

Shoel U'Mashiv

Energy Drink Before Davening?

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Q - "I despise the taste of coffee, but I am also not a morning person and need something to wake me up before *Davening*. Am I allowed to drink an energy drink before *Davening*?"

A - What is the problem with drinking before *Davening*?

The *Gemara Brachos* 10b gives 2 reasons why drinking before *Davening* is a problem. The first reason is based on *Vayikra* 19:26 that says לא תאכלו על-הדם - not to eat anything with its own blood - which the *Gemara* interprets to mean that one should not drink until they *Daven* for their blood (for themselves). The other reason is based on *Melachim* I 14:9 that says ואתי השלכת אחר גני - and Me you have cast behind your back. The *Gemara* says not to read it as גני, but rather as גני, meaning you put *Hashem* behind your haughtiness.

The *Shulchan Aruch* seems to hold like the second opinion of the *Gemara*. In *O.C.* 89:3 says not to eat or drink before *Davening*; however, water is okay. The *Mishnah Berurah* 89:22 explains because there is no haughtiness with water.

What else is prohibited because of haughtiness?

The general understanding of haughtiness is that it is drinking something solely for one's personal enjoyment with no other purpose. Therefore, the *Mishnah Berurah* 89:22 says that one is allowed to drink coffee or tea before *Davening* since they wake a person up. He discusses whether one is allowed to add milk and sugar, as well or whether those are a problem of haughtiness. Rabbi Shlomo Zalman Auerbach *Halichos Shlomo Hilchos Tefillah* 2:2 is quoted as saying that milk and sugar are not a problem of haughtiness since that is how people typically drink coffee nowadays. Rav Elyashiv is quoted in *Peninei Halacha* pg. 56 as saying that juice and soft drinks are also allowed before *Davening*. The reason being it helps a person wake up and focus.

Can a person have an energy drink before *Davening*?

Based on the discussion above, it seems permissible for a person to have an energy drink before davening, assuming they are doing so for the caffeine and not merely because they enjoy the taste. If it were merely because they enjoy the taste, that would be considered haughty and would not be allowed until after one has *Davened*.