

- 2:172. O you who believe! Eat of the good things that We have provided for you, and be grateful to Allah, if it is Him you worship.
- 2:173. He has only forbidden you dead meat, and blood, and the flesh of swine, and that on which any name has been invoked other than that of Allah. But if one is forced by necessity, without wilful disobedience, nor transgressing due limits, then there is no sin on him. For Allah is Oft-Forgiving, Most Merciful.

This is a command to the believers in particular, after a command addressed to all of humanity, for they are the ones who really benefit from the commands and prohibitions, because of their faith. Here Allah enjoined them to eat of the good things that He has provided, and to be grateful to Allah for His blessings, by only using them in ways that will bring them closer to Him. This is the same command that He gave to the Messengers, when He said:

﴿O Messengers, eat of that which is wholesome and do righteous deeds...﴾ (al-Mu'minoon 23: 51)

In this verse, “gratitude” refers to doing righteous deeds. Here, Allah did not say “whatever is lawful (halal)” because Allah has permitted to the believer all good things that He has provided that are free of any negative consequences. Moreover, his faith will keep him from consuming anything that is not his.

﴿if it is Him you worship﴾ that is, then give thanks to Him. This indicates that the one who does not give thanks to Allah is not worshipping Him alone, whilst the one who does give thanks to Him is worshipping Him alone and has done what He enjoined. It also indicates that eating good things is the means of doing righteous deeds and of them being accepted. The command to give thanks comes immediately after mention of the blessing, because gratitude protects existing blessings and brings blessings that are missing, whereas ingratitude drives away blessings that are missing and causes existing blessings to be lost.