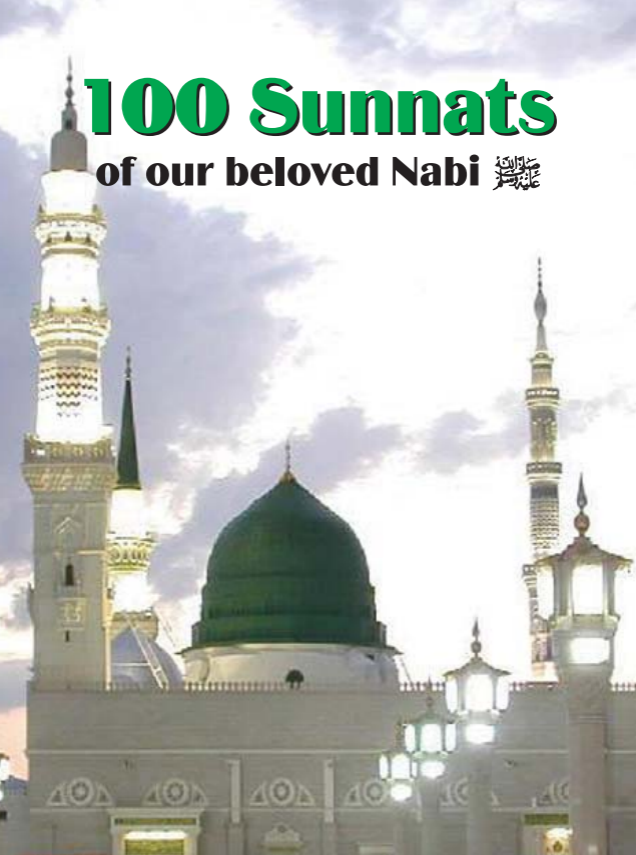


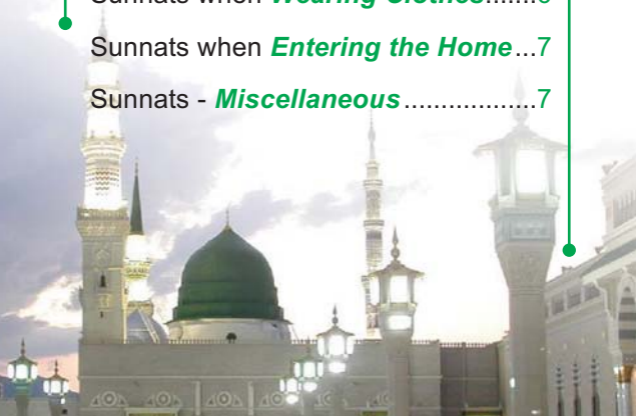
100 Sunnats

of our beloved Nabi ﷺ



Contents

Sunnats of the <i>Toilet</i>	1
Sunnats of <i>Eating</i>	2
Sunnats of <i>Drinking</i>	3
Sunnats of <i>Sleeping</i>	4
Sunnats when <i>Awakening</i>	5
Sunnats when <i>Wearing Clothes</i>	6
Sunnats when <i>Entering the Home</i>	7
Sunnats - <i>Miscellaneous</i>	7



Sunnats of the Toilet

1. Enter the toilet with your head covered.
2. Enter the toilet with shoes.
3. Recite the dua before entering the toilet.
4. Enter with the left foot.
5. Sit and urinate. One should never urinate whilst standing.
6. One should not face or show his back towards the Qiblah.
7. Do not to speak in the toilet.
8. Be very careful of the splashes of urine. (being unmindful in this regard causes one to be punished in the grave)
9. After relieving oneself, cleanse oneself using water.
10. Leave the toilet with the right foot.
11. Recite the dua after coming out of the toilet.

Sunnats of Eating

12. Spread out a cloth on the floor before eating.
13. Wash both hands up to the wrists.
14. Remove your shoes before eating.
15. Sit on the floor and eat.
16. Before eating recite '*Bismillah wa'la barakatillah*' aloud.
17. When eating, sit with either both knees on the ground or one knee raised or both knees raised.
18. Do not lean and eat.
19. Eat with the right hand.
20. Eat with three fingers if possible.
21. One should not eat very hot food.
22. Do not blow on the food.
23. Eat from the side that is in front of you.
24. If a morsel of food falls down, pick it up, clean it and eat it.
25. Whilst eating, one should not remain completely silent.
26. Do not find fault with the food.

27. Clean the plate and other utensils thoroughly after eating. By doing this, the utensil makes dua for one's forgiveness.
28. After eating, lick the fingers.
29. Recite the dua after eating.
30. Remove the food before getting up.
31. Wash both the hands after meals.
32. Thereafter gargle the mouth.

Sunnats of Drinking

33. Recite "*Bismillah*" before drinking.
34. A Muslim should drink with the right hand. Shaytaan drinks with the left hand.
35. Sit and drink.
36. Do not drink directly from the jug or bottle. One should pour the contents into a glass first and then drink.
37. Drink in 3 breaths (sips), removing the utensil from the mouth after each sip.
38. After drinking say "*Alhamdulillah*".

Sunnats of Sleeping

39. It is sunnah to sleep immediately after the Esha Salaah.
40. Before going to sleep, discuss with one's family members matters pertaining to Deen. (whether it is in the form of reading some Islamic Books or narrating some incidents of Sahaabah etc.)
41. To sleep in the state of wudhu.
42. To brush the teeth with a miswaak.
43. One should change into some other clothes (e.g. pyjamas) before going to sleep.
44. To apply surmah in both the eyes.
45. Dust the bed thrice before retiring to bed.
46. To sleep on the right hand side.
47. To sleep with the right palm under the right cheek
48. To keep the knees slightly bent when sleeping.
49. Refrain from sleeping on ones stomach.

50. To sleep on a bed or to sleep on the floor are both sunnah.
51. To face the Qiblah.
52. To recite *Surah Mulk*, before sleeping.
53. To recite *Ayatul Kursi*.
54. To recite *Surah Ikhlaas*, *Surah Falaq* and *Surah Naas* before sleeping 3 times and thereafter blow over the entire body thrice.
55. Recite *Tasbeeh e Faitimi* before sleeping (i.e. 33 times *Subhan Allah* 33 times *Alhamdulillah* and 34 times *Allahu Akbar*.)
56. To recite the dua before sleeping.

Sunnats when Awakening

57. To wake up for Tahajjud Salaah.
58. On awakening rub the face and the eyes with the palms of the hands in order to remove the effects of sleep.
59. Say "*Alhamdulillah*" thrice and then recite "*Kalima Tayyibah*" on awakening.

60. Thereafter recite the dua on awakening.
61. To make the bed yourself.
62. On awakening cleanse the mouth with a Miswaak.

Sunnats when Wearing Clothes

63. Rasulallah (Sallallahu alayhi wasallam) loved white clothing.
64. When putting on any garment Rasulallah (Sallallahu alayhi wasallam) always began with the right limb.
65. When removing any garment Rasulallah (Sallallahu alayhi wasallam) always removed the left limb first.
66. Males must wear the pants above the ankles. Females should ensure that their lower garment covers their ankles.
67. Males should wear a 'topee' (hat) or turban. Females must wear scarves covering all their hair at all times.

68. When wearing shoes, first wear the right shoe then the left.
69. When removing your shoes, first remove the left and then the right.

Sunnats when Entering the Home

70. To recite the dua before entering the home.
71. To greet those that are in the house with "*Assalaamu alaykum.*"
72. To announce one's arrival by coughing, greeting, etc. even though it may be your own house.

Sunnats - Miscellaneous

73. Using a miswaak is a great sunnah of Rasulullah (Sallallahu alayhi wasallam). One who makes miswaak when making wudhu and thereafter performs salaah will receive 70 times more reward. It will also enable one to easily recite the *kalima* at the time of death. **7**

74. To have a bath on a Friday.
75. To apply itr. (this applies to men only)
76. For men to keep a beard that is one fist in length.
77. To carry one's shoes in the left hand.
78. To make wudhu at home before going to the Masjid.
79. To enter the Masjid with the right foot.
80. To leave the Masjid with the left foot.
81. To keep the gaze on the ground whilst walking.
82. To speak softly and politely.
83. To greet all Muslims by saying "*Assalaamu alykum wa rahmatullahi wa barakaatuhu.*"
84. To show mercy to those who are younger than you.
85. To respect your elders.
86. To respect your parents.
87. To visit a Muslim when he is sick.

88. To be good towards your neighbour.
89. To meet a Muslim with a cheerful face.
90. To care for the poor and needy.
91. To keep good relations with all your relatives.
92. To honour a guest, even though he may not be of a very high position.
93. To be hospitable towards your guest.
94. To exchange gifts with one another.
95. To make *mashwarah* (consult) with one's parents, teachers or elders before doing any work.
96. To ponder over the creation of Allah Ta'ala.
97. To command people to do good.
98. To forbid them from doing evil.
99. To recite some portion of the Qur'aan Shareef daily.
100. To make dua to Allah Ta'ala for the fulfillment of one's needs in whatever language one desires.

Jamiatul Ulama (KZN) Ta'limi Board

Tel: 031 912 2172 Fax: 031 902 9268

P.O. Box 26024 Isipingo Beach 4115

info@talimiboardkzn.org

www.talimiboardkzn.org

