



# CLEANLINESS IN ISLAM

## HOW DO WE KNOW THAT CLEANLINESS IS VERY IMPORTANT IN ISLAM?

الله wants us to always be clean and tidy. We know this because it is encouraged in the Holy Quran many times. Surah Al-Baqarah (2:222) reads

**“TRULY, ALLAH LOVES THOSE WHO TURN TO HIM CONSTANTLY AND HE LOVES THOSE WHO KEEP THEMSELVES PURE AND CLEAN”**

We also know that Prophet Muhammad ﷺ practiced cleanliness of self and surrounding to a great extent and even said

**“CLEANLINESS IS PART OF OUR RELIGION”**

## WHAT SHOULD WE KEEP CLEAN



### OUR BODY

We must bathe at least once a day and we must do *Wudu* before our prayers. We should also wash and dry ourselves properly everytime we use the toilet and remember to wash and clean our hands.



### OUR HAIR

We should wash our hair at least once a day and always keep the hair brushed and neat



### OUR TEETH

We must brush our teeth at least twice a day (morning and before bedtime). Prophet Muhammad ﷺ encouraged brushing the teeth everytime before doing wudu. This shows how important oral hygiene is, and that we must really make a habit of properly brushing our teeth to keep ourselves healthy and presentable



## OUR NAILS

We know how easily germs spread from our very own hands to our bodies as well as to other people. All sorts of diseases including worms can enter our bodies through our feet. In addition to routine handwashing and bathing, we must maintain cleanliness of the fingernails and toenails. Scrub your nails daily and trim them at least once a week. Friday is a very special day for us. How about taking some time every Friday to trim our nails?



## OUR CLOTHES

Cleaning our bodies and then putting on dirty clothes really makes no sense. The Holy Quran and the Prophet Muhammadh ﷺ urges us to always wear clean clothes and be particularly careful to make sure our clothes are clean even when using the toilet.



## OUR MIND

A Muslim should have a clean and pure mind and heart. We must respect others and help others in need. We must do good deeds and avoid what الله has forbidden. Praying and fasting helps Muslims to remember Allah and cleanse our bodies and minds.



## OUR SURROUNDINGS

If our surrounding environment is dirty, we will end up getting dirty too. We should keep our rooms, our homes, our schools, our neighbourhood, our roads, our parks, our islands and our oceans clean. We should always dispose of garbage in dustbins. We should not litter even little things like a bottle cap or a candy wrapper. As good Muslims, we must respect الله and His creations. Keeping the environment clean keeps the plants, animals, and us happy and healthy.

## CLEANLINESS AND PRAYERS

- We must be particularly clean and nicely dressed before we stand before الله for our prayers.
- We should do our *Wudu* and make sure our body and clothes are clean and neat.
- We should also clear our minds of any bad thoughts.
- We should also make sure that the place where we pray is clean and neat.

We get so many reminders on keeping our body, clothes, surroundings, and our mind clean and tidy every day through the Prayers. Cleanliness is really important in Islam!

