

## What is Istinjaa?

Islam is the religion of cleanliness and purification. Allah wants Muslims to be clean and pure all the time. As a Muslim, your body, clothes and your house must be clean and pure. That is why **Istinjaa** is one of the teachings of Islam.

### What is Istinjaa?

Istinjaa means cleaning private parts (with water or toilet paper or both of them) after using the bathroom (toilet).



### **Why is it Important to make Istinjaa?**

- 1- Istinjaa makes your body and clothes clean and pure.
- 2- Without Istinjaa, your prayer will be invalid (not correct).

## The Manners of going to the bathroom:

- 1- Leave outside anything that has Allah's name, like a book, a ring, etc.
- 2- Prophet Muhammad ﷺ taught us a du'a that we should say before going into the bathroom.

بِسْمِ اللَّهِ، اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْخُبُثِ وَالْخَبَائِثِ

*BismiAllāh, Allāhumma 'innī 'a'ūdhu bika minal-khubuthi walkhabā'ith.*

In the Name of Allah. O Allah, I seek protection in You from evil and the evil ones (or, from the evil male and female Jinn).

3- Go into the bathroom with the left foot.

4- Use your left hand to wash and clean yourself. Your right hand is for eating, writing and shaking hands with people, so use your right hand for clean things and use your left hand when dealing with impure or dirty things.

5- Make sure that you have privacy. No one should see you using the bathroom (toilet).

6- Be quiet. It is not an Islamic manner to talk in the bathroom. Muslims should be quiet in the bathroom and not talking unless there something important going on and he/she must talk.

Do not take your phone to the bathroom. Taking a phone call in the bathroom is wrong, one should not take a phone call unless it is an emergency.

7- Flush the toilet when you finish and double-check before you leave the bathroom.

8- Do not waste water or toilet paper. Use only what is enough for you.

9- Leave the bathroom with your right foot.

10- Once you step out say:

غُفْرَانِكَ

*Ghufrānak*

I seek Your forgiveness.

# QUIZ

## Multiple Choice Questions

1. What does "Istinjaa" mean?

- a) Cleaning your hands after eating
- b) Cleaning private parts after using the bathroom
- c) Praying after using the bathroom
- d) Washing your feet

3. Which foot should a Muslim use to enter the bathroom?

- a) Right foot
- b) Left foot
- c) Either foot
- d) None of the above

4. What is the importance of saying "Ghufrānaka" after leaving the bathroom?

- a) It cleans your sins
- b) It is a sunnah of the Prophet ﷺ
- c) It ensures your wudu is valid
- d) It's a way to thank Allah for food

## True or False

1- It is recommended to enter the bathroom with your right foot.

2- It is okay to talk in the bathroom as long as it's not loud.

3- You must leave items with Allah's name outside the bathroom.

4- Using excessive water or toilet paper for Istinjaa is encouraged.

5- Saying "Ghufrānaka" after leaving the bathroom is a sunnah.

## Fill-in-the-Blank

The word "Istinjaa" means \_\_\_\_\_ private parts after using the bathroom. Before entering the bathroom, Muslims should say: \_\_\_\_\_. You should step out of the bathroom with your \_\_\_\_\_ foot. It is not an Islamic manner to \_\_\_\_\_ in the bathroom. After leaving the bathroom, Muslims say: \_\_\_\_\_.

# QUIZ

## Answer the Questions

- 1- What does the term "Istinjaa" mean in Islam?
  
- 2- Why is it important to leave items with Allah's name outside the bathroom?
  
- 3- Which foot should a Muslim step into the bathroom with?
  
- 4- What is the du'a that Muslims should say before entering the bathroom?
  
- 5- What should you say after leaving the bathroom?