

Simple

UMRAH

Guide

v6.61

وَأَتِمُّوا الْحَجَّ وَالْعُمْرَةَ لِلَّهِ

According to the Qur.aan & the Authentic Sunnah
as adapted from the book "The Rites of Hajj & Umrah"
by Shaykh Muhammad Naasiruddeen al-Albaanee

The 'Umrah | العَمْرَة

Proceed to appropriate Meeqaat.
On entering state of Ihraam recite:

لَبَّيْكَ اللَّهُمَّ بِعُمْرَةٍ

**Here I am O Allaah,
[in response to Your call]
making 'Umrah.**

In fear of not completing
the 'Umrah, recite:

اللَّهُمَّ مَجَلِّي حَيْثُ حَبَسْتَنِي

**O Allaah, [if I am prevented by
an obstacle then indeed] my
place is where You prevent me.**

Standing, face the Qiblah and recite:

اللَّهُمَّ هَذِهِ عُمْرَةٌ
لَا رِيَاءَ فِيهَا وَلَا سُمْعَةَ

O Allaah, there is no showing off nor seeking repute in this 'Umrah.

Then loudly recite the talbiyah:

لَبَّيْكَ اللَّهُمَّ لَبَّيْكَ ،

لَبَّيْكَ لَا شَرِيكَ لَكَ لَبَّيْكَ

إِنَّ الْحَمْدَ وَالنُّعْمَةَ

لَكَ وَالْمُلْكُ لَا شَرِيكَ لَكَ

Here I am O Allaah, [in response to Your call], here I am. Here I am, You have no partner, here I am. Indeed all the Praise, Grace & Sovereignty belong to You. You have no partner.

Also from the talbiyah, recite:

لَبَّيْكَ إِلَهَ الْحَقِّ

Here I am O Lord of Truth.

Upon entering al-Masjid al-Haraam³
with the right foot, recite:

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ

وَ سَلِّمْ، اللَّهُمَّ افْتَحْ

لِي أَبْوَابَ رَحْمَتِكَ

**O Allaah, send prayers & peace
upon Muhammad, O Allaah,
open the doors of Your Mercy
for me.**

Starting at al-Hajar al-Aswad [1],
men only - uncover right shoulder
by placing Ihraam underneath right
arm-pit. When beginning each cir-
cuit, make a sign with your right
hand towards al-Hajar al-Aswad [2],
and recite:

اللَّهُ أَكْبَرُ

Allaah is the Greatest.

Make seven circuit's of Ka'bah [3] (for⁴ first three circuit's only, men only - swiftly walk around the Ka'bah; Then begin fourth circuit, walking at normal pace completely around and finish until seventh circuit). During each circuit, whilst between ar-Rukn al-Yamaanee [4] and al-Hajar al-Aswad, recite:

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً
وَ فِي الآخِرَةِ حَسَنَةً
وَقِنَا عَذَابَ النَّارِ

Our Lord! Give us in this world that which is good and in the Hereafter that which is good, and save us from the torment of the Fire!

Cover right shoulder, then go behind Station of Ibraaheem and recite:

وَ اتَّخِذُوا مِنْ مَّقَامِ
إِبْرَاهِيمَ مُصَلًّى

And take the station of Ibraaheem as a place of prayer.

Behind Station of Ibraaheem - if possible,
 otherwise anywhere within al-Masjid
 al-Haraam: Pray two rak'ah naafilah; In first
 rak'ah recite Soorah al-Kaafiroon & in second
 rak'ah, Soorah al-Ikhlaas. Then go to
 Zam-Zam well & drink from it, then pour some
 water over head. Return to al-Hajar al-Aswad
 & make a sign with your right hand towards it
 for the last time [2], and recite:

اللَّهُ أَكْبَرُ

Allaah is the Greatest.

Begin Sa'ee at as-Safaa.
 At foot of as-Safaa recite:

إِنَّ الصَّافَا وَ الْمَرْوَةَ مِنْ
 شَعَائِرِ اللَّهِ فَمَنْ حَجَّ الْبَيْتَ
 أَوْ اعْتَمَرَ فَلَا جُنَاحَ عَلَيْهِ أَنْ
 يَطُوفَ بِهِمَا وَمَنْ تَطَوَّعَ
 خَيْرًا فَإِنَّ اللَّهَ شَاكِرٌ عَلِيمٌ؛
 نَبَدًا بِمَا بَدَأَ اللَّهُ بِهِ

Verily! as-Safaa & al-Marwah are of the Symbols of Allaah. So it is not a sin on him who performs Hajj or 'Umrah of the House to perform the Tawaaf between them. And whoever does good voluntarily, then verily, Allaah is All-Recogniser, All-Knower. We begin with what Allaah began with.

Each time upon as-Safaa and al-Marwah facing Ka'bah, recite:

اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ،
 لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ
 لَهُ، لَهُ الْمُلْكُ وَ لَهُ الْحَمْدُ
 يُحْيِي وَ يُمِيتُ وَ هُوَ عَلَى
 كُلِّ شَيْءٍ قَدِيرٌ؛ لَا إِلَهَ إِلَّا
 اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ،
 أَنْجَزَ وَعَدَهُ وَ نَصَرَ عَبْدَهُ
 وَ هَزَمَ الْأَحْزَابَ وَحْدَهُ

Allaah is the Greatest, Allaah is the Greatest, Allaah is the Greatest. There is none truly worthy of worship except Allaah alone, without partner. To Him belongs all Sovereignty & all Praise. He alone gives life & causes death, He is Omnipotent over all things. There is none truly worthy of worship except Allaah alone, without partner. He has fulfilled His promise, & helped His slave, & He alone has defeated the confederates.

- three times, making du'aa after first & second recitation only.

Between the walk from as-Safaa to al-Marwah & al-Marwah to as-Safaa, it is permissable to recite:

**رَبِّ اغْفِرْ وَارْحَمْ،
إِنَّكَ أَنْتَ الْأَعَزُّ الْأَكْرَمُ**

O Lord forgive me & have mercy, verily You are the Mightiest & Noblest.

Complete walk from as-Safaa to al-Marwah (one lap), then al-Marwah to as-Safaa (second lap) & continue for seven laps, finishing at al-Marwah. Upon encountering green lights, men only - run from one light to next light.

Upon leaving al-Masjid al-Haraam with the left foot, recite:

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَ
سَلِّمْ، اللَّهُمَّ إِنِّي أَسْأَلُكَ
مِنْ فَضْلِكَ

**O Allaah, send prayers & peace upon Muhammad,
O Allaah, verily I ask You from Your Favour.**

Finally, men: shave head - best, or cut hair equally from all over head; women: cut one-third finger length of hair.

The 'Umrah is now complete.

Remove ihraam, as all restrictions are lifted.

Guidance

Shaykh Muhammad ibn Saalih al-'Uthaymeen said: "It is possible for there to be signs for the one whose Hajj, fasting, charity or prayer has been accepted by Allaah and they are: the opening of the heart [to good], happiness of the heart and a lighted face. Certainly, for worshipping [Allaah] there are signs that appear on the body, signs that are visible and signs that are hidden. Some of the Pious Predecessors have mentioned that from the signs that a good [act] has been accepted [by Allaah] is that he will be granted the towfeeq to do [yet] another good [act]. Certainly the towfeeq of Allaah for him to do more good [acts] after it, is evidence that Allaah عَزَّوَجَلَّ has accepted his previous good [acts]. He has made it easy for him to do another good act and is happy with him for it." [دليل الأخطاء التي يقع فيها الحاج و المعتمر و التحذير منها - ص ١١٥]



Footnotes

- [1]** If possible, cling to area between the corner of al-Hajar al-Aswad and the door, placing the chest, face and forearms upon this area;
- [2]** If possible, touch al-Hajar al-Aswad with the right hand and also kiss al-Hajar al-Aswad, then prostrate on it - this is best; if not, then touch it with the right hand then kiss the right hand; if not, simply make a sign towards it with the right hand;
- [3]** There is no specific du'aa during the walk around the Ka'bah, apart from what has been mentioned for between ar-Rukn al-Yamanee to al-Hajar al-Aswad. You can therefore recite the Qur.aan or any du'aa as you please;
- [4]** If possible, touch ar-Rukn al-Yamanee each time (but do not kiss it) - this is best; if not, then do not make any sign towards it.

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It is strongly advised to study the book
“Manaasik al-Hajj wal-Umrah”
(from which all references are available)
before performing the Hajj & Umrah rites.

Abu Hurayrah رَضِيَ اللهُ عَنْهُ reported that the
Prophet صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ said:

«From one Umrah to the next is an expiation for any
sins committed in between, and the reward for
an accepted Hajj is nothing less than Paradise»

- reported by al-Bukhaaree & Muslim

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