

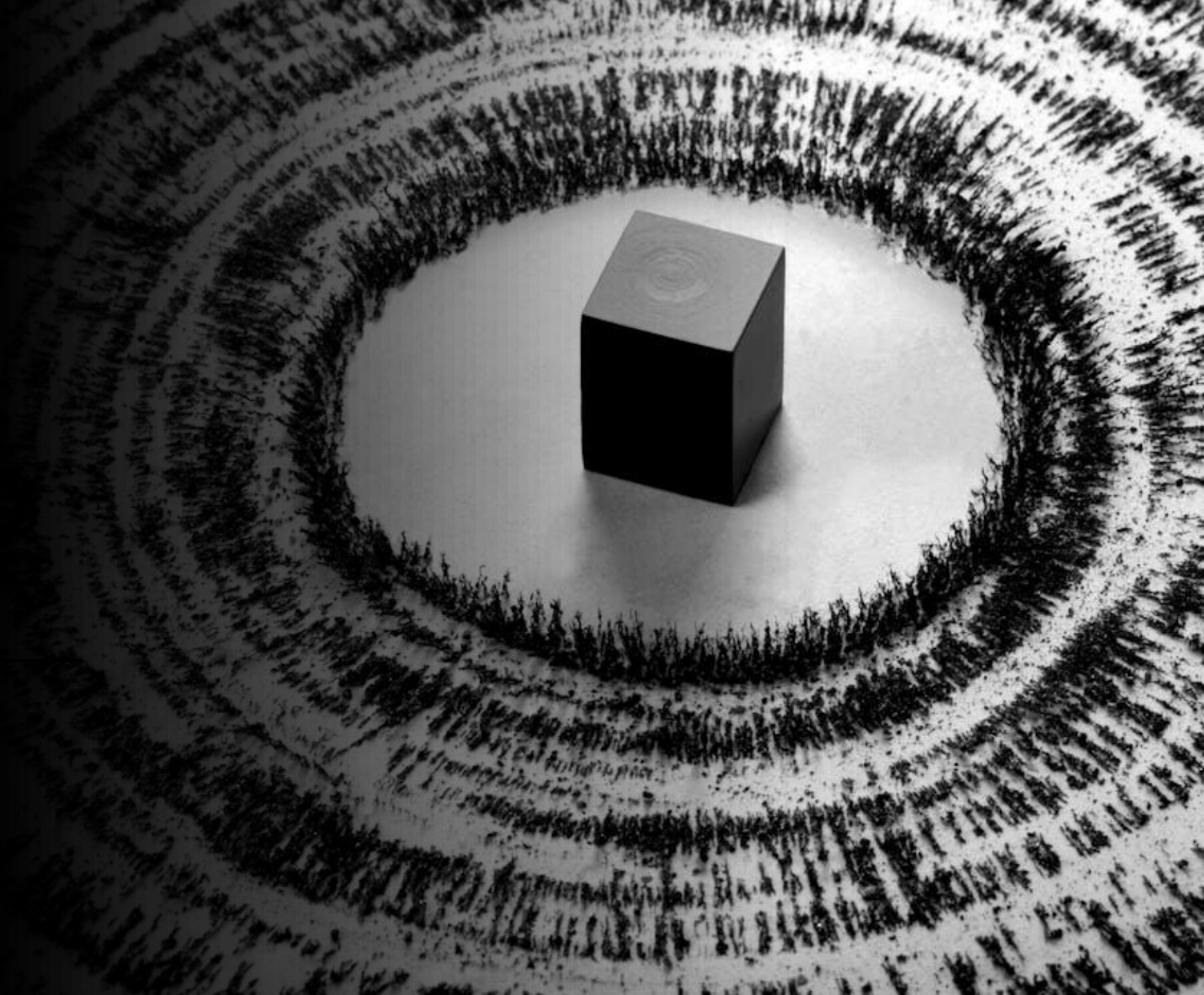


# Sacred Steps

A Guide to Umrah

*Kufah Institute and College*

*November 10, 2024*



# Overview

- Introduction to Umrah
- Preparation
- Spiritual Advices
- Fiqh of Umrah
- Q&A
- Visiting Madinah
- Q&A
- Practical Advice
- Review

# Virtues of Umrah

The Prophet ﷺ stated, “Umrah is an expiation for the sins committed between it and the previous Umrah”

[Bukhari and Muslim]

# What if I have already have gone?

- First time is always special.
- The Prophet ﷺ performed multiple Umrahs during his lifetime, including an Umrah at the beginning of his journey for Hajj.
- He had a deep attachment and spiritual connection with the Kabah.

The Prophet ﷺ said, “Allah says, ‘A servant to whom I grant health and financial means is deprived if he allows five years to pass without visiting Me’” [Musnad Abi Ya’la].

“Alternate between Hajj and Umrah for these remove poverty and sin just as the forge removes impurities from iron, gold, and silver” [Tirmidhi]

# Preparation

- Niyyah
  - Not shopping, McDonalds, Social Media
  - Seeking Allah, forgiveness, and self rectification
- Repent from all sins
- Build up Spiritual Stamina
- Rectify dues (fasts, prayers, trusts, oaths, zakah)

# Leaving Home

- Two rakah before leaving home
- Surah Qadr when at door
- When leave Ayatul Kkursi and give some charity.
- Make dua of Safr:

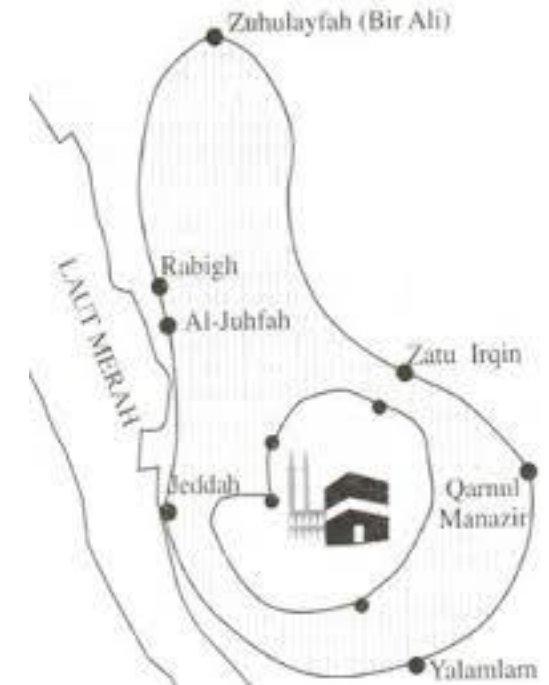
*I seek Thy protection against that I go or be led astray, or that I oppress or be oppressed ; and against that I do an act of ignorance or fall a victim thereto" : This invocation should also be pronounced :- "O Allah ! We ask Thee for righteousness and piety in this journey of ours. We request Thee to bless us with the acts that may please Thee." "O Allah ! make this journey of ours convenient for us and help us in crossing over its distance easily." "O Allah ! Thou art our companion in this journey and the care-taker of our family behind us." "O Allah ! I seek Thy protection against the troubles in this journey ; against beholding my property and family in bad condition on my return and against being impaired after being settled and against the malediction of the oppressed one."*

# Fiqh

- Ihram
- Tawaf
- Sa'yi

# Ihram

- ‘*Ihram* is the spiritual state required to enter Mecca as well as the two sheets of cloth worn by men while in this state.
- Need Ihram before passing Miqat.
  - If miss, Damm penalty
- A woman on her period will still enter the state of *ihram*.





# Ihram

- Wudu/ghusl
- Cutting private hairs
- Trim mustache
- Deodorant/Scent
- Two unstitched white cloths for men
- Women wear modest, loose clothing even if stitched; Hijab/Niqab
- Change footwear

# Ihram

- 2 rakah Nafl
  - Surah al-Kafirun and Surah al-Ikhlâs
  - Not for woman on her period
- Make the Intention
- Intention Du'a for Umrah

اللَّهُمَّ إِنِّي أُرِيدُ الْعُمْرَةَ فَيَسِّرْهَا لِي وَتَقَبَّلْهَا مِنِّي

*O Allah, I intend Umrah.*

*Make it easy for me and accept it from me.*

# Talbiyah

لَبَّيْكَ اللَّهُمَّ لَبَّيْكَ لَبَّيْكَ لَا شَرِيكَ لَكَ لَبَّيْكَ  
إِنَّ الْحَمْدَ وَالنِّعْمَةَ لَكَ وَالْمُلْكَ لَا شَرِيكَ لَكَ

*I am at Your service. O Allah, I am at Your service. I am at  
Your service. You have no partner, I am at Your service.  
Surely, all praise and grace are for You, as is dominion over  
the entire universe. You have no partner.*

# Prohibitions

- Romantic interaction, whether verbal or physical, including kissing or embracing
- Covering the skin of the face
- Wearing stitched clothing for men, including head cover, underwear, socks, shoes, etc
- Fighting or arguing with others
- Applying fragrance to the body or *ihram* clothing in any form (This includes refraining from touching the cover of the ka'bah)
- Clipping nails or removing hair from any part of the body
- Hunting or assisting in the hunting of any animal or creature

# Penalty for Violations

- Sadaqah
  - Sadaqatul Fitr
  - Some Sadaqah
  - Sadaqah of equivalence
- Damm
  - Badanah (cow or camel)
  - Damm (sheep or a goat or the cost of one-seventh of a large animal)
- Depends on violation and extent. Refer to Muallim or more detailed books.
- Damm is given in Haram precincts
- It does not matter if did it forgetfully, on purpose, or by accident

# Permissible acts

- Using an umbrella
- Wearing a ring, glasses, hearing aid, watch, or money belt
- Wearing a backpack
- Changing your ihram clothing
- Washing your body or brushing your teeth, provided that all the items used are fragrance-free
- Covering your body with a blanket or sleeping bag. Your face and head must remain uncovered.
- Using a pillow
- Covering your face with a tissue while sneezing or drying your face with a towel after taking a shower or making wudu
- Use of hand sanitizer (fragrance-free); natural chemical order is not considered fragrance
- If your wudu breaks or your ghusl is lost, then the state of ihram stays intact.

# Entering Masjid Al Haram

- Dua for entering
- Salawaat
- Intend Nafil Itikaaf
- Enter with humility and respect and longing as you would the court of a king but also a long-lost beloved
- Proceed to Mataf and find a place to make dua
- Talbiyah ends when Tawaf begins

# Tawaf

- Circling the Ka'bah seven times.
- Fard and Nafl types
- Requires Wudu (like prayer)
- Tawaf begins in line with the black stone (green light)
- Intention is required

اللَّهُمَّ إِنِّي أُرِيدُ طَوَافَ بَيْتِكَ الْحَرَامِ فَيَسِّرْهُ لِي وَتَقَبَّلْهُ مِنِّي ❁

O Allah, I intend to perform Tawaf of your Sacred House, so make it easy for me and accept it from me.

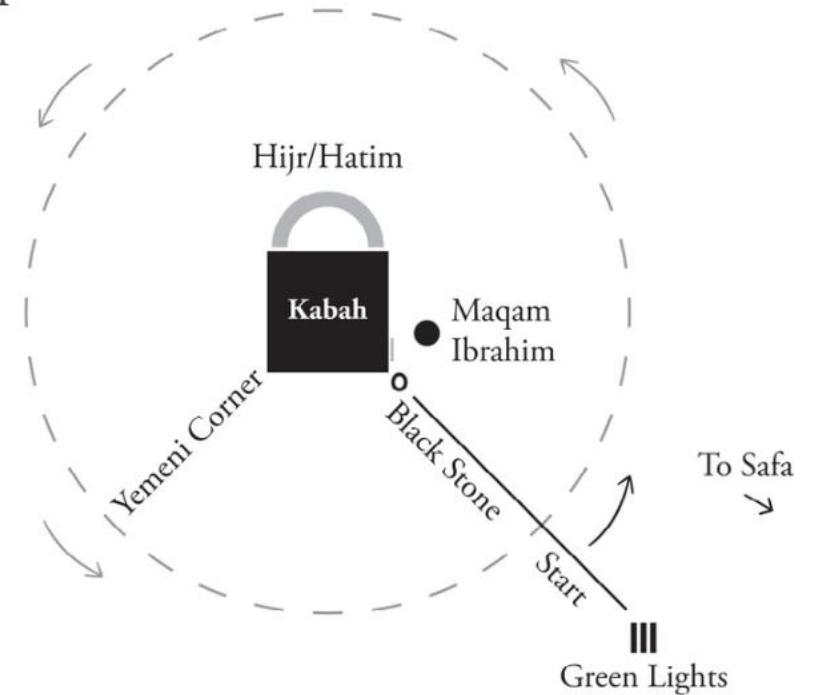


## HOW TO PERFORM TAWAF

- *Takbir* is made at the beginning of *tawaf*
  - Note: Upon reaching the start line, turn your chest toward the Kabah, and raise your hands as if making *takbir* for *salah* and recite the following *du'a*

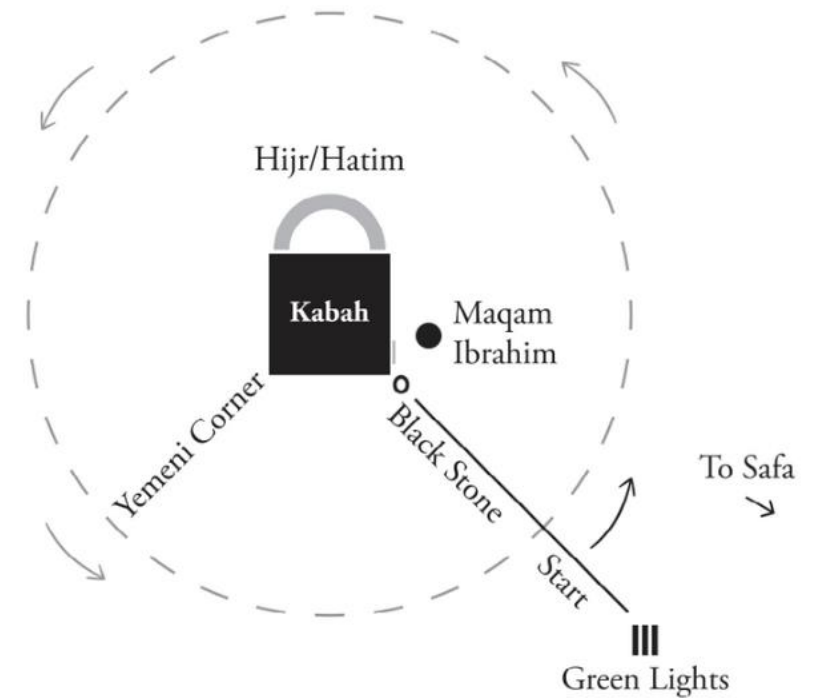
بِسْمِ اللَّهِ، اللَّهُ أَكْبَرُ، لَا إِلَهَ إِلَّا اللَّهُ وَ لِلَّهِ الْحَمْدُ

*With the name of Allah, Allah is the Greatest. There is no god except Allah, and to Allah belongs all praise.*



# Tawaf

- Istilam
  - 8 times
- Do not face Kabah during Shawt
- Idhtibaa whole Tawaf
- Ramal first 3 rounds
- Zikr, Dua, Quran
- Plan ahead
- No pictures, pretend you are talking to Allah
- Heart closer to Kabah
- Center of our life



# Rukn Yamani

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً  
وَقِنَا عَذَابَ النَّارِ

*Our Lord! Give us good in this world and good in the Hereafter. And save us from the torment of the Fire [Quran 2:201].*

# Tawaf

- 2 Rakah Nafl behind Maqam Ibrahim or anywhere in Haram (Wajib)
- Drink Zamzam (Sunnah)
  - Face Kabah, Bismillah and Alhamdulillah, 3 sips
  - Make dua

اللَّهُمَّ إِنِّي أَسْأَلُكَ عِلْمًا نَافِعًا \* وَرِزْقًا وَاسِعًا \* وَعَمَلًا مُتَقَبَّلًا  
\* وَشِفَاءً مِنْ كُلِّ دَاءٍ \*

# Saee

- *Sa'ee* is the act which involves walking between two small hills called Safa and Marwah
- Only after Tawaf and only in Umrah (no Nafl)
- Wudu (Mustahabb)
- Sa'ee begins at Mount Safa
  - On the way to Safa, it is recommended to pause at a place where you can see the Ka'bah to perform one final Istilam
- Intention is required for Sa'ee

“Oh Allah, I am intending to do sa'ee for your sake between safa and marwah for seven laps, so make it easy for me and accept it from me”

# Sae

أَبْدَأُ بِمَا بَدَأَ اللَّهُ بِهِ

*I begin with what Allah began with [Tirmidhi].*

followed by the verse from the Qur'an:

إِنَّ الصَّفَا وَالْمَرْوَةَ مِنْ شَعَائِرِ اللَّهِ

*Verily, Safa and Marwah are from the signs of Allah [Quran 2:158].*

# Sae

- It is sunnah to make *dhikr* and *du'a* at Safa
- Find a less crowded area off to the side. Face the *ka'bah* and make *du'a* and perform the following:
  - Recite “Allahu Akbar, La ilaha illallah,” three times.
  - Make salawat on the Prophet *صلى الله عليه وسلم*.
  - Make dua for a few minutes, interspersing the following (if easily memorized), which was recited by the Prophet (Allah’s blessings be upon him) when he made dua at Safa

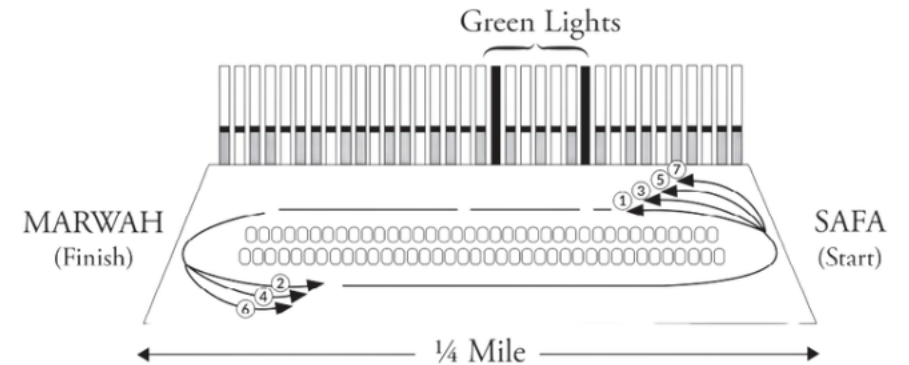
لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ  
لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ  
لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ أَنْجَزَ وَعْدَهُ وَنَصَرَ عَبْدَهُ  
وَهَزَمَ الْأَحْزَابَ وَحْدَهُ

*There is no deity except Allah, alone without a partner. To Him belongs the dominion, and to Him belongs all praise, and He has power over everything.*  
*There is no deity except Allah alone. He fulfilled His promise, supported His servant, and defeated the confederates alone.*

- There is no assigned *du'a* for *Sa'ee'*
- Men will slowly run in the area designated between the two green lights
- Upon reaching Marwah, one of the seven stretches of *Sa'ee'* is complete
- Stop briefly on Marwah to make dua, and then proceed to Safa
- Finish seven rounds on Marwah.

رَبِّ اغْفِرْ وَارْحَمْ أَنْتَ الْأَعَزُّ الْأَكْرَمُ

*My Lord forgive and be merciful. You are the Most Mighty, the Most Noble.*





# End Ihram

- Exiting Ihram is achieved by trimming or shaving the hair
- All the restrictions of ihram are lifted with the cutting of the hair
- Considered Ahlul-Haram

# Spiritual Dimensions

- Fulfill the rules: expression of Ubudiyyah (Maqool and ghair Ma'qool)
- Adab
- Don't Intend even sin
- Duas
  - With Munasabah
  - Read your Heart
- Help others
- Be generous with your companions

# Spiritual Dimensions

- Don't cause harm to others (your spiritual gain is not worth more than the honor of others)
- Symbolism and Contemplation
- Times and Places
  - Door of Kabah (both sides)
  - Darul Arqam
  - Zamzam spring
  - Mizaab Rahmah
  - Multazam
  - Hateem
  - Hajr-e-Aswad
  - Place where Rasulullah learned to pray

# Visiting Madinah

- The Prophet ﷺ said, “A prayer in my masjid is better than a thousand prayers in any other masjid except the Sacred Masjid in Mecca” [Ahmad].
- Highlight of visiting Madinah and the masjid of Prophet ﷺ is the opportunity to present salawat and salam directly in front of the Prophet’s ﷺ blessed grave
- The Prophet ﷺ stated, “Whoever sends blessings upon me once, Allah will send blessings upon him ten times” [Muslim].

# Visiting the Prophet (S)

- Recite abundant amount of salawat on the Prophet ﷺ
- Take a shower and change into clean clothing
- Walk towards the masjid with humility while reciting *salawat* and enter with the right foot while stating the *du'a* for entering the masjid
- Give some Sadaqah
- Offer 2 Rakah of Tahiyah

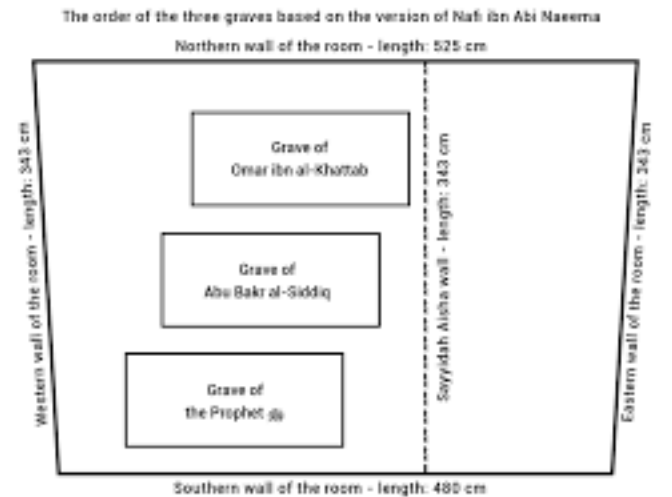
# Visiting the Prophet (S)

- The Prophets are alive in their graves
- Approach as you would have approached in life
- Leave only to do his mission

الصَّلَاةُ وَالسَّلَامُ عَلَيْكَ يَا رَسُولَ اللَّهِ

*Peace and blessings be upon you, O Messenger of Allah.*

- Shahadah
- Ask he (S) pray for your forgiveness
- Ask for his intercession
- Tawassul to die as Muslim and on his Sunnah



السَّلَامُ عَلَيْكَ يَا خَلِيفَةَ رَسُولِ اللَّهِ \*  
السَّلَامُ عَلَيْكَ يَا صَاحِبَ رَسُولِ اللَّهِ فِي الْغَارِ أَبَا  
بَكْرٍ الصِّدِّيقِ وَرَحْمَةَ اللَّهِ وَبَرَكَاتُهُ \*  
جَزَاكَ اللَّهُ عَنِ أُمَّةٍ مُحَمَّدٍ خَيْرًا \*

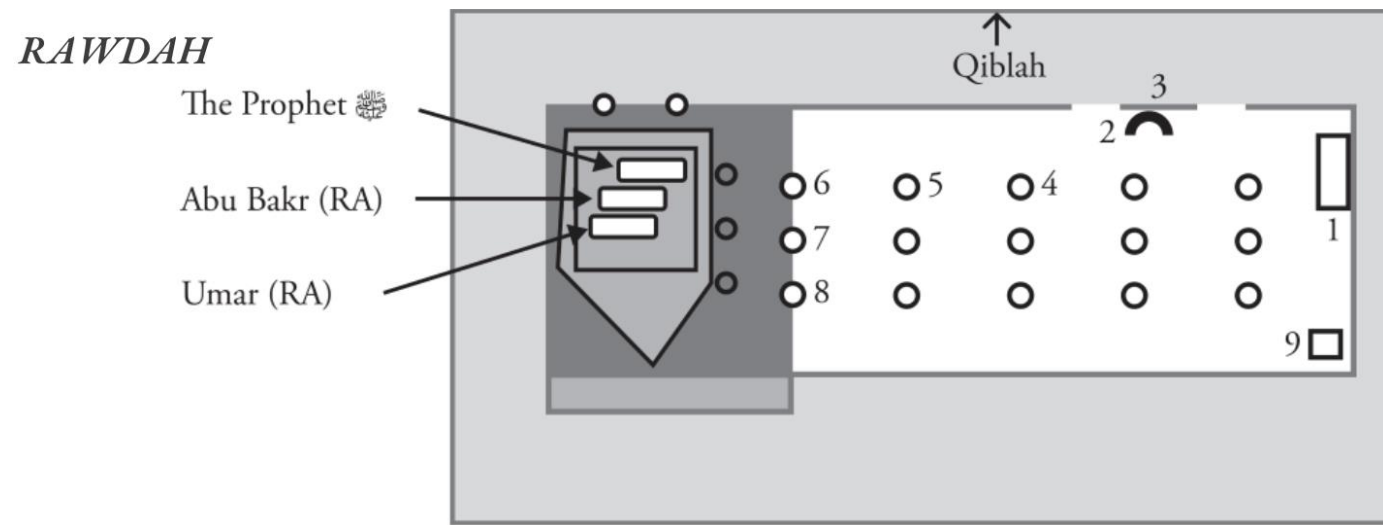


السَّلَامُ عَلَيْكَ يَا أَمِيرَ الْمُؤْمِنِينَ \*  
السَّلَامُ عَلَيْكَ يَا عِزَّ الْإِسْلَامِ وَالْمُسْلِمِينَ عُمَرَ  
بْنِ الْخَطَّابِ الْفَارُوقَ وَرَحْمَةَ اللَّهِ وَبَرَكَاتُهُ \*  
جَزَاكَ اللَّهُ عَنْ أُمَّةٍ مُحَمَّدٍ خَيْرًا \*

# Rawdah

- The Prophet ﷺ stated, “The area between my house and my minbar is a garden from the gardens of Paradise” [Bukhari and Muslim]
- This is located at the front of the masjid between the Prophet’s ﷺ grave and his pulpit (minbar)
- Piece of Jannah
- Try to pray and make dua here
- Requires reservation on App.

# Pillars



- |                                |                     |                       |
|--------------------------------|---------------------|-----------------------|
| 1. The Prophet's ﷺ Minbar      | 4. Ustuwanah Aishah | 7. Ustuwanah Haras    |
| 2. The Mehrab of the Prophet ﷺ | 5. Ustuwanah Tawbah | 8. Ustuwanah Wufud    |
| 3. Ustuwanah Mukhallaqah       | 6. Ustuwanah Sarir  | 9. Muezzin's platform |

- Read Seerah
- Take a walking tour
- Visit the Museum
- Uhud
- Masjid Quba

# How to Make the most out of the Umrah

- 5 daily prayers with Takbeer Tahreemah (come for the time of prayer do not pray in hotel)
- Have pre-set goals
- Don't waste time
- Multiple Umrahs
- Tawafs
- Quran
- Zikr
- Ziyarah
- Praying inside Hateem
- Dua at Multazam
- Looking at Kabah

# Daily Schedule

- Tahajjud
- Stay till Ishraq
- Breakfast
- Rest till Zuhr
- Snack
- Asr
- Maghrib
- Awwabeen
- Isha
- Dinner
- Family time
- Rest