



## Woe to the heel bones from the Hellfire

Abu Hurayrah, 'Abdullāh ibn 'Amr, and 'Ā'ishah (may Allah be pleased with them) reported: The Messenger of Allah (may Allah's peace and blessings be upon him) said:  
"Woe to the heel bones from the Hellfire!"

[Authentic hadith] [Narrated by Muslim - Al-Bukhari and Muslim with its two versions]

The Prophet (may Allah's peace and blessings be upon him) warns against negligence in the performance of ablution and encourages us to perform it perfectly and completely. As the back of the foot (the heel bone) is normally somewhere that water does not reach, it leads to a deficiency in ablution and therefore in prayer, so the Prophet (may Allah's peace and blessings be upon him) informs us that the heel bones, along with the one who is careless about including them in his Shariah-required purification, will be targeted by torment in the Hereafter.

<https://sunnah.global/hadeeth/en/show/3535>

