

What is the food of spirit?

The food of spirit is everything ordered by God, or recommended by the apostle of God, (May the blessing and peace of God be upon him). Man only seeks God's satisfaction as he is following and doing them. Such as reciting Qur'an with deep thinking, contemplation, remembering God with sincerity and sound heart. Blessing upon the prophet, (May the blessing and peace of God be upon him), by recalling his beauty and his perfection. Asking God's forgiveness from sins with regret and intending not to do them again. Doing good deeds for people seeking God's bounty and His gifts, useful knowledge that leads to doing good and urging a person to do it and keep doing it.