

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 |
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| 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) | |

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| 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 Ikhḷās, 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, Tirmidhī) | |
| | 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) | |