

Khana Khane Ke Baad Ki Dua

A Guide for Families to the Sunnah of Gratitude

Introduction

Eating is one of the most common moments in daily life, but Islam teaches us to turn even this simple routine into worship. This dua serves as a reminder that every bite, every sip, and every blessing comes from Allah.

Why recite this? It is an act of gratitude, short and easy to memorize, and helps families build Sunnah habits at home.

The Main Dua

الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنَا وَسَقَانَا وَجَعَلَنَا مِنَ
الْمُسْلِمِينَ

Transliteration: Alhamdu lillahi alladhi at'amana wa saqana wa ja'alana min al-muslimin

Urdu: تمام تعریفیں اللہ کے لیے ہیں جس نے ہمیں کھلایا، پلایا اور ہمیں مسلمانوں میں شامل فرمایا۔

English: All praise is due to Allah who fed us, gave us drink, and made us Muslims.

Word by Word Meaning

Alhamdu: All praise | **Lillahi:** For Allah | **Alladhi:** The One who | **At'amana:** Fed us | **Wa saqana:** And gave us drink | **Wa ja'alana:** And made us | **Min al-muslimin:** Among the Muslims

Hadith & Quranic Connection

Hadith: The Sunnah strongly encourages praising Allah after eating. Sahih Muslim notes that Allah is pleased with a servant who praises Him when he eats or drinks.

Quran (Surah An-Nahl 16:114):

"So eat from the good, lawful things which Allah has provided for you, and be grateful for Allah's favours."

Benefits & Why It Matters

- Builds the habit of shukr (gratitude).
- Teaches children good Islamic manners (Adab).
- Transforms a normal meal into an act of worship.
- Reminds us that all provision comes from Allah.

Guide for Kids & Family

For children, keep teaching short and joyful. Recite the dua together after every meal, repeat it clearly, and praise them when they remember. Repetition and routine are the best teachers.

FAQ

Q: Is this dua in the Quran? A: No, it is from the Sunnah (Hadith collections).

Q: What is the best way to teach it? A: Say it together as a family after every meal.

Related Duas

To build a complete Sunnah routine, pair this with the *Dua before eating* and *Dua after drinking milk*.