

# **Adaab (Etiquette) of the Holy Prophet (s)**

*Excellent Adaab is the ornament of the intellect.*

Holy Prophet (s)

*Good Adaab are like new clothes.*

Imam Ali (a)

## Etiquettes of Eating/Drinking

- 1) Begin in the name of Allah.
- 2) End by thanking Allah.
- 3) Take small morsels.
- 4) Chew well.
- 5) Do not look at what others are eating.
- 6) Eat and drink with the right hand.
- 7) Sit and eat.
- 8) Do not talk while eating.
- 9) Eat from that which is closest to you.
- 10) Drink water in sips.
- 11) During daytime drink water while standing. At night drink water when sitting.
- 12) Wash hands before and after eating.
- 13) Eat together with others. Allah rewards those who eat in a group.
- 14) Do not waste food.
- 15) Take off your shoes when eating, it is more relaxing for the feet.

## Etiquettes of Sleeping

- 1) Sleep on your right side.
- 2) Do wudhu before going to sleep.
- 3) Do not sleep on your stomach.
- 4) Sleep early and wake up early.
- 5) Recite the following before sleeping.
  - a) Sura Ikhlas three times
  - b) Send blessings on all the Prophets.
  - c) seek forgiveness for all believers.
  - d) Recite the 'Tasbihate Arbaa'
- 6) Think of your day before going to sleep. Thank Allah for all the good that happened during the day, and ask forgiveness for all the mistakes you made that day.
- 7) When you wake up, say: *Thanks be to the God who gave me life after death.* Sleep is a form of death, so waking up is really a new life.

## **Etiquette of Personal hygiene**

- 1) Comb your hair well for that brings many blessings and removes grief.
- 2) Cut and trim your nails on Friday.
- 3) Keep your body clean and free of bad smell.
- 4) Use good perfume, especially when praying.
- 5) Apply oil on the hair and body. Oiling the hair removes distress.
- 6) Brush your teeth regularly.

## **Etiquette of entering/leaving the home**

- 1) Enter with the right foot.
- 2) Say Bismillah when entering.
- 3) Knock or ring the bell gently, not too loudly or for too long.
- 4) Do not slam the door after entering, or leave it to shut by itself. Close it gently.
- 5) Do not make too much noise when entering or leaving, especially if people are sleeping.
- 6) Greet others with the salaam. If there is no one at home, say: *Peace be on all of us from our Lord.*
- 7) Make your presence known, do not surprise people suddenly.
- 8) Seek permission to enter into people's rooms.

## **Etiquette of Communication**

- 1) Speak softly and gently.
- 2) Make your words simple and to the point.
- 3) Do not laugh loudly or for too long.
- 4) Be cheerful and easy going. Do not pounce on people's mistakes.
- 5) Do not be rude or harsh.
- 6) Do not flatter others.
- 7) Do not look for the faults of others, instead look for their positive qualities.
- 8) Stay away from things that do not concern you.
- 9) Speak words that are kind and considerate.
- 10) Use words that compliment, praise, comfort, make others happy . . .
- 11) Do not talk bad about others.
- 12) Avoid negative words that stir up conflict and hatred.

## **Etiquette of social relationships**

- 1) Do your own work, do not depend on others for what you can do yourself.
- 2) Help others whenever possible.
- 3) Smile and greet others with warmth.
- 4) Treat people equally, with fairness.
- 5) Do not look down on anything someone offers you, even a dry date.
- 6) Be humble without losing self-respect.
- 7) Be kind and sociable. God likes those who are friendly and outgoing.
- 8) Be generous but not extravagant.
- 9) Make your appearance pleasant when you go to meet others.
- 10) Show others that you care about them.
- 11) Do not stare at others.
- 12) Do not turn away anyone who comes to you with a need.
- 13) Be humorous and joke a little, but always speak the truth.
- 14) Inquire about others when you don't see them for three days (if you have been seeing them regularly).
- 15) Respect a guest and prefer him/her over yourself.
- 16) Cheer up someone who is sad.

## Etiquette of Traveling

- 1) Bid farewell to people and pray for them before you leave.
- 2) Before you leave say the following prayer:  
*O Allah! by Your Will (and Mercy) have I embarked on this journey, and to You have I turned, and with You do I seek refuge. You are my Confidant and my Hope. O Allah! Suffice for me that which is important for me and that which I do not give importance to but You know more of than me. O Allah! Endow me with taqwa and forgive me, and turn me towards good wherever I turn*
- 3) Do not travel alone.
- 4) Whenever the Prophet visited a place he would pray a two rakaat salaah there, even if he stayed there for a short time.
- 5) The Prophet (s) liked to travel on a Thursday.
- 6) Take enough money and necessities for your journey.
- 7) Greet returning travelers by praying that God accept their actions on their journey.