

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

إِنِّ أَجْرِي إِلَّا عَلَى اللَّهِ وَهُوَ عَلَى كُلِّ شَيْءٍ شَهِيدٌ
"My reward is only from Allah. And He is a
witness over all things"

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Jazakumullahu Khairan,
Zam Zam Islamic Center



THE METHOD OF PERFORMING

Wudhu

Name:



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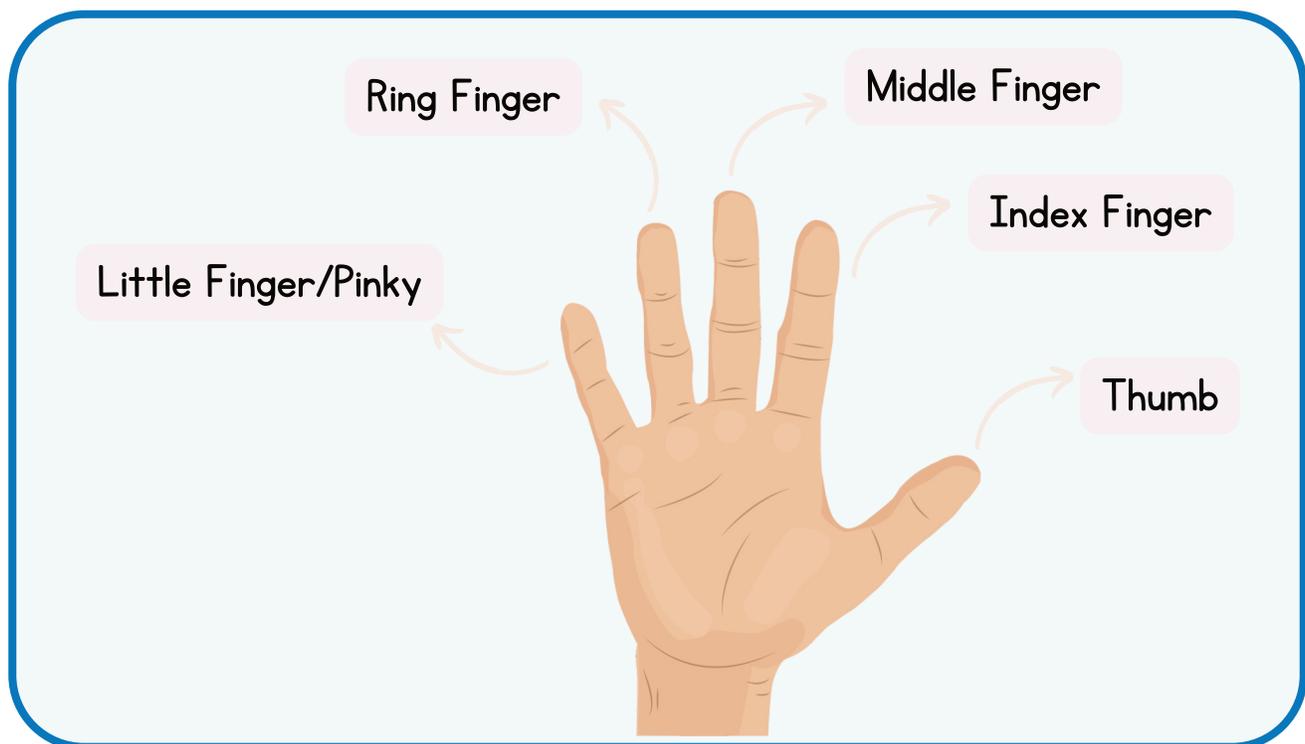
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Vocabulary

1. **Compulsory** - Something you **MUST** do.
2. **Du'aa** - Supplication or prayer made to Allah (ﷻ).
3. **Earlobe** - The soft lower part of your ear.
4. **Faraaidh** - Obligatory acts or duties in Islamic law.
5. **Gargle** - Rinsing your mouth and throat with liquid, like mouthwash or water.
6. **Ghusl** - A full-body bath Muslims perform for ritual purity.
7. **Hadathe Asghar** - Minor impurities that require wudhu , e.g. urinating.
8. **Hygiene** - Practices to keep yourself clean and healthy, like washing your hands.
9. **Impurities** - Substances considered unclean, like dirt or bodily fluids.
10. **Istinja** - Cleaning the private parts with water and toilet paper after using the toilet.
11. **Ka'bah**- The house of Allah (ﷻ) in Makkah towards which Muslims face during salah. Built by the Prophet Ibrahim (Alayhis-Salaam).
12. **Khilaal** - The act of passing water between one's fingers, toes and beard during ablution.
13. **Makruh** - Discouraged or disliked actions in Islam.
14. **Masah** - The act of wiping over certain parts of the body during wudhu (ablution).
15. **Miswaak** - A stick from a tree used for cleaning teeth, like a toothbrush. It is a sunnah of the Prophet Muhammad (ﷺ) to use and holds great reward.
16. **Mustahabbat** - Recommended or encouraged actions in Islam.
17. **Nawaaqidh** - Actions that invalidate or break the wudhu (ablution).

Vocabulary

18. **Nape** - The back of your neck.
19. **Nostrils** - The openings in your nose.
20. **Prevent** - To stop something from happening.
21. **Qiblah** - The direction Muslims face during prayer.
22. **Sajdah Tilaawat** - Prostration performed upon reciting specific verses of the Qur'an.
23. **Swish** - To move liquid around in your mouth.
24. **Tahaarah** - Ritual purity achieved through washing or taking a bath.
25. **Tawaaf** - Circling around the Ka'bah during pilgrimage (Hajj/Umrah).
26. **Thoroughly** - Doing something completely and carefully.
27. **Wudhu** - or ablution, is the act of washing specific parts of the body before certain acts of worship, such as salah (prayer).



Tahaarah in Islam

In Islam, cleanliness (tahaarah) is considered an important part of Imaan because it not only keeps our bodies and surroundings clean but also purifies our hearts and minds.

By staying clean..

- 💧 We show submission to the command of Allah (ﷻ) who ordered that we should purify ourselves.
- 💧 It helps us stay healthy, prevents diseases, and creates a pleasant environment for everyone.
- 💧 We are better able to focus on our prayers, thoughts, and actions, leading to a stronger connection with Allah (ﷻ) and a more positive outlook on life.

Remember, being clean is not just about washing our hands or taking a bath – it is about gaining the pleasure of Allah (ﷻ), caring for ourselves, others, and the world around us.

Allah (ﷻ) Tells Us in the Qur'an

إِنَّ اللَّهَ يُحِبُّ الْمُتَوَّابِينَ وَ يُحِبُّ الْمُتَطَهِّرِينَ

“Indeed, Allah (ﷻ) loves those who are constantly repentant and loves those who purify themselves.”

(Qur'an, 2:222)

يَا أَيُّهَا الَّذِينَ ءَامَنُوا إِذَا قُمْتُمْ إِلَى الصَّلَاةِ
فَاغْسِلُوا وُجُوهَكُمْ وَأَيْدِيَكُمْ إِلَى الْمَرَافِقِ
وَأَمْسَحُوا بِرُءُوسِكُمْ وَأَرْجُلَكُمْ إِلَى الْكَعْبَيْنِ

“O you who have believed, when you rise to [perform] prayer, wash your faces and your forearms to the elbows and wipe over your heads and wash your feet to the ankles.”

(Qur'an, 5:6)

The Prophet (ﷺ) said

قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ
"الطَّهُورُ شَطْرُ الْإِيمَانِ"

The Messenger of Allah (ﷺ) said that
cleanliness is half of faith.

(Sahih Muslim)

قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ
"مِفْتَاحُ الْجَنَّةِ الصَّلَاةُ وَمِفْتَاحُ الصَّلَاةِ الْوُضُوءُ"

The Messenger of Allah (ﷺ) said the key to
paradise is salah, and the key to salah is wudhu.

(Tirmidhi)

قال رسول الله صلى الله عليه وسلم
"من تَوَضَّأَ فَأَحْسَنَ الْوُضُوءَ، خَرَجَتْ خَطَايَاهُ مِنْ جَسَدِهِ
حَتَّى تَخْرُجَ مِنْ تَحْتِ أَظْفَارِهِ"

The Messenger of Allah (ﷺ) said "He who
performs the wudhu perfectly (i.e.,
according to Sunnah), his sins will depart
from his body, even from under his nails."

(Sahih Muslim)

The Prophet (ﷺ) said

رَسُولَ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ قَالَ " إِذَا تَوَضَّأَ الْعَبْدُ
الْمُسْلِمُ - أَوْ الْمُؤْمِنُ - فَغَسَلَ وَجْهَهُ خَرَجَ مِنْ وَجْهِهِ كُلُّ
خَطِيئَةٍ نَظَرَ إِلَيْهَا بِعَيْنَيْهِ مَعَ الْمَاءِ - أَوْ مَعَ آخِرِ قَطْرِ الْمَاءِ
- فَإِذَا غَسَلَ يَدَيْهِ خَرَجَ مِنْ يَدَيْهِ كُلُّ خَطِيئَةٍ كَانَ بَطَشَتْهَا
يَدَاهُ مَعَ الْمَاءِ - أَوْ مَعَ آخِرِ قَطْرِ الْمَاءِ - فَإِذَا غَسَلَ رِجْلَيْهِ
خَرَجَتْ كُلُّ خَطِيئَةٍ مَشَتْهَا رِجْلَاهُ مَعَ الْمَاءِ - أَوْ مَعَ آخِرِ
قَطْرِ الْمَاءِ - حَتَّى يَخْرُجَ نَقِيًّا مِنَ الذُّنُوبِ "

The Messenger of Allah (ﷺ) said When a Muslim, or a believer, washes his face (in the course of wudhu), every sin which he committed with his eyes, will be washed away from his face with water, or with the last drop of water; when he washes his hands, every sin which is committed by his hands will be erased from his hands with the water, or with the last drop of water; and when he washes his feet, every sin his feet committed will be washed away with the water, or with the last drop of water; until he finally emerges cleansed of all his sins."

(Sahih Muslim)

The Prophet (ﷺ) said

وعنه أن رسول الله صلى الله عليه وسلم أتى المقبرة فقال: "السلام عليكم دار قوم مؤمنين وإنا إن شاء الله بكم لاحقون، وددت أنا قد رأينا إخواننا" قالوا: أولسنا إخوانك يا رسول الله؟ قال: "أنتم أصحابي، وإخواننا الذين لم يأتوا بعد" قالوا: كيف تعرف من لم يأت بعد من أمتك يا رسول الله؟ فقال: "أرأيت لو أن رجلا له خيل غر محجلة بين ظهري خيل دهم بهم، ألا يعرف خيله؟" قالوا بلى يا رسول الله، قال: فإنهم يأتون غرًا محجلين من الوضوء وأنا فرطهم على الحوض

Hadhrat Abu Hurairah (Radi Allahu Anhu) reported:

The Messenger of Allah (ﷺ) went to the (Baqi') cemetery and said, "May you be secured from punishment, O dwellers of abode of the believers! We, if Allah wills, will follow you. I wish we see my brothers." The Companions said, "O Messenger of Allah! Are not we your brothers?" He (ﷺ) said, "You are my Companions, but my brothers are those who have not come into the world yet." They said; "O Messenger of Allah! How will you recognize those of your Ummah who are not born yet?" He (ﷺ) said, "Say, if a man has white-footed horses with white foreheads among horses which are pure black, will he not recognize his own horses?" They said; "Certainly, O Messenger of Allah!" He (ﷺ) said, "They (my followers) will come with bright faces and white limbs because of Wudu'; and I will arrive at the Haud (Al-Kauthar) ahead of them."

(Sahih Muslim)

What is Istinja?

Istinja is a way to clean ourselves after using the restroom. It involves wiping and washing the private parts with water. This practice is recommended in Islam, following the example of Prophet Muhammad (ﷺ).



Etiquettes of Using the Restroom



- ✓ When urinating or passing stool, go to a private place.
- ✓ Use the left hand for istinja.
- ✓ Read your du'aas for entering and exiting the restroom.
- ✓ Remove rings, badges, or anything else on the body on which the name of Allah (ﷻ) or Qur'anic verses are written.
- ✗ It is makruh (highly discouraged) to pass urine while standing.
- ✗ Do not urinate or pass stool on a public road or path, beneath a fruit tree, a tree giving shade, in a well, dam, or river.
- ✗ Avoid unnecessary talk in the restroom.

Steps on How to Perform Istinja

1

Before you start using the bathroom, fill up your jug of water and have toilet paper close at hand, so that you can easily grab them when you need to use them.

2

After using the toilet, first wipe yourself with toilet paper.



3

Then pour water gently over your private parts while holding the jug or bottle in your right hand.



4

Always use your left hand to clean yourself.



5

Keep pouring water and cleaning yourself until you feel clean and comfortable. You might need to do this a few times to make sure you're completely clean.



Steps on How to Perform Istinja

6

Once you're done cleaning with water, use paper towel or a towel to dry yourself off. Make sure you are completely dry.



Please avoid flushing paper towels; dispose of them in the garbage bin instead.

7

After you've finished istinja, wash your hands with soap and water. Rub your hands together with soap, making sure to clean between your fingers and under your nails. Rinse off the soap with water and dry your hands with a towel.



8

Now you're all done! You've performed istinja and you're clean and ready to go. Don't forget to flush the toilet and put away the jug for next time.

What is Wudhu?

Wudhu, also known as ablution, is performed before offering salah. It involves washing certain parts of the body, such as the hands, face, and feet etc, to purify oneself spiritually before standing for salah. Remember, wudhu is essential because no salah is accepted without it.

Faraaidh of Wudhu

In wudhu, there are four compulsory acts known as Faraaidh.

These acts are super important! If any one of these acts is missed, the wudhu won't be complete.

- 1 Wash the entire face once, from the hairline to below the chin and from one earlobe to the other.
- 2 Wash both arms once, up to and including the elbows.
- 3 Make masah of one-quarter of the head.
- 4 Wash both feet up to and including the ankles.

What is Wudhu?

Keep in mind



When the four acts of wudhu are performed, wudhu will be regarded as complete, whether you have intended to make wudhu or not. However, you will not obtain the reward of making wudhu, e.g.

A

When you are bathing and pour water over the entire body, in which the compulsory parts were washed.

B

If you were to fall into a well or a river, etc.

C

If you were to stand in the rain so much so that the compulsory parts were washed.

Mustahabbaat of Wudhu

There are 6 Mustahab acts in wudhu. These refer to recommended or encouraged actions that are not obligatory for the validity of wudhu, but performing them earns additional rewards and blessings. There is no sin for leaving them out.

1 Begin wudhu from the right side.

2 Make masah of the nape (back of your neck) during wudhu.

3 Refrain from seeking assistance from others while performing wudhu.

4 Face the direction of the Qiblah during wudhu.

5 Sit on a high and clean place during wudhu.

6 After washing one part, one shouldn't delay washing the next part such that the first part becomes dry.

Acts Which Require Wudhu

Salaah

We need wudhu to perform salah.



Touching Qur'aan

We need wudhu to touch the Qur'an.



Tawaaf

We need wudhu to perform tawaaf of the Ka'bah.



Sajdah-Tilaawah

Sajdah Tilaawah is a prostration performed when we recite specific verses from the Qur'an

We need wudhu to make Sajdah of Tilaawah.



Nawaaqidh of Wudhu

"Nawaaqidh" of wudhu means things that break your wudhu. If any of these happen after you do wudhu, you must do wudhu again before praying.

- 🔴 Urinating or passing stool.
- 🔴 Releasing gas (farting).
- 🔴 Bleeding from the body, such as a nosebleed, cut, or pimple.
- 🔴 Vomiting a mouthful.
- 🔴 Falling asleep while lying down or leaning against something.
- 🔴 Losing consciousness (fainting).
- 🔴 Losing one's sanity.
- 🔴 Becoming intoxicated.
- 🔴 Laughing loudly during prayer in a way that others can hear you.



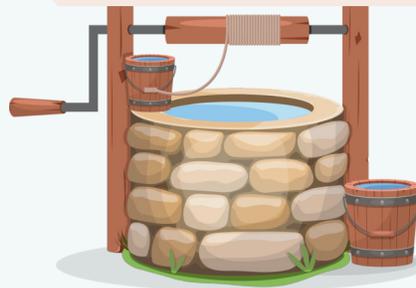
Purifying Water

Wudhu and Ghusl (full bath) are allowed with the following types of water:

RAIN WATER



WELL WATER



SEA WATER



SPRING WATER

MELTING SNOW/HAIL



WATER FROM A POND OR BIG TANK



RIVER WATER

Method of Making Wudhu

1

Intention & Du'aa

"I am performing wudhu to remove minor impurities"



2

Hands

Wash both hands up to the wrist three times.



3

Mouth

Rinse your mouth with water three times.



4

Nose

Put water into the nostrils with the right hand thrice.



5

Face

Wash the whole face three times.



Method of Making Wudhu

Arm & Elbow

6

Wash both arms up to and including the elbows, three times.



Head

7

front to back

Make Masah of the head...



Ears & Neck

8

Then the ears, and nape.



Feet

9

Wash both feet up to and including the ankles, three times. Do khilaal of the toes.



Du'aa

10

Read the du'aa after completing wudhu.



Lets Begin Wudhu!

Step 1: Intention for Wudhu

Begin by making a sincere intention for wudhu. This involves firmly deciding in your heart that you are performing wudhu to remove minor impurity (hadathe asghar). You can say silently to yourself, "I am performing wudhu to remove minor impurity."

Step 2: Recite the Du'aa

بِسْمِ اللّٰهِ

"In the name of Allah"

Step 3: Wash Both Hands Thoroughly

Wash each hand up to the wrist three times, starting with your right hand. Then move onto your left hand. Ensure that water reaches all parts of your hands, including between the fingers and under the nails. This step cleanses the hands and prepares them for the remaining actions of wudhu.



Let's Start with Our Mouth

Step 4: Brush the Teeth with a Miswaak

Using a miswak, clean your teeth thoroughly. Brush each tooth gently but effectively, ensuring that all surfaces are cleaned. Pay attention to the front, back, and chewing surfaces of the teeth. Cleaning the teeth is an important aspect of wudhu as it enhances oral hygiene and prepares the mouth for rinsing. Using a miswak increases the reward of salah by 70 times.

Step 5: Gargle Water in the Mouth

Take a mouthful of water with your right hand and gargle it in your mouth. Swish the water around, ensuring it reaches all parts of the mouth, including the gums and tongue. Then, expel the water from your mouth. Repeat this step three times. This step helps to cleanse the mouth and throat, removing any impurities.

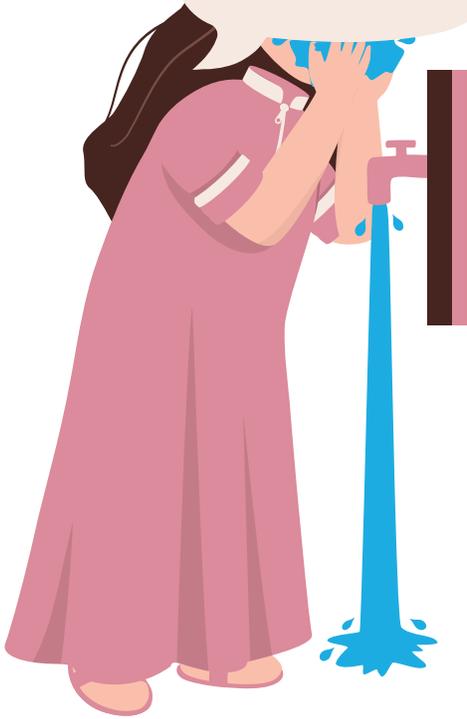
Note: While fasting, refrain from gargling water in a manner that allows it to go down your throat. Simply swish the water in your mouth instead.



Moving onto the Nose...



3 x's



Step 6: Rinse the Nostrils

Using your right hand, take a handful of water and gently sniff it into your nostrils. Repeat this step three times. Ensure that water reaches the entire nasal cavity. Then, using the little finger of your left hand, gently clean the nostrils to remove any impurities. This step is crucial for cleansing the nasal passages and preparing for the next step of wudhu.

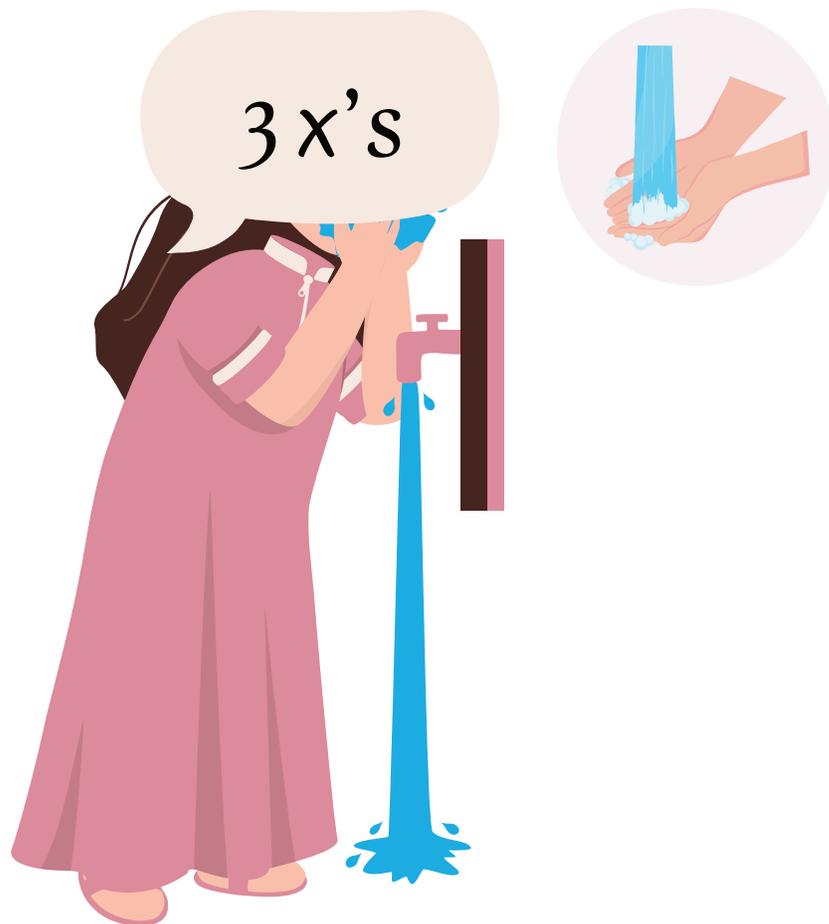
Note: While fasting, refrain from sniffing water in a manner that allows it to go down your throat. Simply push the water up your nostrils with a handful of water instead.

Notes

Next Comes the Face...

Step 7: Wash the Entire Face Thoroughly

Wash the entire face three times, ensuring to cover the entire area from the hairline to below the chin and from one earlobe to the other. Use your hands to apply water evenly, making sure it reaches every part of your face, including the forehead, cheeks, nose, and chin. This step effectively cleanses the face and removes any impurities.



Now for the Arms...

Step 9: Wash the Hands and Arms

Start by washing the right hand, including the arm and elbow, three times. Ensure to wash thoroughly from the fingertips up to and including the elbow, covering all areas. Then, repeat the same process for the left hand, including the arm and elbow, also washing three times.

Step 10: Khilaal of the Fingers

To perform khilaal of the fingers, cross the fingers of your left hand onto your right hand and then the fingers of your right hand onto your left hand.



Slide the fingers of one hand between the fingers of the other hand, ensuring to reach between each finger. Repeat this action for both hands. Khilaal of the fingers helps to ensure thorough cleansing and removal of any impurities trapped between the fingers.

Onto the Head...

Step 11: Make Masah of the Head, Ears, and Nape



Using wet hands, keep the middle finger, ring finger, and little finger of each hand together, while keeping the thumb, index finger, and palm away from the head. Pass these three fingers over your entire head to the upper portion of your nape. Then, place the palms on the sides of the head and bring them forward to the forehead.

Next, insert the front portion of the index finger into the opening of the ears. After that, make masah (lightly wipe) behind the ears with the inner part of the thumb. Finally, make masah of the nape with the back of the middle finger, ring finger, and little finger.



Finally the Feet...

Step 12: Wash the Feet and Make Khilaal of the Toes

Begin by washing the right foot, including the ankle, three times, ensuring to cover the entire foot with water. Clean between the toes and around the ankle thoroughly. To perform khilaal (cleaning between the toes), use the little finger of your left hand to gently slide between the toes of your right foot, starting from the small toe and moving towards the big toe. Then, repeat the same process for the left foot, also washing three times. Finally, do khilaal of the toes of your left foot using the little finger of your left hand, starting from the big toe and completing at the little toe.



Ensure Every Portion Gets Wet

During wudhu, it is crucial to ensure that every part of the body being washed gets thoroughly wet. Wash each body part one after the other in sequence without pausing, ensuring that no portion becomes dry before wudhu is complete.

Don't Forget Your Du'aa

Step 13: Recite the Du'aa After Completing Wudhu

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ وَأَشْهَدُ أَنَّ
مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

Ash-hadu 'an laa 'ilaaha 'illallaahu wahdahu laa shareeka lahu wa
'ash-hadu 'anna Muhammadan 'abduhu wa Rasooluhu.

“I bear witness that none has the right to be worshipped but Allah alone, Who has no partner; and I bear witness that Muhammad (ﷺ) is His slave and His Messenger.”

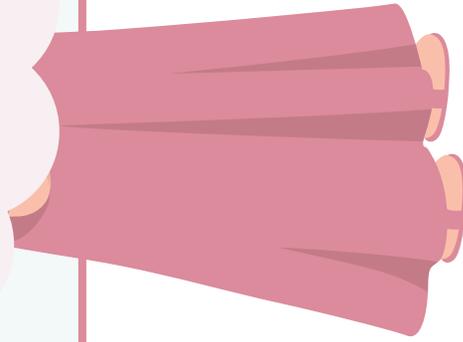
It's important to ensure thorough cleanliness during wudhu. Here are some additional reminders:

1. **Remove Jewellery:** Before performing wudhu, ensure that water can reach all necessary limbs by removing any jewelery that may prevent water from reaching the skin, such as rings, bracelets etc.
2. **Check Under the Nails:** Pay close attention to the area under the nails. If dough or anything similar is stuck there, take care to remove it thoroughly as it may prevent water from reaching the skin.



1 Intention & Du'aa

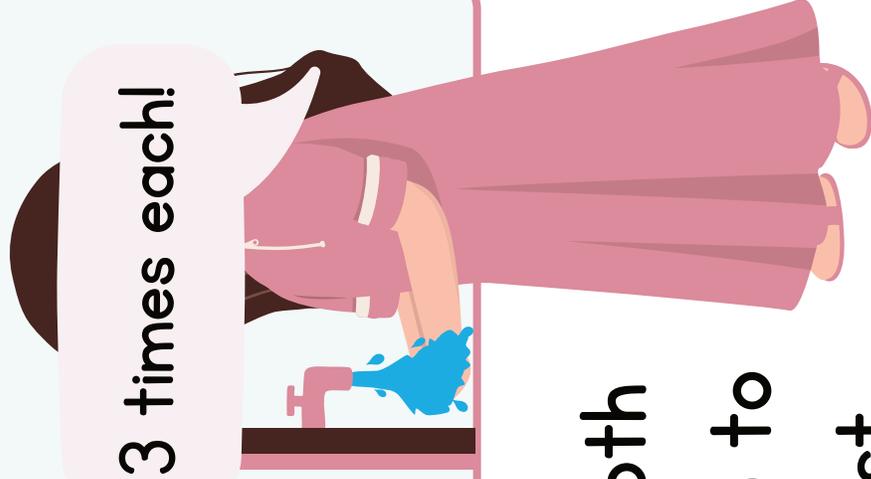
"I am performing wudhu to remove minor impurities"



Read the du'aa to begin your wudhu.

2 Hands

3 times each!

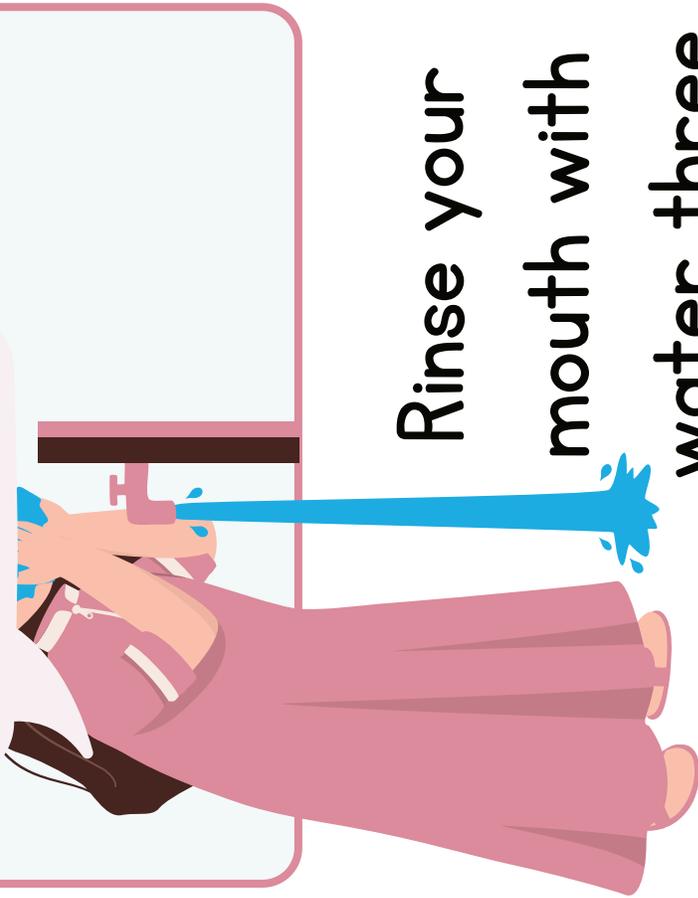


Wash both hands up to the wrist three times.

Mouth

3

3 times!

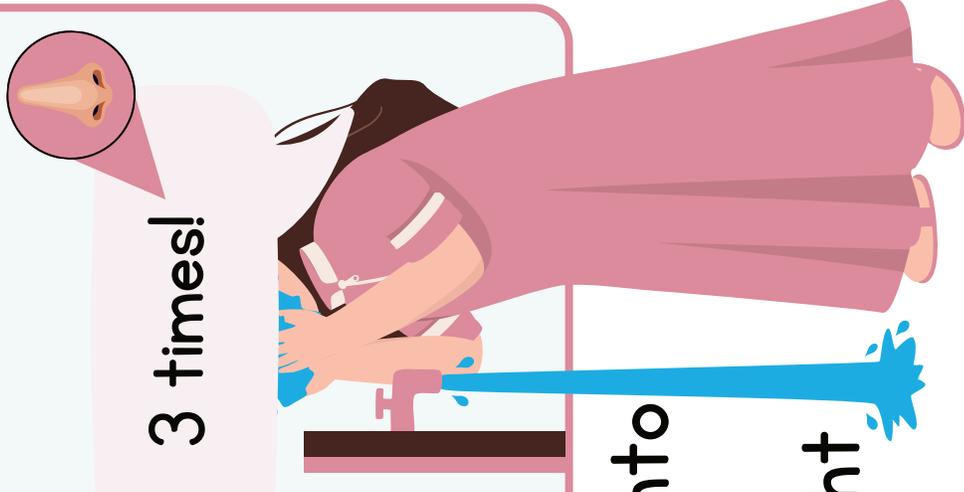


Rinse your
mouth with
water three
times.

4

Nose

3 times!



Put water into
the nostrils
with the right
hand thrice.
Clean with your
left pinky finger.

5 Face

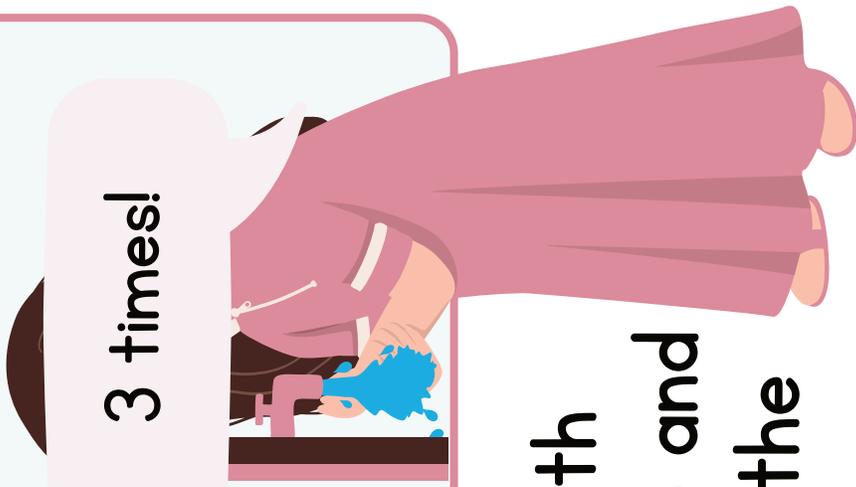
3 times!



Wash the whole face three times.

6 Arm & Elbow

3 times!



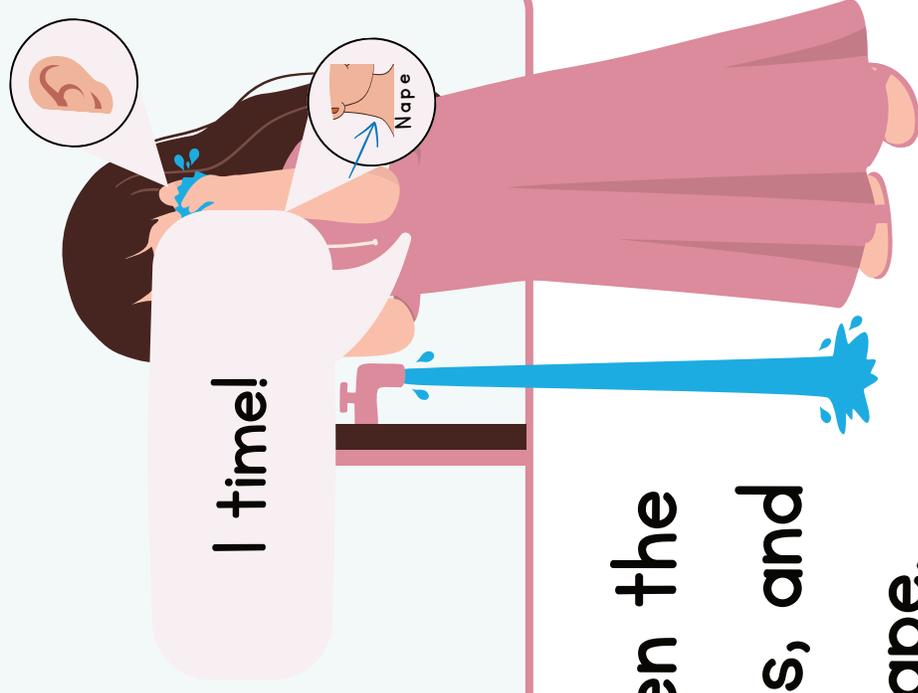
Wash both arms up to and including the elbows three times.

7 Head



Make
Masah of
the head....

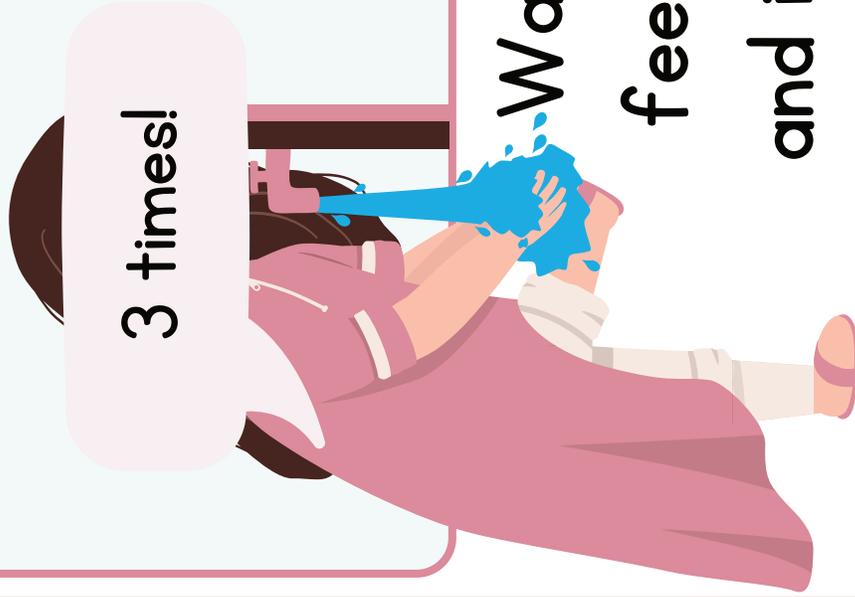
8 Ears & Neck



Then the
ears, and
nape.

Feet

9

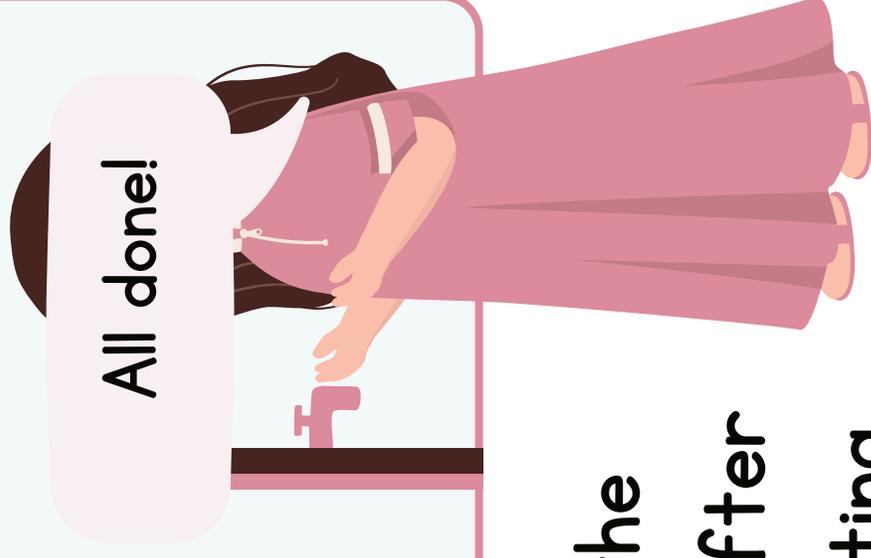


Wash both feet up to and including the ankle, doing khilaal of the toes.

3 times!

Du'aa

10



Read the du'aa after completing wudhu.

All done!