

# BENEFITS OF *Zamzam* PART 2

One of the companions said: "We used to call it al-Shabbaa'ah (satisfying) and it helped us to take care our families (i.e., it was filling and helped them to do without food, it was also sufficient to nourish children)".

Allah's Messenger ﷺ said: "The water of Zamzam is for whatever it is drunk for." Throughout the ages people have experienced that when they drank it with the intention of fulfilling some need such as healing from sickness or being freed from poverty and distress, Allah fulfilled these hopes.

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