

Recite the following supplication when you begin eating:

In the name of God. Praise is for God, Lord of all realms.	بِسْمِ اللَّهِ وَالْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ.
Praise is for God who feeds, yet is not fed;	الْحَمْدُ لِلَّهِ الَّذِي يُطْعِمُهُمْ وَلَا يُطْعَمُ،
who gives sanctuary [to others], but to whose fugitives sanctuary is not given;	وَيُجِيرُ وَلَا يُجَارُ عَلَيْهِ،
who is without need and to whom all are impoverished.	وَيَسْتَعِينِي وَيُقْتَرُّ إِلَيْهِ.
O Allah! To you belongs praise for the bread and soup that you have provided for us while we have remained in ease and well-being, without having had to bear any ordeals or hardship.	اللَّهُمَّ لَكَ الْحَمْدُ عَلَى مَا رَزَقْتَنَا مِنْ طَعَامٍ وَإِدَامٍ، فِي يُسْرٍ وَعَافِيَةٍ، مِنْ غَيْرِ كَدِّمَتْنَا وَلَا مَشَقَّةٍ.
In the name of God, the best of names.	بِسْمِ اللَّهِ خَيْرِ الْأَسْمَاءِ،
In the name of God, Lord of the land and sky.	بِسْمِ اللَّهِ رَبِّ الْأَرْضِ وَالسَّمَاءِ،
In the name of God, with whose name nothing on earth nor in the sky can cause harm. He is the All-Hearing, the All-Knowing.	بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّهُ مَعَ اسْمِهِ شَيْءٌ فِي الْأَرْضِ وَلَا فِي السَّمَاءِ وَهُوَ السَّمِيعُ الْعَلِيمُ.
O Allah! Bless us with the goodness of this food, and protect us from its evil. Avail us of its benefit, and keep us safe from its harm.	اللَّهُمَّ أَسْعِدْنَا فِي مَطْعَمِنَا هَذَا بِخَيْرِهِ وَأَعِدْنَا مِنْ شَرِّهِ وَ أَمْتِعْنَا بِنَفْعِهِ وَسَلِّمْنَا مِنْ ضَرِّهِ.

Recite the following supplication of Imam al-Sadiq when you finish eating:

Praise is for God who has fed us while so many hunger,	الْحَمْدُ لِلَّهِ أَطْعَمَنَا فِي جَائِعِينَ
who has given us drink while so many thirst,	وَسَقَانَا فِي ظَمَأَنِينَ
who has clothed us while so many remain naked,	وَكَسَانَا فِي عَارِينَ
who has guided us while so many are lost,	وَهَدَانَا فِي ضَالِّينَ
who has given us vehicles while so many must walk,	وَحَمَلَنَا فِي رَاجِلِينَ
who has given us shelter while so many must be in the sun,	وَأَوَانَا فِي ضَاحِينَ
and who has favored us over much of his creation.	وَفَضَّلَنَا عَلَى كَثِيرٍ مِنَ الْعَالَمِينَ.

*Recite the following supplication when you finish drinking:*

الحمد لله الذي سقاني ماءً عذباً ولم يجعله ملحاً جاجاً بذنوبي. الحمد لله الذي سقاني فأرواني وأعطاني  
فأرضاني وعافاني وكفاني. اللهم اجعلني ممن تسقيهم في المعاد من حوض محمد - صلى الله عليه وآله - و  
تسعدهم بمراً أفقتهم، برحمتك يا أرحم الراحمين.

Praise is for God who gave me fresh water to drink and did not make it salty and acrid because of my sins.

Praise is for God who gave me water to drink and thereby quenched my thirst, who gave me and thereby satisfied me, who gave me health and sufficed me.

O Allah, make me among those to whom you give drink at the resurrection from the pool of Muḥammad—may your mercy be with him and his family; and [among those whom] you bless with his company. [I ask all this] for your mercy's sake, O most merciful.