

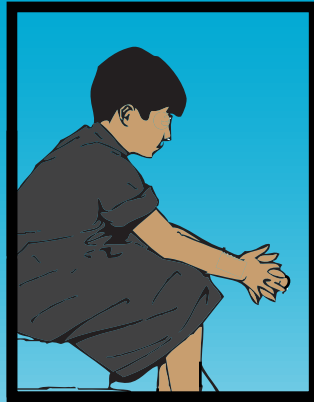
# Let's Learn How to Make Wudu (Ablution)

## Step #1

1. Clear your mind and realize that you are about to perform an act of worship.
2. Make your intention solely for Allah in your heart (i.e. without moving your lips).
3. Say "Bismillah" (In the Name of Allah) before entering the bathroom

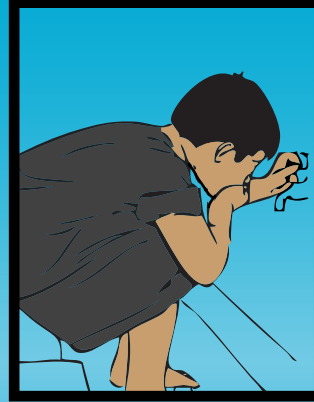
## Step #2

Wash your hands to your wrists three times each, right then left.



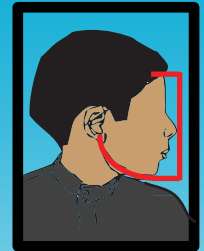
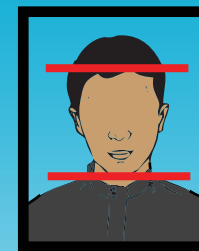
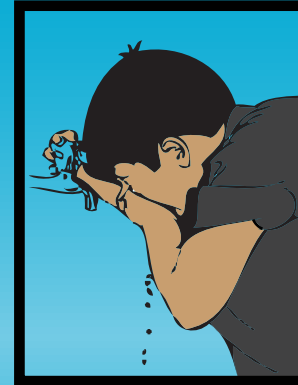
## Step #3

Wash the inside of your mouth and nose with the same handful of water. Use the right hand to put water in your mouth and nose while using the left to remove the water in your nose.



## Step #4

Wash your face three times including your beard (your face includes everything between your ears and from your hairline of your forehead to your chin)

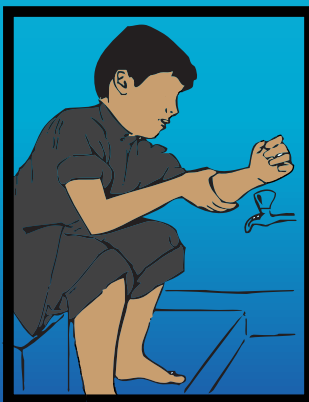


Tip: Do not waste water.

**Golden Rule #1:** All areas such as the face, forearms, and feet need to have water touch EVERY single spot of skin to have the wudu performed properly

## Step #5

Wash your forearms three times each from your finger tips until past your elbows on both sides, right then left.



## Step #6

Wipe your hair with water starting from the front to the back and back to the front



## Step #7

Wipe both of your ears.



## Step #8

Wash both of your feet three times each from the tips of your toes to a little past your ankles, right then left.



**Golden Rule #3:** Make sure all the acts of wudu are performed in the mentioned order.

**After you finish wudu, you can recite this:**  
 Ash-hadu al-laa eelaaha illa Allah,  
 wah-da-who laa sha-ree-kah-lah,  
 wa ash-hadu an-na Mu-ham-madan  
 ab-du-hu wa ra-su-lu-hu  
 (I bear witness that there is no god worthy of worship except Allah, without any partners, and that Muhammad is His slave and messenger.)

**Golden Rule #2:** Do not interrupt your wudu (i.e. perform it all together with no breaks)

## Other important information:

### What causes you to lose your wudu:

1. Any excretion from your private area or your back side.
2. Going into a deep sleep or losing consciousness.
3. Passing wind
4. Touching your private area (skin to skin contact)

### Ghusl (Full Body Wash)

This MUST be performed on Fridays before Friday prayer and prior to prayer if you had a wet dream, sexual intercourse with your spouse, or at the end of your menses (for women).

1. Make your intention in your heart.
2. Wash both of your hands
3. Use left hand and wash private parts
4. Perform the steps of wudu as mentioned above.
5. Wet your hair all the way to the roots
6. Pour water over your head three times.
7. Then pour water over the rest of your body right then left
8. Then wash your feet.
9. Now you are ready to pray.

### Wiping over your socks

If you have performed wudu on your bare skin and then put socks on before breaking your wudu, there is an easement which Allah has given the Muslims. The next time you make wudu, you can wet your hand and wipe over your sock instead of taking your sock off. This allowance lasts for 24 hours after you performed your first wiping. For any confusions, please refer to the email below.

For more info, please email: [programs@icfoundation.com](mailto:programs@icfoundation.com)