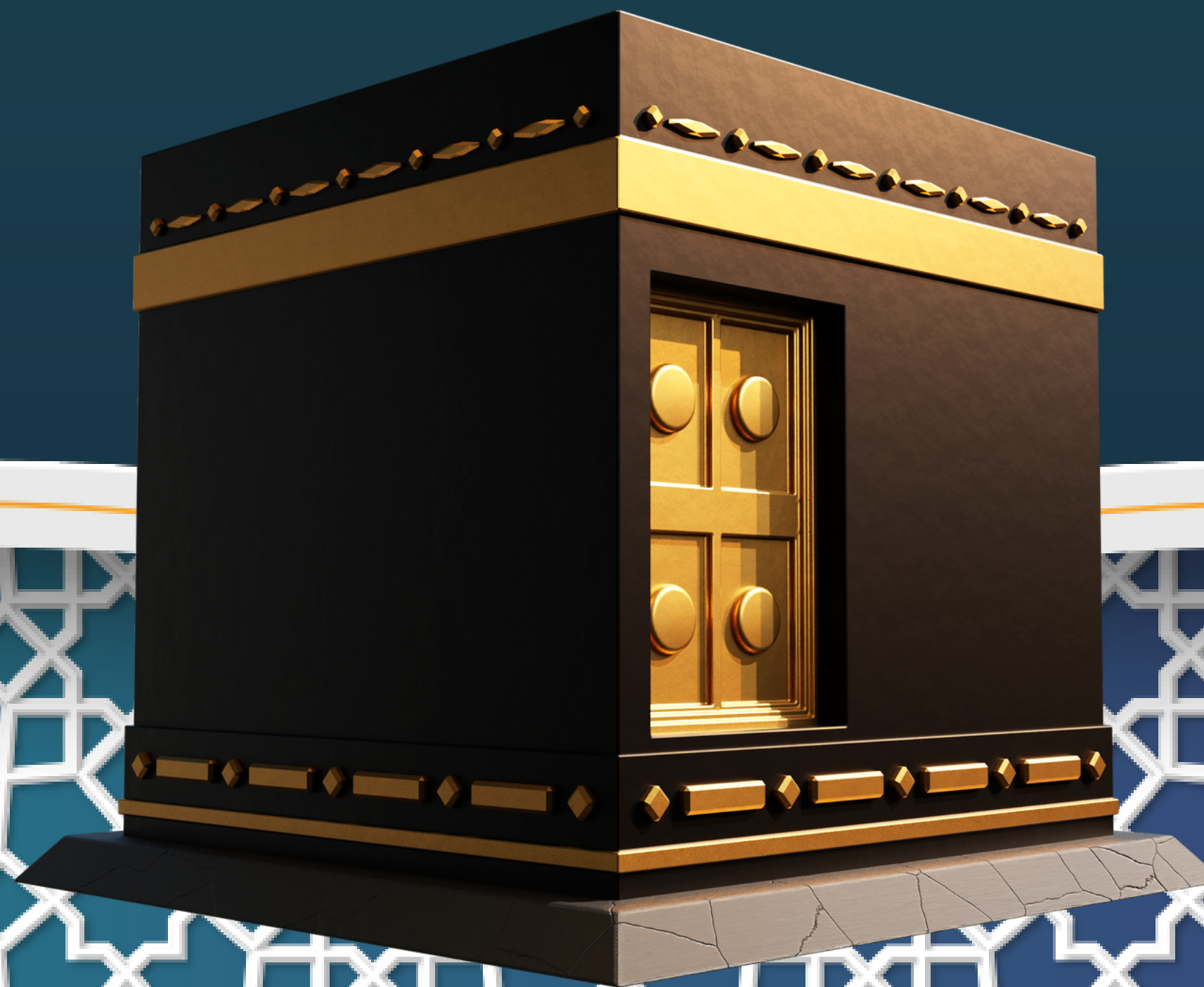




MAIDSTONE
ISLAMIC
CENTRE

Umrah Guide

An easy to understand guide to learn about the commandments of Umrah



STEP 1

Do Ghusl and wear Ihram (Before Ghusl you can clip your nails, remove your hair and put perfume on your body but not on the cloths of your Ihram).

STEP 2

After wearing Ihram and getting near to or on Miqat you should say

Allahumma Labbaik Umrah اللَّهُمَّ لَبَّيْكَ عُمْرَةً

(O Allah, here I am to perform Umrah)

Allahumma mahillai haitsu habastani اللَّهُمَّ مَحَلِّي حَيْثُ حَبَسْتَنِي

(O Allah, I will finish my Ihram at any place where You stop me)

STEP 3

Then you should say Talbiyyah in reasonable loud voice (Women should say it quietly) until getting near to Hajar al-Aswad (Black stone) in Kabbah for first Tawaf.

Labbaik Allahumma Labbaik, Labbaik laa shareeka laka Labbaik, Innal hamda wanni'mata laka walmulk, Laa shareeka lak

(Here I am O Allah. Here I am, You have no partner. Here I am, verily all praise for You, and every bounty is from You – and all dominion is Yours, You have no partner)

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

STEP 4

When entering the Masjid al-Haram (Kabbah Masjid) then you should enter with your right foot first and read dua of entering Masjid

Allaahum-maf-tah lee abwaaba rahmatik

(O Allah, Open for me the gates of Your Mercy)

اللَّهُمَّ افْتَحْ لِي أَبْوَابَ رَحْمَتِكَ

STEP 5 (For Men only)

Before starting Tawaf Men should uncover their right shoulder.

STEP 6

To start Tawaf you should point your right hand to Hajar al-Aswad (Black stone) and say **Bismillahi Allahu Akbar** بِسْمِ اللَّهِ اللَّهُ أَكْبَرُ

And put hand down and start Tawaf (going anti clock wise around the Kabbah)

Repeat Step 6 for every Tawaf until all 7 Tawafs are done and at the end of the 7th Tawaf say

Bismillahi Allahu Akbar one last time.

STEP 7 (For Men only)

For first 3 Tawafs men should do Ramal (running slowly or quick short steps) if possible and remaining 4 Tawafs should be done normally.

STEP 8

During Tawaf when you reach the Rukn al-Yamani (the Yemeni Corner), the corner preceding the Hajar al-Aswad (Black stone), recite the following dua until reaching the Hajar al-Aswad (Black stone) corner.

Rabbanaa aatinaa fid-dunyaa hasanatan wa feel aakhirati hasanatan wa qinaa

'adhaaban naar رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ 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)

You can do any zikr or dua in any language during Tawaf

STEP 9

Once all 7 Tawafs are done (Men should cover their right shoulder back again) then you should recite

وَاتَّخِذُوا مِنْ مَّقَامِ إِبْرَاهِيمَ مُصَلًّى

Wattakhidhu min maqāmi Ibrāhīma muşalla [Surah al-Baqarah 2:125]

(And take the Maqam Ibrahim as a place of Salah)

STEP 10

Then go to Maqam e Ibrahim and perform two Rakahs of Salah. If you cannot find place near Maqam e Ibrahim then two Rakahs of Salah can be performed anywhere in Masjid al-Haram

It is Sunnah to recite **Surah al-Kafirun** (Surah 109) in the first Rakah and **Surah al-Ikhlās** (Surah 112) in the second, after **Surah al-Fatiha**. Make sure you make plenty of Dua after completing the prayer

STEP 11

After prayer drink ZamZam water

The Prophet ﷺ said: “The water of Zamzam is for whatever purpose it is drunk for.”

Before drinking the Zamzam water, make an intention that its consumption will be a means of fulfilling your wishes, whether that is good health, success in this world, or protection from the tribulations of the grave. When drinking the water, it is Mustahabb to stand and face the Kaaba, say Bismillah, pause to take a breath three

times, and say Alhamdulillah after finishing. You can also rub it on your face and body. You may recite the following Dua after drinking the water

Allahumma innī as'aluka 'ilman nāfi'an, wa rizqan wāsi'an, wa 'amalan mutaqqabalan, wa shifā'an min kulli dā'

(O Allah, I ask You for knowledge that is beneficial, provision that is abundant and a cure for every illness) **اللَّهُمَّ إِنِّي أَسْأَلُكَ عِلْمًا نَافِعًا، وَرِزْقًا وَاسِعًا، وَعَمَلًا مُتَقَبَّلًا، وَشِفَاءً مِنْ كُلِّ دَاءٍ**

STEP 12

Now to do Sai go to Mount Safa, and on reaching you should say

inna As-Safa wal Marwata min Sha'aairillah [Surah al-Baqarah, 2:158]

(Indeed, Safa and Marwa are from the Signs of Allah) **إِنَّ الصَّفَا وَالْمَرْوَةَ مِنْ شَعَائِرِ اللَّهِ**

Then say

Abda'u bimā bad'Allahu bihi **أَبْدَأُ بِمَا بَدَأَ اللَّهُ بِهِ**

(I begin with that which Allah has begun with)

STEP 13

Then facing Kabbah and raise your hands for duas and say

3 times

Allahu Akbar **اللَّهُ أَكْبَرُ**

(Allah is the Greatest)

Then say this dua **3 times**, also you can make any other duas in between

laa illaaha illallahu wahdahu laa shareekalah – lahul mulku wa lahul hamdu – yuhyee wa yumeetu wa huwa 'alaa kulli shai'in qadeer – laa ilaaha illallahu wahdahu laa shareekalah – anjaza wa'dahu wa nasara ' abdahu wa hazamal ahzaaba wahdahu

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

لَا إِلَهَ إِلَّا اللَّهُ، وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ، وَلَهُ الْحَمْدُ، يُحْيِي وَيُمِيتُ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ،

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، أَنْجَزَ وَعْدَهُ، وَنَصَرَ عَبْدَهُ، وَهَزَمَ الْأَحْزَابَ وَحْدَهُ

STEP 14

After dua on Mount Safa, walk towards Mount Marwah. Between walk from Mount Safa to Mount Marwah and from Mount Marwah to Mount Safa you can do any zikr or dua in any language. Below dua is also proven.

Rabbigh-Fir Warham Wa Antal A-Azzul akram **رَبِّ اغْفِرْ وَارْحَمْ وَأَنْتَ الْأَعَزُّ الْأَكْرَمُ**

(O lord forgive and have mercy, verily You are the Most Mighty, Most Noble)

STEP 15 (For Men only)

Between walk from Mount Safa to Mount Marwah and from Mount Marwah to Mount Safa men should walk fast/slow run between green light area

STEP 16

Do same duas on Mount Marwah **3 times** as done on Mount Safa by facing Kabbah and raising your hands. Walking from Mount Safa to Mount Marwah counts one lap and back from Mount Marwah to Mount Safa counts two laps so like this do 7 laps. Last lap should finish on Mount Marwah.

STEP 17

After completing Sai and upon leaving Masjid al-Haram (Kabbah Masjid) you should read Masjid leaving dua

Allaa-hum-ma innee as'aluka min faḍ-lik

اللَّهُمَّ إِنِّي أَسْأَلُكَ مِنْ فَضْلِكَ

(O Allah, I ask You from Your favour)

STEP 18

Men must either shave their head or trim their hair (Shaving is better than cutting because the Prophet ﷺ made dua three times for those who shaved). Women should cut the length of a fingertip from their hair. The pilgrim can now exit Ihram and his/her Umrah is complete