

# **Supplications and Etiquettes**

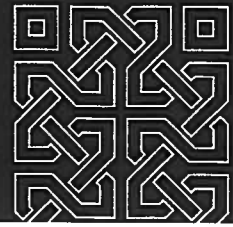
**(Ad'iyah and Adab)**

**Ages 4-7**

**Compiled by:**

**Imam Faruq Post**

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## Ad'iyah

**T P**

*Du'a'* (singular of 'ad'iyah') means a call or prayer. A servant of Allah invokes his Creator to express either his needs or his servitude to Him. This call in itself is a form of worship.

Allah is a living and permanent existence. He hears and sees and has the power to do as He desires and set the course of events in consonance with His will.

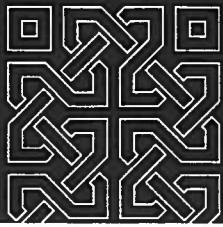
It is this firm conviction which gives rise to the urge within man to pray to Allah. When man receives inspiration from Allah, it comes to him naturally to call upon Allah for all his needs and to ask for Allah's blessings in this world as well as in the Hereafter. Allah is truly man's sustainer.

There is no time set for *du'a'*, neither is there any prescribed method nor a separate language. Man, at any moment, in any form, and in any language can pray to Allah. If the prayer has come from deep inside one's heart, it will certainly reach Allah. Allah will hear the call without delay and will answer the suppliant's prayers.

*Du'a'* means seeking from Allah and this seeking from Allah has no ending. It continues eternally. *Du'a'* is an expression of unceasing feelings welling up inside the believer's heart for his Lord. No moment of a believer's life can be bereft of it.

In the Qur'an, the importance of *du'a'* is stated thus, "*Say: My Lord would not care for you were it not for your prayer.*" *Du'a'* is one of the most important characteristics that distinguish a believer from an unbeliever and a significant indicator of one's faith in Allah.

Many people may think that there is no divine control over the universe and that everything is interacting independently. However, what they do not know is that every creature in the heavens and on the earth has already submitted to Allah. There is no creature whose destiny is not determined by Allah and who is not obedient to Him. The unbelievers do not understand this substantial fact. The believers, on the other hand, are aware that the only way to obtain the things they want is to ask them from the One Who controls them. They



know that Allah is the Creator and Director of all things.

However, it should also be understood that Allah's answering to prayers is not necessarily giving all that is requested from Him. For man is ignorant and he "...prays for evil as he prays for good; for man is ever hasty." So Allah responds to all our prayers, but sometimes gives what is wanted, and sometimes not, since it is in truth, 'evil'.

*Du'a'* should be done with humility and in private, in all sincerity, having hope but also fear of Allah in our hearts, and with deep concentration. Our prayers are actually a matter of confessing our weakness while showing our gratitude towards Allah. Abstaining from prayer shows arrogance and rebellion against Allah. Allah. Calling on Allah is both a prayer and also a great blessing. This very simple act of making a request is the key to attaining all physical and spiritual objectives.

### **Adab**

"I was sent to perfect the best in moral characteristics and etiquette," said the noble Prophet Muhammad [s] describing his mission. The main purpose of this message is to make man live according to the highest moral standards and etiquette which he is capable of.

Each person has a duty to cultivate good and desirable qualities which are part of his natural make-up. On the other hand, each person has a duty to strive against noxious qualities and habits. Bad qualities and habits are like rust on a pure heart. The more rust accumulates, the more insensitive a person's heart will become. The covering of rust may eventually obscure all good and a person might reach a state where vice and noxious qualities become not only acceptable to him but beautiful. If there is still a spark of good left, the door for repentance or tawbah might still be open. The weeds in your garden must not be allowed to stifle and smother the flowers and the fruit.

In cultivating good qualities, it is important to remember the saying of the Holy Prophet [s] that the best deeds are those done regularly even if they are small. This stresses the need to develop good habits, whereby the practice of goodness becomes a matter of course, easy and natural.

## OUTCOME OBJECTIVES

**T P**

- learn that *du'a'* and other such Islamic expressions assist in remembrance of Allah
- recognise that no moment of a believer's life can be bereft of *du'a'*
- understand that the only way to obtain the things we want is to ask them from the One Who created and controls all things
- appreciate that the various *ad'iyah* are instrumental in positively moulding our thoughts and actions and provide an individual with a spiritual orientation in his life
- learn that our prayers are a confession of our weakness as well as an expression of our gratitude to Allah
- learn that each person has a duty to cultivate good and desirable qualities
- understand the need to develop good habits whereby the practice of goodness becomes a matter of course



## OVERVIEW

**T P**

**BY THE END OF THESE LESSONS THE CHILD WILL HAVE HAD AN OPPORTUNITY TO :**

- memorise a series of Arabic supplications, declarations of fundamental tenets and statements of doctrine
- understand their meanings
- learn the *Sunnah* etiquettes associated with the relevant supplications
- complete a series of exercises for comprehension
- learn the Islamic months of the year
- learn some important Arabic phrases used in daily conversation

## Toilet



DU'A'S &amp; ETIQUETTE

**Du'a' when Entering the Toilet**

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْخُبُثِ وَالْخَبَائِثِ

*"Oh Allah, I seek your protection from all filth and impure creatures."*

**Vocabulary**

seek  
protection  
filth  
impure  
pardon  
discomfort  
granted  
relief  
unnecessarily  
direction  
relieving  
dam

**Du'a' when Leaving the Toilet**

غُفْرَانَكَ الْحَمْدُ لِلَّهِ الَّذِي أَذْهَبَ عَنِّي الْأَذَى  
وَ عَافَانِي

*"I seek your pardon (O Allah!). All Praise be to Allah Who has removed discomfort from me and granted me relief."*

Learn the following *Sunnah* etiquettes of the toilet **T**

- 1) Enter the toilet with the left foot.
- 2) Sit when relieving oneself.
- 3) Do not relieve yourself in sight of others.
- 4) When in the toilet cover your head with a cap or scarf.
- 5) Do not speak unnecessarily or

read in the toilet.

- 6) Do not face the *Qiblah* (the direction of *Salah*) nor sit with your back facing towards it.
- 7) Perform *Istinja'* after relieving yourself.
- 8) Use the left hand for *Istinja'*.
- 9) Wash your hands after *Istinja'*.
- 10) Leave the toilet with the right foot first.
- 11) Do not relieve yourself under a tree, or in a well, pool, river or dam.



Indicate, by means of a tick, the column to which each sentence refers.

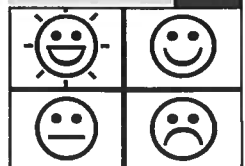
**C P**

**ACTIVITY**

	Correct Etiquette	Incorrect Etiquette
covering the head		
speaking and reading in the toilet		
relieving oneself in a pool		
facing away from the <i>Qiblah</i>		

Comments

**T**



	Correct Etiquette	Incorrect Etiquette
entering with the right foot		
standing and urinating		
using the right hand for <i>Istinja'</i>		
relieving yourself in a pool		

### SUMMARY

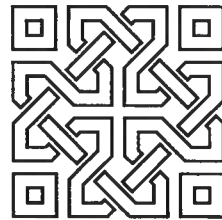
**P**

BY THE END OF THIS LESSON THE CHILD HAS :  
(tick in box if completed)

- memorized the *du'a's*
- learnt the etiquettes
- completed a table for comprehension





How does my teacher **rate my performance in this lesson ?**

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Comments

**T**



Read and explain the following.

T

*Istinja'* means washing the private parts after passing urine or stool.

*Istinja'* is done with water and toilet-paper.

*Istinja'* can also be done with pebbles if no water or toilet-paper is available.

The one who does not do *Istinja'* is not *Tahir*, pure and clean.

The method of *Istinja'* and visiting the toilet is as follows:

- 1) Before entering the toilet recite this *du'a'* or supplication :

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْخُبْثِ وَالْخَبَائِثِ

"Oh Allah, I seek your protection from all filth and impure creatures."

- 2) Enter the toilet with the left foot first.
- 3) Sit down when passing urine or

***Istinja'***



TOILET  
HYGIENE

### Vocabulary

*Istinja'*  
private parts  
urine  
stool  
pebbles  
available  
method  
entering  
recite  
supplication  
filth  
impure  
seek  
pardon  
discomfort  
relief



stool.

- 4) Using the left hand, wipe the private parts with toilet-paper first.
- 5) Wash the private parts with water, using the left hand again. You may use soap as well.
- 6) Dry the private parts with toilet paper, again with the left hand.
- 7) Wash both hands with water and soap.
- 8) Leave the toilet with the right foot first.
- 9) Recite this *du'a'* after leaving the toilet:



غُفْرَانَكَ الْحَمْدُ لِلَّهِ الَّذِي أَذْهَبَ عَنِّي الْأَذَى  
وَ عَافَانِي

*"I seek your pardon (O Allah!). All Praise be to Allah Who has removed discomfort from me and granted me relief."*

State whether True or False.

C

ACTIVITIES

*Istinja'* means washing the private parts after passing stool.

*Istinja'* is done with toilet-paper only.

*Istinja'* can also be done with pebbles.

The one who does not do *Istinja'* is still pure and clean.

Enter the toilet with the left foot first.

When passing urine you may stand.

Use the right hand to, wash the private parts.

You may not use soap when doing *Istinja'*.

After *Istinja'* wash both hands thoroughly with water and soap.

Leave the toilet with the right foot first.

Qur'an

Allah ﷻ has declared:

"...There are men who love to be purified, and Allah loves those who purify themselves."

"...Allah does not wish to cause you difficulty, but to make you clean, and to complete His favour to you, that you may be grateful."

Hadith

Our beloved Prophet Muhammad ﷺ said:

It is narrated by Abu Hurayrah [r] that the Holy Prophet [s] would wash with water after relieving himself.

"None of you should wash himself with his right hand when in the toilet."

To perform *Istinja'* correctly a number of items are required, for example, a water jug, toilet-paper, pebbles if water is unavailable, soap and a towel.

Draw a picture of each of these items.

C

Comments

T

July 11-12

Memorise the following *Du'a's*.

**C T**

Day 2+3

**Wudu'**



DU'A's &  
ETIQUETTE

## *Du'a' before Wudu'*

بِسْمِ اللّٰهِ

"In the name of Allah

## *Du'a' after Wudu'*

اللّٰهُمَّ اجْعَلْنِي مِنَ التَّوَّابِينَ  
وَ اجْعَلْنِي مِنَ الْمُتَطَهِّرِينَ

"O Allah! Make me amongst those who repent, and make me from amongst those who remain clean and pure."

### Vocabulary

praise  
shower  
mercy  
matters  
aright

Learn the following *Sunnah* etiquettes of *Wudu'*.

**T**

- 1) Perform *Wudu'* in a clean place.
- 2) Sit on a stool to avoid water splashing up onto your clothing.
- 3) Face the *Qiblah*.
- 4) Do not talk of worldly matters while performing *Wudu'*.
- 5) Do not perform *Wudu'* near a toilet.
- 6) If your bathroom has a toilet



then at least close the toilet lid before performing *Wudu*'.

- 7) Do not recite the *du'a*'s in a bathroom which has a toilet. Do so before entering & after leaving.
- 8) Do not waste water neither use too little when washing the limbs.
- 9) Leave the *Wudu*' area dry & clean.



Match the correct pairs in the two columns.

**C**

Column A

Column B

Perform <i>Wudu</i> '	the <i>Qiblah</i>
Face	near a toilet
Do not talk	in a clean place
Do not do <i>Wudu</i>	water
'Do not waste	of worldly things

**SUMMARY**

**P**

BY THE END OF THIS LESSON THE CHILD HAS :  
(tick in box if completed)

- memorized the *du'a*'s
- learnt the etiquettes
- matched the correct pairs

Comments

**T**


How does my teacher **rate my performance in this lesson ?**

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Read and explain the following and colour-in the pictures.

T C

*Wudu'* means washing certain parts of the body before performing an act of worship, like *Salah*.

There are *several* steps in performing *Wudu'*.

We shall learn each step one by one.

**Wudu'**



RITUAL  
ABLUTION

**Vocabulary**

ablution  
performing  
commencing  
declare  
*Niyah*  
intention  
recite  
possessor  
praise  
wrists  
rinse  
thoroughly  
entire  
forearms  
testimony  
repent

1) First recite the following *Du'a'*:

بِسْمِ اللّٰهِ

"In the Name of Allah

ACTIVITIES

- 2) Wash both hands up to the wrists thrice. Begin with the right hand.

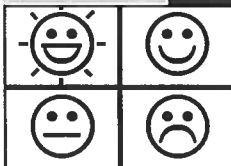


- 3) Rinse the mouth thoroughly three times.



Comments

T



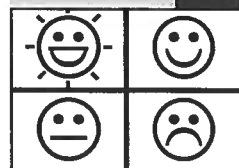
4) Rinse the nose thrice.



5) Wash the entire face three times.



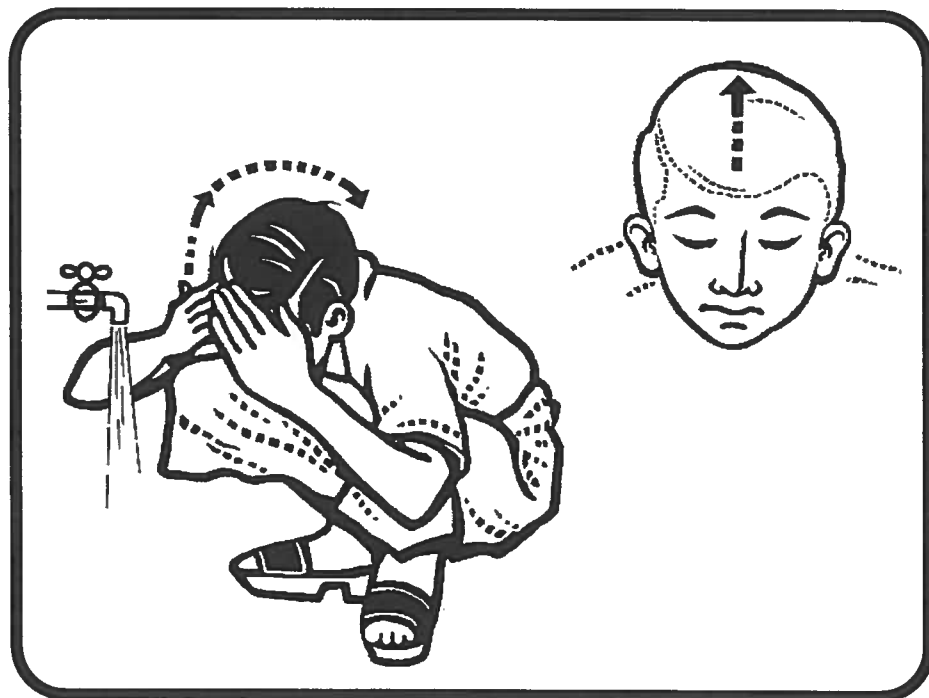
Comments **T**



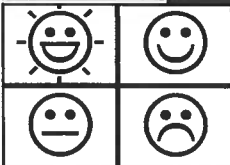
- 6) Wash the forearms up to the elbow thrice. Begin with the right arm.



- 7) Pass wet hands over the head, from front to back, once only.



Comments **T**

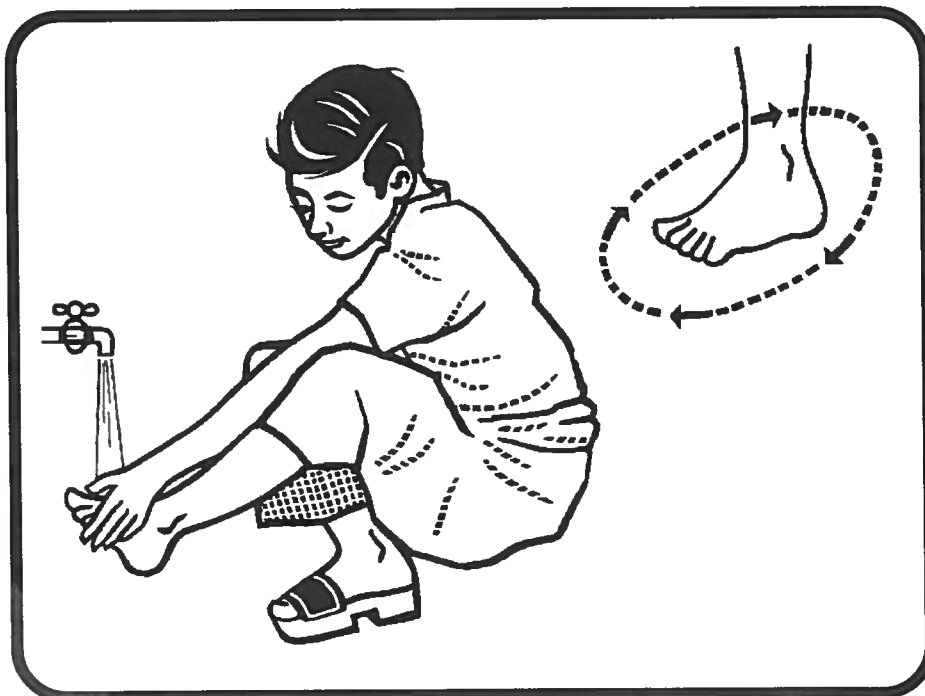




8) Wipe the ears, inside and out, once.

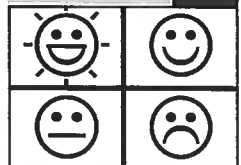


9) Wash the feet up to the ankles thrice. Begin with the right foot.



Comments

T



10) Then recite the following  
*Du'a'*:

اللَّهُمَّ اجْعَلْنِي مِنَ التَّوَّابِينَ  
وَاجْعَلْنِي مِنَ الْمُتَطَهِّرِينَ



*“O Allah, make me amongst those who repent,  
and make me from amongst those who are  
clean and pure.”*

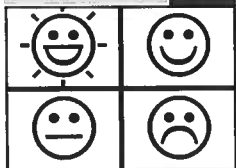
11) After completing the *Wudu'*  
recite the *Kalimah Shahadah*  
(Testimony of Faith).

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ  
وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

*“I testify that there is no god but Allah,  
and I testify that Muhammad is His Servant and  
Messenger.”*

Comments

T



## Greeting

DU'A'S &  
ETIQUETTE**Du'a' when Greeting a Muslim**

السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ

*"May the peace and mercy of Allah be upon you."*

## Vocabulary

peace  
mercy  
blessings  
gesturing  
approaching  
gathering

**Du'a' in Reply to a Greeting**

وَعَلَيْكُمْ السَّلَامُ وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ

*"And may the peace and mercy of Allah be upon you, and His blessings too."*

Learn the following *Sunnah* etiquettes of greeting. T

- 1) Always be the first to greet.
- 2) Do not respond to a greeting by simply gesturing with a finger or the hand.
- 3) Greet those you know as well as those whom you do not know.
- 4) The one who is walking should greet the one who is sitting.
- 5) The one who is riding should greet the one who is walking.
- 6) A small group should greet the

larger one.

- 7) The younger person should greet the older one.
- 8) When approaching a gathering greet all who are present, not just some.
- 9) Before entering a room or house always greet aloud first.
- 10) Always face the person greeting.

Colour-in the correct word/s in green.

**C P**

**ACTIVITY**

Always be the first last to greet.  
Greet only those you know those  
whom you do not know as well .  
The younger older person should  
greet the younger older one.  
Before After entering a room or  
house always greet aloud.



**SUMMARY**

**P**

BY THE END OF THIS LESSON THE CHILD HAS :

*(tick in box if completed)*

- memorized the *du'a's*
- learnt the etiquettes
- completed a word selection exercise

How does my teacher **rate my performance in this lesson ?**

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**Comments**

**T**


# SALAAM



## ASSALAMU ALAYKUM



To our brothers and sisters, on this Earth,  
who may have different countries of birth,  
who may live in different cities and towns,  
of all skin colours - pinks, whites or browns.

To our brothers and sister, big and tall,  
of all different sizes, some short and small.  
To all of those who we never meet or see.  
Yes, to all of you, wherever you may be.

To our brothers and sisters, we say salaam  
and make a dua to protect you from harm  
and make a dua to put love in the heart  
and that this Ummahs' problems depart.



بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ



## 5 RIGHTS

**Abu Huraira narrates: the Prophet (PBUH) said that a Muslim has five rights over his Muslim brother:**

**1. To answer when he says salaam (we reply by saying Wa-alykum salaam);**

**2. To visit him when he is ill;**

**3. To be present at his funeral (Janazah prayer);**

**4. When he invites you, you should accept his invitation; and**

**5. To answer him when he says alhamdulillah, when he sneezes (we reply by saying 'yar humukallah')**

# QURAN <sup>AND</sup> HADITH



**The Prophet (Peace be upon him) said;**

**"None of you is a true believer until he loves for his brother what he loves for himself"**

**SAHIH MUSLIM**

We learn, from this Hadith, the status of our Muslim brothers and sisters. Whatever good they have, they share it with each other.

A good example is after Hijra. Prophet Muhammad (peace be upon him) created a brotherhood between the Makkans and Madina Muslims. They shared everything and looked after each other.

The hadith is saying that this brotherhood is an important part of Islam. In fact, caring for the needs of his brother is a sign of iman.

## **INTERESTING FACTS**

We have thousands of ahadith which have been preserved and passed down. The sanad (chain of narration) is the part of the hadith that helps us judge how accurate a hadith is. It also helps us to rule out any false hadith, thus safeguarding our deen from falsehood.

The Sanad is the source from which the Hadith came.

Islam teaches us that all Muslims are like brothers and sisters and should always behave well. We should only make friends with good people.



**A** Describe your best friend.

A large, empty oval shape for writing the answer to question A.

**B** Good things about your best friend

A large, empty oval shape for writing the answer to question B.

**C** What things you do together

A large, empty oval shape for writing the answer to question C.



(B)

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ



# BROTHER

**A Muslim is a brother to another Muslim. We should look after each other and make sure everyone is well.**

**Allah made all humans equal - it does not matter what colour or how rich they are. We are all the same.**

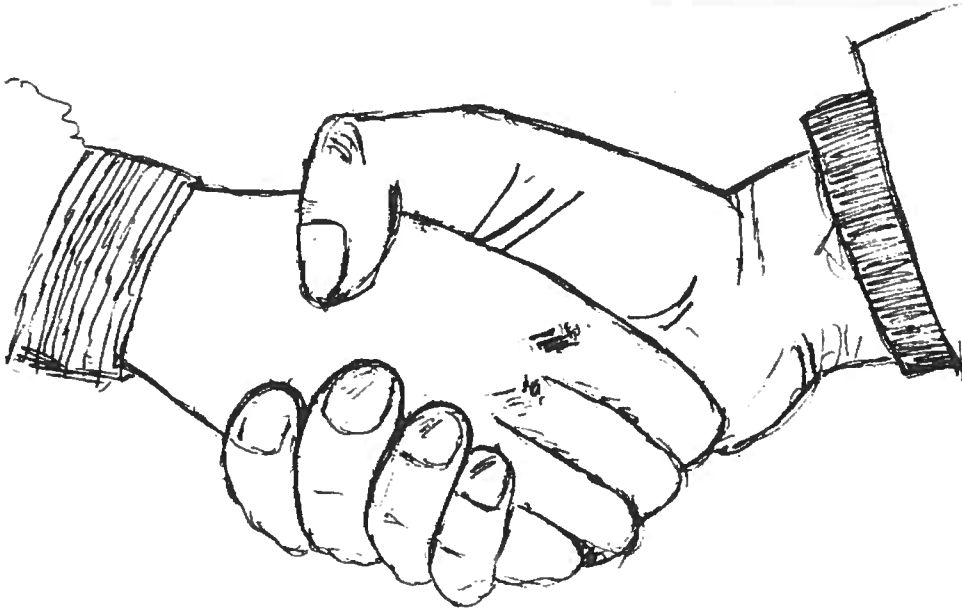
**Allah created us from a single male and a female. Mankind is sometimes called 'the children of Adam'.**

**We should be grateful for the many blessings and pray that Allah rewards others with similar blessings.**

**Allah does not reward you for your beauty or wealth, only for your actions.**

**Allah has made us all into one Ummah. We are one Nation, it is our duty to look after and help each other.**

# BROTHER



Muslims are one brotherhood  
and this is understood,  
from the teachings of the Quran.  
A guidance from Allah to man.

We all came from Adam and Eve  
so all racism we should leave.  
Humans are like one big family,  
a family that includes you and me.

So when we meet our brother,  
we say salaam to each other.  
We are always helpful and kind,  
respect and love you will find.

July 24

Memorise the following *Du'a's*.

**C T**

## Eating



DU'A'S &  
ETIQUETTE

### Vocabulary

praise  
gratitude  
intention  
derive  
energy  
criticize

## *Du'a'* before Eating

بِسْمِ اللّٰهِ

"(I begin) in the name of Allah."

## *Du'a'* after Eating

الْحَمْدُ لِلّٰهِ الَّذِيْ اَطْعَمَنَا وَ سَقَانَا  
وَ جَعَلَنَا مِنَ الْمُسْلِمِيْنَ

"All praise and gratitude is due to Allah Who has fed us  
and given us drink , and Who has made us Muslims."

Learn the following *Sunnah* etiquettes of eating.

**T**

- 1) Wash the hands before eating.
- 2) Eat with the intention that you derive energy and strength through the food to do good deeds.
- 3) Eat sitting on the floor.
- 4) Eat with the right hand.
- 5) Do not sniff the food nor blow

into it.

- 6) Do not criticize the food.
- 7) Do not waste any food.
- 8) If some food falls from the plate, pick it up, clean it and eat it.
- 9) Eat together and not by yourself
- 10) Wash the hands after eating.

Complete the sentences using the list below

**C P**

**ACTIVITY**

wash hand pick food hands right blow

Wash the ..... before eating.  
Eat with the ..... hand.  
Do not waste any .....  
Do not ..... into the food.  
If some food falls from the plate,  
..... it up, ..... it and eat it.  
..... the hands after eating.



**SUMMARY**

**P**

BY THE END OF THIS LESSON THE CHILD HAS :  
(tick in box if completed)

- memorized the *du'a's*
- learnt the etiquettes
- completed sentences for comprehension

How does my teacher **rate my performance in this lesson ?**

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Comments

**T**


July 25

Memorise the following *Du'a's*.

C T

## Sneezing



DU'A'S &  
ETIQUETTE

### *Du'a'* when Sneezing

اَلْحَمْدُ لِلّٰهِ

*"All praise be to Allah."*

#### Vocabulary

praise  
shower  
mercy  
matters  
aright  
muffle

### *Du'a'* in Response to the Sneezer

يَرْحَمُكَ اللّٰهُ

*"May Allah shower His mercy upon you."*

### *Du'a'* to the Respondent

يَهْدِيْكُمْ اللّٰهُ وَ يُصْلِحُ بِاَلْكُمْ

*"May Allah guide you and set all your matters aright."*

Learn the following *Sunnah* etiquettes of sneezing T

- 1) Cover your face when sneezing.
- 2) Try your best to muffle the sound.
- 3) Do not sneeze into another persons face.

Use a mirror to read these sentences. **C P**  
 Thereafter write them out in the space provided.

**ACTIVITIES**

Cover your face when sneezing.



Try your best to muffle the sound.



Do not sneeze into another person's face.



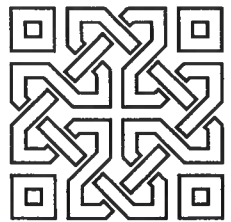
**SUMMARY P**

BY THE END OF THIS LESSON THE CHILD HAS :  
*(tick in box if completed)*

- memorized the *du'a's*
- learnt the etiquettes
- read & rewrote inverted sentences

How does my teacher **rate my performance in this lesson ?**

	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
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**Comments T**

	<input type="checkbox"/>		<input type="checkbox"/>
	<input type="checkbox"/>		<input type="checkbox"/>



July 27

Memorise the following *Du'a's*.

C T

## Sleeping



DU'A'S &  
ETIQUETTE

### *Du'a'* before Sleeping

اللَّهُمَّ بِاسْمِكَ أَمُوتُ وَ أَحْيِي

"O Allah! In Your name I die and come to life again."

### Vocabulary

resurrection  
bedding

### *Du'a'* when Awakening

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا  
وَ إِلَيْهِ النُّشُورُ

"All praise be to Allah who has given us life after causing us to die, and to Him is our final resurrection."

Learn the following *Sunnah* etiquettes of sleeping. T

- 1) Perform *Wudu'* before sleeping.
- 2) Brush your teeth with a *miswak*, a toothstick , before sleeping.
- 3) Perform '*Isha salah* before sleeping.
- 4) Dust the bedding before lying on it.
- 5) Sleep on the right side of the

body.

- 6) Sleep with the right cheek resting on the right palm.
- 7) Do not sleep on the stomach.
- 8) Do not sleep with an open lamp or fire still burning in the house.

State whether True or False.

**C P**

**ACTIVITY**

Do not perform *Wudu'* before sleeping.

Brush your teeth with a *miswak* before sleeping.

Dust the bedding before lying on it.

Sleep on the left side of the body.

Sleep lying stretched out on the stomach.



**SUMMARY**

**P**

BY THE END OF THIS LESSON THE CHILD HAS :  
(tick in box if completed)

- memorized the *du'a's*
- learnt the etiquettes
- completed a True & False exercise

How does my teacher **rate my performance in this lesson ?**

	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
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**Comments**

**T**




Muslims often use Arabic words and phrases in their daily conversation. Even if we don't speak Arabic, we use many Arabic terms.

These phrases help us to remember Allah. They remind us of Allah's Power over His creation as well as His Compassion.

They assist in moulding thoughts and actions into the natural mould of 'ibadah or worship of Allah and provide a person with a spiritual climate and orientation.

**Important**



**Phrases**

Memorise the following important phrases.

**C T**

## When Starting Anything

بِسْمِ اللَّهِ

*"(I begin) In the Name of Allah."*

## When Expressing Gratitude or Admiration

الْحَمْدُ لِلَّهِ

*"All praise be to Allah."*

## When Expressing Astonishment or Alarm

سُبْحَانَ اللَّهِ

*"Glory be to Allah" or "Allah is Perfect and Pure."*

### Vocabulary

expressing  
gratitude  
admiration  
astonishment  
alarm  
elation  
apprehension  
intend  
achieve  
well wishing  
remorse

When Expressing Elation or  
Apprehension

اللَّهُ أَكْبَرُ

*"Allah is the Greatest."*

When Intending to Do Something

إِنْ شَاءَ اللَّهُ

*"If Allah so wills."*

Having Achieved Something

مَا شَاءَ اللَّهُ

*"As Allah has willed."*

When Wishing Well to Others

بَارَكَ اللَّهُ

*"May Allah bless you."*

When Expressing Remorse

أَسْتَغْفِرُ اللَّهَ

*"I seek Allah's pardon."*

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