



**Ablution Is a Purification That Is Not  
Only Physical, but Also Spiritual**

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**Messenger Muhammad (peace and blessings be upon him) signals the secret effect that the practice of ablution has on you, saying:**

“When a Muslim or believing servant of Allah washes their face (in the course of ablution), every sin that they have looked at with their eyes will be washed away from their face along with the water—or with the last drop of water. When they wash their hands, every sin that their hands have committed will be washed away from their hands along with the water—or with the last drop of water. When they wash their feet, every sin towards which their feet have walked will be washed away along with the water—or with the last drop of water. Until, by the end of it, they emerge pure of sin.” (Narrated by Muslim)

**T**ry to keep these meanings in your mind and to emotionally experience them while performing ablution. Your performance of ablution is an expiation for your sins, for which you may hopefully expect to receive reward from Allah, the Gracious.