

AKHLAQ CLASS 5

LESSON 5 :

CLEANLINESS

Power point realised by a Kaniz-e-Fatima Fi Sabilillah

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It is very important to keep yourself clean. If you do not look after your body,

you will end up catching germs more easily,



and this will make you unwell.

When you make yourself clean, neat and tidy,



you feel fresh and healthier.

Try to keep clean at all times, but special attention should be given when in the toilet,



when eating food,

and when getting ready to offer prayers.





When you go to the toilet, use water to clean yourself.



If you do not clean yourself properly you will be Najis. This means that you will not be able to touch Qur'an or pray Namaaz.

On leaving the toilet, it is your responsibility to leave it as clean or cleaner than it was when you entered. You should also wash your hands properly. This makes sure that all the germs, which you can catch, are killed, and do not spread to food, or other areas.



At home

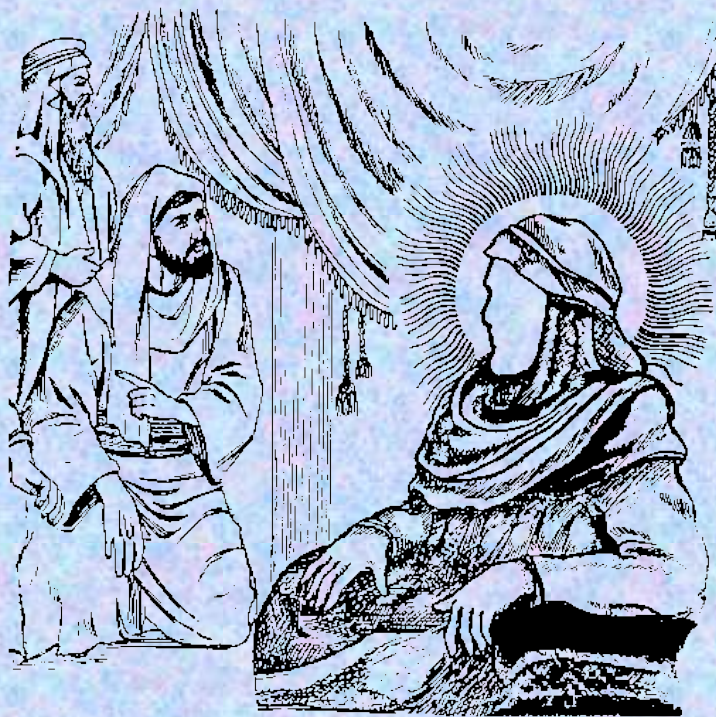


you should keep yourself clean by brushing your teeth in the mornings and evenings,



by washing your face when you get up, and by taking a shower regularly.

Our Eighth Imam (a.s.) explained that:

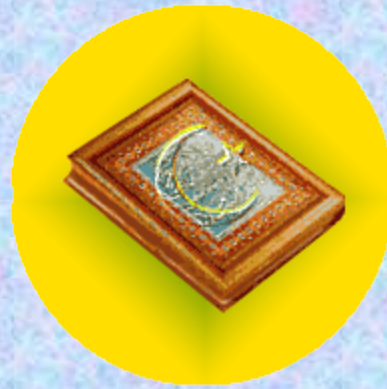


*To be pure and
clean is
amongst the
habits of the
Prophets.*



When you are ready to eat, you should wash your hands so that there is no dirt on them when you eat. It is also recommended that your hands should be slightly wet when eating. If your hands are dirty, you may swallow some dirt with your food. This could be bad for you because you don't know what you have touched during the day.

Allah says in the Holy Qur'an is Surah
al-Baqarah (2:222)



« ...For God loves those who turn to Him
constantly and He loves those who
keep themselves pure and clean. »



You should clean your own room and try to wash your own dishes. If you see a mess somewhere and you know that you did not do it, you should still try and clean it up.



When you are at school,



Or in the mosque,



You should do some cleaning up and put the rubbish in the bin.



If everyone picks up a bit of rubbish, or clears some mess, the place will be spotless and tidy and everyone will benefit.

Prophet Muhammad (s.a.w.w.) has
said:

CLEANLINESS AND
PURITY ARE PART OF
FAITH

