

MODULE 3

Class Title: *Taharah* - Part 1(1st part of a 5 lesson series)

Aim of the lesson: To understand the meaning of *Taharah* and bathroom manners in Islam

Category: Worship

Lesson Format: Power point presentation

Greeting to students) *AssalamalaikumwaRahmatullahiwaBarakatuh*

(*Ta'awwudh*) *Aoodhubillahi min AsShaytanirRajeem*

(*Tasmiyah*) *BismillahirRahmanirRaheem*

(Du'a) *Rabbishrahlisadr iwa yassirl iamr iwahlu luqdatum millisan iyafqahu qawli*

(Surah At Ta-Ha 20: Verse 25-28)

Today *InshaAllah* we are going to do a topic which is *Taharah*

Teacher: Any idea what *Taharah* is?

Student: cleanliness.

Teacher: And what is cleanliness?

Student: *paak* (clean in Urdu language).

Teacher: Yes, *paak*. That is purity.

Slide 1:

Teacher: Islam has introduced a lot of things which are close to our nature and are permissible, sometimes even compulsory for us to do. We like the rain. We don't like it when it is hot or sunny. Do we? We like beautiful flowers with all their vibrant colours, blue skies and all the beautiful things Allah (swt) has created. If all the flowers were blue and the sky was black and the rest of the world was bland, would you like that??

Student: It would be boring.

Teacher: Yes it would be very dull. We will be sick of seeing them again and again so why do you think Allah (swt) made things different? Why do you think all the flowers are not blue and the sky is not black? Any idea?

Student: To make us happy?

Teacher: To make us happy! Of course! Allah (swt) likes to make us happy so He has created a variety of things for us.

Teacher: Tell me something? Is there an attraction to the opposite sex at this age? Or any age for that matter?

Students: Yes.

Teacher: Yes there is an attraction between opposite sexes and Allah (swt) Who is the Creator is not oblivious to this. He knows it is close to our nature so He has made this relationship permissible through *nikah*. This is something liked by Rasul Allah (pbuh) also because it is in our nature ¹.

Now *Taharah* is another thing that is close to our nature. Allah (swt) has given it a lot of importance in Islam. Tell me how does Allah (swt) know that I am going to like what and when?

Student: Because He has created us.

Teacher: Yes, He has created us. He knows me better than I know myself and He knows that I am going to like all these things and that is why He has made these things. So *Taharah* is another one of those things which are closest to our nature and an integral part of our religion.

Slides 2 -3:

One of you said the meaning of *Taharah* is cleanliness while another said its “*paak*” but there is no one word in English or Urdu which is equivalent to *Taharah*. *Taharah* includes purity which is *paaki* in Urdu or cleanliness *safai*, ablution which is *wudu*, sanctity or anything holy. All these things come under *Taharah*.

Slides 4 -9:

Now in English language we use the phrase as pure as the driven snow. You see mountains covered with snow peaks and it feels that all this is untouched by pollution, untouched by humans and it gives you a pure, clean feeling. Similarly using clean water for bathing or ablution gives you a feeling of *Taharah*, of purity. When you see the river and its gushing water, you know the source of it is absolutely clean but it eventually gets polluted by us as we throw plastic bags and other things in it.

Slide 10 -11:

Similarly, a clear sky also gives you a clean feeling. Have you seen the sky after the rain when all the dust particles and pollution has settled down? The houses and trees also look cleaner. Our beaches were not as dirty as this before but as more and more people made them a picnic spot without caring for cleanliness and proper disposal of garbage, the water became filthy and polluted. If you go towards French beach or to Gwadar in Baluchistan where the population is not dense, you can still find absolutely clean water. Also if anyone of you has been to any Far Eastern country, you might have had an opportunity to be on a glass bottomed boat from which you can see the corals and sea life clearly and go snorkelling also.

¹ Hadith: *Nikah* is my *sunnah* (tradition), whoever rejects my *sunnah* is not of me [Bukhari, Muslim]

Slides 12 -13:

We use clean water to wash ourselves and we feel fresh after a vigorous exercise or playing tennis, badminton etc. We use soaps, scrubs, towels and different type of things to clean ourselves. Lemon is also often used for cleaning as it is a bleaching agent. When we were small, hand sanitizers were not very common so at the end of the meal, the waiter used to bring a bowl of warm water and lemon so that lemon is squeezed on hands to clean grease and then washed away with water...the lemony citrus smell is very refreshing too.

Slides 14 -15:

Flowers, nature, birds, all of them give us a good and pure feeling. Another thing that gives you the feeling of *Taharah* is white colour. If you wear crisp and clean white clothes, it has the enchanting quality of purity. *RasulAllah* (pbuh)'s favourite colour was white.²

Slide 16:

The feelings and emotions of small children are also pure. It is the age of innocence and there is no hypocrisy or diplomacy. You must have had the opportunity of inviting someone to your place for a visit or something and it is not uncommon to hear them say *InshaAllah* when they have no intention of coming to your place. *InshaAllah* is used randomly and you also know that they don't mean to come but this is not so with little angels. I met a three year old kid on *eid* who was invited by a relative to come to her house some day to which the reply of that child was spontaneous and unpretentious. She refused by saying "no" point blank. If you would have said the same thing to her parents they would have said yes *InshaAllah*. This doesn't mean that you should be rude but don't make commitments without any intention of fulfilling them.

Slide 17:

Allah (swt) says in (Surah At Taubah, 9: verse108):

...وَاللَّهُ يُحِبُّ الْمُطَهَّرِينَ

“and Allah loves those who make themselves clean and pure”.

Now we see in Arabic only one word *muttahareen* has been used and when you translate it, it translates as clean and pure but that also does not cover the whole concept of *Taharah*. You know Arabic language is very rich and extensive and no single specific English or Urdu word can be used for its translation.

² The Prophet (peace be upon him) said: “Wear white from amongst your clothes, for indeed they are amongst the best clothes you have, and shroud your dead in them (also).” [Abu Dawud, Ibn Majah and Tirmidhi with variation in wording]

Slide 18:

Whenever someone reverts to Islam (we don't say convert but revert because every one of us is born a Muslim³. It is our parents or surroundings which make us otherwise) he/ she does *ghusl* and become clean before reciting the *kalimah shahadah*.

Slide 19:

In (Surah al Muddathir, 74: verses 4-5) Allah (swt) says:

وَتِيَابَكَ فَطَهِّرْ

“and purify your garments”

وَالرُّجْزَ فَاهْجُرْ

“and keep away from uncleanness”.

These are the commandments given to RasulAllah (pbuh) and they are applicable to us as well that we have to keep ourselves clean and keep away from dirt from the outside and inside.

Slide 20:

There is a hadith:

At tuhooro shatrul imaan

“*Taharah* is half of faith” [Muslim]

Have you heard that *Safai nisf imaan hai* (Cleanliness is half of faith)? We have often read this in Islamiyat or Urdu in schools, right? Now this *safai* is not the translation of *Taharah*. *Atuhuroo* is not just *safai*. It makes us think that if I keep my clothes clean and I'm not smelling and taking the shower regularly, I have half of faith but it's not the case actually. *Taharah* has more extensive meaning which we are going to discuss now and if we do that, then that is half of faith.

Slide 21:

Let's see what *Taharah* is all about? What does it cover? First there is spiritual cleanliness that you are clean from inside and that your bonding with Allah (swt) is clean and pure. You ask Him for everything and there is no *shirk*. You have a direct contact with Him. You have a pure

³ The Prophet (PBUH) said, "Each child is born in a state of "Fitrah", then his parents make him a Jew, Christian or a Zoroastrian, the way an animal gives birth to a normal offspring. Have you noticed any that were born mutilated?" (Bukhari and Muslim)

ideology. Your thoughts, your goals, your visions, your missions are all clean. You know where you are heading and what you are doing in life. These will in turn, lead to purity in behaviour. You are not going to lie to people or be rude to them. Your dealings in any business or even when you are just going to any shop to buy a petty day to day thing, will be fair.

For example, if you are at a stationery shop and the shop keeper is giving you a folder for fifty rupees, you won't lie and say *the other shopkeeper was giving it to me for 40 rupees* - even though you haven't even gone to that shop and you were just making it up to get a discount. Impurity, at an individual level, leads to a society of people with impure hearts. If she is pure with her and I'm pure with you then at individual levels we are all dealing with each other in a pure way then this is going to lead to a pure society. This used to be the case when Islam was at its peak. Every individual was following the teachings and that is why the society was pure but now we are far removed from that practice.

Slides 22 -23:

Then there is physical cleanliness which we, due to our limited knowledge, consider as the only aspect of *Taharah*.

If we understand and follow the true meaning of *Taharah*, then it will clean us both from inside as well as outside. If we are spiritually clean, then we will inevitably keep our physical self clean.

We tend to appreciate things when we see opposites. We look forward to the brilliance of day after the dark night. We appreciate good weather when it has been raining for a long time. Similarly, the opposite of *Taharah* is *Najasah*. If *Taharah* is purity then *najasah* is impurity.

Slides 24 -29:

Now somebody gives you something with a clean hand and another person gives you with a dirty hand, which one will you prefer? The one from the clean hand obviously! Why? Because innately we like to stay clean. If there is a glass with clean water and another one with something apparently floating in it, you would of course prefer cleaner water. Which one of you will opt to eat a rotten apple in the presence of a juicy ripe one?? No one!! This is the nature that we are born with.

Similarly if the beach is clean everyone would want to take a swim or a picnic over there but if it is dirty where the fish are dying and there is an oil spill, you wouldn't want to picnic there.

You don't want to pick soap with hair attached to it and all sort of dirt. You would like a clean soap. *Alhamdulillah* I am sure we have everything clean in our homes but when we step out of our house that is when our problem begins.

Slides 30 -36:

You know your whole system will stop working after seeing a dirty bathroom. Who would want to pee here (slide 31)?

Remember initially, we discussed that in some religions people like to stay dirty and they think they are religious but that is not Islam. Does this person look clean let alone pure?

Unfortunately we see these types of things all around us, clogged drains, garbage thrown everywhere carelessly and stagnant stinky waters on vacant plots.

All this leads to infestation of mosquitoes, rats and cockroaches and other pests. Not at all clean.

Slides 37 & 38:

Before we move on – let us understand the technical meaning and implication of “Najasah.”

Najasah or *Najas* is the type of impurity which we must clean from our clothes and/or bodies in order to attain the state of *taharah*. It is not just any impurity – for e.g. mud or sweat or grass stains – yes they are dirty, but we cannot say they are *Najas*.

If you have sweat or dirt on your body and have not had a chance to shower and change and *salah* time comes – you can make *wudu* and pray, whereas if you have *najas* on you then you must clean it before praying. Do you understand?

Slides 39 – 40:

We learn about what things are classified as *Najas* from various *ahadith* of the Prophet (pbuh). These things have been told to us by the Prophet SAW. We cannot make anything najas from our own choice. ⁴

Slides 41 – 44:

Prophet Muhammad (PBUH) has taught us how to clean najas.⁵

One reason why with male child’s urine, one just sprinkles water is because girls urine is thick- a concentrate, as it collects in a spot, whereas, with boys it is sprinkled, thus diluted & thus also difficult to wash entire garment. For girls, one just has to wash the area of contamination.

⁴ Umm Qais came to Prophet (PBUH) with small child, after a while the baby urinated in the prophet’s lap, He SAW called for some water, which he sprinkled over his clothes and did not give them a complete wash. (Mishkat)

Aisha RA Said, “I used to scratch the sperm off the Messenger of Allah’s (PBUH) clothes if it was dry and wash it off if it was still wet.” (Muslim)

⁵ The Prophet (PBUH) said "If a dog licks a pot, wash it seven times". (Muslim)

Slides 45 & 46:

In our next two classes, we will be discussing physical cleanliness at length *InshaAllah*.

Slides 47 – 48:

Let's look at a few general points regarding physical cleanliness.

Have you ever seen people in *mazars* (shrines) who are respected much by the masses and are called *malang baba*? They don't take a shower for a year or maybe once a year and have long tangled hair with strings of beads in them. This is alien to Islam. This kind of being so religious that we are gonna be filthy thing is from Hinduism and has seeped as part of our "cultural Islam." So be clear about this.

Student: Maybe they don't have money to take a bath?

Teacher: You don't really need money to take a shower. It is true that availability of clean water may be a hindrance but if one wills, it can be arranged. Maybe they won't take a shower in a nice clean closed bathroom like ours but haven't you seen people on roadsides washing clothes or their kids where there is a small reservoir of water? In Lahore there is a canal where people are often seen taking a bath, washing their clothes etc.

And you do not need tons of water to bathe by the way. We need to learn to shower with less water – it is very doable. How much water was available to people at the time of the Prophet (pbuh)? They lived in a desert!

Slides 49 – 51:

This is what Islam teaches. What looks and "feels" better? This or the pictures of dirty people we saw?

Slide 52:

Another very important thing to remember is that *taharah* is not equal to fancy stuff!

Slide 53:

This is a fancy bathroom – however, if and urine is splattered anywhere or any other *najasah* lurking then it would not be clean no matter how pretty it looks.

Slide 54:

On the other hand, this squatting style loo may look plain and even scruffy – see this one has dirt around as well – but if free of *najasah*, then great no problem.

Slide 55:

We must understand that Islam and its teachings which include *Taharah* are not for the rich only. Had it been impossible to stay clean for poor people, then Allah (swt) would have mentioned it and excluded them from it but since this is not the case so we know that cleanliness is for all, rich or poor.

Sometimes you have to use toilets outside your home. Try your level best to maintain *taharah*. You may find the toilet seat that you are used to at home but at other times, you may find a toilet where you squat to go. That is probably something we are not used to. Sometimes kids start falling in. They don't know where to keep their feet, and are not used to squatting and don't know what to do with their trousers, which direction to sit in.

I personally feel that rather than sitting on the toilet seat, where you get contact with it if it is unclean, then you can get infections. You can get fungal infection, vaginal and urine infections, a squatting toilet is more hygienic – your body is not in contact with anything.

So either you put a toilet paper on it and then sit on it or wipe it clean or in other case better use squatting style one if you have an option because in this way your skin does not come in contact with anything and this is the cleaner option even though we don't like it.

Now see this is an absolutely plain place but it is clean and pure. There is nothing wrong with it. She is saying her *salah* over there. The place is absolutely clean. It doesn't have to be fancy.

Slide 56:

This kid is brushing his teeth. Now he is not in a bathroom can you see? Where is he brushing? Inside his house? No. These places have central pumps so that people can even take a shower or a bath over there. They brush their teeth and do *wudu* and all sorts of things required but this kid is here for the purpose of cleaning his teeth so it is fine. It doesn't have to be a fancy place.

Slide 57:

See this kid is taking a shower. As long as the water is clean and where he is standing is clean, it is fine even though it is not a proper bathroom that we are used to or familiar with.

Slides 58 & 59:

Last, but not least, you must not be embarrassed in asking about *Taharah* issues.

Ayesha (ra) praised the women of Medina by saying the women of Ansar are not embarrassed in inquiring about any issues [Muslim]

Now these women were so concerned about their *salah* that they were not embarrassed. When they were unsure about whether their periods had stopped and they could resume their *salah* or not, they used to take a sample on cotton wool to show to Ayesha (ra).

Would you look at someone's sanitary towel? That sounds really disgusting but Ayesha (ra) knew that Islam was new to them and those women did not wish to miss their *salah* without genuine cause. It happens at the end of our cycle that we are a bit confused whether periods are over or not. Maybe not so anymore due to the advancement of information technology *Alhamdulillah*, we are now aware of what we need to know but this was not the case back then.

What is the lesson to take from this example?

That THERE ARE NO TABOO SUBJECTS IN *TAHARAH*.

Whatever you need to know regarding *deen* is pivotal for you. I am not saying that you start discussing your monthly cycle at the dining table with your dad and brother or in public! No, but do not be shy in asking very personal issues as they are a vital part of our *deen* and we see that the Prophet (pbuh), his wives and his companions did not shy away from them – although their level of *haya* was way higher than all of us put together.

And your best source would be your mother - not the internet, not books or friends but your mother. Your mother raised you and she knows a lot about you. She will always give you the best and the most correct information. If you have any questions, always go to her. She is the best source because she will never want anything but the best for you. Okay so there is nothing *haahoo* about it. You don't understand something ask her. Okay.

If you feel your mum may not be able to help you in certain matters – perhaps her knowledge of *deen* is somewhat lacking – then do discuss with her and perhaps the both of you can find a reliable teacher to help you, *inshaallah*.

Slide 60:

Now that we have understood these important points, let's discuss physical cleanliness. Physical cleanliness includes:

personal hygiene
conditions that make *ghusl* compulsory
conditions that nullify or finish *wudu*.

Slide 61:

So *InshaAllah* we will start with personal hygiene.

Personal hygiene includes bathroom manners. Like what do you have to do in the toilet, which *dua*'s you have to recite before and after, how you have to leave the toilet etc.

Then oral hygiene - which means care for your mouth and teeth.

Then physical hygiene is taking a shower, applying deodorants, wearing clean clothes, taking care of unwanted body hair and all these things.

And finally, personal grooming.

Slides 62 -64:

We will start from bathroom manners. As you can see many things are listed here. Lets look at each one by one.

Do read *masnoon du'a* before entering. The *du'as* of RasulAllah (pbuh) that we find in authentic *ahadith* are called *masnoon* supplications.

Okay now the *du'a* for entering the toilet is

Allahuma inni audhubika min alkhubuthi wal khabaith.

O Allah, I take refuge with you from all evil male and female *jinnns*

[Bukhari and Muslim]

As toilets are unclean places, the possibility of bad *jinnns* being there is there.

Again, please do not equate “fancy” with “clean & pure.” And that is the place you take off your clothes and do your personal stuff so you don’t want anyone to see you. So what do you do? You take refuge with Allah (swt). Now you have to read the *du'a* before going in the toilet.

Well maybe many of you know the *du'a* or have heard of it. Those who don’t remember it write it down and stick it outside your loo and read it before going inside. Okay. Within a few days *InshaAllah* it will be on the tip of your tongues. Habits have to be developed right so we must try.

Slides 65 & 66:

Now the second thing. Enter with your LEFT foot first.

When you enter a *masjid* you enter with your right foot first and when you come out, you put your left foot outside. Anything good you do the right foot first and then you do the left foot. When RasulAllah (pbuh) used to wear his shirt he used to put his right arm first and then his left arm. While taking it off, take the left arm first then the right arm ⁶.

⁶ Aisha (ra) says, "Rasulullah (pbuh) liked to begin with the right while combing his hair; while performing ablution (wudu) and when putting on his shoes. (Also in every other deed, he first began with the right then the left).

Wearing your shoes put your right foot first, taking it out put your left foot out first. Same thing here, the room is the better place than the toilet so put the right foot inside first. Other manners of using washroom are:

Do observe PRIVACY. We do not do our business in public! You know you see people peeing on the road side. This is absolutely not allowed. Even in those times when Islam was new, people didn't have personal bathrooms but you can't do it in front of people on the roadside. Close the door even in your house.

In some countries, men's toilets have these urinals – not on.

Another thing, reading in the bathroom, taking a cup of tea/coffee and just hanging out on the “throne” is definitely a bad idea. These habits some people pick up from popular culture – that is not the sunnah way. In TV shows and movies, they sometimes show 2 or even 3 friends using the same bathroom together! One in the shower, other brushing teeth another, what have you! Be careful in school – the loo is not the place to socialize. No no for us.

Slides 67 & 68:

Then do not have face or back against the *qiblah*⁷. Generally *Alhamdulillah* these things are taken care of in our houses. If it is already like that then unfortunately you can't do anything but if you are in that position that you can get it changed or maybe you can tell your parents or whoever that this is something that needs to be done or maybe it is something that can be done late in time okay.

Slides 69 & 70:

Now do *istinja*. *Istinja* is cleaning yourself with the left hand. We use the right hand for eating and we use the left hand for cleaning ourselves. Even if you are a lefty (people who prefer to use

Commentary.

This (beginning from the right) is not confined to the three acts mentioned in this Hadith. Rasulallah (pbuh) began everything with the right, that is why every other deed' has been added in the translation of the Hadith. The basic rule is, that all those things that reflect dignity and elegance, while putting on these the right is preferred, and when removing them the left is begun with, as when putting on clothes, shoes etc. When one enters the Masjid, one enters with the right foot and leaves with the left foot first, as this is the place of dignity and greatness. Contrary to this, in those things that do not have elegance in them, for instance when entering the toilet. (Tirmidhi)

⁷ Ayub al Ansari said that “RasulAllah (pbuh) said that anyone of you goes into open space for answering the call of nature. He should neither face nor turn his back towards the *qiblah*. He should either face the east or the west.” [Bukhari]

their left hand) you should make it a habit to eat with the right hand. RasulAllah (pbuh) really gave importance to that and if you try, this will become a habit ⁸.

We do not necessarily have to “wash” ourselves with water. You see our *deen* is very practical and gives us practical solutions for everything. Water may not be available everywhere all the time so we can clean ourselves with other things – like toilet paper, again dry paper can also be used, stone or dry leaves. As long as we clean the dirt properly without leaving anything we are fine⁹. However, water does clean best.

Slides 71 & 72:

DO NOT splatter urine on clothes or body. This is something which is perhaps not applicable to us but more applicable to boys. You know when they stand up and pee, it should be taken care that urine should not splatter on the clothes or any other area except the toilet bowl.

Now this is also based on a hadith. Ibn Abbas said that RasulAllah (pbuh) happened to pass by two graves and said: “They (their occupants) are being tormented but they are not tormented for a devious sin one of them carried tales and the other did not keep himself being defiled by the urine”. He then called for a fresh twig and split it in two parts and planted on the two graves and then said “perhaps their punishment may be mitigated as long as these twigs remain fresh”. (Muslim)

Slide 73:

Do not talk in the toilet. You cannot have a conversation in the toilet with anybody. So leave that cell phone outside. The world will not come to an end in the time you do your business! and if someone else is in the toilet – please do not talk to them through the door – unless there is a REAL emergency. Poor mums have a tough time, whenever they go, kids start banging on the door with some “urgent” thing to say.

Slide 74:

Do not leave the toilet dirty. So what do you do? Flush, make sure if you are using toilet paper it is disposed properly and very important dispose your sanitary towel in a proper bag and bin it. Sometimes we are careful about these things at home but do not bother in public toilets like perhaps your school, or airports or restaurants etc. Do be careful wherever you are. Leave the place clean for the next person to come even if it is not your own loo.

⁸ "When any one of you eats, let him eat with his right hand, and when he drinks, let him drink with his right hand, because the Satan eats with his left hand and drinks with his left hand." (Muslim).

⁹ Aishah reported that the Messenger of Allah (saws) said, "When one of you goes to relieve himself, (in the absence of water) he should clean himself with three stones." Related by Ahmad, anNasa'i, Abu Dawud and ad-Daraqutni).

Slide 75:

Step out with RIGHT foot first. You know when you come in, you put your left foot first and when you come out you put your right foot first.

Slide 76 & 77:

Now do read *masnoon du'a* after leaving. That is a very very simple *du'a ghufuranaka*.

Oh Allah! I seek Your mercy.

That is if you did anything wrong or anything happened you just ask for Allah (swt)'s forgiveness.

Inshaallah we shall continue with our discussion next week.

(Du'a for end of a gathering) *SubhanaRabbikaRabbulIzzati 'ammayasifunwasalamun 'alalmursaleen, walhamdulillahiRabbil 'alameen*

(Parting salutation to students) *AssalamalaikumwarahmatullahiwaBarakatuh*