

100 Sunnah Challenge

Starting from 20th September 2021, students will be given the task to act upon **1 Sunnah per day**. The Sunnah should be **repeated** as many times as possible throughout the day. To **encourage** your children, parents should take part. The **purpose** is to embody the Sunnah of the Holy Prophet (s) in our daily life. The Sunnats have been taken from the book titled 'A Day With The Prophet (s)' – compiled by Shaykh Mufti Saiful Islam.

No.	Daily Sunnah	Done
1	Enter the toilet with your head covered (Bayhaqi)	
2	Enter the toilet with footwear (Bayhaqi)	
3	Recite the Dua before entering the toilet (Bukhaari)	
4	Enter with the left foot (Bayhaqi)	
5	Sit and urinate - One should never urinate whilst standing (Tirmidhi)	
6	One should not face or show his back towards Qiblah (Bukhaari)	
7	Do not speak in the toilet (Ibn Majah)	
8	To lower oneself as much as possible before using the toilet (Abu Dawood)	
9	After relieving oneself, cleanse oneself using toilet paper then with water (Abu Dawood)	
10	Leave the toilet with the right foot (Tirmidhi)	
11	Recite the Dua after leaving the toilet (Abu Dawood, Ibn Majah)	
12	Eat whilst sitting on the floor with both legs as in Tashahhud position (Ibn Majah)	
13	Spread out a cloth on the floor before eating (Bukhaari)	
14	Remove your shoes before eating (Majma'uz Zawaa'id)	
15	Wash both hands before eating (Shamaail)	
16	Before eating recite ' <i>Bismillah wa barakatillah</i> ' (Mustadrak Haakim)	
17	When eating, sit with one knee raised (Zaadul Ma'aad) or both knees raised (Ibn Majah)	
18	Do not lean and eat (Bukhaari)	
19	Eat with the right hand (Bukhaari)	
20	To eat together (Abu Dawud)	
21	Eat from the side that is in front of you (Bukhaari)	
22	Do not find fault with the food (Mu'jam al-Awsat)	
23	Clean the plate thoroughly after eating (Muslim, Abu Dawud)	
24	After eating, lick the fingers three times (Muslim)	
25	Wash both the hands after eating (Bukhaari)	
26	Rinse the mouth after eating (Bukhaari)	
27	Recite the Dua after eating (Shamaa'il, Abu Dawud)	
28	Recite " <i>Bismillah</i> " before drinking (Tirmidhi)	
29	Drink with the right hand (Muslim)	
30	Sit and drink (Muslim)	
31	Pour the contents (water/juice) into a glass first and then drink (Tirmidhi)	
32	Drink in 3 breaths (sips), removing the utensil from the mouth after each sip (Tabraani)	
33	One should not breathe into the cup, rather breathe after moving it away from the mouth (Bukhaari)	
34	After drinking say " <i>Alhamdulillah</i> "	
35	Recite the Dua after drinking milk " <i>Allhumma barik lana fee-he wa zidna minhu</i> " (Tirmidhi)	
36	To gargle the mouth after drinking milk (Bukhaari, Ibn Majah)	
37	Upon awakening, mildly rub both the palms on the face & eyes so that the sleep disappears (Bukhaari)	
38	Say the Dua upon awakening 'Alhamdu lillahil-ladhi ahyana ba'da ma amatana wa ilayhin nushoor' (Bukhaari)	
39	To brush the teeth with a Miswaak (Ahmad, Abu Dawud)	
40	Wash both hands up to the wrist 3 times before dipping it into a vessel/bowl for using water (Muslim)	
41	To perform Wudhu (Bukhaari)	
42	To say Salam to the members of the household when you are leaving the house (Bukhaari)	
43	When leaving the home read 'bismillaah, tawakkaltu 'alal-laah, wa laa hawla wa laa quwwata illaa billaah' (Abu Dawud)	
44	To read any Dhikr of Allah whilst entering the house (Muslim)	
45	When entering the home read 'Allahuma inni asaluka khairal mawlaaji wa khairal makhraji Bismillahi wa-lajna wa Bismillahi Kharajna Wa'alalahi rabbina tawakkalna' (Abu Dawud)	
46	Salam should be said upon entering the house (Quran: 24:61)	
47	To announce one has arrived at home by knocking on the door or coughing etc. (Nasa'i)	

Sunnah of Sleeping	48	To enter the house with the right foot (Bukhaari)	
	49	To perform Miswaak after entering the house (Muslim, Abu Dawud)	
	50	To sleep in the state of wudhū (Bukhaari)	
	51	To do Miswaak (Bukhaari)	
	52	To recite Bismillāh whilst closing the doors or locking them (Bukhārī)	
	53	To sleep early at night (Bukhārī)	
	54	To dust the bedding before sleeping (Bukhārī)	
	55	To do Tawbah (ask Allah (t) to forgive your bad deeds) before going to sleep (Tirmidhi)	
	56	To sleep in the state that one removes jealousy and enmity from one's heart (Tirmidhi)	
	57	To read the Dua before sleeping 'Allāhumma bismika amūtu wa ahyā' (Bukhaari, Muslim)	
Sunnah of Clothing	58	To recite Āyatul Kursī (Bukhaari)	
	59	To recite Sūrah Kāfirūn (Abū Dāwūd)	
	60	To recite Sūrah Ikhlas, Sūrah Falaq and Sūrah Nās (Bukhaari)	
	61	To recite the Tasbīh Fātimi; 33 x 'Subhān'Allāh', 33 x 'Alhamdulillah', 34 x 'Allāhu Akbar' (Abū Dāwūd)	
	62	Sleep on the right hand side (facing towards the qiblah) & with the right hand under the cheek (Abū Dāwūd)	
	63	Not to sleep on the stomach (Abu Dawud) or lying flat on the back (Tirmidhi)	
	64	Wear white clothes (Abū Dāwūd, Tirmidhi)	
	65	Not to wear clothes for showing off (Abū Dāwūd)	
	66	The Holy Prophet (s) prohibited wearing clothes that had pictures of animate objects (Bukhārī)	
	67	The holy Prophet (s) wore clothes that had buttons and a collar (Abū Dāwūd, Ibn Mājah)	
Sunnah of Bathing	68	To start wearing the clothing from the right side (Abū Dāwūd, Nasa'i, Mustadrak)	
	69	The Prophet (s) used to wear a white hat (Tabarānī)	
	70	When changing your clothes, should be read: 'Bismillāhil ladhī lā ilāha illā Hū'	
	71	When removing your clothes start from the left (Tabarānī)	
	72	The Prophet (s) lifted his shoes with his index finger and thumb of his left hand (Tabarānī)	
	73	To wash both the hands up to the wrists at the beginning of ghusl (shower) (Bukhārī)	
	74	To wash the private parts (during shower) (Bukhārī)	
	75	One should perform the complete wudhū before shower (Bukhārī)	
	76	Not to use excessive water when having a shower (Ibn Mājah)	
	77	To pour water over the head, then the right shoulder and then the left shoulder three times (Bukhārī)	
Miscellaneous Sunnah	78	To pour water over the entire body three times (Bukhārī)	
	79	To clean the body by rubbing it. (Bukhārī)	
	80	After the ghusl, to wipe the body dry. (Bukhārī)	
	81	Thareed – small pieces of bread (or chapati) soaked in soup with few pieces of meat	
	82	To eat a dates (Kajoor) of any type	
	83	The Holy Prophet (s) used to have honey water for breakfast. (Umdatul Qāri - Commentary of Bukhārī)	
	84	Drink date water – (dry dates cut into pieces and soaked in a clay container overnight) (Tirmidhi)	
	85	To partition the hair in the middle (Bukhaari)	
	86	Placing oil in the left palm first and then applying with the right-hand fingers on the head (Kanzul 'Ummāl)	
	87	The Prophet (s) used a mirror when combing his beard or hair. (Mu'jamul Awsat)	
Miscellaneous Sunnah	88	To apply Itr (perfume) After wudhū (Majma'uz Zawāid)	
	89	To apply Itr (perfume) at the time of reciting the Qur'an (Jam'ul Wasaa'il)	
	90	To recite the Qur'an in the state of wudhū (Ihyā'ul-'Ulūm, Tahāwi)	
	91	To recite the Qur'an for the pleasure of Allāh ﷻ (Nasa'i)	
	92	To recite the Qur'an with tajwīd (correct pronunciation) (Sūrah Muzzammil)	
	93	To recite with a sweet voice and not a singing tone (Abū Dāwūd)	
	94	To refrain from talking whilst reciting the Qur'an. (Bukhārī)	
	95	To sit with respect when reciting the holy Qur'an.	
	96	To start the recitation with Ta'awwudh (Dua No.1 Level 1) and Tasmiyah (Dua No.2 Level 1)	
	97	Not to indulge in talking whilst reciting the holy Qur'an.	
	98	The intention whilst reciting the Qur'an should be to gain the pleasure of Allāh (t)	
	99	The reciter of the holy Qur'an should sit in a respectful position facing the qiblah	
	100	Both hands should be used when doing a Musafahah (handshake)	