessed) fingers in the following order: **First the middle finger, then the index finger and lastly the thumb.**

Hazrat K'ab bin Ujrah رضى الله عنه narrates, “I saw Nabi ﷺ eating with three fingers which were the thumb, the index and the middle finger. Thereafter I saw him licking them in the following sequence; first the middle finger, then the index finger and lastly the thumb.”

(Al Mu'jamul Awsat lit Tabrani)



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