
THE ESSENCE OF GIVING FOOD AS THE SPIRIT OF ISLAM
IN THE BOOK "الاعطام روح الاسلام" BY SYEH ALI BIN ALI
BIN IBRAHIM U'DHOBI

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Abstract. Social disparities are prevalent in our society. The imbalance in life and the terrifying contradictions among human lives continue to this day. These imbalances occur globally. We witness countries devastated by war, such as Palestine, Yemen, and Syria, where the inhabitants suffer from hunger and lack access to healthcare. Similarly, countries with high poverty rates like Cambodia, Myanmar, and Afghanistan experience hunger and poor sanitation. Conversely, there are many developed and prosperous countries with high income levels in other parts of the world. This study employs a literature review approach, examining verses from the Qur'an and hadiths of the Prophet Muhammad SAW concerning Ith'am as contained in the book "الاعطام روح الاسلام" by Syekh Ali bin Ali bin Ibrahim U'Dhobi. The book explains that Islam encourages people to help each other, have empathy, sympathy, and high social concern. As mentioned in Surah Adh-Dharyyat, verse 19: "And in their wealth, there is a right for those who ask and those who do not ask." Therefore, it is essential for Muslims to pay significant attention and care to convey and study the core teachings of Islam contained in Ith'am (charity by giving food). The five pillars of Islam (shahadah, prayer, fasting, zakat, and hajj) are the foundation of Islam and must be performed to be

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recognized as a Muslim. The pillars of Islam are closely related to Ith'am, making it a core teaching of Islam (the spirit of Islam).

Keywords: الاعطام روح الاسلام

Introduction

Islam encourages its followers to have empathy, solidarity, and integrity with others, known as social piety. Social piety reflects the religious adherence quality of a believer, evident in social life among individuals as religious followers and citizens. Social piety implies that religion is an institution that exists for the collective good, both for its followers and non-followers.

Poverty is a social reality and societal problem that has never been absent from human discourse throughout history. This is understandable as the Qur'an, an eternal holy book filled with universal messages relevant to all times and places, addresses poverty in several verses. The existence of poverty becomes clear when several verses in the Qur'an urge humans to pay attention to those classified as poor or underprivileged.

Ith'am is charity by giving food, a form of extending our hands to the poor, which can be directly felt. Infaq and shodaqoh in the form of giving food are repeatedly mentioned in both the Qur'an and the hadiths of the Prophet. There are numerous virtues and multiplied rewards for the act of Ith'am. In Surah Al-Ma'un, those who prevent others from doing Ith'am are considered among those who deny religion.

This article examines a work by Syekh Ali bin Ali bin Ibrahim U'Dhobi, a lecturer at Jami'ah Darul Ulum Asy-Syar'iyah Hudaidah Yemen (University of Darul Ulum Asy-Syar'iyah), titled "Al-Ith'am Ruhul Islam." He states that the spirit of Islam lies in the teachings of Ith'am (giving food). Ith'am as the spirit of religion is evidenced by verses in the Qur'an and hadiths of the Prophet Muhammad SAW that mention Ith'am directly or refer to it as infaq and shodaqoh. The teachings of Ith'am can also be found in the pillars of Islam, which are the conditions for being a Muslim. Both prayer, fasting, zakat, and hajj are related to the teachings of Ith'am, a connection also shown by the Qur'an and the sayings of Prophet Muhammad SAW.

Research Method

The research method used in this article is library research. This study aims to examine and analyze the meaning and importance of food charity from an Islamic perspective, as outlined in the book by Syekh Ali bin Ali bin Ibrahim U'Dhobi. This method involves collecting data from various relevant literature, including the main book, other books, journals, and written sources related to the theme of food charity in Islam. Text analysis is conducted to understand the essence of the teachings of food charity and how this practice is considered one of the core teachings of Islam. Through a literature approach, this research seeks to gain a comprehensive understanding of the role and benefits of food charity in shaping the character and spirituality of Muslims.

Results and Discussion:

Verses About Ith'am: Surah Al-Baqarah, Verse 177

In Surah Al-Baqarah, verse 177, the mention of giving beloved wealth occupies the second position after mentioning faith in Allah, the Last Day, angels, books, and prophets of Allah. Giving beloved wealth is also mentioned before performing prayers, zakat, fulfilling promises, and being patient. This order implies that the virtue of giving beloved wealth is more important than performing prayers. Below is the mention of the word Ith'am in various verses of the Qur'an:

Tabel.1 Ayat-ayat tentang Ith'am

No	Nama Surat	Ayat	No	Nama Surat	Ayat
1	Al-Baqoroh	3, 43, 83, 110, 129, 184, 195-196, 215, 219, 245, 261-262, 254-262, 254-267, 270-274, 276-277, 280	30	Al-Hujurat	15
2	Ali Imran	92, 104, 114, 134, 186	31	Adz-Dzariyat	19
3	An-Nisa'	2, 5, 8, 34, 38, 114, 161-162	32	An-Najm	32-35
4	Al-Maidah	54, 55, 89, 92-93, 95, 97	33	Al-Hadid	7, 10, 11
5	Al-An'am	141	34	Al-Mujadalah	4, 13
6	Al-Anfal	3,41, 72, 60	35	Al-Hasyr	7, 9
7	At-Taubah	5, 11, 18-20, 34-35, 41, 44, 53-54, 71, 75-81, 88, 91, 93, 98-104, 111	36	Al-Mumtahanah	8

8	Yusuf	88	37	Al-Haqqah	34
9	Ar-Ra'd	22	38	Al-Ma'arij	22, 24
10	Ibrahim	7	39	Al-Muzammil	20
11	An-Nahl	75, 90	40	As-Shaff	10-11
12	Al-Isra'	26, 93, 100	41	Al-Munafiqun	10
13	Maryam	31, 55	42	At-Taghobun	16-17
14	Al-Mukminun	1-4	43	Al-Muddatsir	44
15	An-Nur	22, 37, 57	44	Al-Insan	8
16	Al-Furqon	66	45	Abasa	7
17	Al-Qashas	67, 76-77	46	Al-A'la	14
18	Al-Ankabut	7, 9, 45, 58	47	Al-Fajr	17-18
19	Ar-Rum	15	48	Al-Balad	14
20	Luqman	4, 7	49	Al-Lail	18
21	As-Sajadah	12, 16	50	Ad-Dhuha	10
22	Al-Ahzab	4, 19, 33, 35	51	Al-Ma'un	3
23	Saba'	37, 39			
24	Fathir	10, 18, 29, 30, 33, 37			
25	Yasin	47			
26	Az-Zumar	9, 10, 58			
27	Fushilat	7			

Hadiths About Ith'am

Prophet Muhammad SAW also mentioned Ith'am in his sayings. In the hadiths, the Prophet SAW emphasized the importance of Ith'am, the virtues of those who perform Ith'am, the rewards of Ith'am, and the misfortune of those who do not encourage Ith'am, especially if they prevent themselves from doing it. These hadiths serve as motivation for us to reflect on the nobility of practicing Ith'am. One of the hadiths mentioned in the book "Kitab al-Iman" hadith no. 12 and in the book "Kitab al-Adab" hadith no. 6236 from Abdullah bin Amr bin Ash radhiyallahu 'anhuma states:

A man asked the Prophet SAW, "Which Islam is the best?" He said, "To feed the hungry and to greet those you know and those you do not know."

This hadith by Bukhari and Muslim emphasizes two important aspects of Islam: feeding others, which reflects social concern and compassion, and spreading peace, which reflects harmony and brotherhood among humans. Prophet Muhammad SAW prioritized feeding others, indicating the virtue and significant reward for those who feed the poor.

Doing good deeds in social matters is better than performing voluntary worship. Social goodness at a certain point determines

whether one's worship is accepted or beneficial. As mentioned in a hadith narrated by Bukhari:

"Not a believer who fills his stomach while his neighbor is hungry."

(HR. Bukhari)

The act of Ith'am (giving food) may seem trivial and easy to perform. However, it is not so simple. Ith'am is a challenging act, especially for those who are not accustomed to it. Due to the difficulty of performing this virtue, Allah SWT provides luxurious rewards for those who engage in it. These rewards are the virtues of practicing Ith'am.

Numerous hadiths about Ith'am can be found in Islamic literature and hadith books, which cannot all be mentioned in this article. These hadiths serve as reinforcement and explanation of the Qur'anic verses that mention Ith'am.

The Relationship Between the Pillars of Islam and Ith'am: The Relationship of Prayer with Ith'am

In Surah Al-Ankabut, verse 45, it is mentioned that performing prayers will have an impact, such as avoiding immoral and despicable acts. One of these despicable acts is stinginess, greed, and feeling insufficient. These traits prevent us from performing Ith'am. A Muslim's prayer can influence their psychology and build a positive character. Prayers create a connection with Allah, where one would feel ashamed to bring sins and immoral deeds when meeting Allah. This is a given fact as its existence is mentioned in the Qur'an.

The Relationship of Fasting with Ith'am

Syekh Al-Hafidz Ibnu Hajar Al-Asqalani defines fasting as abstaining from eating and drinking from dawn until sunset.

"Fasting is abstaining from food, drink, and other invalidators from dawn until sunset."

Fasting involves abstaining from eating, drinking, and other invalidators from dawn until sunset. It is one of the five pillars of Islam that every capable Muslim must perform.

Everything ordained by Allah for His servants contains wisdom.

Some of the wisdom and benefits of fasting include:

- 1) A righteous fast awakens the heart of a believer to fear Allah.
- 2) Ramadan is a holy month where Allah wants His servants to fill it with obedience and devotion. The fast facilitates

fulfilling the rights and performing the obligatory worship in it.

- 3) Continuous satiety obscures feelings and fosters causes of heart hardness and tyranny, which must be eliminated from a Muslim. Fasting cleanses the Muslim's heart and refines their feelings.
- 4) Fasting is the best thing that can influence the hearts of the rich, maintaining compassion and mercy.

The Relationship of Zakat with Ith'am

Zakat is the third pillar of Islam after shahadah and prayer. As narrated by Abdullah bin Umar bin Khathab:

"Islam is built upon five pillars: testifying that there is no god but Allah and Muhammad is the Messenger of Allah, establishing prayer, paying zakat, performing hajj, and fasting during Ramadan."

Originally, a Muslim's wealth cannot be taken except by textual evidence. Therefore, in collecting zakat, one must follow the teachings of the Prophet Muhammad SAW. Zakat includes obligatory zakat and zakat fitrah. Zakat mal must be given by a Muslim if it reaches the nishab and haul. Zakat mal can be in the form of gold, silver (currency), agriculture, fruits, trade, livestock, and rikaz. Although zakat mal may not be in the form of food, it can be used by the zakat recipient to fulfill their food needs. Zakat fitrah purifies the fasting person from vain actions and foul speech and feeds the poor. Zakat fitrah is Ith'am as it is given in the form of staple food that can be cooked for eating.

It is explained that fasting in Ramadan is not accepted by Allah SWT unless zakat fitrah is given. The essence of zakat fitrah is feeding the poor. Therefore, the acceptance of Ramadan fasting is determined by feeding the poor through zakat fitrah, demonstrating the relationship between zakat and Ith'am.

The Relationship of Hajj with Ith'am

The relationship between Hajj and Ith'am can be examined in Surah Al-Baqarah, verse 196.

This verse serves as evidence that performing Hajj must be completed according to the rules. If one is hindered from performing Hajj as per the rules, there is a ransom as compensation to ensure the Hajj and Umrah are valid. According to Al-Alusi, there are three types of Hajj:

1. Hajj 'Tamattu': Performing Umrah in the months of Hajj, followed by the rituals of Umrah and Ihram of Hajj in Mecca and performing its acts.
2. Hajj Qiran': Performing Umrah and Hajj simultaneously and performing the rituals of Hajj and Umrah during Hajj.
3. Hajj Ifrad: Performing Ihram for Hajj after completing Umrah.

Ransom for violating Hajj regulations is called dam. Dam varies according to the rules broken, one of which includes feeding the poor.

Tabel 2. Jenis *dam*, aturan, serta bentuk *dam*

Jenis dam (denda)	Aturan yang dilanggar	Dam yang harus dibayar
Dam tartib wa taqdir (pelaksanaan dan harus sesuai urutan)	<ol style="list-style-type: none"> 1. Meninggalkan Wukuf di Arafah 2. Melaksanakan haji tamattu' atau haji qiran 3. Menyembelih binatang buruan sebelum tahallul 4. Melakukan hubungan suami-istri 5. Meninggalkan wajib haji 	<ol style="list-style-type: none"> 1. Menyembelih seekor kambing 2. Berpuasa 10 hari (tiga hari Ketika haji, 7 hari dikampung halaman) 3. Memberi makan orang miskin satu mud /hari
Dam tartib wa ta'dil (dilaksanakan sesuai urutan)	Jika tercegah menyempurnakan rukun haji dan umrah seperti sakit, terkepung musuh, hubungan suami istri	<ol style="list-style-type: none"> 1. Menyembelih seekor unta. 2. Menyembelih seekor sapi atau lembu. 3. Menyembelih tujuh ekor kambing. 4. Memberi makan fakir miskin senilai seekor unta. 5. Berpuasa sebanyak hitungan mud dari makanan yang dibeli seharga seekor unta.
Dam takhyir wa ta'dil (pelaksanaan dam boleh memilih salah satu)	<p>melakukan pelanggaran akan dua hal, yaitu</p> <ol style="list-style-type: none"> 1. berburu atau membunuh binatang buruan ketika berada di Tanah Haram atau Halal setelah ihram menebang atau mencabut pepohonan di Tanah Haram Mekah. 	<ol style="list-style-type: none"> 1. Menyembelih binatang yang sebanding dengan binatang yang diburu. 2. Memberi makan dengan nilai harga binatang yang sebanding dan dibagikan kepada fakir miskin. Jumlah makanan yang harus diberikan adalah senilai dengan harga binatang yang diburu. 3. Berpuasa sejumlah bilangan mud yang senilai dengan binatang sebanding. Satu mud setara dengan 0,7 liter atau 675 gram. Jadi, jika

Jenis dam (denda)	Aturan yang dilanggar	Dam yang harus dibayar
		binatang yang diburu adalah unta, maka damnya adalah 14 mud (14 x 0,7 = 9,8 kg). Jika dikonversikan ke dalam jumlah hari puasa, maka damnya adalah 9,8 hari puasa.
Takhyir wa taqdir	Memotong kuku Memotong rambut Menggunakan pakaian yang dilarang Menutup muka bagi Perempuan dan menutup kepala bagi laki laki Mengecat rambut dan jenggot Memakai wangi-wangian Memandang dengan syahwat Bersetubuh kedua kalinya selama haji Bersetubuh antara tahalul awal dan tsani	menyembelih seekor kambing atau bersedekah kepada 6 orang fakir miskin (tiap orang 2 mud) atau berpuasa 3 hari

Conclusion

The verses mentioning Ith'am appear in 51 surahs of the Qur'an. The hadiths discussing Ith'am are mainly found in the books "Kitab al-Iman" and "Kitab al-Adab." The relationship between the pillars of Islam and Ith'am is evident in the psychological impact of prayer, building positive character and motivating good deeds, including Ith'am. Fasting builds a pious character, fostering compassion for the poor. Zakat fitrah is intrinsically linked to Ith'am as it involves feeding the poor. Hajj regulations and their compensations often involve feeding the poor. The essence of the book "الاعطام روح الاعطام" includes discussions on expiation and penalties.

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