



## Benefits of Zamzam

The Prophet (S) stated:

“The best water on the face of the earth is the water of Zamzam. In it is nourishment and healing from sickness” [Tabarani]

“The water of Zamzam provides whatever you intend” [Ibn Majah]

As such, we should implore Allah (SWT) when partaking of Zamzam

- Any dua' can be made, recognizing that its reach is to the extent of our intention
- One such example, which we can incorporate, is the dua' of Abdullah Ibn Abbas (R), a close companion of the Prophet (S). He would recite the following while drinking Zamzam:

اللَّهُمَّ إِنِّي أَسْأَلُكَ عِلْمًا نَافِعًا وَرِزْقًا وَاسِعًا وَشِفَاءً مِنْ كُلِّ دَاءٍ

## Etiquettes of Drinking Zamzam\*

When drinking Zamzam:

1. Face in the direction of the qiblah
2. Make an intention / dua' (see above)
3. Say “Bismillah” and drink abundantly, in 3 sips
4. Say “Alhamdulillah” when finished

### Drink Abundantly

- A visitor to the Holy Cities should drink Zamzam abundantly.
  - Several Zamzam taps and coolers are present throughout both Masjid Al-Haram and Masjid An-Nabawi.
  - Additionally, consider purchasing a large bottle of Zamzam (available in official, sealed containers at shops around Masjid Al-Haram) for your hotel room. Drink as much as possible, especially during meals.

\* These etiquettes are taught to us by the Prophet (S) as recorded in a Hadith of Ibn Majah. Furthermore, you may wipe a small amount over your face and head, taking care to avoid water falling on the floor. It is narrated that the Prophet (S) performed tawaf, and then “went to Zamzam and drank from it and poured some over his head” [Ahmad].