Anas (radiallahu anhu) reported that Allah’s Messenger (salla Allahu alayhi wa sallam) said, "Take meal a little before dawn, for there is a blessing in taking meal at that time.

(Muslim #2412)

Suhoor:
- Differentiates us from the people of the Book
- Equips us with strength to complete our fast
- Gives us the opportunity to thank our Lord for the food provided

Sahih Muslim Commentary
SUHOOR

PLACEMATS