



## Dua's & Sunnahs

### When waking up

1. When you wake up, first of all read the following du'a:

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ

*All praises are for Allah, who gave us life after giving us death and to him is our final return.*

(Bukhari, Abu Dawud, Nasa'ee)

2. Immediately upon waking up from sleep, rub the face and the eyes with the inside of both hands.

(Shama'il Tirmidhi)

3. Wash your hands.

(Part of a Hadith in Muslim)

4. Use a miswaak to clean your teeth and mouth.

(Musnad e Ahmed & Abu Dawud)

## **When entering the toilet or bathroom**

1. Before you enter the bathroom, read the following du'a:

بِسْمِ اللَّهِ اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْخُبُثِ وَالْخَبَائِثِ

*In the name of Allah, I seek protection in you from filth and impurity (male and female devils)*

(Bukhari, Muslim, Tirmidhi, Abu Dawud,)

2. Cover your head and wear footwear. (Bayhaqi)

3. Enter the toilet with the left foot. (Tirmidhi)

4. Lower yourself (sit down) whilst relieving yourself as much as possible. (Tirmidhi, Abu Dawud)

5. Wash and clean yourself after relieving yourself using water and tissue paper.

6. Use the left hand to clean yourself. (Bukhari, Muslim)

7. Leave the toilet with the right foot. (Tirmidhi)

8. After you leave the toilet, read the following du'a:

غُفْرَانَكَ الْحَمْدُ لِلَّهِ الَّذِي أَذْهَبَ عَنِّي الْأَذَى وَعَافَانِي

*I seek your forgiveness (Oh Allah), All praises are due to Allah who has taken away from me discomfort and granted me relief.*

(Bukhari)

## When wearing clothes

1. Start with the right side when wearing clothes (vest/ underwear/ jumper/ trousers/dress etc)

(Tirmidhi, Abu Dawud, Ibn Majah)

2. Say the following du'a upon wearing clothes:

الْحَمْدُ لِلَّهِ الَّذِي كَسَانِي هَذَا وَرَزَقَنِيهِ مِنْ غَيْرِ حَوْلٍ مِنِّي وَلَا قُوَّةٍ

*All praises are due to Allah who clothed me with this garment and gave it to me without any strength or ability on my part.*

(Tirmidhi, Abu Dawud)

3. When wearing new clothes, read this du'a also:

اللَّهُمَّ لَكَ الْحَمْدُ- أَنْتَ كَسَوْتَنِي هَذَا- أَسْأَلُكَ مِنْ خَيْرِهِ

وَأَعُوذُ بِكَ مِنْ شَرِّهِ وَشَرِّ مَا صُنِعَ لَهُ

*Oh Allah, for you is praise. You have clothed me with this garment, I ask you the goodness of it and the goodness for which it was created and I seek your protection from the evil of it and the evil for which it was created.* (Ibn Abi Shaybah)

4. When removing anything from the body, start with the left side.

(Tirmidhi)

## **When wearing shoes**

1. Start with the right foot. (Bukhari, Muslim)

2. Sit down when wearing your shoes. (Abu Dawud)

3. When wearing and removing shoes, read the following:

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

*In the name of Allah, the most kind, the most merciful*

4. Start with the left foot when removing shoes. (Muslim)

## **When eating (breakfast/ lunch/supper etc**

### **Before Eating**

1. Lay a cloth on the floor before eating. (Bukhari)
2. Wash the hands upto the wrist and gargle the mouth before eating. (Tirmidhi)
3. Sit on the floor and eat. (Abu Dawud)
4. Recite the following du'a before eating:  

بِسْمِ اللَّهِ وَبَرَكَاتِهِ

*In the name of Allah and with the blessings of Allah.*  
(Mustadrak Al Hakim)

### **While Eating**

5. Eat with the right hand. (Ibn Majah, Bukhari)
6. Eat from your side of the plate; the side that is nearest to you. (Bukhari)
7. Lick the fingers clean during eating and after eating.
8. When eating, sit in any of these 3 positions:
  - 1) Squatting
  - 2) Salah
  - 3) By lifting the right leg up
9. Eat with 3 fingers if possible. (the thumb, index finger and middle finger)

10. If you forget to say بِسْمِ اللّٰهِ before eating, read the following du'a whenever you remember:

بِسْمِ اللّٰهِ اَوَّلُهُ وَاٰخِرُهُ

*In the name of Allah, at the beginning of it and at the end of it.*

(Tirmidhi, Abu Dawud)

11. If a morsel of food falls down onto the floor, pick it up, clean it and eat it. (Muslim)

### **After Eating**

12. Read the following du'a after you finish eating:

اَلْحَمْدُ لِلّٰهِ كَثِيْرًا طَيِّبًا مُّبَارَكًا فِيْهِ ،  
غَيْرَ مَكْفِيٍّ وَلَا مُوَدَّعٍ وَلَا مُسْتَغْنَى عَنْهُ رَبَّنَا

(Bukhari)

13. Read the following du'a upon lifting the cloth:

اَلْحَمْدُ لِلّٰهِ الَّذِيْ اَطْعَمَنِيْ هٰذَا وَرَزَقَنِيْهِ مِنْ غَيْرِ حَوْلٍ مِنِّيْ وَلَا قُوَّةٍ

(Abu Dawud, Tirmidhi)

14. Read the following du'a after you finish eating:

اَلْحَمْدُ لِلّٰهِ الَّذِيْ اَطْعَمَنَا وَسَقَانَا وَجَعَلَنَا مُسْلِمِيْنَ

*All praises are due to Allah who fed us, gave us drink and made us Muslims.*

(Tirmidhi)