

ETIQUETTES OF DRINKING WATER

- 1) To sit and drink water. Our Nabi **صلى الله عليه وسلم** has prohibited the drinking of water whilst standing (ZAADUL MA'AD).
- 2) Water and all other Halaal liquids should be consumed with the **right hand** as Shaytaan uses the left hand for eating and drinking (KHASAIL- E – NABAWI).
- 3) To drink water in **three separate sips** (TIRMIZI).
- 4) To **stand** and drink **Zam Zam water** and the **water left over after Wudhu** (TIRMIZI).

AFTER DRINKING WATER, RECITE THIS DU'AA

الْحَمْدُ لِلَّهِ الَّذِي سَقَانِي عَذْبًا فَرَاتًا بِرَحْمَتِهِ وَلَمْ يَجْعَلْهُ مِلْحًا أَجَا بَدُنُونَا

- 5) Drinking water after meals is **not the Sunnah** of our Nabi **صلى الله عليه وسلم** especially if the water is **very hot or cold**, as both are harmful (ZAADUL MA'AD).