



Wudu, Step by Step

JOURNEY INTO ISLAM

Wudu is the ablution performed before prayer, following the Qur'an's command and the way the Prophet ﷺ is described as performing it. Wash each part in the order below; most parts are washed three times.

1 Intention & Bismillah

Form the quiet intention (*niyyah*) in your heart to perform wudu for the sake of God, and say *Bismillah* — "In the name of God."

2 Wash the hands

Both hands up to the wrists, three times, letting the water reach between the fingers.

3 Rinse the mouth

Take water into the mouth and rinse it out, three times.

4 Rinse the nose

Gently draw a little water into the nose and blow it out, three times.

5 Wash the face

The whole face, three times — from the hairline to the chin and from ear to ear.

6 Wash the arms

Each arm from the fingertips to the elbow, three times — the right arm first, then the left.

7 Wipe the head & ears

With wet hands, wipe over the head once, then wipe the inside and back of the ears.

8 Wash the feet

Each foot up to the ankle, three times — the right foot first, then the left — washing between the toes.

After wudu

The dua after wudu

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

Ash-hadu an lā ilāha illa-llāhu waḥdahu lā sharīka lah, wa ash-hadu anna Muḥammadan 'abduhu wa rasūluh

I bear witness that there is no god but Allah alone, with no partner, and that Muhammad is His servant and messenger.

Said on completing wudu.

Sahih Muslim 234 · Sahih

You remain ready to pray until wudu breaks — for example by using the toilet, passing wind, or deep sleep — after which you simply repeat these steps. Schools of law differ on some details; for your own practice, learn hands-on from a knowledgeable teacher.

Every claim on this sheet is cited to the Qur'an or authentic, graded hadith.

Full sources: journeyintoislam.com/pocket-guides/wudu-poster

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