

التذكرة THE REMINDER

ETIQUETTES & BELIEFS

Compiled by
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Illustrated by
Hafiz Naeem Mitha

التذكرة THE REMINDER

Etiquettes & Beliefs
Third Edition © 2024

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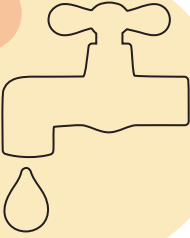
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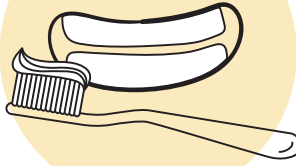
WHEN SLEEPING

1



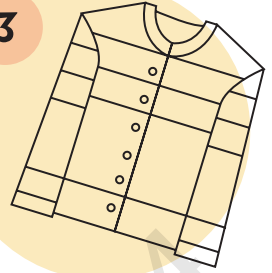
Make wudhu before going to sleep

2



Brush your teeth & also use a miswaak

3



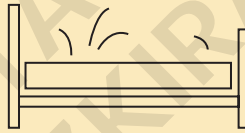
Change into your night clothes

4



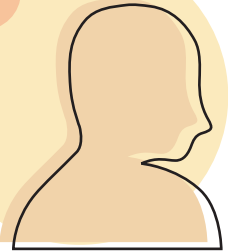
Go to sleep early

5



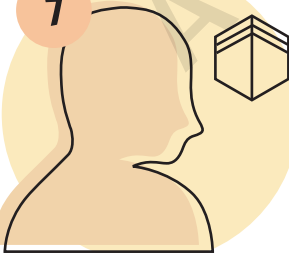
Dust your bed

6



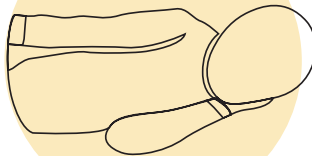
Sleep on your right side

7



Face the Qiblah

8



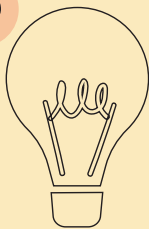
Place the right hand under the right cheek

9



Don't sleep lying on your stomach

10



Close all doors, cover all food items, switch off all lights and unplug all chargers

11

Recite Tasbeeh Fatimi:

33 سُبْحَانَ اللَّهِ SubhanAllah

33 الْحَمْدُ لِلَّهِ Alhamdulillah

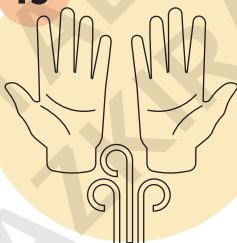
34 اللَّهُ أَكْبَرُ Allahu Akbar

12



Read Surah Kaafirun

13



Read the last three surahs of the Quran Majid, and bring your palms together like you do in dua and blow on them. Then pass your palms all over your body.

14



Read Ayatul Kursi

15

اللَّهُمَّ بِاسْمِكَ أَمُوتُ وَأَحْيَا

Read the Dua before going to sleep

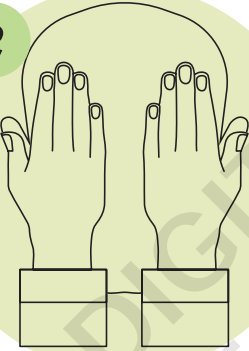
WHEN WAKING UP

1

Read the dua for waking up:

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا
أَمَاتَنَا وَإِلَيْهِ النُّشُورُ

2



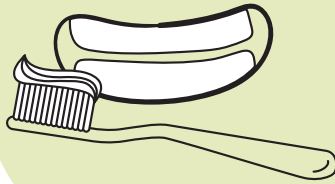
When you wake up
rub the face and
the eyes with inside
of both hands

3



Wash your hands

4



Brush your teeth with a brush
and miswaak

WHEN USING THE BATHROOM

1 Read the dua for entering the toilet

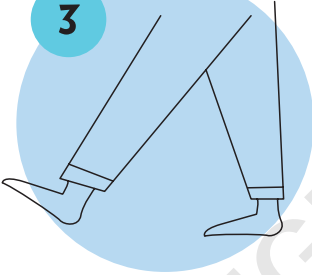
اَللّٰهُمَّ اِنِّىْ اَعُوْذُ بِكَ مِنَ
الْخُبْثِ وَالْخَبَائِثِ

2



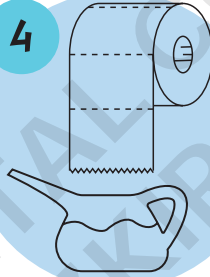
Wear slippers and cover
your head

3



Enter the toilet with
your left foot

4



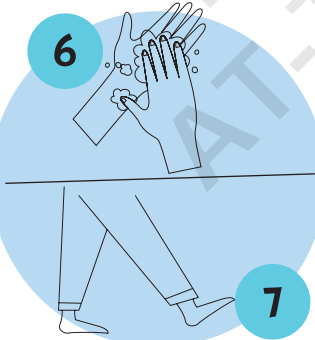
Wash and clean yourself
with water and tissue

5



Use your left hand to
clean yourself

6



Wash your hands after using
the toilet and leave the toilet
with the right foot

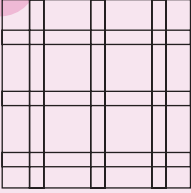
8

غُفْرَانَكَ، اَلْحَمْدُ لِلّٰهِ الَّذِىْ
اَذْهَبَ عَنِّى الْاَذَى وَعَافَانِىْ

Read the dua for coming out of the toilet

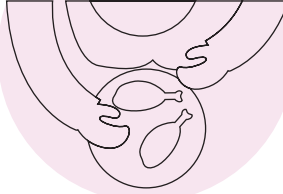
WHEN EATING

1



Lay a tablecloth
(Dastarkhaan)

2



Eat sitting on the floor

3



Wash your hands before
eating

4

بِسْمِ اللَّهِ
وَبَرَكَاتِ اللَّهِ

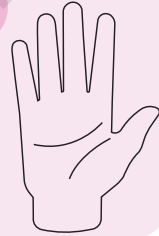
Recite the dua for eating

5

بِسْمِ اللَّهِ
أَوَّلَهُ وَآخِرَهُ

If you forget to say the
dua for eating, recite the
following dua

6



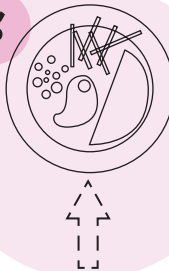
Eat with your right hand

7



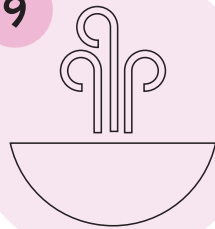
Eat with three fingers if
possible

8



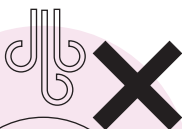
Eat from your side of
the plate, the side that is
nearest to you

9



Wait for the food to cool
down. Do not eat very
hot food (steaming food)

10



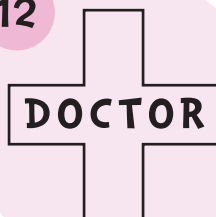
Do not blow on the food

11



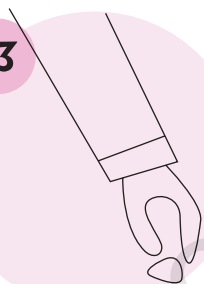
Do not waste food

12



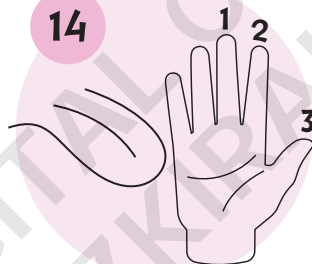
Do not over eat, it is bad for your health

13



If food falls on the tablecloth pick it up and eat it

14



Lick your fingers after eating (it is a Sunnah)

Method of licking one's fingers after food:
Nabi ﷺ used to lick the fingers in the following order:

First the middle finger, then the Shahadah finger (index finger) and lastly the thumb

(Majma, Vol 5, page 19)

15



Gargle the mouth after eating

16



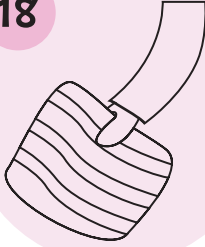
Wash your hands after eating

17



Do not lean and eat

18



Pick up your plate and
tablecloth (Dastarkhaan)
and help to clean up

19

Read the dua after eating

الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنَا
وَسَقَانَا وَجَعَلَنَا مُسْلِمِينَ

WHEN DRINKING

1

Before drinking recite

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

2

**SIT
DOWN!**

Sit down and drink

3



Drink with your right
hand

4



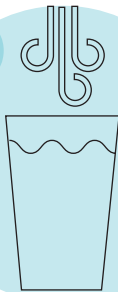
Drink in 3 sips

5

الْحَمْدُ لِلَّهِ

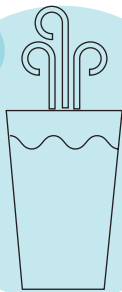
Say Alhamdulillah
(الْحَمْدُ لِلَّهِ) after each sip

6



Do not blow in the drink to cool it down (e.g. hot milk, tea etc.)

7



Wait for the drink to cool down, do not drink it whilst it is very hot (steaming)

8



Try to avoid drinking directly from a large bottle, pour it into a cup or glass

9

Say the dua for after drinking milk

اللَّهُمَّ بَارِكْ لَنَا فِيهِ
وَزِدْنَا مِنْهُ

10



Rinse the mouth with water after drinking milk

WHEN DRINKING ZAM-ZAM WATER

1

One can drink zamzam water either standing whilst facing the Qiblah or they can drink sitting down

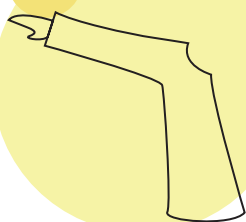
2

Dua before drinking Zam-Zam, recite:

اللَّهُمَّ أَسْأَلُكَ عِلْمًا نَافِعًا وَرِزْقًا
وَاسِعًا وَشِفَاءً مِّنْ كُلِّ دَاءٍ

WHEN WEARING CLOTHES

1



Start with the right side when wearing your clothes

2

اَلْحَمْدُ لِلّٰهِ الَّذِي كَسَانِي
هٰذَا الثَّوْبَ وَرَزَقْنِيْهِ مِنْ غَيْرِ
حَوْلٍ مِّنِّيْ وَلَا قُوَّةٍ

Read dua for wearing clothes

3

When you undress start from the left side

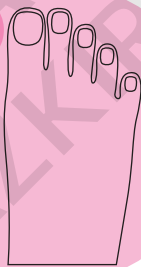
WHEN WEARING SHOES

1



Lift your shoes using the left hand

2



Start with the right foot when wearing your shoes

3

Sit down when wearing your shoes

4

When wearing and taking off your shoes, pray

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِيْمِ

5

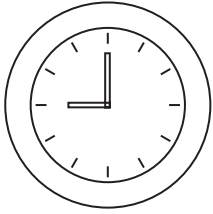
Take off your left shoe first when taking your shoes off



HOME

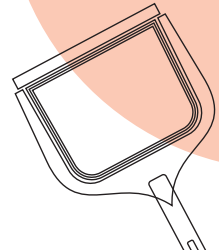
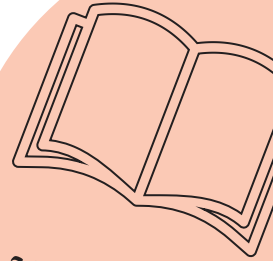
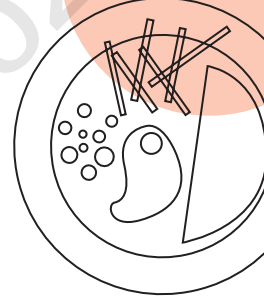
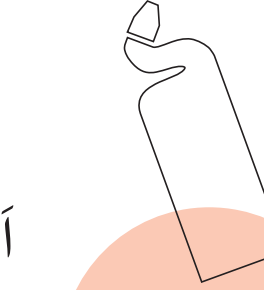
1. Make salaam when entering your home
2. Read the dua before entering your home:

اَللّٰهُمَّ اِنِّیْ اَسْئَلُكَ خَیْرَ الْمَوْجِبِ وَخَیْرَ
الْمَخْرَجِ بِسْمِ اللّٰهِ وَلَجْنَا وَبِسْمِ اللّٰهِ
خَرَجْنَا وَعَلَى اللّٰهِ رَبِّنَا تَوَكَّلْنَا



3. Eat your food on time
4. Go to sleep on time
5. Respect your parents, grandparents, brothers and sisters
6. Help your parents around the house
7. Do your school homework on time
8. Learn your Madrasah sabaq (lessons)
9. When you leave the home read the dua:

بِسْمِ اللّٰهِ تَوَكَّلْتُ عَلَى اللّٰهِ لَا حَوْلَ وَلَا
قُوَّةَ إِلَّا بِاللّٰهِ





CLASSROOM

1. Always enter the classroom by saying salaam
2. Always keep the classroom tidy
3. Look after your belongings
4. Always be respectful towards your teachers and other students
5. Do not disturb the learning of others
6. Always put your hand up if you want to ask a question
7. We should not shout across the room
8. We should not throw things around the classroom
9. We should not leave the classroom without permission
10. We should leave the classroom by making salaam

ALWAYS BE TRUTHFUL

1. Always speak the truth
2. By speaking the truth, a person will enter Jannah
3. Truthfulness is one of the doors of Jannah
4. Allah Ta'ala loves the person who speaks the truth

RESPECTING PARENTS

1. Paradise lies beneath the feet of the mother
2. Allah gives a long life to those who are kind to their parents
3. If your father is happy, Allah is happy. If your father is unhappy, Allah is unhappy
4. When a child looks at his parents with love, Allah will give him the reward of one accepted hajj
5. A person who does not respect his parents will not enter Jannah
6. If you obey your parents your children will obey you
7. A person who is kind to his parents will also be saved from worldly disasters
8. To disobey parents is a major sin
9. Always obey your parents

AQAID (BELIEFS)

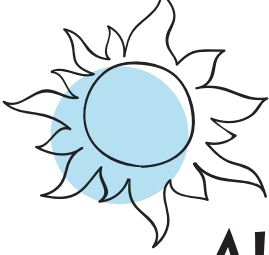
ALLAH IS ONE

1. There is only one Allah
2. Allah made and created us
3. Allah is the greatest
4. Allah is the most powerful
5. Allah does not eat or drink
6. Allah has no children
7. Allah has no parents
8. Allah has no partner
9. Allah has been forever and will remain forever
10. Allah alone do we worship



ALLAH KNOWS EVERYTHING

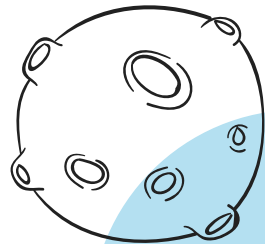
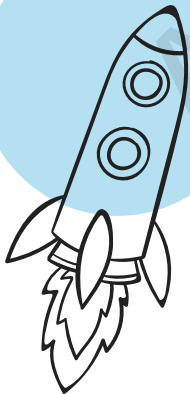
1. Allah knows how many fish are in the sea
2. Allah knows the number of birds in the sky
3. Allah knows the number of leaves on the trees
4. Allah knows how many animals are in the jungle
5. Allah knows what we did in the past
6. Allah knows what will happen in the future
7. Allah knows what is in our heart
8. Allah knows the good we do
9. Allah knows the bad we do
10. Allah knows when we speak the truth
11. Allah knows when we lie
12. Allah knows everything



ALLAH SEES EVERYTHING



1. Allah can see an ant hiding under a stone
2. Allah can see the monkeys swinging on the trees
3. Allah can see the fish deep down in the ocean
4. Allah sees everything we do
5. Allah sees what we do in the day and in the darkness of the night
6. Allah sees the good we do
7. Allah sees everything



ALLAH HEARS EVERYTHING

1. Allah hears the buzzing of the bumblebee
2. Allah hears the roar of the lion
3. Allah hears the birds on the trees
4. Allah hears our whispering
5. Allah hears everything we say
6. Allah hears our prayers
7. Allah hears everything

ALLAH GAVE US EVERYTHING

1. Allah gave us food to eat
2. Allah gave us water to drink
3. Allah gave us clothes to wear
4. Allah gave us loving parents
5. Allah gave us a house to live in
6. Allah gave us eyes to see with
7. Allah gave us feet to walk with
8. Allah gave us hands to hold with
9. Allah gave us good health
10. Allah gave us everything



NOTES:

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& BELIEFS**