

The Sunan of Fitrah



Learning Objectives

In this lesson, I will:

- Define 'sunan of fitrah'
- List the sunan of fitrah
- Explain the importance of the sunan of fitrah



Key Words

Sunan of Fitrah - سُنُنُ الْفِطْرَةِ

Circumcision

The Originator - الفَاطِرُ

T Thinking Starter

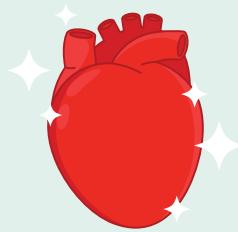
What is the difference between how humans and animals look and behave?



The Pure Fitrah

Allah سُبْحَانَهُ وَتَعَالَى created every human in a pure and beautiful state. This natural way is called **fitrah**.

Our beloved Prophet ﷺ said:



مَا مِنْ مَوْلُودٍ إِلَّا يُوَلَّدُ عَلَى الْفِطْرَةِ

“No one is born except that they are on the fitrah.” (Muslim)

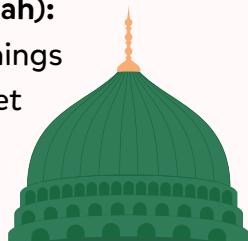
Fitrah means that every person is born knowing that Allah is their Creator and only He should be worshipped.

Sunan of Fitrah (سُنُنُ الْفِطْرَةِ)

Our beloved Prophet ﷺ taught us certain habits to follow which help us stay clean and healthy. These habits are called the **sunan of fitrah**. These sunan help us grow into respectful and clean Muslims.

Sunan (plural of sunnah):

The actions and teachings of our beloved Prophet Muhammad ﷺ





Task 1

Are the following sentences true or false?



- Fitrah is the natural way Allah created us.
- It is part of the fitrah to know that there is Only One True God.
- Only boys are born on the fitrah.
- The sunan of fitrah are habits that keep us clean and healthy.
- Putting coconut oil in your hair is from the sunan of fitrah.
- The word 'sunan' is the plural of sunnah.

The Ten Sunan of Fitrah

Our beloved Prophet Muhammad ﷺ said: “There are ten actions that are part of fitrah...” (Muslim)

The Prophet ﷺ taught us to do the sunan of fitrah regularly. Some are done every day, and some we do regularly to stay clean and never delay for more than 40 days. Others stay with us throughout life, like the beard for boys when they grow up and circumcision, which is done once in a lifetime.

DAILY

 Siwak	 Istinja
 Washing the parts where dirt hides	 Rinsing the mouth and nose

REGULARLY BUT DON'T LEAVE FOR MORE THAN 40 DAYS

 Trimming the moustache	 Removing armpit hair
 Cutting the nails	 Removing pubic hair

LIFETIME PRACTICE

 Letting the beard grow	 Circumcision
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Circumcision is a special practice for boys that helps with personal hygiene.



Task 2

Match the sunan of fitrah to their benefits.

1 Siwak

Removing hair from private areas keeps us clean.

2 Istinja

Short nails stop dirt and germs from building up.

3 Washing the parts where dirt hides

Makes eating and drinking easier and cleaner.

4 Rinsing the mouth & nose

A great sunnah of our beloved Prophet ﷺ.

5 Trimming the moustache

Removes dust and germs during wudu.

6 Cutting the nails

Keeps areas where dirt hides (like between the fingers, toes and behind the ears) clean.

7 Removing armpit hair

Keeps the private parts clean from impurities.

8 Removing pubic hair

Stops bad smells and keeps the body fresh.

9 Letting the beard grow

Helps keep the private part clean and neat.

10 Circumcision

Removes germs from the mouth and teeth.

Allah is **al-Fatir: The Originator**. He created us from nothing, and He knows what is best for us!

الفاطمة

Why Are the Sunan of Fitrah Important?

The sunan of fitrah help us stay clean, healthy, and pure – on the outside and the inside. Many people today promote ideas that go against our fitrah. Some say we should change our natural appearance, while others encourage us to not care about hygiene and modesty. Some even say we should do whatever we feel like, even if it's not good for us.

Our din is beautiful. It teaches us to appreciate our natural state, care for our bodies, and keep our hearts and minds clean. When we live by the Sunnah, we become closer to Allah and feel grateful for how He created us.

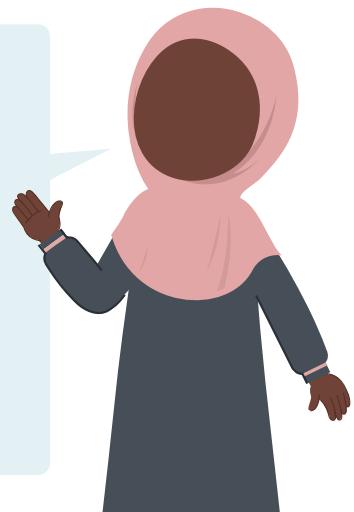
I will follow all of Islam's teachings!



Task 3

Khadijah wants to keep her nails long because it's the latest fashion.

What advice should Maryam give her?



I Act On What I Learn

I will practise the sunan of fitrah.



P Progress Check



1. What is fitrah?



2. List five sunan of fitrah.



3. Why are the sunan of fitrah important?

