



My  
Hajj  
Companion

How to Connect to Allah With Your Heart  
and Transform Your Life



Life With Allah

الحياة مع الله

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# My Hajj Companion

How to Connect to Allah With Your Heart  
and Transform Your Life

2<sup>nd</sup> Edition 1447/2026



Life With Allah

الحياة مع الله

*My Hajj Companion:*  
*How to Connect to Allah With Your Heart and Transform Your Life*

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ



“Complete the ḥajj and  
the ‘umrah for Allah...”

2:196

# Transliteration Key

إ / آ	ā
ب	b
ت	t
ث	th
ج	j
ح	h
خ	kh
د	d
ذ	dh
ر	r
ز	z
س	s
ش	sh
ص	ṣ
ض	ḍ
ط	ṭ

ظ	z
ع	‘
غ	gh
ف	f
ق	q
ك	k
ل	l
م	m
ن	n
ه	h
ة	h / t
و	w / ū
ي	y / ī
ء	‘
أ	a
إ	i



May He be Glorified and Exalted.



May the blessings and peace  
of Allah be upon him.



May Allah be pleased with him.



May Allah be pleased with her.



May Allah be pleased  
with them both.



May Allah be pleased  
with them all.



May peace be upon him.



May peace be upon them.



May Allah have mercy on him.



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# Introduction

All praise is due to Allah, who called His servants to His Sacred House, prescribed hajj upon them, and filled it with countless blessings and benefits. May His peace and blessings be upon His beloved servant and Messenger, Muḥammad ﷺ, who set the best example for us in performing the sacred rites and taught us how to draw closer to Allah through this journey.

Hajj is one of the greatest acts of worship a believer could ever undertake. It is a journey of transformation in which your soul is purified and your deeds multiplied. It is a journey of love during which you constantly remember Allah and engage in deep conversation with Him. It is a journey of obedience and an **expression of true servitude** to Him.

Hajj is the largest annual gathering of Muslims from around the world, connecting you to the wider global ummah. It links you to the **legacy of the Prophets**, especially Ibrāhīm ﷺ and our beloved Prophet ﷺ. It is an invitation from your Lord, and through His permission, you have been chosen to respond to it.

Sadly, despite spending large sums and making significant sacrifices, many pilgrims complete this sacred journey without experiencing true transformation. This is often due to an emphasis on outward rituals, with **little attention given to the inner purpose**. To gain the full benefit of hajj, it is vital to understand not only its legal rulings but also its deeper spiritual meanings and higher objectives. Only then will the experience of hajj truly transform you.

‘My Hajj Companion’ is a guide for every pilgrim seeking to deepen their connection with their Creator and undertake a **transformative journey**. This book begins by exploring how to prepare for ḥajj, both physically and spiritually. You are then taken on a step-by-step journey through the pilgrimage, exploring the **deeper secrets and meanings** of each rite of ḥajj. By connecting each stage of ḥajj with key moments of the final pilgrimage of the Prophet ﷺ, you will find yourself following in his footsteps, inshāAllah.

You will also delve into the core aims and goals of ḥajj, alongside reflections on key Qur’ānic passages about ḥajj. The journey continues to Madinah, exploring its sacred landmarks and reflecting on the sacrifices and lives of the Prophet ﷺ and his Companions رضي الله عنه. The book concludes with a section to reflect on your ḥajj experience, guiding you to transform your life post-ḥajj bi’idhnillah.

This book draws upon the works of esteemed scholars of our ummah, especially Imām al-Ghazālī, Ibn al-Qayyim, Shāh Waliyyullāh, Shaykh Abul Ḥasan Nadwī رضي الله عنه; and Dr Khālid Abū Shādī (may Allah hasten his release).

We look forward to your valuable feedback and suggestions to help us improve the book for future editions, inshāAllah.

We ask Allah ﷺ to forgive our mistakes and shortcomings in this publication. We pray He accepts our meagre efforts and makes this work a means of forgiveness and eternal success. We pray He grants us all a ḥajj mabrūr: a truly transformative ḥajj through which we attain His eternal pleasure and transform our hearts, lives, families, communities and ummah.

Life With Allah  
Sha’ban 1447 / January 2026



# Set Your Intentions

Before you start reading, give yourself just five minutes to focus on your intention for reading this book.

In these moments, ask Allah al-Fattāḥ, The Supreme Opener, to open your heart so you can absorb the true secrets and inner realities of ḥajj. Ask Him to clear the fog from your mind so that you can discern truth from falsehood. Ask al-Jabbār, The Restorer, to heal your heart, purify it from all evil and attach it firmly to His love and remembrance.

Let these deeper meanings leave a mark on your soul, drawing you closer to Allah and guiding your footsteps towards the eternal gardens of Paradise.

Start your du‘ā’ now.

## Chapter 1

---

# Prepare for Hajj

# Hajj: A Life-Changing Journey

When Allah ﷺ asked Ibrāhīm ﷺ to announce the call for hajj to all people, Ibrāhīm ﷺ asked, “O Lord, how can my voice reach all the people?” Allah ﷺ replied, “Make an announcement, and it is upon Me to convey.” So Ibrāhīm ﷺ climbed Mount Abū Qubays and proclaimed: “O people, your Lord has commanded you to perform hajj of this House, so that He may reward you with Paradise and protect you from Hellfire. So, perform hajj.”

Allah ﷺ made his voice reach everyone on earth, humankind and jinn alike. They answered his call from the most distant of villages to the most crowded of cities.

**You were among them. You** heard the call. **You** responded with obedience.

You have been granted the honour of experiencing this once-in-a-lifetime moment with your Creator. Now, you are here, carrying the covenant of renewing your commitment to Him.

“Labbayk Allāhumma labbayk — Here I am, O Allah, here I am.”

## The Fifth Pillar of Islam

Hajj is one of the greatest acts of worship. It is the fifth pillar of Islam and one of its most powerful symbols. It is magnificent in every sense: in its rituals, benefits and impact. Hajj is a journey of **transformation**. It is a practical training in self-discipline and striving against the soul in pursuit of higher ideals. It teaches powerful lessons in belief, worship and character. It is a process of spiritual purification, elevation, and complete **submission** to Allah, leading to a heart and soul that are both purified and profoundly transformed.

Hajj is a journey of **love**. It is a golden opportunity to connect your heart to its Creator and to truly experience the joy of worshipping Him. Throughout hajj, you declare **His Oneness**, perfection and grandeur. One of the greatest objectives of hajj is to **remember Allah**, glorify Him and engage in **deep conversation** with Him.

Every act in hajj is carried out in **obedience** to Allah and as an expression of true **servitude** to Him, even if you do not understand the purpose of it. These acts are a response to His call and a reflection of your commitment to follow and **emulate His Prophet Muḥammad** ﷺ.

Hajj is a reminder of the **Hereafter**. From the iḥrām to the gathering at 'Arafah to spending the night at Muzdalifah, every step you take in hajj is a reminder of the journey of your soul to the Hereafter.

Hajj is the central point for the gathering of Muslims. It is a reminder of the strength of the **ummah** and the power of its unified force. It gives you the opportunity to connect with Muslims from across the globe and renew your love and responsibility to the ummah.

Hajj connects you to the **legacy of the Prophets**, especially Ibrāhīm ﷺ and his noble family. It lets you reflect on the roots of our incredible

dīn, the light of the Qur’ān, and the early generation who lived through the Revelation and sacrificed their lives and wealth to spread the dīn of Allah to far corners of the earth.

Hajj should mark a **turning point** in your life. If performed with genuine **sincerity** and **humility**, you will return with a renewed sense of **taqwā** (mindfulness of Allah) in both private and public, and kindness toward His creation in both word and deed.

You will no longer live for yourself. Your aspirations will no longer be shallow. Instead, your new life motto will be:

“Say, “Surely my prayer, my sacrifice, my life, and my death are all for Allah — Lord of all worlds. He has no partner. So I am commanded, and so I am the first to submit.”

(6:162-3)

— “ ... Pilgrimage to the House is an obligation by Allah upon whoever is able among the people. And whoever disbelieves, then surely Allah is not in need of (any of His) creation. ” —

(3:97)

# The Journey of the Heart

“

The travellers for ḥajj are many, but the true pilgrims are few.

- ‘Umar b. al-Khaṭṭāb ﷺ

”

Hajj is the ultimate journey of your heart to Allah. The goal of hajj is not merely to check off a list of rituals or accumulate a number of good deeds. Rather, hajj is about **transforming your soul through sincere connection with Allah** and a **unique opportunity to renew your īmān**. It offers a rare chance to pause, reflect, and reconnect with the core of your dīn, in a setting and through a framework unlike any other.

## Presence of the Heart

Acts of worship in Islam consist of:

1 An **outer form** — what the body does

2 An **inner reality** — what the heart feels

The secret to a transformational hajj is the **presence of your heart**. Throughout hajj, whilst you are physically engaged in acts of worship (tawāf, sa'y, du'a' etc), fill your heart with **humility, love, hope, and awe of Allah**.

## Understand the Wisdom and Secrets of Hajj

In order to perform hajj with the presence of your heart, it is essential to understand the **wisdom and secrets** of the acts of hajj. You may sometimes perform your worship in a state of heedlessness: mechanical acts of routine without soul or intention. This can lead to a sense of boredom and seeing it as a chore, rather than recognising worship as one of the greatest gifts you have been bestowed. As a result, **you may miss out on the real objectives** that were intended, and thus your heart and life may not be transformed by performing regular acts of worship.

**Don't reduce your hajj to mere physical rituals!**

## Focus on Quality over Quantity

In a world that measures success by numbers, Islam reminds us to focus on quality. Allah ﷺ says:

الَّذِي خَلَقَ الْمَوْتَ وَالْحَيَاةَ لِيَنْبُوْكُمْ أَيُّكُمْ أَحْسَنُ عَمَلًا

*“He is the One who created death and life in order to test which of you is best in deeds...” (67:2).*

Notice how the ayah mentions “best in deeds” and not “most in deeds”. The Prophet ﷺ said, “Indeed Allah loves that when one of you does something, he perfects it” (Tabarānī). Therefore, your focus should be **on the quality of your hajj**: your sincerity, your presence of heart, your humility and utter dependence on Him.

“Actions surpass each other in proportion to the īmān and ikhlāṣ (sincerity) of the hearts. There may be two men in the same row of prayer, yet the difference between their prayers is like the distance between the heavens and the earth.

- Ibn Taymiyyah 

## Enjoy Your Hajj

When you understand the purpose behind each act and engage your heart in every moment, hajj no longer feels like a burden. Instead, it becomes a source of deep joy and contentment.

During hajj, be mindful of **why** you are doing each act and for **whom**. You will then taste the sweetness of every step, every sacrifice, every stone thrown and every tear shed. Tasting the **sweetness of īmān** and acts of worship is a **game changer**. It allows you to live a life with Allah. The spiritual masters used to refer to such a state as the ‘worldly paradise’. Ibrāhīm b. Adham  said, “If the kings and the princes knew what we experience of spiritual bliss and happiness, they would fight us for it with their swords.”

Hajj, then, is not just a trip to an exotic location. Hajj is a turning point; a journey that has the power to **reshape your life**, bring you closer to your Lord, and leave your heart forever changed.

“The best of people are those who follow the path of the Prophet  and his closest Companions: moderation in physical acts of worship and striving hard in matters of the heart. For the journey to the Hereafter is traversed by the heart, not the body.

- Ibn Rajab 

# The Virtues of Hajj

Hajj is the fifth pillar of Islam and one of the greatest acts of worship. Allah ﷺ says in the Qur'an:

وَإِنَّ اللَّهَ عَلَى النَّاسِ حِجُّ الْبَيْتِ مَنِ اسْتَطَاعَ إِلَيْهِ سَبِيلًا، وَمَنْ كَفَرَ فَإِنَّ اللَّهَ غَنِيٌّ عَنِ الْعَالَمِينَ

“...Pilgrimage to the House is an obligation by Allah upon whoever is able among the people. And whoever disbelieves, then surely Allah is not in need of (any of His) creation” (3:97).

The Messenger of Allah ﷺ spoke often about the **virtues** and the lofty rank of hajj in the sight of Allah. Knowing and understanding the virtues of good deeds sparks longing in the heart to perform the act, awakens īmān, and inspires sincerity. Without that inner motivation, no act of worship can carry its true worth.

The virtues of hajj include:

## 1 One of the Best Acts of Worship

The Messenger of Allah ﷺ was asked, “What is the best deed?” He replied, “Imān in Allah and His Messenger.” It was said, “Then what?” He ﷺ said, “Jihād in the path of Allah.” It was said, “Then what?” He said, “Hajj mabrūr (a righteous accepted hajj)” (Bukhārī).

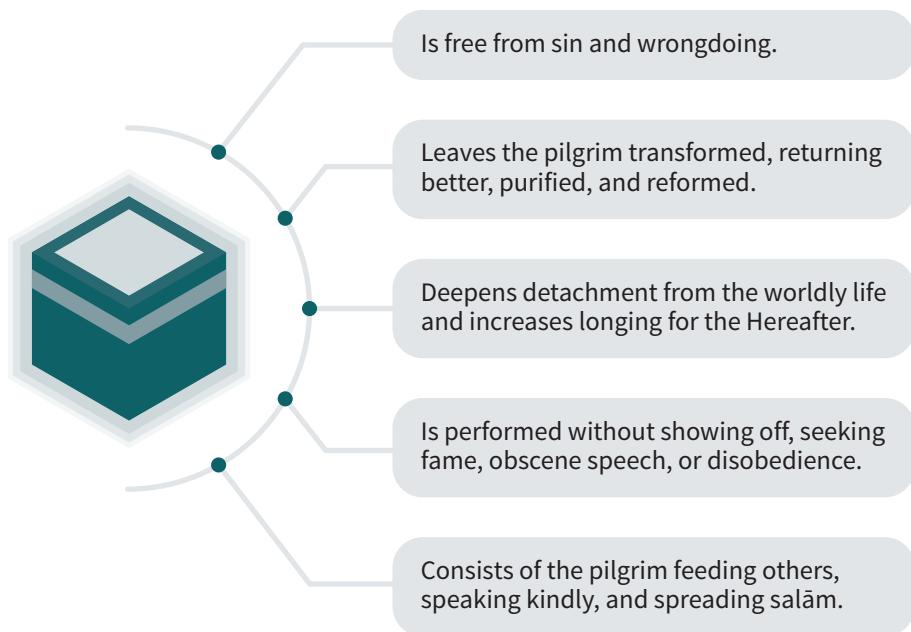
Hajj is a comprehensive act of devotion that combines all forms of worship, engaging both the heart and body, the outward and the inward.

Abū al-Sha‘thā’ Jābir b. Zayd said, “Ṣalāh tires the body but not the wealth. Zakāh affects the wealth but not the body. Ḥajj exhausts both body and wealth, and that is why it is the best of deeds.”

## 2 Entry into Paradise

The Messenger of Allah ﷺ said, “Umrah to ‘umrah is an expiation for what is between them, and the ḥajj mabrūr has no reward except Paradise.” (Bukhārī).

A ḥajj mabrūr (righteous, accepted ḥajj) is one that:



## 3 Forgives all Sins

The Messenger of Allah ﷺ said, “Whoever performs ḥajj for the sake of Allah and refrains from intimacy and sins will return as free of sin as the day his mother gave birth to him” (Bukhārī).

‘Amr b. al-Āṣ ﷺ said: “When Allah placed Islam in my heart, I came to the Messenger of Allah ﷺ and said, ‘Stretch out your hand so I may pledge allegiance to you.’ He extended his hand, but I pulled mine back. He said, ‘What’s wrong, O ‘Amr?’ I said, ‘I want to make a condition.’ He said, ‘What condition?’ I said, ‘That I am forgiven.’ The Prophet ﷺ said, ‘Don’t you know that Islam wipes out all that came before it, and that hijrah wipes out what came before it, and that hajj wipes out what came before it?’” (Muslim).

This is a Divine message sent to you from Allah: If you have fallen short in the past, hajj can be **your new beginning**. Allah, The Most Merciful and Powerful, can cleanse you and help you turn a new chapter in your life.

#### 4 Erases Poverty and Sins

The Messenger of Allah ﷺ said, “Perform hajj and ‘umrah regularly. Performing them regularly **removes poverty and sins** just as the blacksmith’s furnace removes impurities from iron” (Ahmad).

The Prophet ﷺ specifically mentioned **iron** because it is one of the hardest and most impure metals. This indicates that **no matter how intense one’s poverty or how serious one’s sins**, performing hajj and ‘umrah regularly can cleanse and remove them, just as fire purifies even the toughest of metals.

#### 5 The Amazing Rewards of Hajj

The Messenger of Allah ﷺ said, “As for your **departure from your home** intending the Sacred House; for each step your mount takes, Allah writes for you a good deed and erases a bad one.

As for your **standing at ‘Arafah**, Allah descends to the lowest heaven and boasts about you to the angels, saying: ‘These are My servants, they came to Me dishevelled and dusty from every distant path, hoping

for My mercy and fearing My punishment, though they have not seen Me. How would it be if they had seen Me?' If your sins were as numerous as the sand of the desert, or the days of the world, or the drops of rain, Allah would wash them all away.

As for your stoning of the **Jamarāt**, it is stored for you (as reward). As for your shaving of your head, for every hair that falls, you receive a good deed. And when you perform **ṭawāf of the House**, you exit free of sin, just like the day your mother gave birth to you" (Tabarānī).

## 6 The Pilgrims Are the Guests of Allah

The Messenger of Allah ﷺ said, "The warrior in the path of Allah, the pilgrim, and the person performing 'umrah are **the delegation of Allah**. He invited them so they responded to Him; **they asked Him, so He gave them**" (Nasā'ī).

The pilgrims are the 'delegation' of Allah. A delegation refers to distinguished guests who travel to meet a king or ruler for a specific purpose. It is well known that human rulers receive such guests with honour, celebration, and generous hospitality.

Can you even begin to imagine the honour and generosity shown by the Lord of all creation?

Alī b. al-Muwaffaq رضى الله عنه said, "I performed hajj sixty times. After that, I once sat in the ḥaṭīm, reflecting on myself and all those pilgrimages, wondering whether they were accepted or rejected. I then fell asleep and had a dream. A voice said to me: 'Do you invite anyone to your house **except those you love?**' I woke up comforted and reassured."

## 7 The Reward Is Guaranteed

The Messenger of Allah ﷺ said, "Whoever sets out for hajj and dies, the reward of a pilgrim until the Day of Judgement is recorded for him.

**Whoever sets out for ‘umrah and dies, the reward of one performing ‘umrah until the Day of Judgement is recorded for him. Whoever goes forth as a warrior and dies, the reward of a warrior until the Day of Judgement is recorded for him” (Abū Ya‘lā).**

This ḥadīth shows that there is a guarantee that the reward of the pilgrim who passes away continues to flow until the Day of Judgement.

### **8 Allah Takes Care of the Pilgrim**

The Messenger of Allah ﷺ said, “Three [types of people] are **under the protection of Allah**: a person who goes out to a masjid of Allah, a person who goes out fighting in the path of Allah, and a person who goes out for **hajj**” (Abū Nu‘aym).

### **9 The Greater the Effort, the Greater the Reward**

The Messenger of Allah ﷺ said to ‘Āishah ﷺ about her ‘umrah, “**Your reward is according to the effort you exert and the money you spend**” (al-Targhib wa al-Tarhib).

Through this reassurance, it is as if the Prophet ﷺ is gently comforting every pilgrim’s heart by reminding us that every moment of fatigue, every hardship endured, and **every penny spent is not lost**. Rather, the rewards for every moment of difficulty are more precious than anything in this world, and will last for eternity.

Hajj is meant to be difficult and test you in different ways. Each time you are tested, remind yourself: the greater the difficulty, the greater the reward.

### **10 The Best Jihad for Women**

‘Āishah ﷺ said, “O Messenger of Allah, shouldn’t we go out and perform jihād with you? I don’t see any deed in the Qur’ān better than

jihād.” He ﷺ replied, “No. The best and most beautiful form of jihād for you is ḥajj of the House: a ḥajj mabrūr” (Nasa’ī).

Hajj mirrors the worship of jihād as both involve **enduring hardships, spending money, leaving your home and loved ones, and putting Allah’s pleasure over personal comfort.**

Similarly, pilgrims resemble warriors in many ways. They are dressed in a uniform — the iḥrām — and move in organised ranks. They are united in purpose, direction, and rituals. They follow strict rules, where even a careless word can reduce their reward. And they obey every command, just like soldiers on a battlefield.

**May Allah al-Karīm, The Most Generous, grant us all a ḥajj mabrūr and bless us with His endless rewards.**

—“  
The warrior in the path  
of Allah, the pilgrim, and  
the person performing  
‘umrah are the guests of  
Allah. He invited them  
so they responded to  
Him; they asked Him, so  
He gave them.

- The Messenger of Allah ﷺ (Nasā'ī)

”

# The Goals of Hajj

When we undertake a project, we invest a great deal of time and effort into ensuring the project will be successful. Projects are initiated, planned out, then executed and monitored. Once they are completed, they are evaluated for how successful the outcomes were.

If we can do this for projects at work, then how much more deserving is the ‘project’ of hajj: a **once-in-a-lifetime transformational opportunity** for a believer seeking the pleasure of Allah and the reward of Paradise? For anyone who longs to meet their Lord with a record full of good deeds, hajj is the ‘**dream project**’.

However, like any successful endeavour, an accepted hajj requires **preparation**. In order to create a plan which will help us successfully complete this journey, we should be clear about its objectives. The core objectives of hajj are to:

## 1 Renew Tawhid and Ikhlas

At its core, hajj is a journey of **tawhīd** (affirming Allah’s Oneness) and **ikhlāṣ** (sincerity). Both are deeply intertwined in every step of this sacred pilgrimage. Jābir رض said, “The Prophet صلی اللہ علیہ وسالہ وآلہ وسالہ entered the iḥrām with **tawhīd** i.e. the talbiyah” (Muslim). He named the talbiyah ‘tawhīd’ due to it being the essence of hajj.

Throughout this journey, constantly affirm Allah’s Oneness and strive to attain **ikhlāṣ** by doing everything to seek the pleasure of Allah Alone. Renew your intentions through every step of the journey.



## Reflect

What is your primary intention for going to hajj? Is it solely to please Allah? Or is it to look good in the community, to do shopping in the country, or something else worldly?



## Act

Renew your intention every day to ensure your hajj is only to attain Allah's pleasure.

### 2 Deepen 'Ubudiyyah and Love of Allah

Hajj is a powerful training ground for developing 'ubūdiyyah (true servitude to Allah) where you embody **humility, submission, and unwavering obedience**. Every act of worship is infused with **deep love and longing** for Him. It is through this journey that you transform from simply performing acts of worship to becoming a true servant of your Lord.



## Reflect

Do you submit to Allah's commands with unwavering obedience or do you hesitate? How can you overcome your inner blocks to obeying Allah without resentment or reluctance?



## Act

Perform one act of worship today that is infused with deep longing and love for Allah.

### 3 Honour the Sacred Symbols of Allah

One of the main purposes of hajj is to train your heart to **honour, respect and be in awe** of the sacred symbols and boundaries set by Allah. Allah ﷺ has chosen certain visible signs, specific places and actions that serve as reminders of Him. These are His *sha'a'ir* (symbols), and when you honour them, it shows sincere *īmān*, deep love, and true *taqwā* in your heart. In Sūrah al-Hajj, Allah ﷺ says, "... And whoever honours the symbols of Allah — indeed, it is from the

piety (taqwā) of hearts” (22:32). On the other hand, ignoring or disrespecting these symbols reflects a weakness in īmān and a lack of fear of Allah.

In essence, when you honour the symbols of Allah, **you are honouring and glorifying Allah** ﷺ Himself, and this is the very core of worship. Al-‘Izz b. ‘Abd al-Salām ﷺ writes, “The intended outcome of all acts of worship is to **magnify, venerate and be in awe of God**.”



### Reflect

What are the sacred symbols of Allah around you? (e.g. your local masjid, the Qur’ān, the adhān). What does honouring them look like? Are you giving them the honour and respect they deserve?



### Act

Choose one sacred symbol of Allah this week and show it the respect it deserves by honouring it with a specific sunnah action (e.g. tahiyyatul-masjid when you enter the masjid; responding to the adhān according to the sunnah).

4

## Develop Taqwa

One of the foremost goals of hajj is to **attain taqwā**. In the āyāt of hajj, Allah constantly emphasises the importance of taqwā before, during and following the journey. Taqwā is to protect yourself from Allah’s wrath and punishment by **avoiding His prohibitions** and implementing His commands. Hajj is the perfect training ground to develop taqwā, exercise self-restraint and stay away from sins, especially of the tongue and eyes.

When the rituals of hajj fill you with the awe of Allah, the ultimate fruit of your journey, **taqwā**, will begin to blossom.



## Reflect

What prohibited actions are you still committing?



## Act

Make a list of all your major and minor sins. Commit to removing all your major sins from your life. Put together a practical action plan to overcome these bad behaviours consistently.

### 5 Practise Mindful Dhikr

Allah made hajj an obligation so that His servants could remember Him. Every step of the journey, from the moment you leave home to the final farewell, is filled with glorifying, praising, and calling upon Allah. At every stage — ‘Arafah, al-Mash‘ar al-Ḥarām (Muzdalifah), qurbānī, and the Days of Tashrīq — Allah ﷺ specifically commands remembrance of Him. **Hajj, at its core, is a journey of dhikr (remembrance).**

When the Messenger of Allah ﷺ was asked which pilgrims attain the greatest reward, he replied, “**Those who remember Allah the most**” (Ahmad).

Being in sacred places softens the heart and makes it easier to remember Allah with **reflection**. Use this time to train yourself in mindful dhikr; not just with words, but with full **presence of heart**. Let it become a habit that stays with you long after your hajj ends.



## Reflect

How often do you block out time to do dhikr in a day?



## Act

Increase your remembrance of Allah by engaging in dhikr after every ṣalāh. Set a daily goal for yourself and increase it so that your dhikr becomes a regular, consistent practice!

## 6 Elevate Your Du‘ā

Du‘ā’ is an integral aspect of hajj. The Prophet ﷺ dedicated hours to making du‘ā’ at various steps of the journey: during tawāf, standing on Ṣafā and Marwah, standing in ‘Arafah and Muzdalifah, and after pelting the Jamarāt.

Du‘ā’ is the essence of recognising who you are and who Allah is. You go to Him with your **desperate need**, and He responds with endless generosity. Making heartfelt du‘ā’ for long periods of time and developing a habit of *munājāh* (intimate conversation with Allah) doesn’t happen overnight: it requires planning and practice.



### Reflect

How long on average is your du‘ā’? How intentional is your du‘ā’, or is it a mindless ritual without personal meaning or engagement?



### Act

Take out time this week between ‘Asr and Maghrib on a Friday, and make du‘ā’ to Allah for twenty minutes. Put together a du‘ā’ list of what you want most for yourself, your loved ones, and the ummah!

## 7 Embody Good Character and Work on Your Heart

Amid the crowds, long hours of waiting, and physical strain, a true pilgrim learns **patience, humility, kindness, and generosity**. Hajj is the perfect opportunity to purify your heart from its diseases: anger, pride, hypocrisy, and hard-heartedness. It is both a reminder and a training ground to care for others, help those in need, hold your tongue, and respond with grace, because the best of Allah’s servants are those who benefit others.

This is the spirit of hajj: transforming yourself and becoming a source of ease and goodness for those around you.



## Reflect

Take time out to reflect on the diseases of the heart (e.g. envy, pride, hatred and anger) which are the root causes of sins and poor character.



## Act

Identify a disease you suffer from and focus on purifying yourself from it throughout the journey.

### 8 Live a Hereafter-Centric Life

Hajj is a powerful reminder of the Hereafter. From the moment you leave your home, stripped of worldly comforts, dressed in simple garments, and indistinguishable from the rest of the crowds, you are reminded of the Day of Judgement. The white garments resemble the **death shroud**. The gathering at 'Arafah mirrors the Day of Judgement. The exhaustion, the prayers and the tears all echo the desperation on that Day.

Hajj teaches us that just as this journey will end, so too will life itself, and we will **all return to stand before Allah**. Let these constant reminders motivate you to **detach** yourself from this temporary world and live with a laser focus on Jannah.



## Reflect

How often in a week do you reflect on the Hereafter? Think about how your attachment to the world is holding you back in improving as a believer who is seeking Jannah.



## Act

Visit a graveyard this week. Imagine yourself in the place of the deceased, and ask Allah to help you overcome the sins that will lead to punishment in the grave.

## 9 Repent to Allah and Start Anew

Ḥajj is the golden opportunity to **sincerely repent** to Allah (tawbah) and have a **fresh start**. The Prophet ﷺ said, “Ḥajj wipes out whatever (sins) came before it” (Muslim).

A sign of an accepted ḥajj is that when you return, you notice real and lasting changes in your life. Your heart will be transformed, your worship prioritised and your character improved. The way you spend your time, your weekends and even your sleep, begins to reflect your renewed purpose of obedience to Allah and serving the ummah.



### Reflect

How often in a week do you sincerely repent to Allah?



### Act

Consider sins that you've committed during the week. Take time to sit quietly and connect with Allah, begging Him for forgiveness and strength in overcoming sinful habits.

## 10 Serve the Ummah and Sacrifice

Ḥajj is a powerful and inspiring reminder that the Muslim **ummah** is **not weak** or **small**, but rather a vast and powerful force capable of setting a model for global success. Each believer has a role to play in this revival. The **unity** and **discipline** shown by the pilgrims reflect its deeper purpose: to create a sense of **brotherhood** and **solidarity** to transform the world.

Ḥajj is more than just a journey. It is a covenant between you and Allah ﷺ. A vow to live and die upon Islam, to **devote your life to Him** wholeheartedly and serve the ummah of His beloved ﷺ, and to never return to the traps of Shayṭān and his allies.



## Reflect

What are you currently doing to serve the ummah? How can you contribute in a beneficial manner, through your skills, time, or other resources?



## Act

Commit to and start one act of service to the ummah before you commence your journey.



## Write

Write down your top three goals for hajj.



## Act

Make du‘ā’ to Allah to help you achieve your goals and fulfil the objectives of hajj. Ask Him to grant you the means for an accepted hajj. Note this du‘ā’ down in your own words in your notebook. Constantly make this du‘ā’ in preparation for your hajj.

# Maximise Your Intentions for Hajj

As you embark on the greatest journey of your life, pause and reflect on your intentions.

Why are you performing hajj? Is it because it is socially expected of you? Is it just an item in your life to-do list to tick off?

Performing hajj with the correct intention is vital. When the Prophet ﷺ set out to perform hajj, he said, “O Allah, a hajj in which there is **no showing off nor reputation sought**” (Ibn Mājah).

Maximising intentions was a regular practice of the pious people of the past. They would perform one action for which they would have **multiple intentions**, so that they could be rewarded abundantly for every intention.

Imām al-Ghazālī رحمه الله writes, “There is no act of obedience except that it can carry many intentions. What settles in the heart of the believing servant depends on the level of his eagerness for good, his striving for it, and his reflection upon it. Through this, deeds become purified and rewards are multiplied.”

Two pilgrims may walk the same steps and perform the same rites, yet the distance between their rewards may be as vast as the distance between the heavens and the earth. This is why Yahyā b. Abī Kathīr رضي الله عنه said, “The intention reaches further than the action.”

“How many a small act is elevated by an intention, and how many a great act is diminished by an intention.

- ‘Abdullāh b. al-Mubārak ﷺ

Before you embark on your journey, reflect on and set your intentions. Throughout your journey, **constantly renew** and purify your intentions. Your intentions for performing hajj can include the following:



To seek the pleasure of Allah Alone.



To attain closeness to Allah.



To make a sincere repentance.



To attain the forgiveness of Allah.



To seek the mercy of Allah.



To be protected from the Hellfire and gain entrance into Jannah.



To remember the Hereafter.



To express the Oneness of Allah and achieve ikhlāṣ.



To fulfill the command of Allah and complete the fifth pillar of Islam.



To attain taqwā.



To respond to the call of Ibrāhīm ﷺ.



To fulfill the sunnah of Ibrāhīm ﷺ, the other great Prophets of Allah and our beloved Prophet ﷺ.



To attain the reward of 100,000 prayers by praying in al-Masjid al-Harām and 1,000 prayers in al-Masjid al-Nabawī.



To respect and honour the holy places so that the memories of the events which are connected with these places may be preserved and this may continue to produce good effects in your heart.



### Reflect

What other intentions can you have for performing hajj?



### Act

Face the qiblah. Praise Allah and send ṣalawāt upon the Messenger of Allah ﷺ. Spend at least 5 minutes asking Allah to grant you a hajj mabrūr (accepted hajj). Then convert the above intentions into du‘ās and ask Allah with humility and desperation. (E.g. ‘O Allah, make my hajj a means of attaining Your forgiveness.’)

**Multiply your intentions to multiply your rewards.**

# Prepare Spiritually for Hajj

Now that you have internalised the virtues of ḥajj, understood its goals, and set your intentions for this once-in-a-lifetime journey, take some time to focus on **nurturing the following actions of the heart**. These are essential in helping you achieve your goals for ḥajj.

Amongst the many du‘ās of Ibrāhīm ﷺ in the Qur’ān is the special du‘ā’ he made about Makkah:

رَبَّنَا إِنِّي أَسْكَنْتُ مِنْ ذُرِّيَّتِي بِوَادٍ غَيْرِ ذِي رَزْعٍ عِنْدَ بَيْتِكَ الْمُحَرَّمَ ، رَبَّنَا لِيُقِيمُوا الصَّلَاةَ فَاجْعُلْ أَفْيَدَةً مِنَ النَّاسِ تَهْوَى إِلَيْهِمْ وَارْزُقْهُمْ مِنَ الشَّمَرَاتِ لَعَلَّهُمْ يَشْكُرُونَ

*“Our Lord! I have settled some of my offspring in a barren valley, near Your Sacred House, our Lord, so that they may establish prayer. So make the hearts of people yearn towards them, and provide them with fruits, so that they may be grateful” (14:37).*

Allah ﷺ accepted his du‘ā’. For centuries, millions have longed to travel to the Sacred City. Reflect on the word ‘hearts’ (أَفْيَدَةً) and realise that this journey is not merely one of bodies, but of hearts full of yearning and souls drawn in obedience to the Beloved’s House. Hajj is a **journey of the heart** before it is one of the body. That’s why it’s vital to prepare not just physically, but spiritually for the most epic journey of your life.

## 1 Seek Help from Allah and Rely on Him

Turn to Allah ﷺ with humility and beg Him to grant you the ability to perform this great act of worship with excellence. Remember: you cannot take a single step in ḥajj, or in life, without His help. Keep

asking and turning to Him throughout the entire journey. Let your du‘ā’ be constant, because success only comes through His permission and mercy.

In every rak‘ah of prayer, we repeat: ‘**إِنَّا لَكَ نَعْبُدُ وَإِنَّا لَكَ نَسْتَعِينُ**’ You Alone we worship, You Alone we ask for help.’ The phrase **يَعْبُدُ وَيَسْتَعِينُ** teaches us humility, acknowledging our **need, dependence, and complete trust** (tawakkul) in Allah. He Alone grants benefit and removes harm.

From the moment you start thinking of booking your trip until the point you return, arm yourself with **tawakkul**. No matter what you are going through, place your reliance on Him and know that He is the Best Protector and Guardian (al-Wakīl).

**Take all the necessary physical means, but place your heart and reliance on Him Alone.**

The Prophet ﷺ taught his beloved Companion Mu‘ādh b. Jabal ﷺ a beautiful du‘ā’ that captures the essence of seeking help (*isti‘ānah*):

اللَّهُمَّ أَعِنِّي عَلَى ذِكْرِكَ وَشُكْرِكَ وَحُسْنِ عِبَادَتِكَ

*O Allah, help me to remember You, be grateful to You and worship You in an excellent manner (Abū Dāwūd).*



**Act**

**Repeat** the above du‘ā’ at every moment and beg Allah for His help.

Let this be your mindset as you prepare for hajj: **rely fully on Allah, seek His help constantly**, and walk the path with a heart full of trust and devotion.

## 2 Sincerely Repent to Allah

Sins weigh the soul down and prevent it from **tasting the sweetness of īmān** and being accepted by Allah. Just as an aeroplane cannot take flight while overloaded, your hajj cannot rise and ascend if it is **burdened by the weight of your sins**. Therefore, before setting out for hajj, sincerely repent to Allah for your sins and regrets.

In order for repentance (*tawbah*) to be sincere, follow the steps below:

1



Stop committing the sin.

2



Feel a deep sense of regret and remorse over the sin.

3



Firmly resolve to never return to that sin.

4



Make amends if you have wronged another person (e.g. ask their forgiveness or supplicate for them).

Make repentance your **constant companion**. Ibn al-Qayyim ﷺ said, “The state of *tawbah* is at the beginning, the middle and the end of the slave’s journey to his Creator. The servant who seeks the pleasure of Allah never abandons *tawbah*. He remains in the state of *tawbah* **until his death**.”

## 3 Fill Your Heart With Gratitude

Out of billions, **Allah chose you to visit His House**. He removed all obstacles, whether related to health or finances, and made the way for you to go for this blessed pilgrimage. Reflect on how so many others, more powerful and wealthy, were not granted this honour. Some people don’t even feel the longing for hajj. However, you were chosen,

not because of your status or efforts that you made, but purely by His mercy.

Remember to remain grateful at every step. Gratitude (shukr) opens the door to even more blessings. Allah ﷺ says, “And (remember) when your Lord proclaimed, ‘If you are grateful, I will certainly give you more...’” (14:7). If you wish to be blessed with the ability to do more good deeds and stay firm in worshipping Allah, thank Allah with your tongue, heart and body.



### Reflect

Thank Allah for granting you the ease of air travel. Think of the pilgrims of the past who journeyed through deserts, seas and dangerous terrains. Many were robbed of their possessions during the arduous journey. Families were torn apart along the way. Many fell ill and lost their lives before ever laying eyes on the Ka‘bah.

## 4 Practise Your Patience

In order to complete your hajj with success, you will need a healthy dose of ḫabr (patience). From the moment you leave your home, you’ll be tested: waiting at airports, on buses, and in long queues. You’ll get tired, feel the heat, and perhaps even lose your luggage, just as the luggage of the Prophet ﷺ was lost during his hajj.

You will find yourself in a very confined space, often surrounded by hundreds of others with different personalities and (sometimes annoying) habits. There may be sleep-deprived individuals who are often exhausted, irritable, and far from their comfort zones. The schedule will be beyond your control and everyone else’s too.

You will need not only **patience** with others, but also full control over your own emotions and reactions. Even in this testing environment,

you must stay focused on the rites of hajj, constantly remembering Allah and begging Him for His forgiveness, love, and mercy.

To practise your patience:

### 1) Remember the immense reward promised by Allah

Allah ﷺ says, "...Indeed, the patient will be given their reward without measure" (39:10).

### 2) Let go of the entitlement mindset

Hajj is not about demanding your rights. It's about surrendering to Allah and remembering Him at every turn.

### 3) Protect your reward

You've sacrificed time, money, and comfort to be here. Don't lose that reward over something minor or insignificant.

### 4) Focus on the positives

Don't let small negatives cloud the bigger picture.

### 5) Avoid complainers

Negativity is contagious; distance yourself from those who are complaining.



#### Reflect

Think of all of the things which really annoy you and push your patience. You'll likely face them during hajj.



## Act

Practice your patience from now. When you're faced with inconveniences or challenges, how can you react with patience?

**Patience (ṣabr)** should be cultivated until it becomes a natural part of your character: something you carry with you through every season of life.

Patience is needed in **every act of obedience to Allah**. These acts require effort, consistency, and sacrifice.

Patience is also required in committing to **regular worship**, whether it's prayer, fasting, Qur'ān recitation, charity, or dhikr, until those acts become part of who you are. It is necessary for overcoming bad habits and to **stop sinning**.

“

**Imān** consists of two parts: half patience and half gratitude.

- 'Abdullāh b. Mas'ūd

”

## 5 Detach Your Heart from the World

Ḥajj is a journey in which your material possessions hold little value. Your most valuable provision is your **love of Allah** and **submission** to Him.

This journey is an opportunity to detach yourself from the world (*zuhd*) and **free your heart** from everything but Allah. The Prophet ﷺ said, “Detach from the world and Allah will love you; detach from what people possess and the people will love you” (Ibn Mājah).

Leave behind thoughts of family, wealth, and work. Let your heart be filled with one deep concern: **meeting your Lord**. Don't carry the burdens of the world on a journey meant to prepare you for the Hereafter.

**Give the world a break.** Let your soul rest.

This could be your final trip; not back to your home, but to your grave. Your farewell ̲awāf might truly be your farewell to this world.



### Reflect

What is your heart currently attached to? How much of your daily energy is spent preparing for the world vs. the Hereafter?

## 6 Fight Your Nafs

Think of ̲ajj as a battlefield, and the enemy you are trying to defeat is your own nafs. This is an enemy which has conquered you many times over in the past. However, with determination and **the help of Allah**, **you are going to defeat it**. This will require planning, effort, tonnes of du‘ā’ and perhaps even a change in strategy.

One such strategy is to manoeuvre around your nafs. When you are struggling to keep momentum, say to yourself: *just a little while longer. After ̲ajj, you can go back to enjoying the halāl pleasures. For now, just keep going.* Once, Bishr al-Ḥafī was walking with one of his companions towards a city. His companion wanted to drink water from a well. Bishr said to him, “We will drink from the next well that appears on the way.” Every time they would approach a well, Bishr would say, “**From the next well.**” When they finally reached their destination, Bishr said, “**This is how we journey through the world.**”

## Fill Your Heart With Love and Longing

As you wait to reach the Ka'bah, let your heart yearn not just for the sacred site, but for the One who made it sacred. True longing (*shawq*) for hajj is not just a desire to visit the House of Allah, but a deep yearning to draw closer to Allah ﷺ Himself.

Let your heart long to step on the very same ground that the Messenger of Allah ﷺ once stepped. Let your heart long to breathe the same air that connects you to the legacy of the Prophets ﷺ.

Increase your longing for the day **you will see your Creator**. Just as your Lord has already granted you the immense honour of visiting His Sacred House, beg Him to bless you with the ultimate gift: seeing His Majestic Face.

The Prophet ﷺ said, “When the people of Paradise enter it, Allah will say: ‘Would you like anything more?’ They will say: ‘Have You not brightened our faces? Have You not admitted us into Paradise and saved us from Hellfire?’ Then, Allah will lift the veil and nothing they are given will be more beloved to them than looking at their Lord Almighty” (Muslim).

**‘Abdullah, the son of the great Imām Aḥmad b. Ḥanbal** ﷺ **said:**  
**“My father performed hajj five times; three times riding, and twice on foot. On one of his hajj journeys, he spent only twenty dirhams. Such was his longing that, when he could not afford provisions, he worked as a porter for the caravan to cover the cost, just so he would not be deprived of the journey.”**



## Reflect

- Is your heart really prepared for hajj or is there still work you need to do?
- Can you worship and remember Allah even when you're exhausted and overwhelmed?
- How long can you spend in continuous du'ā'?
- How do you react when a family member or someone close to you mistreats you?
- Are you able to control your emotions when things are tough?
- Are you able to patiently wait for a bus for five hours without complaining?
- Are you able to stay in 1-star accommodation without getting upset about the decreased standards?

# Prepare Physically for Hajj

Along with preparing your heart for hajj, it is essential to also prepare physically in order to fulfill the intended spiritual objectives of hajj.

## 1 Learn the Outer and Inner Fiqh of Hajj

Equip yourself with knowledge of the outer fiqh (method) of hajj and the inner fiqh (spiritual dimensions) of hajj. Attend courses, read books and watch video series so you're fully equipped with all the essential guidance.



### Act

Journey with the Prophet ﷺ and his Companions on the farewell hajj by downloading the FREE Ebook - The Prophet's ﷺ Hajj.



Scan or click the image to download.

## 2 Write a Du'a List and Practise

Hajj is filled with many opportunities to make du'a. You will make more du'a in hajj than you ever will in your life. The most significant time for du'a will be on the Day of 'Arafah, when you should ideally spend approximately five hours in continuous supplication. However, if you're not used to speaking to Allah regularly and making du'a, you will struggle to do this.

That is why preparation is key:

1



**Start a du‘ā’ list.** List your hopes, dreams and everything you want to ask Allah ﷺ for. **Don’t forget the ummah** in your du‘ās, especially those suffering in Palestine under the barbaric Zionist oppression.

2



**Begin practising now.** Start by making du‘ā’ for just five minutes a day, then gradually increase the duration by two minutes each day. By the time you depart for hajj, making du‘ā’ for long periods will feel much easier and more natural. The goal is not just to take longer, but to be present and immersed in your du‘ā’.

Please refer to ‘Hajj and Du‘ā’.

...

See pg.  
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### 3 Choose the Right Company

Your friends either make you or break you. This is especially true for hajj. Find a hajj buddy who will **support** you throughout the journey. The Messenger of Allah ﷺ said: “The example of a good companion and a bad one is like that of the **seller of musk and the blacksmith**. The musk seller may give you some, or you may buy it from him, or at the very least, you’ll enjoy a pleasant scent from him. As for the blacksmith, he may burn your clothes, or at the very least, you’ll inhale an unpleasant smell” (Bukhārī).

TIP



Try your best to choose a group who focus on the spirituality of hajj and help you achieve the main goals of hajj, even if it happens to be more costly.

A good companion will remind you when you forget, help you stay focused on your purpose, and **encourage** you to perform good deeds.

The journey becomes far more rewarding when your friend uplifts you in doing good, rather than distracting you with complaints, gossip, or negativity. Surround yourself with someone who pushes you closer to Allah. Limit your time with those who only speak about trivial worldly matters. Just as you would like an upright friend to motivate you, **be that good companion and friend for others.**

#### 4 Write Your Will

The Prophet ﷺ said: “It is the duty of a Muslim who has something to bequeath that he should not spend two nights without having his will written” (Bukhārī).

Ensure you write a will (*waṣiyyah*) before you set off for hajj. Within your will, clearly outline your assets and debts, and include any personal advice or parting words you wish to leave for your loved ones. Many charitable organisations offer templates for wills that can guide you through this process.

If you have a larger estate or significant wealth, it’s wise to seek professional advice to ensure your will is distributed correctly and in accordance with Islamic guidelines.

#### 5 Pay Your Debts

Settling debts takes precedence over performing hajj. The Messenger of Allah ﷺ used to ask before praying over a deceased person, “**Does he owe any debts?**” (Bukhārī). If someone promised to repay it, he would perform the prayer; otherwise, he would not.

You are setting out on a journey from which you may not return, so settle your debts. If you have debts that you are unable to repay, **you must seek permission** from your creditors before going for hajj — otherwise, do not go.

## 6 Make Amends

If you've wronged someone, through words, actions, or by withholding their rights, **seek their forgiveness** and return what is due to them.

True repentance begins with setting things right with both Allah and His creation. Hajj will not remove the sins that involve transgressions against others if you haven't taken the proper steps to rectifying them.

The Prophet ﷺ said, “Whoever has wronged his brother, in regard to his honour or anything else, let him seek his pardon today, before a Day comes when there will be no dinar or dirham (i.e., no money for compensation). If he has good deeds, they will be taken from him in proportion to his wrongdoing. And if he has no good deeds, the sins of the wronged person will be transferred to him” (Bukhārī).

Likewise, if others have wronged you, **clean your heart and forgive them too**. Have hope that by showing mercy to others, Allah will also have mercy on you. Ask Allah to purify your heart, to heal its wounds, and to fill it with sincerity and peace. A clean heart is the best provision you can carry with you on this journey of a lifetime.

Mas'ūd al-Hamadhānī ﷺ would often pardon people and forgive their wrongs, saying to them, “The past is not to be mentioned.” One of his companions saw him in a dream after his demise and asked him, “What did Allah do with you?” He replied, “He made me stand in front of Him and said: ‘O Mas'ūd, the past is not to be mentioned. Take him to Paradise.’”

## 7 Reduce Your Social Media Usage

Social media platforms are designed to be addictive. They distract us from our goals, hinder us from our social and familial responsibilities, and reduce our ability to focus. Our worship is particularly impacted,

and we struggle to maintain **concentration for any significant duration**. Social media platforms are full of ḥarām and harmful imagery. Gazing at ḥarām is a poison which stops us from tasting the sweetness of īmān and worshipping Allah.

Start reducing your social media usage today. Consider using timers or apps on your phone to limit your access and prevent endless scrolling.

## 8 Increase Your Step Count

Physical preparation for ḥajj is essential to help you complete your pilgrimage properly and with ease. Ḥajj is a physically demanding journey, involving **long hours of walking**, especially on the 10th day of Dhul Hijjah, when you may walk up to 30,000 steps.

To build your stamina and avoid fatigue during ḥajj, start training in advance. Create a walking schedule and begin with 30-minute walks, gradually increasing the duration each day. Try to include some incline walking to mimic the terrain you'll encounter in ḥajj.

As you walk, get into the **habit of making dhikr**. This will not only prepare your body but also your heart, allowing you to spiritually connect with Allah during your physical preparation. Being physically fit will allow you to focus more on the spiritual essence of ḥajj, without being distracted or drained by physical exhaustion.

## 9 Stay Hydrated

One of the most common reasons people fall ill on the Day of 'Arafah is **dehydration**. The heat can quickly take a toll on your body if you're not properly hydrated.

If you're not in the habit of drinking water regularly, start building that habit now. Gradually increase your intake throughout the day so that by the time you reach 'Arafah, staying hydrated feels natural and easy.

## 10 Pack Carefully

Imām al-Ghazālī ﷺ writes, “As for provisions, one should seek them from a lawful source.” Ensure that you only use ḥalāl earnings for hajj so that your worship is accepted.

When packing your bags, don’t over pack or carry more than you need. Hajj is a journey of **simplicity**. It is not about excess or showing off. Don’t fall into the materialist trap and buy everything that has been marketed to you.



Take a book which increases your love of Allah ﷺ (e.g. *Reflecting on the Names of Allah*) and His beloved Prophet ﷺ (e.g. *Meeting Muhammad*).

As you pack your bags for your journey, think about what you have “packed” for the **Hereafter**. Allah tells us to prepare for hajj and take provisions, and He reminds us that the best provision is *taqwā*:

وَتَرَوَدُوا فِيَّ حَيْرٌ الرَّادُ التَّقْوَىٰ وَاتَّقُونَ يَأْتُوا لِلْأَلْبَابِ

“...Take provisions (for the journey) — surely the best provision is *taqwā* (mindfulness of Allah and piety)” (2:197).



### Act

Speak to someone who has performed hajj and is willing to share their honest experience. Ask them about the struggles they faced during hajj. In your notebook, write down the challenges, mistakes and lessons they learned, and reflect on what you can learn from their experience.

A photograph of a person's arm and hand holding the handle of a teal-colored suitcase with a retractable telescopic handle. The suitcase is on wheels and is being pulled along a paved surface. The background is blurred, suggesting a city street environment.

“  
...Take provisions (for  
the journey) — surely  
the best provision is  
taqwā (mindfulness of  
Allah and piety).  
”

(2:197)

# Protect Your Hajj: What Not to Do

Many people fall into the trap of treating hajj as a holiday. They arrive with a tourist mindset, focused on comforts, taking pictures and sightseeing, rather than internalising the awe, sanctity and spiritual intensity of hajj. This shift in perspective can erode the essence of hajj, turning sacred rites into mere rituals devoid of meaning.

The section below contains practical guidance on how to protect the spirit of your hajj and avoid common mistakes that can spoil your hajj.

## 1 Don't Let Social Media Ruin Your Hajj

Try to **delete all social media apps** before you embark on your journey. Don't assume that you won't be tempted. Shayṭān will lure you in with the promise of doing a good deed, but before you know it, you'll be scrolling mindlessly, comparing your experience to others, or seeking validation for your worship. Without realising it, your sincerity may begin to slip. It's simply not worth the risk.

## 2 Don't Treat Hajj as a Photoshoot

Hajj is a journey that is meant to be **experienced**, not photographed. Every step, every du‘ā’ and every moment of worship is designed to transform your heart and draw you closer to Allah.

Don't trade these once-in-a-lifetime experiences for selfies, live streams, or curated posts. When you're busy posing for the camera and focusing on taking the perfect shot, **you miss the essence of hajj: humility, presence, and a deep connection with your Lord**. Don't let

this spoil your hajj as these moments will never return. Live in the moment and truly experience your hajj without allowing your phone to distract you.

### **Capture each moment in your heart, not on your phone or feed.**

When you feel tempted (and you will, as others around you take snaps), ask yourself: Does the posing, flashing, videoing, and snapping really reflect the heart of a pilgrim who fears his sins and is coming desperately to Allah, begging for a clean slate?

You may feel pressured to ‘share’ everything on social media, including your good deeds. This may lead you to doing good for others instead of Allah. It can also lead to **self-admiration** and **pride**, because the constant validation and attention received through likes and comments, results in an inflated sense of self-importance and a sense of superiority over others.

### **3 Don't Sin in the Blessed Lands**

Allah ﷺ says, “... And whoever **intends** to deviate by doing wrong in it, We will cause them to taste a painful punishment” (22:25). In this ayah, Allah ﷺ warns of a severe punishment even for merely **intending** to commit wrongdoing in the sacred places.

Ibn ‘Abbās ﷺ said, “Committing seventy sins in Rukiyah (a place between Makkah and Tā’if) is better than committing a single sin in Makkah.”

Therefore, to protect yourself from sins, ensure you:

1



Lower your gaze.

2



Don't harm another believer.

3



Stay constantly engaged in dhikr, even while walking or waiting.  
Keep a tasbīh in your hand as a reminder.

4

## Don't Waste Time

Every moment in hajj is **precious**. Every minute is an opportunity to become closer to Allah and seek His forgiveness. This truly is a once-in-a-lifetime opportunity, so seize every second, and do not waste it.

Don't waste your time **wandering through malls** or chilling in cafes. Even during moments of waiting, whether in a queue or a lift, resist the urge to scroll through your phone or engage in idle talk. Instead, fill those moments with dhikr or Qur'an recitation. Keep a tasbīh or muṣḥaf with you at all times, so there's no excuse not to stay connected to the remembrance of Allah.

If you plan to buy gifts for family and friends, do so with the intention of bringing joy to their hearts. However, be mindful and don't let it consume too much of your time. Set aside a few hours on a single day, ideally after hajj is over, and get it done efficiently. Your time in hajj is far too valuable to waste it in shopping.

5

## Don't Be Stingy

Every penny you spend on this journey will be generously rewarded by Allah, so don't hold back. **Be open-hearted and selfless**. If someone needs money, give without hesitation. If they need space, make room

for them. Don't let Shayṭān take hold of your heart and make you stingy with others.

Likewise, despite any exploitation by governments and tour groups, **don't complain or feel upset** about the money you spend on hajj.



**Remember:** this is money spent in the path of Allah. Intend it solely for His pleasure, and you will find it multiplied in reward.

## 6 Don't Aid Genocide

Ensure that any goods you buy or any restaurants you eat from are not brands who have either directly or indirectly **support genocide** e.g. the settler colonial state Israel. Your money and anything you consume should never be tainted with the blood of your brothers and sisters.

Allah ﷺ says:

وَتَعَاوَنُوا عَلَى الْبِرِّ وَالْتَّقْوَىٰ ، وَلَا تَعَاوَنُوا عَلَى الْإِثْمِ وَالْعُدُوْنِ ، وَاتَّقُوا اللَّهَ ، إِنَّ اللَّهَ شَدِيدُ الْعِقَابِ

*“Cooperate with one another in goodness and righteousness, and do not cooperate in sin and transgression. And be mindful of Allah. Surely Allah is severe in punishment” (5:2).*

## 7 Don't Think Highly of Yourself

As you increase in worshipping Allah in hajj, don't look down on others who may not be worshipping Allah as much. Don't think you are better than them. Remember that even if they are doing less in quantity, their quality of worship may be superior to yours!

Be careful of falling into the trap of *'ujb*. *Ujb* refers to feeling pleased with your own accomplishments. This stems from thinking too highly

of yourself, being ignorant of your own nature and faults; whilst failing to recognise who Allah is, and the rights He has over His servants.

Ibn al-Qayyim رض writes that when this occurs, “It gives rise to conceit (‘ujb), pride, and such afflictions that are worse than the major external sins such as zinā, drinking alcohol, and fleeing from the battlefield etc.”

## 8 Don't Argue

For those accustomed to relative law and order, it can be easy to feel frustrated with certain systems that may seem disorganised or unfamiliar.

During hajj, you may encounter behaviours that differ from your cultural norms, such as people not queuing or not following rules. Rather than becoming frustrated, be humble and remind yourself that every system and society has its own strengths and weaknesses. **Focus on the positives**, and overlook the flaws or inconsistencies in both systems and people.

At times, your patience may be tested. Someone might even push you out of a spot you've been occupying for hours, leaving you without sufficient space to pray. In those moments, remain calm. Do not let anger ruin your hajj. Instead, turn your focus to silent dhikr or ṣalawāt, and walk away if needed. If you witness two people arguing, begin reciting ṣalawāt aloud, and inshāAllah, this will remind them to stop.

The enemy of Allah (i.e., Shayṭān) is relentless in his attempts to corrupt a person's hajj and rob them of its reward. He employs countless tactics and subtle strategies, beginning from the moment a person sets out on their journey and continuing through every stage and ritual of the pilgrimage. Don't let him get to you.

“  
There is no group of pilgrims setting out for Makkah except that Shayṭān prepares a force against them equal to their number.

- Mujāhid ﷺ

## 9 Don't Complain

Unfortunately, we live in the era of TripAdvisor, where complaining under the guise of reviewing has become the norm. In doing so, we often overlook the immense blessings right in front of us. We feel entitled to luxury and comfort, but ḥajj is not about indulgence. It is a journey of spiritual connection with Allah. Hajj is a tremendous blessing, so don't spoil it with complaints.

Whatever hardship comes your way, see it as part of your journey to earn the love of Allah. As long as you gain the love of your Beloved, every difficulty along the way becomes trivial.

The Prophet ﷺ embodied humility and simplicity in ḥajj. He took a single animal with him to serve both as his mount and to carry his belongings, whilst others around him took two. He used an old saddle and wore a cloak that was worth four dirhams or less.



### Reflect

Think about ḥajj just 100 years ago: no AC, no fancy hotels, limited food, and no air-conditioned buses. Today, we enjoy so many comforts, yet we still find reasons to complain. Remember: **ḥajj is a journey of simplicity and shukr (gratitude).**



If your meal is delayed or missing, or the AC isn't working, don't complain, "I paid £10k for this." Instead, ask yourself: "When was the last time I truly went without a proper meal? Alhamdulillah for every blessing." Let these challenges become moments of spiritual reflection and a means of drawing nearer to Allah.

Shift your perspective today. Be positive and grateful, and you'll transform your hajj. Whenever you feel like complaining, pause and count your blessings. And make this promise to yourself: **"I will not complain — not even once on this trip."**

**Hajj is all about your perspective.  
Be positive and don't be negative.**

## 10 Don't Sweat the Small Stuff

Don't sweat over the small stuff or lose your hair over the minute fiqh details of hajj. Hajj is about sincerity and submission. **Stay focused on the bigger picture.**

Hajj shows us that this din is built on ease and mercy. It does not overburden or cause hardship to its followers. We see many examples of this during the farewell hajj of the Prophet ﷺ. On the day of Naḥr, a Companion ﷺ asked the Prophet ﷺ, "I shaved my head before the sacrifice." The Prophet ﷺ told him, "**Sacrifice (now)! There is no harm.**" Another Companion ﷺ asked, "I slaughtered (the animal) before stoning." He ﷺ replied once again, "**Stone (now)! There is no harm**" (Bukhārī).

From its foundation, hajj is based on *istiṭā'ah*: it is only obligatory for those who are able. Even its obligations are surrounded by mercy: if a

duty can't be fulfilled due to a valid reason or has been unintentionally missed out, there's no sin, just compensation in most cases.

Don't panic if you make a mistake or are unsure about something. Consult a scholar who will be able to guide you.



### Act

This spirit of mercy isn't just for hajj; it should guide how you live, and treat ourselves and others. **Be kind and easygoing.** Let moderation and compassion shape your family life, your work, and your dealings with others.

## Chapter 2

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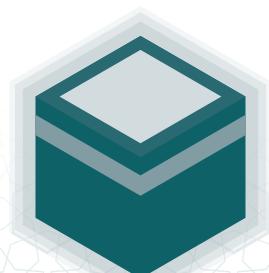
# A Journey Through Hajj

Hajj is filled with countless moments and opportunities to increase your **īmān** and **connection to Allah**. It is a practical training in self-discipline, striving against the soul in pursuit of higher ideals and ultimately nurturing **taqwā**.

Hajj is a unique act of worship involving every part of your body. Every requirement and component of ḥajj has its own impact and experience. Every action and statement has its own form of **servitude** (*ubūdiyyah*) to Allah ﷺ. The journey through ḥajj is remarkable. Each part is a unique milestone, bringing its own **sweetness** (*halāwah*) and joy.

The **greater objectives of ḥajj** can only be achieved if you internalise the wisdom and inner secrets of each step of the journey. Take time to pause, **reflect**, and extract the lessons from each ritual. These lessons can transform your life upon return and inspire you to live a **life with Allah**.

This chapter will take you on a journey through ḥajj, exploring the secrets and significance of each ritual.





# The Journey Begins

The day has finally come! After all the planning, the stress, the long nights: it's here. You remember the nights waiting for packages to be released, the endless hours spent booking your trip and the anxiety of not knowing if it would all come together. You recall juggling family responsibilities, arranging childcare, negotiating time off work, and squeezing in time to attend hajj workshops or read up in between it all. You've been trying to prepare your heart and mind, hoping to be ready. And now, as you begin this life-changing journey, it still feels surreal. You're going, *inshāAllah*. Allah chose you.

## Bidding Farewell to Your Family

As you leave your home and bid farewell to your family:

### 1 Think of your death

How will people feel when they bid farewell to you? Will they rejoice at your leaving, or will their hearts be heavy with sadness because of all the good you do?

### 2 Place your trust in Allah

Allah, the Best Protector, will take care of the affairs of your loved ones.



#### Reflect

Allah has invited you as a guest to His house. Do you not think He will also care for your loved ones in the best of ways?

### 3 Bid farewell to your loved ones like the Prophet ﷺ did

He ﷺ would say:

أَسْتَوْدِعُكُمُ اللَّهُ الَّذِي لَا تَضِيَعُ وَدَابِعُهُ

“I leave you in the care of Allah, who does not allow anything entrusted to Him to be lost” (Ibn Mājah).

### 4 Recite the du‘ā’ of leaving the house and seek Allah’s protection

بِسْمِ اللَّهِ تَوَكَّلْتُ عَلَى اللَّهِ، لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ  
اللَّهُمَّ إِنِّي أَعُوذُ بِكَ أَنْ أَضِلَّ أَوْ أُضَلَّ، أَوْ أَزِلَّ أَوْ أُزَلَّ، أَوْ أَظْلِمَ أَوْ أُظْلَمَ، أَوْ أَجْهَلَ أَوْ  
يُجْهَلُ عَلَيَّ

“In the Name of Allah, I have placed my trust in Allah. There is no power (in averting evil) or strength (in attaining good) except through Allah. (Tirmidhī)  
O Allah, I seek Your protection from misguiding others or being misguided; from erring or others causing me to err; from oppressing others or being oppressed; and from acting ignorantly or others acting ignorantly towards me” (Tirmidhī).

### 5 Give some charity to ward off any misfortunes or calamities

## During the Journey

### 1 Make du‘ā’

- Begin your journey by reciting the du‘ā’ for travel.
- Continue to make du‘ā’ throughout your journey, as the du‘ā’ of a traveller is more likely to be accepted (Ahmad).

## 2 Think of your death

This is a journey which resembles the journey of your soul to the Hereafter. Remind yourself: one day, you will be carried on the shoulders of others on your final journey to the grave.

## 3 Yearn for the destination

You have left your family and hometown, and are now on your way to the House of Allah. As you travel towards your destination, focus on your heart's longing to reach His House and seek His eternal pleasure and acceptance.

There was once a woman who went for *hajj*, and throughout the journey, she kept asking, “Where is the House of my Lord?” Those with her told her to be patient until she could see it. When they reached al-Masjid al-Harām and saw the Ka’bah, they told her, “This is the House of Allah.” She ran towards it, shouting, **“The House of my Lord, the House of my Lord!”** She pressed her cheek against the Ka’bah and in that very moment, her soul returned to Allah. They found her lifeless, having passed away in the place she longed for most.

## 4 Thank Allah

Use these moments to thank Allah for facilitating your journey. In the past, pilgrims would travel for **months across dangerous terrains**, enduring hardship and uncertainty just to reach these sacred lands. What once took months now takes only a few hours.

## 5 Remind yourself that you are journeying to Allah

In a *ḥadīth qudsī*, Allah ﷺ says, “Whoever comes to Me walking, I will come to him **running**” (Muslim).



## Reflect

Knowing that Allah owns the heavens and earth and is in no need of us, how does the ḥadīth above make you feel?

### 6 Be generous

On your journey, you will be accompanied by other pilgrims. Be generous with your wealth, actions and speech and remember that every penny that you spend for the sake of Allah during this journey will be recompensed beautifully.

### 7 Don't waste these precious moments

You may be tempted to scroll through social media, watch a movie, or pass time aimlessly. These are sacred moments. Use these moments to recite the Qur'ān, remember Allah, offer voluntary prayers whilst seated using indications, read an īmān-boosting book, or rest with the intention of being energised to perform your rituals upon reaching Makkah.

### 8 Leave the world behind for Allah

The true migrant (muhājir) is the one who abandons what Allah has prohibited. In ḥajj, you are migrating to Allah. You leave behind your sins, your disobedience, and your heedlessness. You leave your family, your worldly concerns, and everything else. You come to your Lord with nothing from this world, to worship Him alongside His righteous servants in the purest place on Earth.



## Act

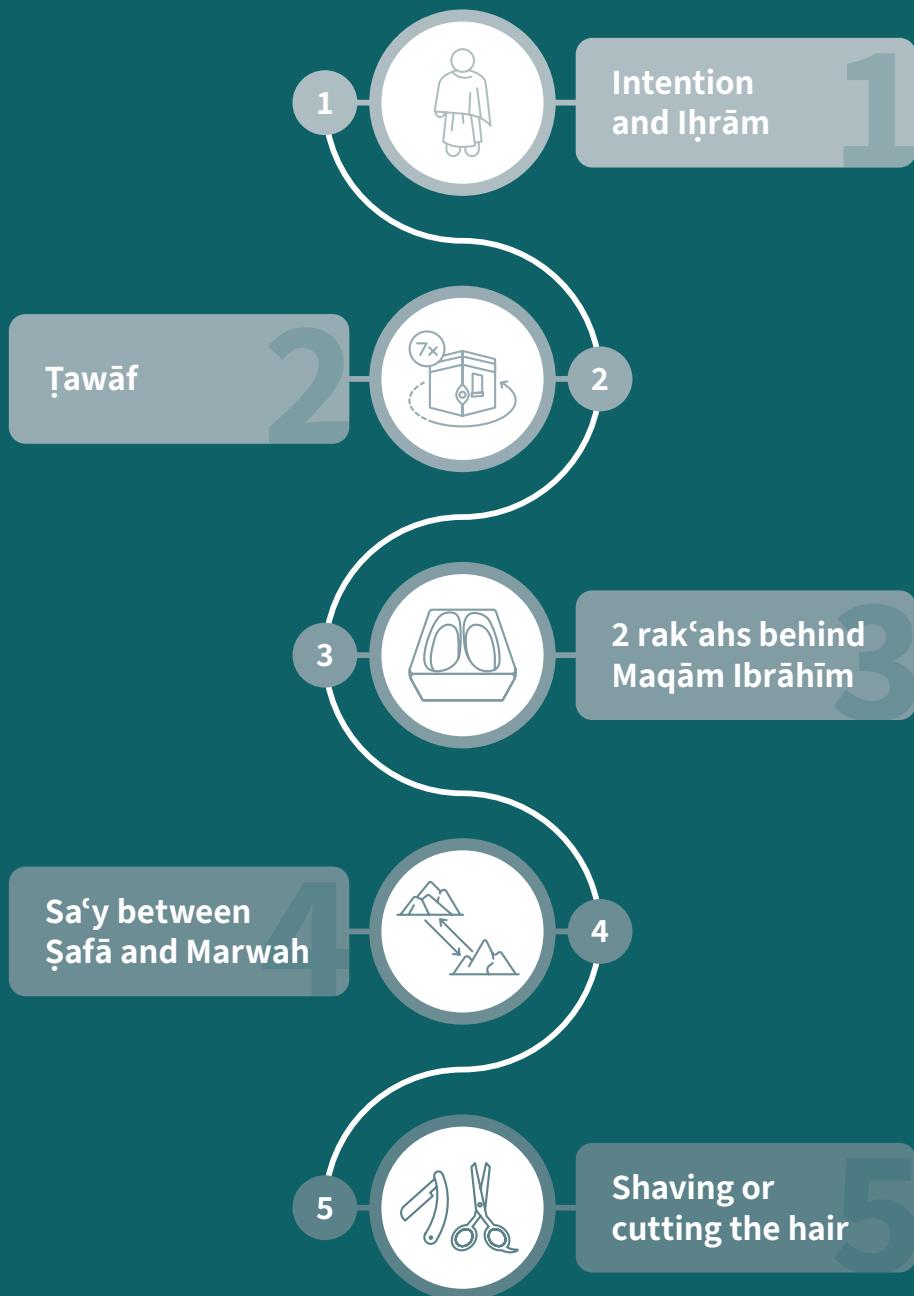
What sins and habits are you migrating from? Include them in your du‘ā’ list and ask Allah to help you leave them behind, completely and forever.

## 9 Reflect on Allah's signs

A practical way to deepen tawhīd in your heart is to reflect on the signs of Allah in His creation. This helps you to cultivate awe of Allah and to remember Him with the presence of heart. Whilst on the aeroplane, reflect on the incredible signs around you: the flawless sky, the layered clouds, and the majestic sunset or sunrise. Look down and observe how the earth and its people shrink into insignificance. Let this remind you of your own smallness in the vastness of Allah's creation, and feel humbled before Him.

Think of the sky full of angels, as the Prophet ﷺ said, “Indeed I see what you do not see. The sky is creaking, and it has every right to creak: there is not even the space of four fingers (in the sky), except that there is an angel who has lowered his head in prostration to Allah” (Tirmidhī).

# How to Perform 'Umrah



# Ihram

## Miqat

The mīqāt is a geographical **boundary** marking the entry point before which you must enter the state of iḥrām and make an intention to perform ‘umrah or ḥajj. The mīqāt awakens a **new awareness** in you, a spiritual consciousness that lets you know you are **entering a protected and sacred domain**.

There are different mīqāts for different regions. The two most commonly used ones are Dhul Ḥulayfah (for those travelling from Madinah to Makkah) and Juḥfah (for those travelling from the West; this is typically 30 minutes before landing at Jeddah).

Shāh Waliyyullāh  explains the wisdom behind the various mīqāts: “The essence of setting mīqāts is that since coming to Makkah is an act of humility and self-restraint, it would be overly **burdensome** to require people to enter iḥrām from their homelands, especially when some live a distance of a month or more away. Therefore, specific and well-known locations around Makkah were appointed, so no one would delay iḥrām beyond them. These locations are known and frequently passed by travellers. For the people of Madinah, the **furthest** mīqāt was chosen because **their city was the cradle of revelation**, the refuge of īmān, and the place of migration. It was the first city to believe in Allah and His Messenger, and its people deserve to go above and beyond in honouring Allah’s word and being distinct in acts of worship.”



### Act

Thank Allah for the ease He has placed in His dīn.

## Entering the State of Ihram

Before entering the state of *ihrām*, purify your body. Remember to also purify and clean your heart. Cleanse it from turning to anyone besides Allah. Free your heart from both the obvious forms of shirk and the more subtle form: the idea that others have control over your provision or yourself.



### Reflect

Who do you turn to when you need help? If it is not Allah, why don't you turn to Him? Is it because subconsciously you believe others can help you better?

After having cleansed your body of any impurities, wear the two pieces of cloth (for men), perform two rak'ahs, make an intention to perform 'umrah or *hajj*, and enter into the state of *ihrām*.

## The Secrets of Entering the State of Ihram

As you enter the state of *ihrām*, keep the following in mind:

- 1 *Ihrām* means to **disengage**. You are disengaging from all worldly distractions and are focusing purely on Allah.
- 2 *Ihrām* is the perfect **training ground** for upholding the boundaries of Allah. While in the state of *ihrām*, certain actions that are normally permissible become prohibited. This trains you to honour Allah's commands and avoid His prohibitions, not just during *hajj*, but also in your everyday life.
- 3 *Ihrām* is a **reminder of death**. When wearing the *ihrām*, remember the **shroud** (*kafn*) that you will be wrapped in when you will die. Neither the *ihrām* nor the shroud has stitching, and both signify a stripping away of worldly attachments.



## Reflect

How is the moment you wear your iḥrām similar to the day you will die?

4 Allah looks at what lies within. Think of the difference between what you wear when you visit a king in this world versus what you wear when going to the House of the King of all kings. Worldly kings look at physical appearances, but Allah looks at what lies within: **your sincerity, intentions and your heart**. Allah ﷺ says,

إِنَّ أَكْرَمَكُمْ عِنْدَ اللَّهِ أَتْقَنُكُمْ إِنَّ اللَّهَ عَلِيمٌ حَمِيرٌ

*“Surely the most noble of you in the sight of Allah is the most righteous among you. Allah is truly All-Knowing, All-Aware” (49:13).*

5 Iḥrām evokes a sense of **humility and submission**. You are standing in front of your Lord as you were born: stripped of wealth and clothed in simple garments. It is a reminder that you own nothing for yourself and are in **need of everything** from your Creator.

6 Everyone is equal in front of Allah. The iḥrām is an equaliser. When people are wearing the iḥrām, you are unable to differentiate a king from a beggar. The only difference that matters is our piety.

Even though we appear equal on the outside, Allah knows the secrets of our hearts. It may be that a poor man living hand-to-mouth is more beloved to Allah than a wealthy man who possesses the riches of the world. It may be that an **unknown pilgrim, dishevelled and dusty, whom people overlook, is the most beloved to Allah**. No one has superiority over another, except through their *taqwā* (piety).

7 Just as the *ihrām* (white garment) represents physical purity, remember to also **purify your heart**. Many people focus on cleaning their garments, but forget to clean the stains on their hearts.

8 **Feel the unity.** The *ihrām* is a marker of unity. It is the triumph of Islamic identity over divisions of nationality, race, and language. By wearing the same simple clothing (*ihrām*) and reciting the same chant (*talbiyah*), Muslims from all backgrounds unite in a shared expression of their identity, leaving behind regional customs and distinctions.

9 **Focus on the remembrance of Allah.** Anas b. Mālik رض entered into the state of *ihrām* and his companions said, “We did not hear him say anything except the remembrance of Allah until the end of his pilgrimage. Then he said: ‘My nephew, this is how one behaves when in *ihrām*.’” Whenever Shurayh رض would enter into the state of *ihrām*, it was as if he was a mute snake.

10 *Ihrām* is like the *takbīr* at the start of *ṣalāh*. It is a physical act that marks your entry into a sacred state. By leaving behind comfort and luxury, you enter a new **zone of humility before Allah**. Just as *ṣalāh* ends with the *taslīm*, *ihrām* concludes with a tangible action (shaving or trimming your hair) that formally marks your exit from this sacred state. This physical framing keeps your heart connected to Allah and makes you more mindful of Him throughout your *ihrām*.

# Talbiyah

After entering the state of ihrām, start reciting the talbiyah. The talbiyah is as follows:

لَبَيْكَ اللَّهُمَّ لَبَيْكَ ، لَبَيْكَ لَا شَرِيكَ لَكَ لَبَيْكَ ، إِنَّ الْحَمْدَ وَالْعِظَمَةَ لَكَ وَالْمُلْكَ ، لَا  
شَرِيكَ لَكَ

*“I am here at Your service, O Allah; I am here at Your service, I am here at Your service; You have no partner whatsoever; I am here at Your service. Truly all praise, favour and sovereignty is Yours; You have no partner whatsoever”*  
(Bukhārī).

The Prophet ﷺ encouraged the men to raise their voices and recite it frequently. When asked about the best type of hajj, he said, “The one with **loud talbiyah** and abundant sacrifice” (Tirmidhī). He ﷺ also said, “Jibrīl came to me and commanded me to order my Companions ﷺ to raise their voices in uttering the talbiyah” (Abū Dāwūd).



## Act

Recite the talbiyah frequently.

It is mustahabb (highly recommended) to increase reciting the talbiyah in the following times and situations:



When meeting fellow pilgrims.



When ascending or descending terrain (e.g. hills or valleys).



After the obligatory (fard) prayers.



At the end of the night.



Sunrise and sunset.



In al-Masjid al-Harām and the masājid of Minā and 'Arafāt.

## What Does the Talbiyah Mean?

لَبَيْكَ اللَّهُمَّ لَبَيْكَ

*I am here at Your service, O Allah; I am here at Your service*

The word 'Labbayk' encompasses a variety of meanings: *my focus, my submission, my goal, my love, my sincerity are for you, my Lord!*

- 1 The repetition of the word *labbayk* is your personal pledge to your Lord: "I am here to respond to You, again and again." The word labbayk itself is also in the dual form, which expresses repetition and continuity. It means: "I am for You: now and in the future." This pledge is not just for hajj, but also for your life after hajj; for both your inner and outward actions.
- 2 Submission and obedience (from *labab*: the collar of the animal, which is held tightly and used to subjugate). It is as if you are

saying: I have submitted to you Allah, and I am humbling my soul in full obedience and submission to You.

- 3 Commitment and staying firm (*labba bil makān*: staying somewhere): I am residing and staying firm in Your obedience, indicating commitment to the continuous act of servitude.
- 4 Love and longing (from *imr'ah labbah*: a loving woman): I love You, my Lord, and yearn for You.
- 5 Sincerity (from *lubb al-shay'*: core of something, essence): points to the purest part of a person (their heart and intellect) aligning completely with the will of Allah.

All these meanings reflect the essence of *tawhīd*, making the entire phrase a powerful expression of Kalimat al-Tawhīd: لَّا إِلَهَ إِلَّا اللَّهُ

**Labbayk = I respond to Your call and I submit to Your command.**

لَّبَّيْكَ لَا شَرِيكَ لَكَ لَبَّيْكَ

*I am here at Your service; You have no partner whatsoever;*

You are emphasising the absolute Oneness of Allah and disassociating yourself from *shirk* (associating partners with Allah).

You are saying: **my focus is You, and You Alone.** I will not get distracted. When you are reciting these words in moments of difficulty, you will stay focused on Allah. You will forget about demanding your rights as you are only there for His sake.

إِنَّ الْحَمْدَ وَالنِّعْمَةَ لَكَ وَالْمُلْكَ

*Truly all praise, favour and sovereignty is Yours;*

You are praising Allah by His permission. The definite article ‘al’ implies completeness i.e. ALL thanks and praise belong to Allah **Alone**, and ALL blessings are from Him Alone; the blessings you are aware of and those you are not cognisant of. You are praising Him for His perfection, beauty and grandeur.

You also realise and acknowledge who is truly in power and control. Only Allah has complete and utter sovereignty over all existence; He is the **true King** who has ownership over everything.



As you say ‘ḥamد’ (praise), reflect on the Names of Allah, and all the blessings He has given you.

لَا شَرِيكَ لِلَّهِ

*You have no partner whatsoever*

Once again, you reiterate that Allah has no partner in any way. He is the Only One.

After praising Allah for being the King, you negate any partners from Him, as this is the most complete form of kingship. **He is the only True Creator and King**, who has no partners and no need for any.

## The Secrets of Talbiyah

As you recite the talbiyah in a raised voice, think of the following:

- 1 You are making a **commitment to Allah**: You are declaring that you are focused on your Lord, and you are there to respond to His call. If you leave hajj having internalised this statement, this understanding will change your life and allow you to **dedicate your heart, mind, soul and body to Allah**.

The talbiyah is a sacred covenant between the servant and His Lord. It is not the end of the journey; it is the **beginning**.

Whoever returns from hajj comes back having sealed a divine agreement with Allah. They must then move from the station of internal commitment to the **station of action**: from words of the tongue to **proof through the limbs**.

2 Fear the possibility that it may be said to you: your response is not accepted, nor is your arrival welcomed (لَا تَبَيِّنَكَ وَلَا سَعْدِيْكَ).



### Act

Ask Allah to make you sincere in your commitment to Him and allow you to respond to His call with **complete love and submission**.

‘Ali b. al-Husayn رض once went for hajj. When he entered ihrām and mounted his camel, his face turned pale, his body trembled, and he was overcome with fear. He could not bring himself to say the talbiyah. People asked him, “Why don’t you say the talbiyah?” He replied, “I fear that I might say it and be told: no *labbayk* and no *sa’dayk* for you.” And when he finally did say the talbiyah, he fainted and fell from his mount. This continued to happen to him throughout the hajj.

3 The talbiyah is a **collective cry**. It is declared by millions of people in one unified voice: everyone is responding to the call of Allah.



## Reflect

As you recite the talbiyah, along with others, how does it feel being united in your response to Allah's call?



## Reflect

What types of friends do you have? Do they support you in responding to Allah's commands?

4 The talbiyah connects you to the **legacy of the Prophets**. Hajj was performed by many Prophets and Messengers; it is an act of worship which connects you to your deep heritage. You are taking the same road taken by earlier Prophets ﷺ and which will be taken by 'Isā ﷺ when he returns.

During the final pilgrimage of the Prophet ﷺ, as he passed through certain pathways he remarked, "It is as though I can see (Prophet) Yunus b. Mattā riding a strong red camel, wearing a woollen top garment, and the rein of his she-camel is made of fibre, and he is reciting the talbiyah." He also said, "It is though as I can see (Prophet) Mūsā riding a red camel with a rope for his rein. His fingers are in his ears as he raises his voice reciting the talbiyah and passing through this valley" (Muslim).

Upon passing Rawhā', he ﷺ said, "70 Prophets went through the Rawhā' passage to perform hajj" (Tabarānī).



## Act

Make du'ā' that just as Allah enabled you to follow the Prophets' way physically, He also grants you their companionship in the eternal abode.

5 Reciting the talbiyah will fill you with energy, dispel the whispers of **Shayṭān**, and push away any distractions. It is a plea and a du‘ā’ of longing. You are begging Allah to awaken and soften your heart until your tears start to flow and your limbs are subservient to Him.

6 The talbiyah connects you to nature. All of nature is responding to your talbiyah and is a witness for you. The Prophet ﷺ said, “There is no one who recites the talbiyah except that **everything to their right and left** — stones, trees, and even clumps of earth — recite the talbiyah, until the **whole earth joins in from this side to that**” (Tirmidhī).



### Reflect

How does it make you feel to know that every tree, every stone, and every speck of earth you pass is **echoing** your talbiyah and will stand as a witness for you on the Day of Judgement?

7 Every time you say the talbiyah, remind yourself of how close you are to reaching the Ka‘bah and allow **your yearning and longing for Allah** to increase.

8 The talbiyah is a **reminder of the Hereafter**. As you respond to this call, remember the greater call: the **blowing of the trumpet**, the resurrection from the graves, and the throngs of people gathered on the Day of Judgement, all responding to Allah’s call.

9 The talbiyah is a reason to be **blessed with entering Jannah**. The Prophet ﷺ said, “A pilgrim never raises their voice answering the call to Allah but that they are given glad tidings, and a pilgrim never raises their voice in glorifying Allah but that they are given

glad tidings.” It was said, “O Messenger of Allah, [glad tidings] of Paradise?” The Prophet said, “Yes” (Tabarānī).

“

I used to train my soul to be fully present with the meaning of the talbiyah. I would think of the commands of the Shari‘ah, and that Allah is calling us to follow them. I would envision Him calling us to abandon what He has forbidden. And so I would say, ‘Labbayk Allāhummā labbayk’: Here I am, O Allah, willingly and obediently, with a firm resolve to follow Your commands and to stay away from all that You have prohibited.

I imagined myself leaving the world behind: its friendships and enmities, its temptations and fears. I saw myself coming to Allah, placing no hope in any friend and fearing no foe. I was overcome by a breeze of divine elevation, a feeling which only visits a person once in many long years. I was swept away by the joy of deep reflection and the sweetness of īmān. It was truly a feeling which cannot be described in words.

- Shaykh ‘Alī al-Ṭantāwī ﷺ

”

“  
There is no one who recites the talbiyah except that everything to his right and left — stones, trees, and even clumps of earth — recite the talbiyah, until the whole earth joins in from this side to that.

- The Messenger of Allah ﷺ (Tirmidhī)

”

# Entering Makkah and Seeing the Ka'bah

## Entering Makkah

إِنَّ أَوَّلَ بَيْتٍ وُضِعَ لِلنَّاسِ لِلَّذِي بِيَكْهَةٍ مُبَارَّكًا وَهُدًى لِلْعَالَمِينَ

“Surely the first House established for humanity is the one at Bakkah — a blessed sanctuary and a guide for people” (3:96).

Upon entering Makkah, remember that you have reached the Sanctuary of Allah in safety. Have hope that this entry will be a **means of protection from Allah's punishment**, and fear that you may not be worthy of nearness.

Have hope in all moments, for Allah's generosity is vast and His mercy is all encompassing.

Take a moment to internalise the deep importance of this blessed place. Makkah is the place where revelation descended, and it is the land of safety and security. Makkah is the place where the best of creation was born, the miraculous water of Zamzam flows and where the House of Allah was established. The Dajjāl will be barred from entering it. Makkah is the **most beloved land** to Allah and His Messenger ﷺ.

Just as it is a place where every good deed is multiplied, sins are also multiplied; so preserve the sanctity of this area and remember the following:

وَمَنْ يُرِدُ فِيهِ بِالْحَادِ بِظُلْمٍ نُذْقُهُ مِنْ عَذَابِ أَلِيمٍ

“...Whoever intends to deviate by doing wrong in it (al-Masjid al-Harām), We will cause them to taste a painful punishment” (22:25).

“

The severity of sins in virtuous times and places increases, and their punishment is proportionate to the virtue of the time and place.

- Ibn Taymiyyah

”



### Reflect

What sins do you think you may be susceptible to falling into in Makkah? What can you do now to prepare yourself not to commit these?



### Act

Create a plan on how to actively avoid committing sins you’re likely to fall into. Make a plan for how to perform as many good deeds as possible in Makkah.

## Seeing the Ka‘bah

The moment of witnessing the Ka‘bah, especially if it’s your first time doing so, is a moment to treasure. As you get ready to approach the Ka‘bah, think of the following:

1

Imagine yourself standing before Allah, in His very presence, inside His Holy Sanctuary. Let your heart be filled with divine awe and reverence. Let your heart overflow with love; the love of

meeting Allah, and of finally fulfilling your longing of being honoured to see His house with your own eyes.



## Act

Thank Allah for granting you this immense privilege and ask Him to grant you the blessing of seeing Him in Jannah.

“

When their eyes beheld His Sacred House,  
The very House for which hearts of creation burn with longing;

It was as if they had never suffered toil before,  
For all their hardship seemed to melt away.

How many tears for Allah were shed in that moment,  
And how many more followed in their tracks, unrestrained.

The lover's eyes were choked with tears,  
Gazing through them as they fell, overwhelmed in awe.

When the eye finally beheld it, its darkness vanished,  
And the aching of the sorrowful heart was healed.

Yet the eye that sees it cannot grasp its full beauty,  
Until it looks again, with greater longing than before.

No wonder, then, for when the Most Merciful  
Attributed it to Himself, it became truly exalted.

He clothed it in the finest robe of majesty,  
Embroidered with a mark of divine grace and beauty.

And for this reason, all hearts are drawn to love it,  
They humble themselves in awe, and magnify it.

- Ibn al-Qayyim

2 The feeling you're experiencing of immense awe and longing for this blessed House is a direct response to the du'a' of your grandfather Ibrāhīm ﷺ:

رَبَّنَا إِلَيْكَ أَسْكَنْتُ مِنْ ذُرِّيَّتِي بِوَادٍ غَيْرِ ذِي رَزْعٍ عِنْدَ بَيْتِكَ الْمُحَرَّمِ ، رَبَّنَا  
لِيُقِيمُوا الصَّلَاةَ فَاجْعُلْ أَفْعَدَةً مِنَ النَّاسِ تَهْوِي إِلَيْهِمْ وَارْزُقْهُمْ مِنَ الشَّمَرَتِ  
لَعَلَّهُمْ يَشْكُرُونَ

*“Our Lord! I have settled some of my offspring in a barren valley, near Your Sacred House, our Lord, so that they may establish prayer. So make the hearts of people yearn towards them, and provide them with fruits, so that they may be grateful” (14:37).*

The one chosen to build this blessed House was none other than Ibrāhīm and his son Ismā'il ﷺ:

وَإِذْ يَرْفَعُ إِبْرَاهِيمُ الْقَوَاعِدَ مِنَ الْبَيْتِ وَإِسْمَاعِيلُ رَبَّنَا تَقَبَّلْ مِنَّا إِنَّكَ أَنْتَ  
السَّمِيعُ الْعَلِيمُ

*“And (remember) when Ibrāhīm raised the foundation of the House with Ismā'il, (supplicating), ‘Our Lord! Accept (this) from us. You are indeed the All-Hearing, All-Knowing” (2:127).*



## Reflect

Pause for a moment and take in what surrounds you as you are drawing close to the ḥaram. The scenes you are witnessing around you are signs that Allah accepted their **sincere** efforts. You are here, along with millions of other people today, and billions of people throughout history, all because of a sincere prayer. You are the answer to the du'a' of your grandfather Ibrāhīm ﷺ.

Allow your heart to internalise this truth: every sincere action or prayer, no matter how small, is **never lost**. Allah is as-Samī', al-'Alīm: The All-Hearing, The All-Knowing.



## Act

During every step of your journey, beg Allah constantly to grant you sincerity and to accept your meagre efforts. Make du‘ā’ for your future generations just like Ibrāhīm ﷺ did.

3 Prophet Ibrāhīm ﷺ was ordered to purify the Ka‘bah from all forms of filth and cleanse it, so that it may be a place of pure worship for Allah Alone:

وَإِذْ بَوَأْنَا لِإِبْرَاهِيمَ مَكَانَ الْبَيْتِ أَنْ لَا تُشْرِكْ بِنِ شَيْئًا وَّظَهِيرَةً بَيْتِيَ لِلظَّاهِيفِينَ  
وَالْقَابِيْمِينَ وَالرُّكُعَ السُّجُودُ

“And (remember) when We designated for Ibrāhīm the site of the House, (saying,) “Do not associate anything with Me as My partner, and purify My House for those who do ̄awāf, stand (in ̄alāh), and bow and prostrate themselves” (22:26).

Similarly, after the conquest of Makkah, the Prophet ﷺ was commanded to destroy the idols around the Ka‘bah to cleanse the space from anything besides Allah being worshipped and loved. The destruction of the idols wasn’t simply a physical act; rather it serves as a powerful reminder to **destroy the idols in your heart** — meaning, anything you place on par with Allah in love, fear or reliance.



## Reflect

What or who have you placed on par with Allah in your heart?  
What do you love so deeply, fear losing, or rely on so heavily that it competes with your devotion to Him?



## Act

Ask Allah to make Him **the most important focus in your life**, and to remove any attachment from your heart that distracts you from Him. (Add this to your du‘ā’ list.)

4

Looking at the Ka‘bah is an act of worship. Everyone has a unique experience in seeing and looking at the Ka‘bah, especially the first time. Imām Ahmad b. Ḥanbal ﷺ said, “How easy is worship in Makkah! **Just looking at the Ka‘bah is an act of worship.**”



## Act

Write down the feelings you experience when you first see the Ka‘bah. Keep a ḥajj journal to return to when your journey is over, and remember everything you’ve learned and experienced!

5

Think of the struggles of the Prophet ﷺ in Makkah when the disbelievers dumped the filthy remains of a slaughtered camel on his blessed back as he prayed by the Ka‘bah; and the only one to rush to his aid was his young daughter, Fāṭimah ؓ, wiping the filth from him with her small hands.

Recall the moment when the Prophet ﷺ was being strangled and it was his closest friend, Abū Bakr ؓ, who rushed to his defense, crying out: “Will you kill a man because he says, ‘My Lord is Allah?’”

Now, fast forward 10 years, where the Messenger of Allah ﷺ returned to Makkah after being expelled from his hometown. Imagine his feelings as he stood in the same place seeing the Ka‘bah, in victory and honour, surrounded by thousands of

believers. In this moment, it was clear that Allah had fulfilled His promise to His Messenger ﷺ.



### Reflect

Allah ﷺ never wastes the efforts of His servants. *Şabr* (steadfastness and self-control) is vital for the **victory** of Allah to arrive.



### Reflect

What ‘openings’ from Allah have you experienced in your life after exercising *şabr*? What struggles are you going through now? How are you striving for His sake?



### Act

Write your struggles down in your *du‘ā* list and ask Allah to help you overcome them with patience and commitment.

6 You have been honoured with an invitation to the Blessed House, yet the Prophet ﷺ reminds us of something even more sacred in the sight of Allah: **the lives of believers**.

‘Abdullah b. ‘Umar ﷺ said: “I saw the Messenger of Allah ﷺ doing *ṭawāf* of the Ka‘bah and saying, “How pure you are, and how pure is your fragrance! How great you are, and how great is your sanctity! By the One in whose Hand is the soul of Muhammad, **the sanctity of the believer is greater to Allah than your sanctity**, in his wealth, his life, and to assume nothing of him but good” (Ibn Mājah).

As our Muslim brothers and sisters are being brutally slaughtered in Palestine and other parts of the world, these words should stir fear in our hearts. This *hadīth* should awaken our sense of responsibility and motivate us to defend and aid them through every means possible.



### Reflect

You have been invited to the Sacred House. However, what is more sacred than this House is the sanctity of a believer. What are YOU doing to maintain the sanctity of believers, not just locally but around the world? **How are you defending the rights of Muslims who are being massacred around the world?**



### Act

Commit to one action that you will take to protect the sanctity of a believer or a group of believers. This could be a protest, joining a Muslim advocacy group, fundraising, or engaging in more hands-on forms of activism.

7

**Feel united with the ummah.** The Ka'bah is the one and only qiblah for all believers.

All Muslims, regardless of their nationality, tribe or language, come together in unity to face this Blessed House in prayer and visit it on pilgrimage. The Ka'bah symbolises unity, devotion, and the highest spiritual aspiration across the entire ummah. It is a reminder that the ummah should not be divided by nationalism, classism, or race, but united for the sake of Allah.

“

When the Prophet ﷺ  
was forced to leave  
Makkah, he said, “By  
Allah, I am leaving you,  
and I know that you are  
the most beloved land  
to Allah, and the most  
honoured in His sight.  
Had your people not  
driven me out, I would  
never have left you.”

- (Tirmidhī)

”

# Tawaf

وَإِذْ جَعَلْنَا الْيَمِّ مَثَابَةً لِلنَّاسِ وَأَمْنًا ، وَاتَّخِذُوا مِنْ مَقَامِ إِبْرَاهِيمَ مُصَلًّى ، وَعَهَدْنَا إِلَيْهِ إِبْرَاهِيمَ وَإِسْمَاعِيلَ أَنْ ظَهِيرًا بَيْتِي لِلظَّاهِيفِينَ وَالْعَكِيفِينَ وَالرُّكْجَعِ السُّجُودِ

*“And (remember) when We made the House a centre and a sanctuary for the people (saying), ‘Take the standing-place of Ibrāhīm as a site of prayer.’ And We entrusted Ibrāhīm and Ismāīl to purify My House for those who circle it, who stay in *i'tikāf*, and who bow and prostrate themselves (in prayer)” (2:125).*

Ṭawāf is a very special act of worship. It is one of the most beloved ways to draw near to Allah in His House. The Prophet ﷺ said, “Whoever circles the Ka'bah seven times and prays two rak'ahs will be rewarded as if he had freed a slave. A man does not raise his foot, nor bring it back down, except that **ten good deeds** will be written for him, ten bad deeds will be **erased**, and he will be **raised** by ten degrees” (Ahmad).

## The Secrets of Tawaf

Whilst you are performing ṭawāf, bear the following in mind:

- 1 **Express your servitude to Allah.** Ṭawāf is a display of the Oneness of Allah and a constant reminder of your servitude to Him.
- 2 **Appreciate the honour but be humble.** Being a guest in His house should create a feeling of both honour and humility. Nāfi' (the freed slave of Ibn 'Umar ﷺ) said: “I have witnessed people who would perform ṭawāf of this House as if there were birds on their heads, so still and humble.” They did not treat the Sacred House as though it were a tourist site, but demonstrated the appropriate reverence and awe.

3 Place Allah at the centre of your heart. The aim of ṭawāf isn't merely to move your body around the Ka'bah, but to revolve your heart around the remembrance of the Lord of the Ka'bah. The Prophet ﷺ said, "Tawāf around the Ka'bah, walking between Ṣafā and Marwah, and the stoning of the Jamarāt were only prescribed to establish the remembrance of Allah" (Tirmidhī).

4 Express your love for Allah. Experience the joy of ṭawāf as you lose yourself in circulating Allah's House, not mindlessly, but out of love. You move round and round, not counting steps, but chasing nearness to the One you love. Let your heart be immersed in His remembrance, your soul overwhelmed by His mercy, and your entire being filled with longing and love.

5 Remember that above you in the heavens, angels are circling al-Bayt al-Ma'mūr, just as you are circling His House on earth. They move in the same pattern, around the same centre, in the same direction. You are all seeking His mercy and yearning for His acceptance.

6 Strive to draw close to Allah. Circling the Ka'bah seven times mirrors the cycles of your life: waking, working and resting. In ṭawāf, each turn is a step closer to Allah. It reminds you that in your daily routines, you too should strive to draw nearer to Him.

7 Stay focused. Ignore the pushing and shoving, and don't fight or argue with people. Allah ﷺ says:

فَمَنْ فَرَضَ فِيهِنَّ الْحُجَّ فَلَا رَفَثٌ وَلَا فُسُوقٌ وَلَا جِدَالٌ فِي الْحُجَّ وَمَا تَعْلَمُوا مِنْ  
خَيْرٍ يَعْلَمُهُ اللَّهُ

“..Whoever commits to (performing) hajj, let them stay away from intimate relations, sins, and arguments during hajj. Whatever good you do, Allah knows of it...” (2:197).

Don't push, elbow others, or rush to finish ȝawâf. It is not a race. Rather, become absorbed in remembering and conversing with Allah and savour every moment.

**8** **Don't be afraid of the crowd.** You never know where the mercy will land. Among the thousands of pilgrims, there may be someone whose sincerity brings down Allah's mercy, and you might be standing right next to that person. 'Alî b. Abî ȝâlib َ once saw a man making ȝawâf while carrying his elderly mother on his back. Inspired, 'Alî َ joined the ȝawâf just to be part of that moment. Later, he said: "I didn't even have the intention to make ȝawâf, but when I saw this man with his mother, I thought perhaps mercy would descend upon him, **and I wanted some of that mercy to reach me too.**"

**9** **Feel the unity.** You will see all types of people from different parts of the world circulating the Ka'bah for the same reason. The greatest scholars, sages, leaders, the wealthy, and the poor, are all united in awe, love and devotion to Allah.

**TIP**



Assign a specific purpose for each round of ȝawâf so that you're not wandering aimlessly. Some choose to recite the Qur'an during ȝawâf, whereas others choose to do dhikr, make du'a' and some a mix of all three. An example of a plan could include:

<b>1<sup>st</sup> Round</b>	<b>Praising Allah</b>
<b>2<sup>nd</sup> Round</b>	<b>ȝalawât</b>
<b>3<sup>rd</sup> Round</b>	<b>Seeking forgiveness</b>
<b>4<sup>th</sup> Round</b>	<b>Supplicating for your Hereafter</b>
<b>5<sup>th</sup> Round</b>	<b>Supplicating for your worldly needs</b>
<b>6<sup>th</sup> Round</b>	<b>Supplicating for your parents, family and friends</b>
<b>7<sup>th</sup> Round</b>	<b>Supplicating for the ummah</b>

## Istilām

Istilām is to touch or kiss the Black Stone. It is done at the beginning of each round of ḥawāf.

Your ḥawāf should start at the Black Stone (or in parallel with it), just as our beloved Prophet did. He ﷺ approached the Black Stone, put his hands on it, glorified Allah ﷺ and kissed it, **in a state of tears**.

You can do istilām by kissing the Black Stone; reaching towards it with a stick or something similar and then kissing the stick; or raising your hands towards it and saying ‘Allāhu Akbar’ or ‘Bismillāhi Allāhu Akbar [In the Name of Allah; Allah is the Greatest]’. (N.B. *You are most likely to use this last method due to the large crowds*).

The Messenger of Allah ﷺ said about the Black Stone, “By Allah, Allah will resurrect it on the Day of Judgement with two eyes by which it will see and a tongue by which it will speak, **testifying for the one who did istilām of it sincerely**” (Tirmidhī).

Although the reward for kissing the Black Stone is immense, remember that **kissing it is a sunnah, but harming another believer is a sin**. Thus, if you would like to kiss the Black Stone, be very cautious as pushing other people results in more harm than the reward of kissing the Black Stone. You will inshāAllah be rewarded for your intention.

A woman once told ‘Ā’ishah ﷺ, “O Mother of the Believers, I walked around the Ka’bah seven times and kissed the Black Stone twice or thrice.” ‘Ā’ishah ﷺ replied, “May Allah not reward you for that! **Why did you push and shove past the men?** Why didn’t you just say takbīr and pass by?”

## The Secrets of Istilam

- 1 **Pledge allegiance to Allah.** When you approach the Black Stone, think that you are pledging allegiance to Allah, the Exalted, in obedience to Him. Firmly resolve in your heart to honour this pledge.
- 2 **Submit to Allah.** The Black Stone is a symbol of submission. 'Umar b. al-Khaṭṭāb ﷺ said, "I know that you are a stone that does not harm nor benefit. Had I not seen the Messenger of Allah ﷺ kiss you, I would not have kissed you." This teaches you to submit wholeheartedly and follow the sunnah, even in matters your intellect cannot comprehend.
- 3 **Focus your heart on Allah.** When you make istilām of the Black Stone, you are once again affirming the Oneness of Allah (tawhīd). This serves as a reminder of where the true focus of your heart should be.
- 4 **Remind yourself of Allah's greatness.** The crowd, the noise, or the pushing and shoving may have distracted you during your ḥajj, but this moment is your chance to refocus. By saying, "Allāhu Akbar" you are reminding yourself that Allah is greater than the chaos around you, greater than the discomfort you're feeling, and greater than anything that competes for your attention.
- 5 **Long for Paradise.** You are kissing or gesturing towards a stone that has come from Paradise. The Messenger of Allah ﷺ said, "The Black Stone descended from Paradise and it was whiter than milk, but the sins of the children of Adam turned it black" (Tirmidhī).



## Act

Close your eyes and imagine you are in Paradise for that moment. Beg Allah to make you from amongst the inhabitants of Jannah.

6 **Feel the honour.** If you have the opportunity to kiss the Black Stone, perhaps your lips may touch the very spot where the lips of the Prophet ﷺ once touched!

A Bedouin woman came to the Black Stone and heard a group of people making beautiful supplications. She said, “O Allah, You know that I don’t speak like they do, but I ask You for the same thing they are asking. So give me what You give them,” and she left.

## Raml

In the first three rounds of ṭawāf, men will walk briskly. This is known as **raml**. Additionally, men will also keep their right shoulders uncovered during ṭawāf. This is known as **idhibā**.

Ibn ‘Umar ﷺ said, “The Messenger of Allah ﷺ performed raml from the Black Stone to the Black Stone for three rounds, and walked normally for four” (Muslim).

Whilst you are doing raml, remember the following:

1 **Show your strength.** When the Prophet ﷺ came to Makkah with his Companions ﷺ, the disbelievers claimed that the Muslims had been weakened by the fever of Yathrib (Madinah). To counter this perception and display strength, the Prophet ﷺ instructed his Companions ﷺ to perform raml during the first three rounds of ṭawāf.



## Reflect

The strong believer is more beloved to Allah than the weak believer. How can you develop and use your strength for the correct causes?

2 Run from your sins. As you do raml, intend in your heart that you are fleeing from your sins and running from the weight of your past. Then, as you walk the remaining rounds, have hope that Allah will forgive you and have mercy on you.

### The Rukn Yamani

The Prophet ﷺ only touched the **Rukn Yamānī** (the corner before the corner with the Black Stone); he didn't kiss it. He ﷺ said, "Indeed, touching the Black Stone and the Yemeni corner (al-Rukn al-Yamānī) removes sins completely" (Tirmidhī).

Recite the following du‘ā’ in between the Rukn Yamānī and the Black Stone, just as the Prophet ﷺ did:

رَبَّنَا إِنَّا فِي الدُّنْيَا حَسَنَةٌ وَّفِي الْآخِرَةِ حَسَنَةٌ وَّقَنَا عَذَابَ النَّارِ

"...Our Lord! Grant us good in this world and good in the Hereafter, and protect us from the torment of the Fire" (2:201).

### Two Rak‘ahs of Tawaf and Maqam Ibrahim

After finishing ṭawāf, the Prophet ﷺ went to Maqām Ibrāhīm, reciting:

وَأَنْجِذُوا مِنْ مَقَامِ إِبْرَاهِيمَ مُصَلٌّ

"...Take the standing-place of Ibrāhīm as a site of prayer..." (2:125).

The stone, which is the **مقام إبراهيم** (standing-place of Ibrāhīm), is the same stone upon which Ibrāhīm ﷺ stood when he built the foundations of the Ka‘bah.

When you see the Maqām Ibrāhīm, think of the following:

- 1 **Feel the connection between yourself and Ibrāhīm ﷺ.** Just as you left your homeland to answer Allah's call and go to His Blessed House, Ibrāhīm ﷺ also left Shām, responding to the command of Allah and making his way to Makkah. Here, Allah blessed him with building the Ka'bah.
- 2 **Reflect on the honour Allah bestows on His special slaves when they strive for His sake to reform society according to His guidance.**



### Reflect

How will you continue the legacy of Ibrāhīm ﷺ in laying the foundations for the continuation of īmān and the reform of society through Divine guidance? What will your legacy be?

Thereafter, the Prophet ﷺ performed two rak'ahs behind Maqām Ibrāhīm. He recited Sūrah al-Kāfirūn in the first rak'ah and Sūrah al-Ikhlāṣ in the second rak'ah. Through these two sūrāhs, you emphasise *tawhīd* (oneness of Allah) and disassociate yourself from shirk.



### Reflect

Which of your actions, ideas and beliefs contradict *tawhīd*? Which jāhilī (anti-Islamic) practice are you and your family clinging on to?



### Act

Renew your commitment to Allah to remove these from your life, and beg Him to remove these from your heart.

## Zamzam

After the two rak'ahs of ṭawāf, the Prophet ﷺ drank Zamzam and poured it over his head.

Zamzam is not just any kind of water; it is blessed by Allah and was sent as a gift to Hājar ﷺ, Ismā'il ﷺ, and all believers after them. When drinking the water, spend a few moments to think of the following:

- 1 **Never lose hope in Allah's mercy**, no matter how severe your trials or calamities are. Your relief will come too. Just as Hājar's ﷺ baby was on the verge of dying from thirst, her relief came in a manner which she had never dreamt of: an angel hitting the earth causing the blessed Zamzam water to flow from the ground.
- 2 **Zamzam was used to purify the heart of the Prophet ﷺ**. Jibrīl ﷺ miraculously opened his chest, extracted his heart, and cleansed it in a vessel of Zamzam when he was only four years old, and on the Night of Mi'rāj. This blessed water plays a significant role in purifying our hearts and strengthening our souls.
- 3 **Zamzam is a means of the fulfilment of du'ās**. The Prophet ﷺ said, "The water of Zamzam is for whatever it is drunk for" i.e. it is a means of your du'ā being answered (Ibn Mājah).
  - a) Imām al-Shāfi'ī ﷺ would drink Zamzam with a special intention, saying, "We drank from Zamzam to gain knowledge, and indeed, we attained it. If we had drunk it for piety, it would have been even better for us."
  - b) 'Abdullah b. al-Mubārak ﷺ said, "I am drinking this (so that Allah quenches my) thirst on the Day of Judgement."
- 4 **Drink the water of Zamzam with the intention of curing both your physical and spiritual illnesses.**

## Holding onto the Multazam

The Multazam is the area between the Black Stone and the door of the Ka'bah. The Prophet ﷺ would lean forward against the Multazam, pressing his face and chest against it. Ibn 'Abbās رضي الله عنه used to say, “**No one clings to this place and asks Allah for anything, except that Allah grants it to them**” (Bayhaqī).

As you hold on to the Multazam, think of the following:

- 1 You are seeking **nearness to Allah**, out of love and longing for the House and the Lord of the House.
- 2 Clinging to the covering of the Ka'bah should be an **urgent request for forgiveness** and a plea for safety, just as a sinner clings to the garments of the one to whom he has sinned. You are desperate for His mercy, knowing that you will only be released when He forgives and pardons you. When al-Hasan al-Baṣrī رضي الله عنه saw someone clinging to the Multazam, he would say to those with him, “**Move aside, so I can confess my sins to my Lord.**”

—“  
Tawāf around the Ka‘bah,  
walking between Ṣafā  
and Marwah, and the  
stoning of the Jamarāt  
were only prescribed  
to establish the  
remembrance of Allah.  
”—

- The Messenger of Allah ﷺ (Tirmidhī)

# Sa'y Between Safa and Marwah

إِنَّ الصَّفَا وَالْمَرْوَةَ مِنْ شَعَابِ اللَّهِ فَمَنْ حَجَّ الْبَيْتَ أَوْ اعْتَمَرَ فَلَا جُنَاحَ عَلَيْهِ أَنْ يَطَوَّفَ بِهِمَا وَمَنْ تَطَوَّعَ خَيْرًا فَإِنَّ اللَّهَ شَاكِرٌ عَلَيْهِمْ

“Indeed Ṣafā and Marwah are among the symbols of Allah. So whoever comes to the House for hajj or performs ‘umrah, there is no sin for him if he walks between them. And whoever does good willingly, Allah is truly Appreciative, All-Knowing” (2:158).

The Prophet ﷺ approached Mount Ṣafā and recited:

إِنَّ الصَّفَا وَالْمَرْوَةَ مِنْ شَعَابِ اللَّهِ أَبْدَأْ بِمَا بَدَأَ اللَّهُ بِهِ

“Indeed, Ṣafa and Marwah are among the symbols of Allah... (2:158).  
I begin with what Allah began with.”

He climbed Ṣafā until he could see the Ka‘bah. He then faced the qiblah, proclaimed the Oneness of Allah and magnified Him, and then said three times:

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ، وَهُوَ عَلَىٰ كُلِّ شَيْءٍ قَدِيرٌ، لَا إِلَهَ إِلَّا اللَّهُ، أَكْبَرُ وَعْدَهُ، وَنَصَرَ عَبْدَهُ، وَهَزَمَ الْأَخْرَابَ وَحْدَهُ

“There is no god worthy of worship except Allah. He is Alone and He has no partner whatsoever. To Him Alone belong all sovereignty and all praise. He is over all things All-Powerful. There is no god worthy of worship except Allah. He fulfilled His promise, granted victory to His servant, and He Alone defeated the coalition forces” (Muslim).

The Prophet ﷺ then made du‘ā’ in between each utterance of the above. He did this three times.

He then came down from Mount Ṣafā, walking at a measured pace. At the bottom of the valley, he started running at a medium pace\* and after passing the middle of the valley (this area is now marked with green lights), he resumed walking towards Marwah.

The Prophet ﷺ walked up Marwah and when he could see the Ka‘bah, he repeated the same process as he had done in Ṣafā. He would recite the dhikr and make du‘ā’. He continued doing this for each round of the sa‘y.

*\*This is specific to men. Women will walk as usual.*

**Sa‘y is not a race against time, nor a competition to see who can finish it the fastest. It is meant to take time. Savour every moment as you feel your heart connect to Allah and internalise the secrets of sa‘y.**



### Act

On each mountain, recite the dhikr mentioned above. Then make du‘ā’. Repeat the dhikr again for the **second time**. Then make du‘ā’ again. Recite the dhikr for the **third time**. Make du‘ā’ once again. Thereafter, proceed with your next round.

## The Secrets of Sa‘y

- 1 Think of Hājar ﷺ and the effort she exerted as she ran between the mountains, searching for water. A woman whose dedication and efforts were seen, appreciated and loved by Allah that her actions are now honoured and emulated by millions.

Hājar ﷺ ran desperately between Ṣafā and Marwah, hoping for nothing more than a container of water. Yet, what Allah gave her was the eternal spring of Zamzam which flows to this very day. **Allah's help when it arrives is far greater than you could ever imagine.**

2 Sa'y means to struggle and to strive. It teaches you that while your reliance (tawakkul) on Allah should never waver, you must also do your part, just as Hājar ﷺ did. If you help the dīn of Allah, He will help you and provide for you in ways beyond your imagination. Allah ﷺ says:

يَأَيُّهَا الَّذِينَ ظَاهَرُوا إِنَّمَا مَا تَنْصُرُوا لِلَّهِ يَنْصُرُكُمْ وَيُتَبِّعُ أَقْدَامَكُمْ

*“Believers! If you help (the dīn of) Allah, He will help you and make you stand firm...” (47:7).*



### Reflect

As you see the state of the ummah and the situation in the Blessed Land, do you resign yourself to helplessness, or are you putting in the maximum effort you can for the ummah's revival?

3 Hājar ﷺ showed immense **patience** and resilience in the face of great difficulty. She did not complain or question the will of Allah.



### Reflect

What challenges are you currently facing in life? What is causing you stress and worry? How can you respond with patience like Hājar ﷺ?

4 Sa'y is a powerful embodiment of complete 'ubūdiyyah (true servitude to Allah) and wholehearted adherence to the sunnah of the Prophet ﷺ. In every step, you follow Allah's command and the Prophet's example, even when you may not fully grasp the wisdom behind it.

This is the essence of **submission**: trusting the One who is All-Knowing, All-Wise.



### Reflect

Are there areas in your life where you hesitate to follow a command of Allah or a sunnah of the Prophet ﷺ simply because you can't understand its full purpose or wisdom? What would it look like to surrender fully, trusting that He knows what you do not?

5 Just as Hājar ﷺ searched for a source of life and mercy, know that you are searching for something that is incredibly dear to you: **the mercy of Allah**. Perhaps, just as Allah blessed both Hājar ﷺ and Ismā'il ﷺ with the water of Zamzam, He will also bless you with His everflowing mercy.

6 Sa'y symbolises the servant's movement back and forth in the courtyard of the king's palace, coming and going repeatedly, showing devotion and hoping for the king's **merciful gaze**. It's like someone returning again and again, hoping for mercy if not in the first encounter, then in the next.

7 As you walk between Ṣafā and Marwah, think of the back-and-forth on **the Day of Judgement**. Visualise the scene when people will be in great distress, desperately running from one Prophet to another, pleading with them to intercede with Allah to at least

start the Judgement. The situation will be so dire that even the noble Messengers will be **gripped with fear**, and the mighty angels will **tremble**.

8 Imagine the Prophet ﷺ at the start of his mission, when he climbed the same mountain (Mount Ṣafā) and called his people to the worship of the One True God. The disbelievers of Makkah ridiculed him and said to him: “Woe to you! Is this why you gathered us?!” Now fast forward 23 years during the farewell hajj, when that very same mountain echoed with “Allāhu Akbar” and “Lā ilāha illa Allāh.” This served as a powerful reminder that the truth will always prevail against falsehood.



### Reflect

What truth are you afraid of standing up for? What are you hesitating to say or do due to fear of ridicule, rejection or loss of wealth, status or career?

9 As you repeat لَا إِلَهَ إِلَّا اللَّهُ، أَنْجَزَ وَعْدَهُ، وَنَصَرَ عَبْدَهُ، وَهَزَمَ الْأَهْزَابَ وَحْدَهُ: [There is no god worthy of worship except Allah. He fulfilled His promise, granted victory to His servant, and He Alone defeated the coalition forces,] remember that **victory is from Allah Alone**. He is in control of everything: no country, army, or empire holds even an ounce of might compared to His.



### Reflect

Feel the unity of the believers as you all recite this same dhikr, and let it motivate you to take action for the benefit of the ummah.

## Shaving the Hair

If you are performing 'umrah as part of ḥajj tamattu', upon completion of the sa'y, men should either shave or trim their heads (shaving is more rewardable), and women should trim their hair. This marks the end of the state of iḥrām.

As your hair is being shaved or trimmed, think of the following:

- 1 For every hair that gets shaved, you gain a **reward** and a **sin is wiped away**. The Prophet ﷺ said, "...For every single hair you shave, you will receive a good deed, and a sin will be erased from you" (Bazzār).
- 2 **Submission** to Allah. Shaving the hair may be difficult for some, but through this act, you demonstrate complete submission to Allah, showing your willingness to do whatever pleases Him.

# After 'Umrah: The Precious Days Before Hajj

After finishing 'umrah, the Prophet ﷺ and his Companions رضي الله عنه about ١٠٠ stayed at Abṭah for four days, from Sunday to Wednesday.

He ﷺ was very caring and empathetic; if he had gone to the Ka'bah on those days, it would have been difficult for all of his Companions to do so. In his wisdom, he was mindful of preparing for hajj in a way that did not exhaust himself and his Companions before the intense experience awaiting them.

## TIP



Don't **exhaust** yourself physically in the days leading up to hajj. Save your energy for the intense days ahead. At the same time, do not waste your time socialising, shopping or scrolling on your phone. These are precious days. Fill them with mindful worship, so your heart is **spiritually prepared** when hajj begins.

## Maximise the Best Days of the Year

Now that you have completed your 'umrah (depending on your circumstance), you may have a few days to spend in Makkah before the days of hajj begin. Make the most of these days, especially from the moment the new moon of Dhul Hijjah is sighted, as these are the best days of the year. The Messenger of Allah ﷺ said, "**There are no days on which righteous deeds are more beloved to Allah than these ten days** (the first ten days of Dhul Hijjah)." The Companions رضي الله عنه asked, "Not even jihād in the path of Allah?" The Messenger of Allah ﷺ replied, "Not even jihād in the path of Allah, unless a man goes out himself for

jihād taking his wealth with him and does not return with anything from it” (Tirmidhī).

## Salah

Don’t miss out on the immense rewards of praying in the ḥaram. Praying in the ḥaram earns you the reward of 100,000 prayers, and praying in al-Masjid al-Nabawī grants you the reward of 1,000 prayers (Ibn Mājah).

Prioritise performing **the five fard prayers in congregation** along with all the additional sunnah prayers. Perform them with full concentration, calmness and tranquillity (i.e. with full *khushū'*). Use this opportunity to also perform the voluntary prayers e.g. ṣalāh al-ḍuḥā and tahajjud.

## Perform Abundant Dhikr

Just as the recitation of the Qur’ān is the hallmark of Ramadān, **dhikr is the hallmark of the blessed days of Dhul Ḥijjah**. The Messenger of Allah ﷺ said, “There are no days greater in the sight of Allah, or in which good deeds are more beloved to Him than these 10 days. So recite a great deal of tahlīl (اللَّهُ إِلَّا هُوَ), takbīr (اللَّهُ أَكْبَرُ), and tāḥmīd (الْحَمْدُ لِلَّهِ)” (Ahmad).

In these blessed days, try to be **consistent with the daily dhikr** prescribed by our beloved Messenger of Allah ﷺ, such as the morning and evening adhkār, the adhkār before sleeping, and the adhkār after ṣalāh. (Refer to the Dhikr&Dua app by Life With Allah)

To truly benefit from dhikr in these blessed days, take time out to **understand** the meaning of these short yet encompassing words. Repeat them with a **deep reflection** on the Perfect Names and Attributes of Allah, and His creation, so that you can increase your īmān in Him, and your love and awe of Him.

## Recite Abundant Takbir

Recite abundant takbīr from the 1st of Dhul Hijjah:

اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ، لَا إِلَهَ إِلَّا اللَّهُ وَاللَّهُ أَكْبَرُ وَلِلَّهِ الْحَمْدُ

*Allah is the Greatest. Allah is the Greatest. There is no god worthy of worship but Allah and Allah is the Greatest. Allah is the Greatest and all praise is for Allah Alone.*

‘Abdullāh b. ‘Umar and Abū Hurayrah ﷺ would go out in the marketplaces and recite takbīr loudly in these 10 days. Upon hearing them, the people would follow in suit and recite takbīr.

I came across people who would say the takbir in the 10 days of Dhul-Hijjah (so frequently and loudly) that I would compare it to the crashing of waves.

- Maymūn b. Mahrān ﷺ

## Continue Repeating the Talbiyah

If you are performing hajj qirān or hajj ifrād (in which case you have not come out of the state of iḥrām), you should continue with talbiyah. Please refer to pg. 66.

## Qur'an

The predecessors encouraged pilgrims to complete the recitation of the Qur'ān (khatmah) before they return home. Increase your recitation of the Qur'ān. Recite calmly, beautifully and reflect on what you recite. If you do not understand Arabic, read the translation and read or listen to the tafsīr (explanation).

**TIP**

Recite the āyāt that mention ḥajj, the Ka'bah and Ibrāhīm ﷺ. Read their tafsīr, and **reflect** deeply on their meanings. Let these verses guide your heart and mindset throughout your ḥajj. See pg. 209

## Janazah Salah

After nearly every ṣalāh in Makkah and Madinah, you will have the opportunity to perform the janāzah prayer. Take advantage of this, especially if you are normally unable to attend the janāzah ṣalāh. The reward is immense. The Prophet ﷺ said, “Whoever attends a funeral until the ṣalāh is offered will have (the reward of) **one *qīrāṭ***. And whoever stays until the burial will have **two *qīrāṭs***.” It was asked, “What are the two *qīrāṭs*?” He replied, “**Like two great mountains**” (Bukhārī). Let each janāzah be a reminder of death and of the fleeting nature of this life.

**TIP**

Use this opportunity to memorise additional du'ās for the janāzah ṣalāh, as you will find that there is ample time for du'a' after the third takbīr. Refer to the Dhikr&Dua App by Life With Allah for the du'ās.



### Reflect

Imagine yourself alone in the darkness of the grave: stripped of your clothing and wealth, with no family to comfort you and no friends to help you.



### Act

Each time you perform the janāzah prayer, ask yourself: What did I do today to **prepare myself for death**? If the answer is nothing, then do something now to prepare yourself for death.

# 8th of Dhul Hijjah: Day of Tarwiyah

At mid-morning on the 8th of Dhul Hijjah, the Prophet ﷺ went to Minā, with his Companions ﷺ. They performed zuhr, ‘aṣr, maghrib, ‘ishā’ and fajr, shortening the four unit prayers into two. They prayed these at the normal times and did not combine them.

The 8th of Dhul Hijjah is known as the Day of Tarwiyah and it is the first day of hajj.

## Ihram

If you performed ‘umrah as part of hajj tamattu’ and exited the state of iḥrām (by shaving or clipping the hair), you will now enter into iḥrām again on the 8th of Dhul Hijjah or earlier. Refer to the iḥrām section on pg. 62.

## Talbiyah

Refer to the talbiyah section on pg. 66.



### Act

The talbiyah should be recited (aloud by men), beginning when you enter iḥrām on the 8th of Dhul Hijjah. Continue reciting it until the 10th of Dhul Hijjah, stopping when you begin pelting the Jamarat al-‘Aqabah.

## The Secrets of the Day of Tarwiyah

- 1 Remind yourself of the Day of Judgement. As you spend the day in Minā, reflect on how it mirrors the waiting on the Day of Judgement, when everyone will stand before Allah for their final account. Use this time to remember Allah, seek His forgiveness, recite the Qur'ān, recite the talbiyah and takbīr in abundance, and express gratitude for His countless blessings.



### Reflect

How have you prepared for the Hereafter? What will you take with you?

- 2 Prepare for the Big Day. Tomorrow is the **most important** day of hajj. It is the biggest and most important day of your life. Minā is the equivalent of the **sunnah prayer** which prepares you for the main **fard prayer**. Spend your time in Minā wisely and undertake the spiritual preparation needed to make the most of the day of 'Arafah.



### TIP

Make sure you rest your body properly on this day. This is not the day to exhaust yourself in acts of worship; instead focus on preserving your energy so you're fully prepared for the Big Day. Hydrate, rest, and eat well to gain strength!



### Act

Do not waste these precious moments socialising or talking. Instead, use your time to make tweaks and changes to your du'a' list and practise making du'a' during every moment.



## Act

Ask Allah ﷺ in your salah to give you the strength and the wisdom to make the du‘ā’ in the best way on the Day of ‘Arafah.

- 3 Have a **healthy fear** in Minā that your hajj may not be accepted and that you may return empty-handed. Worry that you may not be granted the ability to reach ‘Arafah tomorrow. Perhaps something will prevent you and your entire hajj will be lost. Use this as a motivation to increase your du‘ā’ and avoid anything which will earn the displeasure of Allah.
- 4 **Connect to the ummah.** It may be challenging being confined in a tent with so many people. However, use this opportunity to greet others with warmth, and show kindness and good character. Don’t complain, get irritable or feel superior to anyone.



## Act

Be generous and share food, snacks or small gifts with those around you. Remind yourself of the charitable nature of the Anṣār ﷺ who Allah ﷺ described as:

وَيُؤْثِرُونَ عَلَىٰ أَنفُسِهِمْ وَلَوْ كَانَ بِهِمْ خَصَاصَةٌ

“...They give (the Muhājirīn) preference over themselves even though they may be in need...” (59:9).

## TIP



Drink lots of water and stay hydrated. The 8th of Dhul Hijjah is called the Day of ‘Tarwiyyah’ (quenching one’s thirst) because the Arabs would fill their water containers and drink abundantly in preparation for the Day of ‘Arafah, as there was no water there at that time.

# 9th of Dhul Hijjah: The Day of 'Arafah

The Day of 'Arafah is the greatest day of the year. It is the most important day of your life. Make sure it counts! It marks a turning point in your life, a shift from **the old you to the new you**. The Messenger of Allah ﷺ emphasised its centrality by saying, “The ḥajj is 'Arafāt! The ḥajj is 'Arafāt! The ḥajj is 'Arafāt!” (Tirmidhi).

The Prophet ﷺ prayed fajr in Minā and after the sun rose, he left for 'Arafah.

**Start reciting the takbīrāt of tashrīq once after each fard ṣalāh, starting from the Fajr of the 9th of Dhul Hijjah till 'Aṣr of the 13th Dhul Hijjah:**

اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ، لَا إِلَهَ إِلَّا اللَّهُ وَاللَّهُ أَكْبَرُ وَلَلَّهُ الْحَمْدُ

*Allah is the Greatest. Allah is the Greatest. There is no god worthy of worship but Allah and Allah is the Greatest. Allah is the Greatest and all praise is for Allah Alone.*

## The Farewell Sermon of the Prophet ﷺ

Just after the sun reached its peak, the Prophet ﷺ rose to deliver a message. All eyes and hearts were focused on the Messenger of Allah ﷺ as he said: “Listen to me. You may not see me after this year.” He started by praising and glorifying Allah, and delivered the following key messages:



Uphold human dignity: “**Hurt no one** so that no one may hurt you.”



Honour and respect the rights of women: “Fear Allah in your treatment of women... take good care of (them).”



Stay away from interest: “Allah has decreed that no usury is permitted.”



Everyone is equal in the sight of Allah: “An Arab has no superiority over a non-Arab... a white person has no superiority over a black person, **except by piety** and good action.”



Stay away from Shaytān and hold on tight to the Qur’ān and Sunnah.

The Prophet ﷺ asked, “O people, have I faithfully delivered my message to you?” The air echoed with thousands of pilgrims replying, “O Allah! Yes!” The Prophet ﷺ raised his forefinger and said, “O Allah bear witness that I have conveyed Your message to Your people.”

Upon finishing the speech, Bilāl ﷺ called the adhān and iqāmah. They offered the zuhr prayer, immediately called the iqāmah again and performed ‘aṣr, shortening the prayers.

The Prophet ﷺ moved towards the Mountain of Mercy in ‘Arafah. He faced the qiblah and occupied himself in earnest du‘ā’ until maghrib. He spent approximately five hours in continuous du‘ā’. He begged Allah ﷺ:

“ O Allah, You hear my speech...I am the desperate and needy one, the one who is seeking Your help and protection, fearful and scared, one who confesses and acknowledges his sins. I beg You the begging of a destitute; I humbly implore You the imploring of a humiliated sinner. I invoke You the invoking of the fearful afflicted person, whose neck is bowed down before You, whose eyes have overflowed with tears for You, whose body is humbled before You, and who has completely lowered Himself to You... ”

(Tabarānī)



### Reflect

After years of struggle to convey the message of his Lord, the entire Arabian Peninsula comes under the Prophet’s control and finally accepts his message. Yet, gathered on the plains of ‘Arafah, at his highest point of victory, we do not witness parades or displays of pomp. Rather, we witness nothing but humility and turning to Allah in desperate need.

Standing (wuqūf) in ‘Arafah is an essential part of hajj; without it, your hajj is not valid. If possible, go to the Mountain of Mercy. However, this is not necessary, as the Prophet ﷺ said that all of ‘Arafah is ‘mawqif’ (i.e. the place of wuqūf).

Stand for as long as you can, facing the qiblah. Praise Allah ﷺ, send salawāt, and make plenty of du‘ā’.

## The Secrets of the Day of 'Arafah

### 1 This is the day of du'a'.

a) The best action on this great day is du'a'. The Messenger of Allah ﷺ said: **“The best du'a' is the du'a' of the Day of 'Arafah.** The best of what I and the Prophets before me have said is:

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ ،  
وَهُوَ عَلَىٰ كُلِّ شَيْءٍ قَدِيرٌ

*There is no god worthy of worship but Allah. He is Alone and He has no partner whatsoever. To Him Alone belong all sovereignty and all praise. He is over all things All-Powerful*” (Tirmidhi).



#### Act

Reflect on the deeper meanings of this dhikr (refer to the Dhikr&Dua app). Add it to your du'a' list, memorise it and keep repeating it throughout the day of 'Arafah.

b) The Prophet ﷺ started this day early, shortened his sermon and combined the prayers to devote the rest of his time to glorifying Allah and making du'a'. Hajj is about **strengthening your bond with Allah and spending time in intimate conversation (munajah)** with Him!

c) After the khutbah, he ﷺ made du'a' until sunset. He was so focused on making du'a' that even when his camel's reins slipped, he grabbed them with only one hand, and left his other hand raised towards the sky. **How strong was his connection with his Lord!**



## Reflect

Despite being over 60 years old, undertaking a long journey from Madinah to Makkah, and being responsible for huge crowds, nothing came in the way of worshipping his Beloved!

TIP



**Don't waste these precious hours** waiting in food queues, sitting around waiting for lunch, or talking to others. These few hours are not meant for eating and socialising. Stay focused. Eat light, so that you don't feel bloated or sluggish, and instead fully focus on making du'a'.



## Act

Take out your du'a' list and beg Allah to accept your supplications.

## Making Du'a on the Day of 'Arafah

### 1) Fill your heart with humility, repentance and submission.

You have been waiting for years to make it to this great day. Allah has chosen you, out of billions of people, to witness this amazing day. The day has now arrived. What an incredible blessing! Allow these feelings to settle in your heart.

### 2) Express your helplessness, poverty and weakness to Allah.

Reflect on the sins that are weighing you down so heavily, and on the wasted hours of your life spent in disobedience to Him. Let the tears flow as you are overwhelmed by remorse.

### 3) Act like a beggar.

Ibn 'Abbās ﷺ said, "I saw the Messenger of Allah ﷺ supplicating on the Day of 'Arafah with his hands raised to his chest, like a beggar pleading for food" (Bayhaqī). This was the Prophet ﷺ whose past and future sins had been forgiven, yet he still stood for hours, begging. So what about us?

### 4) Be certain your du'ā' will be answered.

Allah is al-Karīm, the Most Generous; His bounty and grace is immense and no sincere effort is ever wasted. Why wouldn't your du'ā' be answered when you're surrounded by hundreds of thousands of tongues remembering Allah and hearts full of humility? Even if you're not shown mercy because of your own deeds, you may be shown mercy because of the righteous people around you.

TIP



These are the most important hours of your life. Spend as much time as you can in du'ā'. If you find it difficult to make du'ā' for such a long duration, take short breaks and read from a du'ā' book, make dhikr or recite the Qur'ān, and then come back to making more du'ā'. (For more tips on du'ā', see 'Hajj and Du'ā' on pg. 183)

I have been making du'ā' on the Day of 'Arafah for the last 50 years, and not a year passes by except that I see them (answered) as clearly as the light of the morning.

- One of the pious predecessors

2 'Arafah is the ultimate day of mercy and forgiveness. As the sun was about to set, the Prophet ﷺ said to the pilgrims: "O People! Jibrīl came to me just now. He conveyed the greeting of my Lord to me and said: 'Allah has forgiven the people of 'Arafāt and Muzdalifah, and has taken over their responsibilities (He will fulfill the rights others have over them e.g. help them to repay their loans).'"

'Umar ﷺ asked whether this was specific to those present that day, to which the Prophet ﷺ replied, "It applies to you and to all who come after you until the Day of Judgement." 'Umar then said, "Allah's grace is vast and beautiful!" (at-Targhib wa at-Tarhib).

'Abdullāh b. al-Mubārak ﷺ approached Sufyān al-Thawrī on the evening of 'Arafah. Sufyān al-Thawrī ﷺ was sitting on his knees and weeping bitterly. 'Abdullāh b. al-Mubārak ﷺ asked him: "Who is in the worst situation amongst these masses?" He replied: "The one who thinks that Allah will not forgive him."

3 'Arafah comes from the root word 'a-r-f: to be aware of, to recognise. On the Day of 'Arafah, **you recognise your sins and acknowledge them**, and you also **recognise Allah for who He is**.



### Act

In preparation for the Day of 'Arafah, take a moment to write down everything you know about Allah. If you're struggling, make it a goal to learn about His Names and Attributes. Read a book, listen to a lecture series and reflect on the Qur'ān to understand who Allah is. Connect to Allah on a personal level, not just as a distant intellectual exercise.

4 This is the **day of freedom from the Hellfire**. No matter the extent of your sins, sincerely beg Allah for forgiveness and to free you from the Hellfire.

The Prophet ﷺ said, “There is no day in which Allah sets free more slaves from Hellfire than the Day of ‘Arafah. Indeed, He draws near, and He then boasts about them to the angels and says: ‘What do these (slaves of mine) want?’” (Muslim). This day is also **Shayṭān’s worst day in the year**. In just a few hours, years of Shayṭān’s efforts to mislead humanity come to naught. What enrages him even more is that not only does Allah free the pilgrims from the Hellfire, but He frees the non-pilgrims too.



### Act

Sincerely seek forgiveness for your sins and ask Allah al-‘Afuww (The Ever Pardoning) to completely wipe them off your record. Allah’s forgiveness is much more vast than your sins!

**Hakīm b. Hīzām** ﷺ would stand in ‘Arafah with 100 camels and 100 slaves. He would then free the slaves for the sake of Allah.

The people would then weep aloud, saying: “O Allah! Your slave freed his slaves, and we too are Your slaves, so free us (from the Hellfire).”

5 Imagine the **view of ‘Arafah from the heavens**. Imagine that Allah is boasting about you to His angels: “Indeed Allah ﷺ boasts to His angels about the people of ‘Arafah on the afternoon of ‘Arafah, saying: ‘Look at My servants; they came to Me dishevelled and dusty!’” (Ahmad).



## Reflect

How does it make you feel knowing you are in a gathering that Allah is boasting about to His angels? Another gathering Allah boasts about is when His servants come together to remember Him. How will you incorporate this into your life moving forward?

“

**It is well known that on the eve of ‘Arafah, a level of īmān, mercy, light, and blessing descends upon the hearts of the pilgrims that cannot be described in words.**

- Ibn Taymiyyah رض

”

6

**Recognise the great gift of Islam.** This day is also special because it was the day Allah ﷻ bestowed upon our ummah its greatest gift: **He perfected the religion of Islam** and completed His favour upon us.

‘Umar b. al-Khaṭṭāb رض narrated: ‘Once a Jew said to me, “O leader of the believers! There is a **verse** in your (Holy) Book which you all recite; had it been revealed to us Jews, we would have taken that day (on which it was revealed) as a day of celebration.”’ ‘Umar رض asked him, “Which verse?” The Jew replied:

الْيَوْمَ أَكْمَلْتُ لَكُمْ دِيْنَكُمْ وَأَتَمَّتُ عَلَيْكُمْ نِعْمَتِي وَرَضِيْتُ لَكُمْ  
الإِسْلَامَ دِيْنًا

“...Today I have perfected your religion for you, completed My blessing upon you, and chosen Islam as your religion...” (5:3).

‘Umar ﷺ replied, “No doubt, we know the day and the place when this verse was revealed to the Prophet ﷺ. It was Friday and the Prophet ﷺ was standing at ‘Arafah” (Bukhārī).

7

### The Day of ‘Arafah is a reminder of the Hereafter:

- a) Remember the Day of Judgement as you see the millions and millions of people gathering from all paths of life, dishevelled and begging to Allah in desperation. ‘Arafah is an equaliser, just like the Day of Judgement is an equaliser: **your wealth, status or power will mean nothing**. Everyone will stand as slaves, answerable only to their Only Master: Allah.
- b) As you see the different groups of people, with their different skin colours and languages, following their leaders to the sacred sites, **reflect on the scene of the Day of Judgement**. Every nation will gather with their Prophets and leaders, hoping for their intercession and worried about their outcome.
- c) Take a moment to look at the hundreds of thousands of people around you, all wearing clothing resembling the death shroud, reminding you of the one certainty in this life: **death**.
- d) Feel the **heat of the sun on your skin** and be reminded of your desperation on the Day of Judgement. If this short exposure is difficult, then what about the Day of Judgement, when the sun will be only a mile above your head, and the Day will stretch for 50,000 years? As you stand in ‘Arafah, you may find some areas with shade and others without. Let this motivate you to strive to be among the seven categories of people who will be granted **shade on the Day of Judgement**:
  - i. a just ruler,
  - ii. a young person who grew up in the worship of Allah,
  - iii. one whose heart is attached to the mosques,

- iv. two people who love each other, meet each other, and depart from each other for the sake of Allah,
- v. a man who is tempted by a beautiful woman of high status but he refuses, saying, 'I fear Allah,'
- vi. one who spends in charity discreetly to the extent that their left hand does not know what their right hand has given,
- vii. and one who remembered Allah in private and wept.

(Bukhārī)



### Reflect

How will you change your life from today to be amongst at least one of the **seven** categories above?

- e) In the final moments before maghrib, let the stillness and the silence around you remind you of the Day of Judgement where "... all voices will be hushed before the Most Compassionate. Only whispers will be heard" (20:108).

TIP



Go out and stand under the sun, even if it's for a short while.

love, yearning and appreciation for your Most Generous Lord. Feel closeness to Him and long to meet Him.

9

**The secret of hajj lies in the gathering of a large number of righteous people in a sacred place, at a sacred time. It occurs in a land filled with the signs of Allah, visited by the best of His creation throughout the ages, where His symbols are honoured, voices are raised in humble du'a, and souls yearn for His mercy and forgiveness. When such sincerity and longing come together, Allah's mercy and forgiveness inevitably pours down. This is why the Prophet ﷺ said, "Shayṭān has never been seen more humiliated, defeated, despised, and enraged than on the Day of 'Arafah" (Muwaṭṭa').**

10

As the sun begins to set on 'Arafah, this marks one of the most bittersweet moments you will experience during the hajj. In these moments, you will cry out even more desperately to Allah begging Him for mercy and forgiveness. When the sun finally sets, a sense of coolness and peace will settle over 'Arafah. This is the moment your heart will feel light and free; unburdened by the weight of sin.



### Act

In this moment, open your notebook and jot down your thoughts and feelings. Don't forget to **thank Allah** ﷺ for giving you the opportunity to experience the most blessed of moments in the year, in the most sacred of places, with the most amazing people. This is a gift many have never experienced.

11

**Renew the covenant you may have forgotten. Long before we entered this world, we all made a covenant at 'Arafah when Allah asked us: "Am I not your Lord?" All of humanity replied, "Of course, we bear witness" (Ahmad).**



## Reflect

It is as if Allah ﷺ brought you to hajj so that you would return to this very place as a reminder to feel regret for breaking your covenant and to renew it.



## Act

Make a promise to Allah that you will **remain faithful** to what you have learned during your hajj, and to uphold it for the rest of your life after returning home.

Sufyān b. ‘Uyaynah رضي الله عنه was fortunate to perform hajj 70 times. Each year in ‘Arafah, he would plead to Allah: “O Allah! Do not let this be the last time with you (in ‘Arafah)!”. In the year he passed away, he did not supplicate with this du‘ā’. When he was asked about this, he said: “I felt shy of Allah, the Exalted.”

## Departing ‘Arafah

After the sun had set, the Prophet ﷺ remained waiting, and so did the Companions رضي الله عنه. His departure from ‘Arafah was delayed because he was waiting for Usāmah ibn Zayd رضي الله عنه. When Usāmah, the dark-skinned child of former slaves, finally arrived, some people of Yemen disparagingly remarked, “Is it for this one that we were held back?” The Prophet ﷺ then made Usāmah, who was 16 years old, ride behind him; this was a gesture of honour, meant to demonstrate Usāmah’s value to the Prophet ﷺ.



## Reflect

Look at how Allah ﷺ honoured Usāmah ﷺ and how the Prophet ﷺ utilised a golden opportunity to display the justice of Islam. Your worth in the sight of Allah is based on taqwā, and not on how you look or how much you own.

The Prophet ﷺ set off for Muzdalifah. He advised his Companions to remain calm when departing 'Arafah, saying: "People, remain tranquil and proceed easily...there is no virtue in rushing" (Nasā'i).

Tranquillity encompasses calmness, following orders, respecting the rights of others and refraining from chaotic and disturbing behaviour. **Tranquillity allows the heart to be present**, to be fully aware and in awe of the sacredness of the moment. When you slow down with intentionality, you will be able to reflect deeply, take in the weight of your surroundings, and truly connect with the purpose of your journey.



You may find yourself waiting a long time for your coach to depart from 'Arafah or for your coach to arrive in Muzdalifah. Don't let frustration or impatience steal these precious moments. Instead, remain calm and patient, and fill your time with the remembrance of Allah, istighfār, takbīr, talbiyah and šalawāt.

Just before departing from 'Arafah, 'Umar b. 'Abd al-'Azīz ﷺ said, "**The one who truly excels today is not the one whose camel reaches first (to Muzdalifah), but the one who has been forgiven.**" In other words, true success on this sacred day is not about who reaches Muzdalifah first, but it is about acceptance, forgiveness, and closeness to Allah.



# Spending the Night and Standing in Muzdalifah

Upon reaching Muzdalifah, the Prophet ﷺ dismounted his camel, performed *wuḍū'* and Bilāl ﷺ called the *adhān*. The Prophet ﷺ and his Companions ﷺ combined *maghrib* and *'ishā'* that night, and he did not offer any sunnah prayers in between them. He slept in Muzdalifah until just before dawn, leaving out the *tahajjud* prayers (which he never normally missed) so he could rest his body after a long day of worship and prepare for the busy day ahead.



## Act

Go to sleep as soon as you have settled in Muzdalifah and prayed *ṣalāh*. Don't socialise or exert yourself in *'ibādah* as you will need energy for the long day ahead.

## The Secrets of Spending the Night at Muzdalifah

- 1 **Detach your heart from the world.** Spending the night at Muzdalifah makes you realise that you can survive without the luxuries of this world. In the difficult conditions that you are experiencing, you still have all that you truly need.
- 2 **Remind yourself of the Hereafter:**
  - a) Seeing the hundreds of thousands of pilgrims, wearing simple white clothes, lying and sleeping on the dusty ground, right next to each other, is a reminder of the **grave**. Your status, your

wealth and your power will not follow you there. In the end, it's just you, the dust, and your deeds.

b) The adhān of fajr which will awaken you serves as a powerful reminder of when the **trumpet will be blown**, raising you from your grave for the Day of Judgement.

**3 Focus on Allah.** Hajj teaches you to adapt to different conditions, from the comfort of 5-star hotels, to the simplicity of the tents in Minā, to sleeping under the open sky on the ground in Muzdalifah. However, your priority is always **Labbayk: focusing on Allah** ﷺ in every scenario in your life; whether you're in deep difficulties or extreme luxury, your focus should be Allah ﷺ.



### Reflect

How do you deal with challenges in your life? Do you constantly complain or is your focus your Lord?

**4 Make constant dhikr.** Allah, in His infinite mercy, **cares for our physical well being** by allowing us to rest at night in Muzdalifah. Following this, He reminds us to **take care of our spiritual state** through His **remembrance** and du'ā: "...Remember Allah near al-Mash'ar al-Ḥarām (the sacred place - Muzdalifah) and remember Him, as He has guided you, for surely before it, you were among the astray" (2:198).



### Reflect

On a daily basis: how much attention do you pay to your spiritual nourishment?

5 Thank Allah for guiding you, for allowing you to experience the sweetness of īmān and for granting you this once-in-a-lifetime opportunity. It is truly an honour which should fill your heart with gratitude to Him: "...And remember Him, as He has guided you, for surely before it, you were among the astray" (2:198).

6 Seek forgiveness. Allah ﷺ says,

ثُمَّ أَفْيُضُوا مِنْ حِيْثُ أَفَاضَ النَّاسُ وَاسْتَغْفِرُوا اللَّهَ إِنَّ اللَّهَ عَفُورٌ رَّحِيمٌ

"Then depart from the place where the people depart from, and seek Allah's forgiveness. Indeed Allah is All-Forgiving, Most Merciful" (2:199).

In the āyah above, you are told to seek forgiveness for the shortcomings in your worship and to humble your soul. You are merely one among a vast sea of servants. If, at any moment, arrogance, self-admiration, or pride begins to creep in, seek forgiveness immediately as self-satisfaction is one of the biggest traps of Shayṭān.

## Standing (Wuquf) in Muzdalifah

The Prophet ﷺ performed fajr at its earliest time. Then he mounted his camel, rode up to Mount Quzah, faced the qiblah and lifted his hands. He praised Allah, recited the talbiyah and made du'ā' until just before sunrise (for about an hour), in obedience to Allah's command:

إِذَا أَفْضَتُمْ مِنْ عَرَفَاتٍ فَادْكُرُوا اللَّهَ عِنْدَ الْمَشْعَرِ الْحَرَامَ وَادْكُرُوهُ كَمَا هَذَا كُمْ وَإِنْ كُنْتُمْ مِنْ قَبْلِهِ لَمِنَ الظَّالَّمِينَ

"...When you surge down from 'Arafāt, remember Allah near al-Mash'ar al-Harām (the sacred place - Muzdalifah) and remember Him, as He has guided you, for surely before it, you were among the astray" (2:198).

The Prophet ﷺ asked his young cousin, al-Fadl b. 'Abbās ﷺ, to pick seven small stones for him in Muzdalifah, and then raised them to show the people how the pelting should be done. He then left Muzdalifah just before sunrise.

## **The Secrets of Standing in Muzdalifah**

Standing in Muzdalifah is an important rite of hajj and a truly blessed gathering. It completes the standing at 'Arafah, and is a special opportunity for your du'ās to be accepted.

Perform fajr at its earliest time. Stand, face the qiblah and raise your hands in making du'ā until just before sunrise. Praise Allah, declare His Oneness and repeat the talbiyah.

Depart for Minā before sunrise and on your way to Minā, engage in dhikr, du'ā and the talbiyah.

As you stand in Muzdalifah, keep the following in mind:

- 1 Appreciate Allah's generosity.** From His mercy, Allah gives you another chance to stand (wuqūf) and engage in intimate conversation with Him. Many people miss out on this opportunity and rush to Minā. Do not be amongst those who lose this blessing!
- 2 Humble yourself and make du'ā in the best way possible.** See pg. 183.
- 3 Remember that Allah will always destroy the oppressors.** The Prophet ﷺ stood on Mount Quzah. He clarified that although he had stood there, all of Muzdalifah was the 'mawqif: place of standing.' He then told the Companions to avoid Wādī Muḥassir, the valley where Abrahah's elephant refused to move. The

Messenger of Allah ﷺ hastened his pace through this area, as he did not want to be in a place where Allah's punishment had descended.

4 Disassociate yourself from the shackles of disbelief. The polytheists would depart from Muzdalifah after sunrise. The Prophet ﷺ demonstrated his difference from them by setting off before sunrise (Bukhārī).



### Act

Be proud of your identity and do not be pressured into adopting practices which contradict the Qur'ān and Sunnah.

# 10th of Dhul Hijjah: The Day of Sacrifice

The 10th of Dhul Hijjah is known as the Day of Nahr (sacrifice) and Eid al-Adhā. The Messenger of Allah ﷺ said: “The greatest day in the sight of Allah is the Day of Nahr and then the Day of Qarr (11th of Dhul Hijjah)” (Abū Dāwūd).

## The Journey From Muzdalifah to Mina

The Prophet ﷺ once again invited another young Companion to ride with him: his cousin al-Fadl b. ‘Abbās. Along the way, the Prophet ﷺ stopped to answer people’s questions. A young beautiful woman came to ask the Prophet ﷺ a question and the Prophet ﷺ noticed al-Fadl was looking at her. So the Prophet ﷺ turned to him and, noticing his gaze, took hold of his chin and turned his face away.



### Reflect

The Prophet ﷺ was accessible to all, and everyone felt comfortable speaking directly to him. He was also very understanding of the feelings of men and women and showed them how to behave.



### Reflect

The Prophet ﷺ invested in people, especially the youth. This teaches us a powerful lesson. We often focus so much on building structures, fancy mosques, and establishments, but we forget the most important investment: fellow believers and especially the youth. What are you doing to ensure that you’re investing in people?

The journey from Muzdalifah to Minā is remarkable, especially if you're walking. The spirit of the ḥujjaj you will witness is amazing. The **buzzing, electric atmosphere** will transform your fatigue into determination and fill your heart and body with renewed energy. All around you, the sound of the talbiyah and takbīr will reverberate through the air reminding you of the single aim that unites every pilgrim: **the pleasure of Allah.**

**TIP**



If you are healthy enough to walk from Muzdalifah to the Jamarāt (around 4 miles), you should seize this opportunity and **walk**.



### Reflect

As you walk, take a moment to appreciate the **power of the collective**. The purpose of the ummah is to uplift and support each other. You will witness believers helping one another: sharing water, offering a cool spray, and encouraging one another to keep going. This is what the ummah is all about. In your own life, **what are you doing to uplift the ummah?** As you witness massacres of Muslims in Palestine and across various parts of the world, what are you doing to fulfil your duty? How are you supporting fellow believers in times of hardship?

## Stoning the Jamarat

The Prophet ﷺ reached the Jamarāt with Bilāl and Usāmah b. Zayd ﷺ to his sides, one holding his she-camel and the other shading him ﷺ with his robe. The Prophet ﷺ recited the takbīr as he threw each stone.



## Reflect

Bilāl was a Black former slave. Usāmah was the son of former slaves. The Prophet ﷺ chose to honour them above everyone else, and practically demonstrated the beauty, justice and equity of Islam.

The stoning of the Jamarāt should take place after sunrise on the 10th of Dhul Hijjah. When you reach the Jamarah al-‘Aqabah and are about to begin pelting, stop reciting the talbiyah. At the Jamarah, throw the seven pebbles, one by one, reciting ‘Allāhu Akbar’ with each throw. It is not necessary to hit the large pillar; the goal is simply to get the pebble into the basin.

### The Secrets of Stoning the Jamarat

Stoning the Jamarāt is one of the most spiritually uplifting aspects of hajj. To understand its significance, it is important to reflect on the story of Ibrāhīm. Ibrāhīm ﷺ did not have a child until he was over 80 years old. At this advanced age, Allah blessed him with a son, Ismā‘il. When Ismā‘il ﷺ grew up, Ibrāhīm ﷺ was faced with a great test. Allah ﷺ says,

فَلَمَّا بَلَغَ مَعَهُ السَّعْيَ قَالَ يَأْبَى إِنِّي أَرَى فِي الْمَنَامِ أَنِّي أَذْبَحُكَ فَانْظُرْ مَاذَا تَرَى قَالَ يَأَّبِتِ افْعُلْ مَا تُؤْمِرُ سَتَجِدُنِي إِنْ شَاءَ اللَّهُ مِنَ الصَّابِرِينَ

“Then when the boy reached the age to work with him, (Ibrāhīm ﷺ) said, “O my dear son! I have seen in a dream that I am sacrificing you. So tell me what you think.” He replied, “O my dear father! Do as you are commanded. Allah willing, you will find me steadfast” (37:102).



## Reflect

Ibrāhīm ﷺ is **the close friend of Allah** so why did he ask Ismā‘il ﷺ about the command to slaughter him? This interaction shows us the open line of communication he had with his son. Ibrāhīm’s own father was terrible, but he did not use this as an excuse; instead, he made a concerted effort to become **the best father** he could be. What kind of a parent are you? What type of relationship do you have with your children?

As Ibrāhīm ﷺ was on his way to sacrifice his son, Shayṭān came to him in the form of a man, trying to dissuade him from obeying Allah’s command. Ibrāhīm ﷺ took seven pebbles and threw them at him, causing Shayṭān to flee. This happened **three** times.

As you stone the Jamarāt, reflect on the following:

- 1 Remember Ibrāhīm ﷺ. Through this act, you are remembering and honouring the story of Ibrāhīm ﷺ.



## Reflect

Read the story of Prophet Ibrāhīm ﷺ on pg. 170. Think about how willing you are to sacrifice your own comforts, let alone your loved ones, for the sake of Allah. What does it mean to be willing to give everything and everyone up for Allah?

- 2 You can **fight both human and jinn devils**. Shayṭān is weak; he fled with just the throwing of pebbles. Thus, if your īmān is strong, you too can battle both human and jinn Shayātīn. Know that you can develop the faith and determination to resist those who would sway you to do what is displeasing to Allah.

3 **Know your eternal enemy.** Allah ﷺ says, “Surely Shayṭān is an enemy to you, so take him as an enemy. He only invites his followers to become inmates of the Blaze” (35:6). Never be complacent and think that you are beyond Shayṭān’s influence.

4 **Use your weapon.** The remembrance of Allah is the most powerful weapon against Shayṭān. Allah ﷺ says, “Indeed, when Shayṭān whispers to the righteous, they remember (their Lord) then they start to see clearly” (7:201). Dhikr will always drive away Shayṭān.

5 **Understand the purpose.** The purpose of stoning the Jamarāt is to establish the remembrance of Allah. The Prophet ﷺ said, “Ṭawāf around the Ka’bah, walking between Ṣafā and Marwah, and the stoning of the Jamarāt were only prescribed to **establish the remembrance of Allah**” (Tirmidhī). The stoning of the Jamarāt symbolises the choice to resist Shayṭān and always turn towards Allah ﷺ.

6 **Always seek refuge in Allah from Shayṭān.** Isti’ādhah (seeking protection) is a great act of worship through which you acknowledge Allah’s ultimate power, and your own weakness in combating the unseen enemy without His help.

7 **Beware of the tricks of Shayṭān.** He is notorious for distorting the truth and convincing you that the sins you’re committing are acceptable because “everyone is doing them” or because “they’re not that bad.” Allah ﷺ says, “O humanity! Indeed, Allah’s promise is true. So do not let the life of this world deceive you, **nor let the Chief Deceiver deceive you about Allah**” (35:5).



## Reflect

What actions do you sometimes justify by telling yourself they're 'not that bad'? Have you normalised a sin because it's socially accepted, or because you've seen others doing it too?



## Act

Ask Allah to forgive you for the sins you are aware of and also the sins that you are unaware of.

8

**Don't be a slave to Shayṭān.** When you throw these seven pebbles and declare 'Allāhu Akbar':

- a) You are committing to disobey Shayṭān, following the example of Ibrāhīm ﷺ.
- b) You are affirming that Allah is Greater than:
  - i. your servitude to Shayṭān;
  - ii. the desires you've been following;
  - iii. the bad habits you've struggled to break and;
  - iv. the sins you've been committing.
- c) When you're throwing each pebble, envision that you're ripping out the servitude to Shayṭān in your heart and throwing it away into the basin, never to return to it again. Ḥajj is the journey of **freedom from the shackles of your nafs**. You are throwing away your sins and servitude to Shayṭān.

## The Sermon of the Prophet ﷺ on the 10th of Dhul Hijjah

On the 10th of Dhul Hijjah, the Prophet ﷺ asked Jarīr b. 'Abdillah رضي الله عنه to gather the people so that he could address them.

Mounted on his camel, in between the Jamarāt, he ﷺ raised his voice to give a long sermon. He ﷺ began by praising and thanking Allah, and then expounded upon the following:



A true Muslim is the one who keeps all Muslims **safe from their tongues and hands**.



A true believer is the one whom people **trust with their lives and property**.



A true muhājir (migrant for Allah's sake) is the one who **abandons all sins**.



A true mujāhid (striver) is the one who **strives in obedience** to Allah.



Parents should not harm their children and vice versa.



Protect yourself from Shaytān.



Human blood, property and honour are forbidden for you (to violate and claim unlawfully), and to do so would be like violating the sanctity of this (sacred) day in this (sacred) month.



There are three vital matters for a believer to keep in mind: **ikhlāṣ** (sincerity), giving **sincere advice** to those in authority, and **staying with the Muslim community**.

The Prophet ﷺ concluded with: “I do not know whether I will meet you after this day. May Allah have mercy on anyone who listens to my words, understands and conveys them to others.”

He commanded the people, “Let those of you who are present inform those who are absent.”

Raising his head to the sky, he called out “Have I delivered my message?” The people replied in unison: “Yes!” Calling to Allah, he proclaimed three times, “My Lord, bear witness!”

## Sacrificing an Animal

The Prophet ﷺ sacrificed 63 camels with his own hands (one for each year of his life). He told ‘Alī ﷺ to sacrifice the rest and cook a portion of the meat to eat. He invited the Companions ﷺ, “Whoever wishes to take a portion may do so.”

The Prophet ﷺ said, “There is nothing more beloved to Allah that a servant can do on the day of Nahr than spill blood (i.e. qurbānī). On the Day of Judgement, it will be brought forth with its horns, hair, and hooves. Indeed, the **blood will be accepted by Allah even before it spills on the ground**, therefore whole-heartedly delight in (performing the sacrifice)” (Tirmidhī).

## The Secrets of the Sacrifice

The sacrifice commemorates the īmān and submission of Ibrāhīm ﷺ. Ibrāhīm ﷺ was commanded to sacrifice his son. This was a son who was born after many years of childlessness; a source of solace after being forced to leave his homeland; and an ideal child who was the coolness of his eyes. Ibrāhīm ﷺ was not asked to send his beloved son to war, rather he himself was asked to sacrifice him with **his own hands**. The purpose of this test was not to physically sacrifice his child, but to **remove the love of anyone other than Allah from his heart**.

The following are some secrets of sacrificing an animal:

- 1 **Keep Allah at the centre of your heart.** Ibrāhīm ﷺ taught us how to fully slaughter our nafs and **submit** to Allah with unwavering **sincerity**. In an era where the trend is to question everything and only follow what aligns with our (deficient) intellect, we should look to Ibrāhīm ﷺ. He did not ask 'Why?' Instead, he submitted and fully obeyed Allah and for that, he was rewarded handsomely. If you want to be the *khalil* (best friend) of Allah, then nothing should hold a greater place in your heart than Allah.

What Allah wants from you is your heart: a heart which fully submits to Him, which melts out of love for Him, trembles in fear of His Might, and gives preference to Him over everything and everyone else.



### Reflect

What is competing in your heart with Allah? Do you love Him more than anything else in the world? What or whom do you give preference to over the command of Allah.



### Act

Allah ﷺ does not ask you to put a knife to your children's necks, but He asks you to sacrifice other things: time, money, your desires, or even societal pressure to conform. Write down **one** thing that you will give up today for Allah's sake.

- 2 **Remember that the intended outcome is taqwā.** The ultimate aim of sacrifice is not the shedding of blood or the offering of meat. It is the cultivation of taqwā: "Never does their meat or their blood reach Allah, but what does reach Him is your taqwā (piety)..." (22:37).



## Reflect

Take a moment during the Day of Naḥr and reflect on the lesson of sacrifice. Think about your life: what inclinations (ideological, physical, or emotional) do you have that are not in line with what Allah wants?

3

**Share your wealth with the poor.** Allah ﷺ says, “We have made camels part of the symbols of Allah for you. There is much good in them for you, so invoke Allah’s name over them as they are lined up for sacrifice. Then when they have fallen down dead, eat from [the meat of] it, and **feed those who do not ask, as well as those who do...**” (22:36). A portion of the slaughtered animal should go to the poor; this is their right and is a form of purification of your soul.

The wisdom in a portion of the animal going to the poor is that you will choose the best animal for yourself, and so the poor also receive from the best.



## Reflect

When you give to those in need, do you give from **what you love**? Or do you give what’s **left over or no longer of use to you**? Allah ﷺ says, “You shall never attain righteousness unless you donate some of what you love. Whatever you spend, Allah is fully aware of it” (3:92).



## Act

Write down a material item you love the most. When you go home, donate this item (or sell it and donate the proceeds) to the most needy. This will help you achieve true righteousness, by overcoming your inner attachment to a material item for the sake of Allah’s pleasure.

4 Glorify and declare the Oneness of Allah. Allah ordained the sacrifice so that you remember Him, glorify Him and proclaim His Oneness through your actions, by sacrificing for Him Alone. Allah ﷺ says, “For every ummah (religious community), We prescribed the act of sacrifice, so that they may invoke the name of Allah over the livestock He provided for them: So, your God is One God, so submit to Him Alone...” (22:34). Dhikr is the hallmark of the qurbānī and these blessed days.

5 Thank Allah. Thank Him for guiding you to Islam, and for giving you the ability to remember Him and to perform the rites of sacrifice: “...He has subjugated the [animals] to you in this way so that you may glorify Allah for having guided you...” (22:37).

The sacrifice is a reminder that Allah has given you this blessing of being able to rear, slaughter and consume delicious meat. For many people around the world, this is the only time in the year when they can consume a generous amount of meat.

“  
I used to forbid you to store the meat of the sacrificed animals for more than three days so that there would be enough for everyone. But now Allah, the Mighty and Sublime, has bestowed plenty upon us, so eat, give in charity and store [meat for the future]. Indeed, these days are the days of eating, drinking and remembering Allah.

- Prophet Muhammad ﷺ (Nasā'ī)

## Shaving the Head

ثُمَّ لِيُقْضُوا تَفَثِّهُمْ وَلِيُوْفُوا نُذُورَهُمْ وَلِيُطَوَّفُوا بِالْبَيْتِ الْعَتِيقِ

“Then, they must remove their dirt, fulfil their vows, and make *tawāf* of the Ancient House” (22:29).

After performing his sacrifice, Ma'mar b. 'Abdillāh ﷺ came to the Prophet ﷺ to shave his head. The Prophet ﷺ joked with him, “Ma'mar, Allah's Messenger lets you have his head when your blade is in your hand!” Ma'mar replied, “**This is a favour Allah has bestowed upon me**,” to which the Prophet ﷺ responded, “Then I will sit still for you.”

The Companions surrounding the Prophet ﷺ were eager to not allow a single hair to fall to the ground and instead collected it. Upon shaving the left part of his head, the Prophet ﷺ called upon Abū Ṭalḥah ﷺ and gave him all the hair from his left side. The Prophet ﷺ **prayed three times** for the men who had shaved their heads: “Allah, bestow your mercy on those who shaved!” He made this supplication once for those men who trimmed their hair (Bukhārī).



### Reflect

Abū Ṭalḥah, his wife Umm Sulaym and his step-son, Anas ﷺ had served and welcomed the Prophet ﷺ in Madinah. The Prophet ﷺ chose this day to repay the favour, and honour Abū Ṭalḥah, and in such a blessed way! Allāhu Akbar!



### Act

You are going for hajj so don't prevent yourself from the maximum reward and shave your head instead of simply trimming it (for men only). There is a much greater reward in shaving and you have the honour of the Prophet ﷺ **praying for you three times!**

The Prophet ﷺ then removed his *ihrām* and wore his regular clothes, and ‘Āishah رضي الله عنها applied **musk** on him with her own hands.

## The Secrets of Shaving the Head

### 1) Visualise your sins falling away.

For every hair that gets shaved, you gain a reward and a sin is wiped away (Bazzār).

### 2) Remove your ego.

Shaving your hair is the final act of shedding **pride** from your heart. You are removing the last trace of **ego** before standing in humility at the House of Allah.

### 3) Get ready for a new you.

Shaving your hair signifies a new birth, a new beginning, and a new you: “Whoever performs *hajj* for the sake of Allah and refrains from intimate relations and sins will return as **free of sin** as the day his mother gave birth to him” (Bukhārī).



#### Reflect

You have had your sins forgiven, you have slaughtered your *nafs*, and you have removed any trace of arrogance. You have gone through the process of transformation, both spiritually and physically. Now, you are ready to return to Allah’s House.

## Tawaf al-Ifadah

This is it. The whole journey was meant to build you up to come to the House of Allah: the ultimate destination.

Refer to the ȝawāf section on pg. 84. Along with the secrets mentioned there, internalise these additional secrets during your ȝawāf al-ifādah (otherwise known as ȝawāf al-ziyārah):

- 1 Go to Allah with a heart overflowing with love. ‘Ifādah’ comes from the word ‘fayḍān’ which means a flood or burst. When you go to His House, you are bursting with emotions to be close to Allah.
- 2 Liberate your heart. الْبَيْتُ الْعَتَيْقِ mentioned in the verse above (22:29) has three meanings:
  - a) Ancient.
  - b) Free from the sovereignty and ownership of anyone.
  - c) Honoured and revered.

When doing ȝawāf of ‘al-Bayt al-‘Atīq’ you are hoping that Allah will liberate your heart from all of its desires and its enslavement to Shayṭān. And now, **your heart is liberated, free to worship Allah.**

**The ultimate freedom is the freedom of the heart.** When the heart is free from all of the shackles of the dunyā, it tastes a comfort and joy that cannot be matched by anything.



### Reflect

Does your heart feel free? If not, what is holding it back? A truly free heart is one that seeks only to please Allah, not to chase its own desires or the approval of others.

After ȝawāf, the Prophet ﷺ prayed two rak'ahs (refer to ȝawāf section on pg. 84 for detail).

The Prophet ﷺ then went to the Zamzam well and saw the family of 'Abdul Muṭṭalib working there, drawing the water from the well. He also commended them saying "Carry on with this good work". He drank the water and said: "Had it not been for fear that you may be overwhelmed, I would have worked with you" i.e. He was fearful people may treat doing this as a sunnah, and would want to do it, causing inconvenience.



### Act

Be in the service of people. Be giving and forgiving, not demanding and expecting. Be considerate of others and their circumstances!

### TIP



When packing for hajj, pack lightly, but take one nice outfit to wear after coming out of iḥrām, just before going to the House of Allah for ṭawāf al-ifādah. You will want to look nice and present yourself in the best way.

## Sa'y

The Companions ﷺ who performed tamattu' then did sa'y. Refer to the sa'y section on pg. 95.

## The Additional Secrets of the Day of Nahr

- 1 Reflect on the kindness of Allah. The Day of Nahr highlights the mercy of Allah. Allah gave His servants flexibility in performing the rites of hajj e.g. choosing between shaving or trimming the hair.
- 2 Reflect on the mercy and compassion displayed by the Messenger of Allah ﷺ on the Day of al-Nahr:

a) One man told the Prophet ﷺ: “I shaved my head before stoning.” The Prophet ﷺ answered his implied question: “Do the stoning now, there is no harm.” Others asked: “I performed ḥuḍūd before stoning.” He ﷺ replied once again, “There is no harm.”

b) Even when it came to shaving or trimming the hair, the Prophet ﷺ made du‘ā’ for mercy for those who trimmed. He did not limit it only to those who shave, although he did pray for those who shaved three times over.



Don’t sweat the small stuff over the minute details of ḥajj. **Stay focused on the bigger picture.** The actions of ḥajj are surrounded by mercy; if a duty cannot be fulfilled due to a valid reason or has been unintentionally missed, there is no sin, just compensation (in most cases). Don’t panic if you make a mistake or are unsure about something. Consult a scholar who will be able to guide you.



### Reflect

Imagine, the Prophet ﷺ accomplished so much: stoning the Jamarah, giving a speech, answering questions, assigning camping places, slaughtering 63 animals, shaving his head, changing his clothes, going to Makkah, doing ḥuḍūd, blessing people and then going back to Minā, all in the space of half a day. Allah blessed him and his time immensely, and he was thus able to deliver the enormous message in 23 years of his blessed life too.

Şall Allāhu ‘alayhi wa sallam.

# 11th, 12th and 13th of Dhul Hijjah: The Days of Tashriq

وَادْكُرُوا اللَّهَ فِي أَيَّامٍ مَعْدُودَاتٍ فَمَنْ تَعَجَّلَ فِي يَوْمَيْنِ فَلَا إِثْمَ عَلَيْهِ وَمَنْ تَأَخَّرَ فَلَا إِثْمَ عَلَيْهِ لِمَنِ اتَّقَى وَاتَّقُوا اللَّهَ وَاعْلَمُوا أَنَّكُمْ إِلَيْهِ تُحْشَرُونَ

*“And remember Allah on the appointed days. Whoever departs swiftly in two days is not sinful, neither are those who stay behind (till the third), so long as they are mindful (of Allah). And be mindful of Allah, and know that you will be gathered before Him” (2:203).*

The three days following the Day of *Nahṛ* (Eid al-*Adhā*) are the Days of *Tashriq* (the 11th, 12th and 13th of Dhul *Hijjah*). These days are included among the days of *Eid* and are **from the greatest days of the year**. The Messenger of Allah ﷺ said, “The greatest day in the sight of Allah is the **Day of *Nahṛ*** (10th of Dhul *Hijjah*) and then the **Day of *Qarr*** (11th of Dhul *Hijjah*)” (Abū Dāwūd).

The 11th is known as the **Day of *Qarr*** because the pilgrims reside in *Mina* for worship (*qarra* means to reside), whilst ***Nahṛ*** is in reference to the slaughtering of the animal.

These three days are **specified for glorifying Allah, and pelting the *Jamarāt***.

## Stoning the *Jamarāt*

After midday on the 11th of Dhul *Hijjah*, the Prophet ﷺ walked to the *Jamarāt*. Starting at the **first one**, he threw seven small stones, glorifying Allah with each stone. He moved away from the crowd,

stopped and faced the qiblah, continued to praise Allah and made du‘ā’ for a very long time (equivalent to the time it takes to recite Sūrah al-Baqarah).

He ﷺ made his way to the **second Jamarah**, doing the same as what he did at the first, but making du‘ā’ for an even longer period of time.

He ﷺ finally went to **Jamarah al-‘Aqabah**, threw seven stones, glorifying Allah with each one, and walked away without stopping.

He ﷺ repeated the above on both the 12th and 13th of Dhul-Hijjah.



### Reflect

The du‘ā’ after stoning embodies your complete reliance on Allah in every moment of your lifelong battle against the human and jinn devils.



### Act

Ensure you make du‘ā’ for as long as possible after stoning the first two Jamarāt on these days.

## The Secrets of Stoning the Jamarat

This has been covered in detail previously. Please refer to pg. 129.

## Staying in Mina

The Prophet ﷺ remained in Minā until the 13th of Dhul Hijjah. Do your best to follow the sunnah by spending the nights in Minā, instead of returning to your hotel. These are also days of eating, drinking and remembering Allah. During these days, try to eat from your *udhriyah* (*qurbānī*) if possible.



You may have exited your iḥrām, but the days of ḥajj are not yet over. Don't wait for the days to finish so you can get back to Makkah or to your hotel. Instead, treat each day as a special gift from Allah.

## The Secrets of Remaining in Mina

1 Keep busy in the remembrance of Allah. This is when you have the most time in ḥajj so make the most of this precious free time. Thank Allah for the immense blessings He has bestowed upon you for allowing you to complete your hajj, and seek forgiveness for all of your shortcomings during your journey. Allah ﷺ says,

إِذَا قَضَيْتُمْ مَنِاسِكُكُمْ فَادْكُرُوا اللَّهَ كَذِكْرِكُمْ أَبَأَعْكُمْ أَوْ أَشَدَّ ذَكْرًا فَمَنْ  
الثَّالِثُ مَنْ يَقُولُ رَبَّنَا أَتَنَا فِي الدُّنْيَا وَمَا لَهُ فِي الْآخِرَةِ مِنْ حَلْقٍ، وَمِنْهُمْ مَنْ  
يَقُولُ رَبَّنَا أَتَنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقَنَا عَذَابَ النَّارِ

*“When you have fulfilled your sacred rites, remember Allah as you used to remember your forefathers, or even more. There are some who say, “Our Lord! Grant us good in this world,” but they will have no share in the Hereafter... Yet there are others who say, “Our Lord! Grant us good in this world and good in the Hereafter, and protect us from the torment of the Fire” (2:200-1).*



### Reflect

- In the days of Jāhiliyyah (Ignorance), the Arabs used to remember their forefathers and parents during this period, but Allah is telling us to remember Him even more.

b) Remember Allah as you used to remember your parents when you were young:

- Just as you clung to your parents, seeking comfort from them, cling to Allah.
- Just as you never strayed too far from your parents, never drift away from Allah.

**It is the remembrance of Allah that truly elevates His servants, not boasting about ancestors. The scale for human value is the scale of *taqwā*: the scale of connection to Allah, His remembrance, and consciousness of Him. People will be weighed by this scale, and their worth and ultimate outcome will be determined according to it.**

2 Eat with the intention to gain strength to remember Allah. The Messenger of Allah ﷺ said, “The Days of *Tashrīq* are the days of eating, drinking and the remembrance of Allah” (Muslim).

Ibn Rajab رحمه الله mentioned that eating and drinking during these days is not merely indulgence, but a way to gather strength for continued remembrance and worship of Allah. He writes, “The Days of *Tashrīq* combine both blessings of the body and the heart for the believers: the blessings of the **body** through eating and drinking, and the blessings of the **heart** through dhikr and gratitude. This is a completion of all blessings. Furthermore, whenever they thank Allah for a blessing, their gratitude in itself is another blessing; and this requires further gratitude. And gratitude never ends.”

**3** Reflect on the brotherhood and unity of the believers. The brotherhood in Islam takes a vivid expression here. It is a testament to the beauty of Islam.



### Act

Look around you and observe the diversity of people, from all corners of the world, speaking different languages and coming solely to remember Allah and to please Him. How does that make you feel?

**4** Appreciate the Divine hospitality. Minā is a gesture of Divine hospitality. Allah ﷺ invited you to visit His House and you responded. You offered what you could as a gift: your sacrificial offering (qurbānī). Allah accepted it from you and then out of His generosity, provided a banquet for you that lasts for another three days.

**5** Live a minimalist life. Minā teaches you how little material possessions you actually need to live. It strips life down to its essentials: a small space to sleep, few possessions which fit in a bag, and sincere worship. Away from the comforts of home, you learn that true richness lies in contentment, and that you can thrive with far less than you think.



### Reflect

How can you live more simply, without being trapped by the constant pressure to buy more, have more, earn more and do more, all in the name of happiness?

**6** Renew your pledge to Allah and His Messenger ﷺ. Minā was the place in which the people of Madinah first heard about the

message of Islam from the Prophet ﷺ. Mina was the place to which they would return in two years' time, speaking to the Prophet ﷺ and pledging allegiance to follow him, paving the way for the spread of Islam. It was in this place that they pledged the following:

“You pledge allegiance to me upon hearing and obeying in times of energy and laziness; to **spend** (in Allah’s cause) in hardship and ease; to enjoin what is right and forbid what is wrong; to **speak the truth** for the sake of Allah, not fearing the censure of any critic; and that you will **support** me when I come to Yathrib (Madinah), protecting me as you would protect yourselves, your wives, and your children. If you do so, then **Paradise** is yours” (Ahmad).



### Reflect

How are you fulfilling your pledge to Allah ﷺ and His Messenger ﷺ? The Anṣār sacrificed their wealth and lives for the sake of Allah’s dīn. What will you sacrifice for Allah’s dīn? What is your project to help the ummah?

7

**Focus on taqwā.** Allah ﷺ says, “And remember Allah on the appointed days. Whoever departs swiftly on the second day (from Minā) is not sinful, neither are those who stay behind (till the third), so long as they are mindful (of Allah). And be mindful of Allah, and know that you will be gathered before Him” (2:203).

This is a timeless command for taqwā, especially once you have completed ḥajj. It reminds you to carry the taqwā you embodied during ḥajj into every moment of your life.

Taqwā isn’t just for sacred seasons. Unlike the people of

Jāhiliyyah, who returned to sin and corruption once hajj ended, you are told to remain **steadfast**.

Hajj should result in a permanent transformation to the state of taqwā and not just a temporary change.

8 Seek opportunities to do good. You will see poverty and people sleeping on the floor without any tents.



### Act

Find someone in real need. Give them a generous gift. Imagine they have just made du‘ā’ to Allah, and your gift is the answer to that prayer.



### Reflect

Imagine how this act will increase Allah’s love for you.

9 Remember you are Allah’s guest. The Messenger of Allah ﷺ said: “The Days of Tashrīq are the days of eating, drinking and the remembrance of Allah” (Muslim).



### Reflect

You are Allah’s special guests. That’s why fasting is prohibited during these days. Look at how generously He treats His guests. How generous are you with your guests?

10 Free yourself from Shayṭān. The last thing you do when leaving Minā is stoning the Shayṭān, indicating that you have fully liberated yourself from him and your lowly desires.

## Remembering Allah in the Days of Tashriq

You should remember Allah ﷺ considerably more in the Days of Tashriq. ‘Umar b. Khattāb ﷺ used to recite the takbīr in Minā. When they heard him, the people would also remember to declare the takbīr, resulting in the valley of Minā echoing with the proclamation of Allah’s greatness.

Continue reciting the takbīrāt of tashrīq once after each fard ṣalāh until ‘aṣr of 13th Dhul Ḥijjah:

اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ، لَا إِلَهَ إِلَّا اللَّهُ وَاللَّهُ أَكْبَرُ وَلَلَّهُ الْحَمْدُ

*Allah is the Greatest. Allah is the Greatest. There is no god worthy of worship but Allah and Allah is the Greatest. Allah is the Greatest and all praise is for Allah Alone.*

The wisdom of repeating the takbīrāt fervently is to allow the greatness of Allah to become entrenched in the hearts of all Muslims. It is a reminder that it is only Allah ﷺ who is deserving of complete servitude and obedience. When uttering the takbīrāt, this reality should be embedded in your heart and mind.

There is special importance given to the remembrance of Allah before, during and after the Days of Tashriq. As the Days of Tashriq mark the end to a great season of worship, an apt way to complete these rites is with the remembrance of Allah.

Similarly, in the Qur’ān, Allah commands us to perform dhikr after the completion of various deeds (e.g. ṣalāh, ḥajj, jumu‘ah, fighting in His path). The deeper meaning of this command is that whilst other actions may come to an end, the remembrance of Allah continues for the believers in this life and the Hereafter.

“

All actions come to an end with the ending of this life and nothing of it remains in the Hereafter. As for the remembrance of Allah, it endures into the Hereafter.

The believer lives upon the remembrance of Allah, dies upon it and will be resurrected upon it.

- Hasan al-Baṣrī 

”

## Departing From Mina

After completing the rituals at Minā, the Prophet  encamped at Khayf Banī Kinānah, where he led the congregation in zuhr, 'asr, maghrib and 'ishā'. He  said, "Seventy Prophets offered prayers here" (Bayhaqī). As people began to leave for home, he told them, "No one should depart without **bidding farewell to the Ka'bah**" (Abū Dāwūd).



### Reflect

15 years ago before the Final Pilgrimage, in this very same place, the Quraysh and the Banū Kinānah tribe made a treaty to boycott the Banū Hāshim and Banū Muṭṭalib clans (the Prophet's relatives) to suppress the Prophet  and his message. Yet, 15 years later, the light of Allah had spread, despite the attempt of the disbelievers. Allah granted the Prophet  a great victory: **He perfected His grace upon him  and made the religion of Islam complete.**

# Tawaf al-Wada'

This is the moment of departure: the final goodbye. The most bittersweet moment of hajj is when the sun is setting on 'Arafah; and the second is during the ṭawāf al-wadā', when you're leaving the House of Allah. It is a great honour and you don't know when you will be invited to return.

## The Last Prayer by the Blessed House

The Prophet ﷺ went to the Ḥaram to perform the farewell ṭawāf before dawn on the 14th of Dhul-Hijjah. He led fajr by the Ka'bah, reciting Sūrah al-Ṭūr.

The Prophet ﷺ left Makkah, taking the Kudayy route, until he arrived at Dhū Ṭuwā; there, he waited for the rest of his Companions ﷺ to catch up.



### Reflect

The mission of the Prophet ﷺ had been accomplished and the message had been delivered. These were an immensely blessed 10 days. No one imagined that as he ﷺ was bidding them farewell, he was also bidding farewell to this world. No one imagined that it would only be two months and a few days when he ﷺ would leave this world and be united with his Lord.

Şall Allāhu 'alayhi wa sallam.

## The Secrets of Tawaf al-Wada'

Please refer to pg. 84 for the section on ٰتَّوَافَ. Along with the secrets mentioned there, internalise these additional secrets during your ٰتَّوَافَ الْوَدَاءُ (the farewell ٰتَّوَافَ):

- 1 Let this be your final act in Makkah. Don't dilute your worship with shopping or distractions. End your journey with worship. Just as the first act of ٰهَجَّ is seeing the Ka'bah and performing ٰتَّوَافَ around it, the final act of ٰهَجَّ is also ٰتَّوَافَ.



### Act

Beg Allah for acceptance of your ٰهَجَّ during your final ٰتَّوَافَ.

- 2 Fill your heart with gratitude. This ٰتَّوَافَ is an expression of gratitude and thanks for the immense kindness and blessings bestowed by Allah upon you.

# The Best Days Come to an End

As your hajj comes to an end, conclude with the following:

## 1 Ask Allah to Accept Your Hajj

Wuhayb b. al-Ward ﷺ recited:

وَإِذْ يَرْفَعُ إِبْرَاهِيمُ الْقَوَاعِدَ مِنَ الْبَيْتِ وَإِسْمَاعِيلُ رَبَّنَا تَقَبَّلْ مِنَّا إِنَّكَ أَنْتَ السَّمِيعُ الْعَلِيمُ

*“And (remember) when Ibrāhīm raised the foundation of the House with Ismāīl, (supplicating), ‘Our Lord! Accept (this) from us. You are indeed the All-Hearing, All-Knowing” (2:127)*

He wept, “O **Friend** of The All-Merciful (Khalīl al-Raḥmān)! You were raising the foundations of the House of The All-Merciful, and you were scared that it would not be accepted from you!”

## 2 Thank Allah

Thank Him for inviting you to His House and granting you the opportunity to complete this blessed journey. Countless people have longed to visit His House, dedicating their lives to preparing for the journey, yet Allah chose to call you. Do not take this blessing for granted.

## 3 Seek Forgiveness

As with all acts of worship, you likely made some mistakes in the process of performing hajj. Ask Allah ﷺ to forgive your shortcomings and sins. Ibn Rajab ﷺ writes: “Istighfār (seeking forgiveness) is the seal

of all righteous acts: ṣalāh, hajj, and the night prayer are concluded with it, and gatherings are concluded with it..."

#### 4 Have Hope and Fear

Do not be deceived by your acts of worship. Have hope in Allah ﷺ that He will accept it from you, and at the same time feel scared that your acts of worship will not be accepted.

The righteous predecessors would strive to perfect their deeds and then would **worry** about whether their deeds would be accepted. ‘Alī b. Abī Ṭālib ﷺ said, “Be more concerned with Allah’s acceptance of a good deed than with doing the good deed itself. Have you not heard Allah say: ‘Allah only accepts from the people of taqwā’ (5:27)?”

Similarly, Allah ﷺ says, “And those who give that which they give with their hearts full of fear...” (23:60).

Ā’ishah ﷺ said, “I said, ‘O Messenger of Allah: Does ‘And those who give that which they give with their hearts full of fear... (23:60)’ refer to the person who commits adultery, steals and drinks alcohol?’ He ﷺ replied, ‘No, O daughter of Abū Bakr! Rather it is the one who fasts, gives charity, performs ṣalāh, whilst he fears that it will not be accepted from him’” (Ibn Mājah).

May Allah, al-Karīm, through His endless mercy, generosity and blessings, return you home safely, free from sin, ready to start a new life. And may He, through His infinite grace, welcome you into your true and everlasting home: Jannah, in the honoured company of the Prophets, the truthful, the martyrs, and the righteous. What a beautiful homecoming that will be, *bi’idhnillah*.

“  
I witnessed the  
predecessors exerting  
their utmost efforts in  
performing righteous  
deeds, but upon  
performing them, anxiety  
would befall them as  
to whether their deeds  
would be accepted or not.

- ‘Abd al-Azīz b. Abī Rawwād ﷺ

”

## Chapter 3

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# Delve Deep: The Goals of **Hajj**

To truly benefit from your journey, it is important to understand the deeper goals of һajj. This chapter focuses on those core objectives. While the previous chapter explored the wisdoms behind each step of the journey, this one helps you see the bigger picture, linking each act of һajj to the goals of һajj. By understanding these connections, your һajj will not just be a physical journey, but a deeply transformative one, *bi'idhnillah*.



# Hajj: Tawhid and Ikhlas

Allah ﷺ created the heavens, the earth and everything in between them for one and only reason: that **He Alone is worshipped, loved and obeyed**. This is the essence of tawhīd: affirming the Oneness of Allah. A core element of tawhīd is ikhlās (sincerity): to do **everything solely for the sake of Allah**.

## Tawhid in Hajj

وَإِذْ بَوَأْنَا لِإِبْرَاهِيمَ مَكَانَ الْبَيْتِ أَن لَا تُشْرِكُ بِنِ شَيْئًا وَظَهِيرَتِي لِلظَّاهِرِيْنَ وَالْقَائِمِيْنَ  
وَالرُّكُعُ السُّجُودُ

*“And (remember) when We designated for Ibrāhīm the site of the House, (saying,) “Do not associate anything with Me as My partner, and purify My House for those who do ṭawāf, stand (in ṣalāh), and bow and prostrate themselves” (22:26).*

The primary objective of building the Ka'bah was to establish the sincere worship of Allah Alone, without any partners. Reflecting on the rituals and supplications of hajj highlights that the entire journey revolves around the tawhīd of Allah, from the first act to the last.

You start with the talbiyah: the motto of hajj. Jābir ﷺ said, “The Prophet ﷺ entered the iḥrām with tawhīd i.e. the talbiyah” (Muslim). He referred to the talbiyah as ‘tawhīd’ due to it being the essence of hajj.

Through the talbiyah, you emphasise the absolute Oneness of Allah and disassociate yourself from shirk. You acknowledge that all dominion and blessings are from Him Alone, and you declare your commitment

to Him Alone. This is a statement you will repeat throughout your *hajj*, so that it becomes deep-rooted in your heart.

*Hajj* should lead you to reflect upon the aspects of your life where you may have deviated from *tawhīd*. For those who once called upon others besides Allah, made vows to others, or sought benefit and protection from anyone other than Allah, *hajj* teaches them to disassociate from all such practices and to dedicate all acts of worship to Allah Alone, thereby returning them to the purity of *tawhīd*.

## Expressions of Tawhīd During Hajj



Intention (2:196)



Talbiyah



Țawāf



The Ka'bah as a symbol of tawhīd (22:26)



Takbīr at the beginning of every round of țawāf



2 rak'ahs after țawāf:  
Sūrah al-Kāfirūn and  
Sūrah al-Ikhlas



Sa'y (2:158)



Du'a' at Mount Saffā and Marwah (See pg. 95)



Dhikr of 'Arafah (See pg. 108)



Sacrificing animals (22:34)



Saying takbīr as you stone the Jamarāt

## Ikhlas

When the Prophet ﷺ set out to perform ھajj, he said, “O Allah, [I intend] a ھajj in which there is **no showing off nor reputation sought**” (Ibn Mājah).

This highlights one of the greatest goals of ھajj: **pure tawhīd and sincere devotion to Allah**. The very first pillar of ھajj is ikhlāṣ: to purify your intention and to **do everything solely for the sake of Allah**. It is through sincerity that your efforts are accepted.

The Messenger of Allah ﷺ said, “Actions are according to intentions” (Bukhārī). During ھajj, before you perform any ritual or deed, rectify your intentions and only intend the pleasure of Allah. The stronger and purer your intention is, the greater the reward will be.

It is very easy to start a deed with sincere intentions, but then find halfway through the deed that you are not doing it only for the sake of Allah. Sufyān al-Thawrī ﷺ said, “I have never dealt with anything more difficult than my intention; it keeps changing on me.” Thus, constantly renew your intentions. Be conscious of your intentions before doing a good deed, during it, and after it.

## The Golden Secret: Turn Every Deed into Worship

An intention can transform ordinary permissible actions, like eating or sleeping, into acts of worship. Our beloved Prophet ﷺ said, “Indeed you do not spend anything **seeking the pleasure of Allah**, except that you will be rewarded for it, including what you place in your wife’s mouth” (Bukhārī).

Use ھajj to train yourself in maximising your intention. Be mindful of each action and always ask yourself: Why am I doing this?

“  
Indeed I hope for reward for my sleep just as  
I hope for reward for standing in prayer.

- Mu‘ādh b. Jabal ﷺ



### Reflect

What intentions can you have for the ‘ordinary’ permissible actions to turn them into acts of worship? E.g. **sleeping and eating** to gain energy for worship.

Even simple, everyday actions can become acts of worship when done with the right intention. When you go to sleep, intend to rest so you can regain energy to worship Allah. When you eat, do so with the intention of strengthening your body for ‘ibādah. Dress neatly and respectfully, intending to stand before Allah in prayer and to honour His commands. If you pick up litter, do it to please Allah and to help others by maintaining cleanliness. Even reading the news can be an act of devotion if your purpose is to stay informed, make du‘ā’ for the ummah, and find ways to support them.

Once you master this golden secret, even the smallest, most ordinary actions can effortlessly bring you incredible rewards.

## Living for Allah

Allah ﷺ instructed the Messenger of Allah ﷺ to: “Say, ‘My prayers and sacrifice, my life and death, are all for Allah, Lord of all the Worlds. He has no partner. This is what I am commanded, and I shall be the first of those who submit to Him’” (6:162-3).

Internalising tawhīd and ikhlāṣ results in dedicating your life completely to Allah. Living for the sake of Allah requires you to align every intention and action solely with seeking Allah's pleasure. Your goal in every movement, moment of stillness, interaction, silence, and speech is to please your Lord.

It is, however, a demanding path: full of **hardship**, struggle, and immense **striving**. Those who live for Allah bear difficulties that others, whose hearts are void of this profound and noble meaning, could never endure. Could Nūh ﷺ have endured mockery, humiliation, and the burdens of da'wah for 950 years if he had not lived those years for Allah? Could Yūsuf ﷺ have patiently borne imprisonment, had he not been a man whose life was lived with Allah? Could Ibrāhīm ﷺ have faced his people and remained steadfast against their harm and oppression without that connection? Could Ayyūb ﷺ have patiently endured years of severe illness, pain and hardship without finding intimate companionship with his Lord during those trials?

All of them realised that just as all matters belong to Allah, so too must **one's entire life be lived for Him**. It is this spiritual reservoir of īmān that made it easy for those who lived for Allah to **embrace death in His cause** without hesitation.

Let ḥajj be a turning point in your life; let it be the moment where you make a firm pledge to live for Allah and dedicate your life to Him. Align your entire being with pleasing Him. Love Him, be in awe of Him and place all your hopes in Him. Seek help from Him, sacrifice for Him and submit to Him. This is what it means to truly live for Allah ﷺ.

# Hajj and 'Ubudiyyah

There is one secret which enables you to race ahead in your journey to Allah: 'ubūdiyyah (servitude to Allah). 'Ubūdiyyah is a state of the heart, which manifests itself in external acts of worship. The goal of all physical acts of worship is to attain the state of 'ubūdiyyah. 'Ubūdiyyah is to fully **humble** yourself to Allah, **submit** to Him and **love Him** more than anyone else.

## 'Ubudiyyah: Submission

Hajj is a magnificent act of worship and a profound display of devotion. It embodies the essence of **servitude to Allah** ('ubūdiyyah), marked by **deep humility**, surrender, and brokenness before the Almighty. You leave behind the comforts and pleasures of this world, journeying to your Lord, abandoning your wealth, family, and homeland.

You distance yourself from your usual life, shedding your familiar clothes for two simple garments, bareheaded and humbled before your Lord. You forsake perfume, intimacy, and luxury. You move between sacred sites with a **heart full of reverence**, eyes brimming with tears, and a tongue constantly in remembrance: seeking Allah's mercy and fearing His punishment.

Your constant cry throughout the journey is: "*Labbayk Allāhumma labbayk*: Here I am, O Allah, here I am." I have submitted to You, my Lord; I answer Your call, obey Your command, and surrender to Your will.

Hajj is a school of servitude which teaches you **absolute obedience and submission to Allah**, even when it goes against your intellect or rational reasoning. Some of the rituals of hajj (e.g. stoning the Jamarāt or walking between Šafā and Marwah) have no clear rationale or natural appeal. You may wonder why you circulate the Ka'bah seven times and not six or eight; or why you throw seven stones instead of six or eight. Unlike zakāh, fasting, or šalāh, which the mind can easily comprehend, the acts of hajj are driven purely by obedience. They symbolise true **servitude ('ubūdiyyah)**, as the only reason you perform them is because Allah ﷺ has commanded it.

During hajj, you move between the sacred sites not by your own choice, but in obedience to Allah's command. You settle, depart, and delay, not out of habit or preference, but in submission. For example, although you are normally required to pray on time, in 'Arafah you are ordered to delay maghrib. This is not out of negligence, but in obedience to your Lord; you are a servant of Allah, and not a servant to your routine or habits, even with regards to prayer.

Hajj calls you to submit not just in thought, but in **heart and action**. By stepping outside the bounds of routine and reason, you learn true **submission**: following Allah's commands without always seeking explanation, and having īmān in the unseen.

## 'Ubudiyyah: Love

وَالَّذِينَ أَمْتُوا أَشْدُ حُبًّا لِّلَّهِ

*“And those who believe are stronger in love for Allah” (2:165).*

Allah created you as a human, not a lifeless machine. Deep within you lies an innate need to connect with, love, and longing for the One who created you.

Your connection with your Lord is not merely a legal or rational one, limited to obeying commands and avoiding prohibitions. Rather, it is also a connection of love; a bond that must be accompanied by tenderness, yearning, passion and devotion.

These feelings are encapsulated in the statement of *tawhīd*: *lā ilāha illa Allah*. The word ‘ilāh’ (god) is rooted in deep emotion. It comes from the Arabic phrase ‘aliha al-faṣīl’, describing a weaned baby camel crying out in longing for its mother: its ‘ilāh’ (i.e. what it most yearns for). Thus, the word ‘ilāh’ is tied to **intense love, longing and attachment**. So when you say: “*Lā ilāha illā Allāh*” [There is no god worthy of worship but Allah], it is a declaration of what’s in the heart: a profound attachment to Allah, through which you express your deepest **yearning, fear, hope and love for Him**.

As humans, we are always in search of something we can see with our own eyes, something to which we can direct our yearnings, satisfy our deep longing, and fulfill our desire for awe and closeness. This search drives us to undertake the journey to His House. Hajj, therefore serves not only as a legal duty or a ritual act, but as a deeply emotional and spiritual journey; one that speaks to the heart and fulfills a profound, **built-in human longing for connection with the Divine**.

“ At times, a person yearns for their Lord with the deepest longing, and they seek something to fulfil that yearning; and they find nothing that satisfies it except the pilgrimage.

- Shāh Waliyullāh al-Dīhlawī

## Hajj: A Journey of Love

Ḥajj is ultimately a journey of love. At the heart of every act and ritual is a spirit of love, surrender, and longing for the Divine.

You are attending the annual gathering of His lovers at His House; a gathering to which He Himself has invited you. Undoubtedly you will face obstacles, but you are still desperate to attend because you love Him.

In your dishevelled state, you resemble the distressed lover. With deep passion and yearning, you repeatedly chant ‘Labbayk’: here I am my Lord, my heart is for You.

With this love, you enter His House in the land He blessed. You circle the Ka‘bah with deep reverence. Your heart overflows with His love, and you become oblivious to your surroundings.

You then run up and down Ṣafā and Marwah like a lover desperately in search of his beloved. You journey to Minā and ‘Arafah, where your deep longing for your Lord is fulfilled: you have never felt this close to Him before.

Then comes the stoning at the Jamarāt. Your heart pleads: O Allah, my Beloved, help me to cast aside everything that comes between me and You, especially Shaytān who wishes to come in between us.

You remember how Ibrāhīm ﷺ preferred the love and obedience of Allah over the love of his own son, and how he placed the knife to his son’s throat. You pray: O Allah, make me like Ibrāhīm, Your khalīl.

Then you sacrifice an animal. In the past, you have made small sacrifices for Him, your Beloved. But today, your resolve is different. You are ready to sacrifice everything for Him; **to live for Him and to die for Him.**

— “

**Even if the Ka‘bah had no other honour besides the fact that Allah attributed it to Himself — saying, “Purify My House” — that alone would have been enough to grant it immense nobility and status. It is this very attribution that draws the hearts of the entire world towards it, capturing their hearts with love and longing to see it. It is the sanctuary for the lovers; they return to it again and again, never feeling satisfied.**

**The more they visit it, the more their love grows and their yearning deepens. Neither proximity nor distance from it soothes their longing.**

— ”

- Ibn al-Qayyim 

# Hajj and Following the Footsteps of Ibrahim

ابن عباد

One of the main purposes of hajj is to renew your connection with the leader and founder of the Abrahamic monotheistic path: **Ibrāhīm, the close friend (khalil) of Allah**. It is to be inspired by his spirit, preserve his legacy, and **align your practices with his example**. Through this, you are able to reflect on the current conditions around the world, correct the corruptions that may have crept into your life, and restore everything to its original source and foundation.

Shāh Waliyyullāh ﷺ writes: “One of the objectives of hajj is to conform with the traditions inherited from our masters Ibrāhīm and Ismā’il ﷺ for they are the leaders and legislators of the ḥanīfiyyah (pure monotheistic) religion for the Arabs. Prophet Muhammad ﷺ was sent to revive this faith and elevate its word, as Allah ﷺ said, ‘...[Follow] the religion of your father Ibrāhīm... (22:78).’”

## Ibrahim ﷺ: The Khalil of Allah

Ibrāhīm was born into a household of idol custodians. His father was one of the greatest caretakers of idols in the land. He carved them, sold them, and served at the grand temple, tying his life to idolatry both in belief and profession. What a serious dilemma it is, when **faith is bound to livelihood, when religious emotions are intertwined with material interests**.

Nothing in this spiritually dark environment would normally ignite faith or inspire compassion or rebellion against the pagan superstitions, except a pure heart; a heart that is prepared for Prophethood and

destined to shape a new world. “And indeed, We had granted Ibrāhīm sound judgement early on, for We knew him well (to be worthy of it)” (21:51).

Ibrāhīm’s journey began with a revolution that many revolutions never even reach. **He began at home**, within the house he was born into and compelled to reside in. The Qur’ān narrates how Ibrāhīm **destroyed the idols**, how their worshippers were enraged and confused, and how they **took revenge by casting him into fire**, only for Allah to make it **cool and safe** for him. Then came his bold and eloquent debate with the tyrant king.

Ultimately, Ibrāhīm’s revolution led to **alienation in his own homeland**. Society rejected him, the regime hunted him, but he did not flinch. He had expected the persecution all along. He left his land at peace with himself, having safeguarded his true treasure: **belief in Allah**.

Prophet Ibrāhīm set off, wandering through a world saturated in idolatry, falsehood, and self-worship, until he arrived in Egypt, only to face another trial. There, he became the target of humiliation when the king lusted after his wife Sārah ﷺ, but they both escaped unharmed. They settled in the land of al-Shām (Greater Syria). There, he resumed his call to reject idols and to worship Allah Alone.

Ibrāhīm found peace in living in al-Shām: a land rich in fertility, abundant in provision, and overflowing with natural beauty. Yet soon after, he was commanded to head toward a land that was completely different to al-Shām.

Ibrāhīm was selfless. He never considered himself **entitled to a particular land** or attached to any specific homeland. He was entirely at the disposal of Divine command, viewing the world as his country and the human race as his family.

Ibrāhīm was ordered to travel with his wife Hājar and their infant son. They arrived in a narrow valley surrounded by barren mountains on all sides, where the heat beat down ceaselessly and no water was to be found. The land was empty, devoid of all other humans. It was in this desolate place that Ibrāhīm was commanded to leave his wife and infant child; left to **rely solely on Allah**, submitting to His command, and surrendering to His will.

**There was no overprotectiveness or hesitation, no fatigue or despair, no weakness in resolve, and no doubt in the promise.** Ibrāhīm's submission was a rebellion against worldly logic, defiance of nature and abandonment of material means. He had faith in the unseen, and trust in Allah when every certainty crumbled.

## The Miracle

Soon, the infant and mother suffered from thirst. There was no spring of water from which Hājar could quench their burning thirst. She ran back and forth between two mountains in frantic, tearful search of water, or of someone who might have it.

Hājar returned to check on her baby to assure herself that he was alive, driven by her fear for his life. She rushed again, in search of water or a sign of human life, caught between the **agitation stirred by nature and the calmness inspired by īmān**. Being the wife of a Prophet and the mother of a Prophet to-be, she knew that seeking the means does not contradict reliance on Allah. She was agitated but not despondent, firm in her belief, yet neither inactive nor lazy.

**A scene never before witnessed by the heavens unfolded.** Divine mercy was stirred, and miraculously, the water of Zamzam gushed forth. It became a **blessed, eternal spring** that never runs dry: a source of nourishment and healing, a fountain of blessing and reward. It quenched generations past and will continue to quench generations to come.

Allah immortalised this desperate act, born of a faithful and sincere woman, and turned it into a rite required of the greatest minds, philosophers, and rulers in every age and generation. No pilgrimage is complete without walking between those same two mountains: *Şafā* and *Marwah*.

**Sa'y** is the best representation of a Muslim's stance in the world. It blends reason and emotion, sense and belief. The Muslim uses reason to pursue their worldly needs, but sometimes follows the heart, which often runs deeper than reason.

The Muslim lives in a world surrounded by temptations, adorned with superficial beauty, but they pass through it like the one walking between *Şafā* and *Marwah*; **not becoming attached to anything, not bound by anything.**

The believer's goal and focus lie ahead. Life is seen as a limited number of laps, traversed in obedience to Allah and in imitation of their righteous predecessors. Their faith does not prevent them from striving and seeking, nor does their striving diminish their trust and reliance on Allah. It is a movement powered and defined by 'love' and 'obedience'.

## **Love and Sacrifice**

Young *Ismā'il* grew up, reaching the age when the bond between fathers and sons become strongest. He began to accompany his father and work with him. The great father, filled with deep human affection and love, felt an intense attachment to his son, the very apple of his eye. Herein lay the test, for his heart was no ordinary heart. His was the sound heart specially chosen for Divine love. It was the heart of the **Friend of the Most Merciful** (*Khalīl ar-Rāhman*). Love does not tolerate a partner nor a rival. What then of Divine love?

Then came the command: *Ibrāhīm* received a vision to sacrifice his

**beloved son.** The visions of Prophets are revelations; the vision came again, and he realised this was a firm command, not a mere dream. He decided to consult his son, as such an act could not be fulfilled without his acceptance and willingness. What did he find? He found in him the **peak of righteousness, intelligence, sacrifice, and surrender to God's will.** After all, he was a Prophet, son of a Prophet, and great-grandfather of a Prophet:

*“...O my dear son! I have seen in a dream that I am sacrificing you. So tell me what you think.” He replied, “O my dear father! Do as you are commanded. Allah willing, you will find me steadfast” (37:102).*

Then something unimaginable occurred. The father set out with his noble, beloved son; the father to sacrifice his son, and the son to obey his Lord and his father. Both submitted completely to Allah's command. **Shayṭān**, who is sworn to lead astray and prevent human happiness, tried to turn them from obedience, tempting them with the love of life, but both rejected him. They were determined to fulfill the command of Allah.

The moment arrived. The son lay down for slaughter. The father placed the knife on his son's throat and exerted himself to make the cut... and **Allah willed it, and so it happened.**

The goal was not the sacrifice of Ismā‘il, rather, it was the sacrifice of any love that competes with Divine love. That competition was wiped out by placing the knife on the throat. Ismā‘il was born so he could live, thrive, and have descendants, among them the final Prophet and Master ﷺ. **How could he be sacrificed before this destiny was realised?**

So **Allah ransomed Ismā‘il with a ram from Paradise**, and made it a lasting tradition for his descendants and followers: to offer sacrifices during the days of Eid, commemorating that great act of devotion.

*“Then when they submitted (to Allah’s Will), and Ibrāhīm laid him on the side of his forehead (for sacrifice), We called out to him, ‘O Ibrāhīm! You have already fulfilled the vision.’ Indeed, this is how We reward the good-doers. That was truly a revealing test. And We ransomed his son with a great sacrifice, and blessed Ibrāhīm (with honourable mention) among later generations: Peace be upon Ibrāhīm (37:103-9).*

Allah immortalised the story of Shayṭān’s attempt to mislead Ibrāhīm by commanding the stoning ritual at the very spots where the devil had tried to deter him. This symbolic act, repeated annually during the best days of the year, stirs the believers to reject Shayṭān, to demonstrate defiance against him, and reflects a believer’s constant struggle against evil. It is a moment of spiritual joy and emotion, if the faith is genuine, the understanding deep, and the surrender complete. It reminds the believer of their eternal battle with Shayṭān and his allies, as Shayṭān is left humiliated.

## **Building the House of Allah**

Time passed. Ismā’īl, once a small child, was now a strong young man, honoured by Allah with prophethood and leadership. Ibrāhīm’s call had borne fruit, spreading wide and far. Yet this call needed a centre and sanctuary for people to gather around. There were plenty of palaces for kings and many temples for tyrants, where desires were obeyed and Shayṭān was worshipped; yet there was no House purely dedicated to Allah on His Earth, purified for His worshippers.

Now that the foundations of faith were established and the Muslim nation had begun to form, Ibrāhīm was commanded to build the House of Allah, a sanctuary of safety and monotheistic worship.

Father and son worked together to build this humble yet majestic structure. They carried stones to raise the foundation, all the while praying:

*“And (remember) when Ibrāhīm raised the foundation of the House with Ismā’īl, (supplicating), ‘Our Lord! Accept (this) from us. You are indeed the All-Hearing, All-Knowing. Our Lord! Make us both submit to You, and from our descendants a nation that will submit to You. Show us our rituals, and accept our repentance. You are truly the Acceptor of Repentance, Most Merciful” (2:127-8).*

Thus the House was built, founded on **unparalleled īmān** and **sincerity**. Allah accepted this effort and decreed its preservation. He adorned it with majesty and grace, turned hearts toward it, and made it the **object of love and longing, the magnet of hearts**. People yearn to reach the Ka’bah and offer their very souls to be near it, despite its location in a barren land, away from natural beauty.

Then came the command:

*“Proclaim the pilgrimage to all people. They will come to you on foot and on every lean camel, travelling through every deep mountain pass; so they may obtain the benefits (in store) for them, and remember the Name of Allah on appointed days over the sacrificial animals He has provided for them. So eat from them and feed the distressed, the poor. Then, they must remove their dirt, and fulfill their vows, and make ṭawāf of the Ancient House” (22:27-9).*

## Hajj and Ibrāhīm

Hajj represents a living commemoration of what was uniquely characteristic of Prophet Ibrāhīm , particularly his devotion to **monotheism**, his complete **reliance on Allah**, his **sacrifice** in His cause, and his unwavering preference for Allah’s pleasure and obedience.

Every step of hajj, from the iḥrām, to standing at ‘Arafah, Muzdalifah, stoning the Jamarāt, walking between Ṣafā and Marwah, and ṭawāf, is a living re-enactment of the spirit of Ibrāhīm . Every action is a rebellion against false traditions, artificial standards, and counterfeit ideals. It is a renewal of the strong faith, deep love, ultimate sacrifice, and supreme selflessness that Ibrāhīm embodied.

## Continuing the Legacy of Ibrāhīm ﷺ

The annual gathering of Ibrāhīm's followers at ḥajj maintains the bond between Ibrāhīm and his spiritual children. This connection renews the meanings, beliefs, and goals of his mission, ensuring the survival of his faith and the preservation of humanity's greater purpose. Allah says in the Qur'ān:

*“Allah has made the Ka'bah, the Sacred House, a sanctuary of well-being for all people, along with the sacred months, the sacrificial animals, and the garlands.*

*“All this so you may know that Allah knows whatever is in the heavens and whatever is on the earth, and that He is fully aware of everything” (5:97).*

Ḥajj is a call for all people to follow the path of Ibrāhīm, to absorb his spirit, and to carry his message forward in every era and every land. It is a timeless reminder to continue the Abrahamic mission: to strive for truth, stand firm against falsehood, and call humanity to devotion to Allah.

*[Taken from al-Arkān al-Arba'ah by Shaykh Abū al-Hasan al-Nadwī ﷺ]*



### Reflect

What are you doing to carry forward the Abrahamic legacy of spreading the true message of belief in One God?



### Reflect

How would you feel if you had to leave your loved ones in a barren land? Is your tawakkul as strong as the tawakkul of Ibrāhīm ﷺ? Do you believe that sacrifice for the sake of Allah will lead to greater good, even if the wisdom is not immediately clear?



## Reflect

Who or what holds the deepest place in your heart? Is it your spouse, your children, your parents, your friends, your career, your looks, or your intellect? When their desires clash with what Allah asks of you, whose pleasure do you choose? Are you willing to put Allah first even when it costs you?



## Reflect

Ibrāhīm ﷺ threw stones at Shaytān to silence his whispers and stay true to Allah's command. Which habits, distractions, or excuses do you need to 'throw' away for the sake of your Hereafter?

# Hajj and Dhikr

Dhikr is the essence of hajj. At each stage of the journey, Allah ﷺ commands dhikr: 'Arafah, al-Mash'ar al-Ḥarām (Muzdalifah), the sacrifice, and the Days of Tashrīq. The Prophet ﷺ said, “Ṭawāf around the Ka'bah, walking between Ṣafā and Marwah, and the stoning of the Jamarāt were only prescribed to establish the remembrance of Allah” (Tirmidhī).

When Allah ﷺ commanded His close friend Ibrāhīm ﷺ to proclaim the pilgrimage to the people, He ﷺ said: “Proclaim the pilgrimage to all people. They will come to you on foot and on every lean camel, travelling through every deep mountain pass, so they may obtain the benefits (in store) for them, and remember the Name of Allah on appointed days over the sacrificial animals He has provided for them...” (22:27-28). In this verse, Allah ﷺ clarifies the purpose of the pilgrimage: dhikr. Hajj, at its core, is a journey of remembrance.

## The Best Pilgrims

A man asked the Messenger of Allah ﷺ, “Which warriors are the best?” He ﷺ replied, “Those who remember Allah the most.” The man asked, “Which of those who fast are the best?” He ﷺ replied, “Those who remember Allah the most.” Then the man mentioned ṣalāh, zakāh and hajj, and each time the Messenger of Allah ﷺ replied, “Those who remember Allah the most.” Abū Bakr ﷺ said to ‘Umar ﷺ, “Those who remember (Allah) have taken all the good,” at which the Messenger of Allah ﷺ remarked, “Yes, indeed!” (Ahmad).

Thus, the pilgrim who engages in the most dhikr is the one who receives the greatest reward. Dhikr is not limited to words, but

includes all actions that bring a person closer to Allah.

## Racing for Rewards

During the final pilgrimage, the Prophet ﷺ said, “Keep walking, for this is Jumdān (a mountain near Makkah). The ‘Mufarridūn’ have outdone everyone.” The Companions ﷺ asked, “Who are the ‘Mufarridūn?’” He ﷺ replied, “The men and women who **frequently remember Allah**” (Muslim).

Some of the Companions had raced ahead of others on the journey, but the Prophet ﷺ took this opportunity to remind them that the real journey of hajj is the **journey of the heart** to its Creator. The secret to racing ahead in this journey is not walking faster than others, but doing abundant dhikr. Thus, the true winners are those who remember Allah the most.

## The Secret of Dhikr

Dhikr is not just a repetition of words. Its secret lies in **tafakkur: deep reflection and the presence of the heart**. Doing dhikr with the presence of your heart will lead you to knowing Allah, and awakening your love and shyness of Him. Dhikr leads you to fearing Him and being mindful of Him. Dhikr prevents you from falling short in obeying Him and protects you from being desensitised to sins. However, remembering Allah with your tongue alone does not lead to these benefits.

To do dhikr mindfully, **reflect on Allah’s Perfect Names**, and His signs around you: humans, animals, nature etc. Contemplating the beauty, harmony and vastness of the earth, the solar system, and the heavens will help you appreciate Allah’s greatness.

Today, we live in an age of distraction. Our hearts are clouded by

endless disturbances, images and doubts, which leave us struggling to focus when doing dhikr. Physically and mentally detaching ourselves from our devices at certain times is vital if we wish to experience the reality of dhikr.

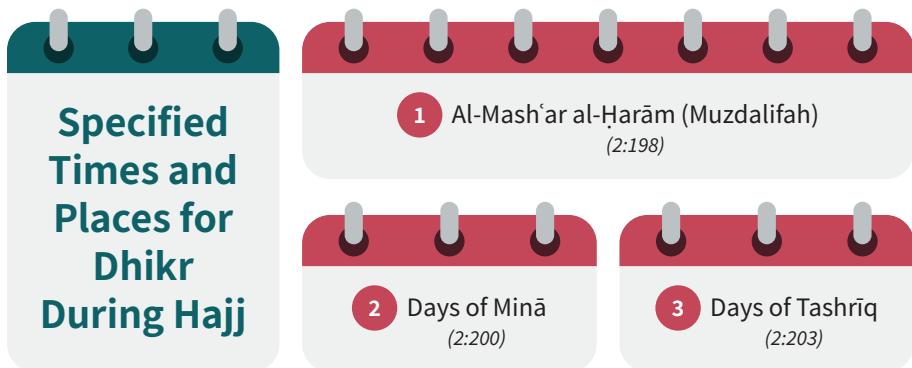


Perform your morning and evening adhkār outside, especially on days when the skies are clear and you can appreciate the beauty of Allah's creation. Remember to switch off your smartphone.

Ibn al-Jawzī ﴿سُبْحَانَ اللَّهِ﴾ explains, “The heedless one says سُبْحَانَ اللَّهِ out of habit. As for the conscious one, he is constantly thinking about the wonders of creation, or the awesome nature of the Creator, and this thinking drives him to say سُبْحَانَ اللَّهِ. Thus, this tasbīh is the fruit of these thoughts, and this is the tasbīh of the conscious ones...”

Likewise, they think about the ugliness of past sins, and this leads them to ponder, to have anxiety and to have regret. The fruit of this thought is that they say أَسْتَغْفِرُ اللَّهَ. This is the true tasbīh and istighfār. As for the heedless, they merely utter these out of habit. And what a difference there is between the two types...”

## A Lifetime of Dhikr



4 Sacrificing the animal  
(22:28)

5 Ṭawāf  
(Tirmidhī)

6 Sa'y  
(Tirmidhī)

7 Pelting the Jamarāt  
(Tirmidhī)

Along with the aforementioned times specified for dhikr, you should fill your days with both general dhikr (e.g. saying *subḥānallāh*, *alḥamdu�illah* in unlimited quantities) and the specific daily dhikr (e.g. morning and evening adhkār, after ṣalāh).

Being in sacred places softens the heart and makes it easier to remember Allah with **reflection**. Use your time in ḥajj to train yourself in mindful dhikr; not just with words, but with full **presence of heart**. Let mindful dhikr become a habit that stays with you long after your ḥajj ends.

To learn more about the deeper meanings of various adhkār and their virtues, refer to 'My Dhikr Companion' by Life With Allah or the free Dhikr&Dua app.

The best and most beneficial dhikr is when one remembers Allah with the tongue and the heart, it is from the Sunnah adhkār, and one is conscious of its meaning and its purpose.

- Ibn al-Qayyim

# Hajj and Du'a

The Messenger of Allah ﷺ said, “The warrior in the path of Allah, the pilgrim, and the person performing ‘umrah are the guests of Allah. He invited them so they responded to Him; they asked Him, so He gave them” (Nasā’i).

You have been invited by Allah as His guest. This is the perfect time to ask Him for all your needs and desires, and to pour your heart out to Him in secret conversation (*munājāh*).

Hajj is filled with opportunities to make du‘ā, but making the most of them requires preparation of both strategy and stamina. At every step of the journey, aim to follow in the footsteps of the Prophet ﷺ, who made abundant du‘ā throughout hajj.

It is sunnah to make du‘ā in the following times and places during hajj:



Du‘ā’ whilst travelling



Tawāf



Between al-Rukn al-Yamānī and the Black Stone



At the Multazam



Whilst drinking Zamzam



At Šafā and Marwah



The Day of 'Arafah: between zuhr and sunset



In Muzdalifah, especially between fajr and sunrise



After pelting the first and second Jamarāt

## Du‘ā: Your Lifeline

وَقَالَ رَبُّكُمْ ادْعُونِي أَسْتَجِبْ لَكُمْ

*“And your Lord said: ‘Call upon Me; I will respond to you...’” (40:60)*

Du‘ā’ is the essence of worship. It is every moment, minute and hour in which you pour your heart out to Allah, praise Him, seek His forgiveness and beg Him. Du‘ā’ helps you to realise how pathetic, poor and powerless you are; and how Great, Generous and Gracious Allah is. You realise that you cannot do a single thing without Him leading you to completely submit to Him and express your ‘ubūdiyyah (servitude) to Him.

Du‘ā’ is a **whispered conversation with Allah**, your Creator, Lord and Sustainer. You ask Him because only He can give. He has power over everything, whilst you have none. His knowledge encompasses everything, whilst you know little. He is the Lord and you are His slave.

The Messenger of Allah ﷺ said, “There is nothing more honourable to Allah than du‘ā.” Whilst fellow humans will tire of your persistent questioning and begging, Allah, the Most Generous Lord, does not

stop giving and is angered when you **don't** ask of Him! The Prophet ﷺ said, "Allah is angry with those who do not make du'a to Him" (Tirmidhi).

## The Secret of Du'a

The secret to making du'a is to express your **utter need of Allah**, with **deep humility, desperation and dependence**. Beg Him as though your life depends on it!

Another often-neglected secret is dedicating a significant portion of du'a to **praising Allah**, glorifying Him, and asking Him by His Most Perfect Names. Don't just rush to ask for what you want. Instead, feel closeness to your Lord as you praise Him and recognise who He is ﷺ.

Both of these secrets are reflected in the du'as of the Prophets ﷺ in the Qur'an, and especially in the du'as of our beloved Prophet ﷺ, during hajj and beyond.

Hajj creates the ideal set of conditions which makes your du'a more likely to be accepted. The physical exhaustion from walking, the sleepless nights, and the intense heat wear you down. Stripped of comfort, dressed in simple garments, and far from your usual conveniences, you begin to feel like a beggar, utterly dependent on Allah's mercy. In this state of vulnerability, humility and utter helplessness, your du'a flows from the depths of your heart.

Allah ﷺ is listening to the language of the heart,  
not the language of the tongue!



1  
Make your heart present and completely focus on Allah.



2  
Choose a time in which du‘ā’ is readily accepted.

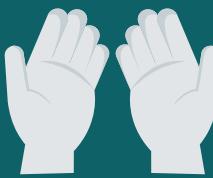


3  
Perform wudu, face the qiblah and raise your hands.



4  
Humble yourself and submit to Allah.

## The Optimal Guide For Making Du‘ā’



5  
Start by praising Allah.



6  
Send salawat upon the Prophet ﷺ.



7  
Repent for your sins and ask for forgiveness.



8  
Ask with persistence, love and fear.



9  
Ask Allah through His Oneness and Names.



10  
Give sadaqah before making du‘ā’.

## Day of 'Arafah

The Day of 'Arafah is the ultimate day of du'a. The Messenger of Allah ﷺ said: "The best du'a is the du'a of the Day of 'Arafah. The best of what I and the Prophets before me have said is:

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْحُلْمُ وَلَهُ الْحَمْدُ، وَهُوَ عَلَىٰ كُلِّ شَيْءٍ قَدِيرٌ

"There is no god worthy of worship but Allah. He is Alone and He has no partner whatsoever. To Him Alone belong all sovereignty and all praise. He is over all things All-Powerful" (Tirmidhi).

Every moment from zuhr until sunset should be filled with begging Allah for His mercy and forgiveness, and for freedom from the Hellfire. Keep repeating the above dhikr and reflect on its meaning.

## Tips to Making Du'a

1



Go to Allah as a humble beggar in dire need.

2



Lengthen your du'a as though your life depends on it.

3



Have firm conviction that your du'a will be accepted.

4



Firmly believe that it is ONLY Allah who is able to help you and accept your du'a.

5



Be persistent and repeat your du'as.

6



Ask Allah for everything. Nothing is too big for Him.

“When one of you asks for something from Allah, then let him be plentiful (in what he asks for), for indeed he is asking his Lord.

- The Messenger of Allah ﷺ (Ibn Ḥibbān)

Imām al-Nawawī رحمه اللہ عزیز اے wrote: “It is mustahabb to perform dhikr and du‘ā in abundance, and to exert oneself in this. This is the **best day of the year for du‘ā**. It is the essence, core objective and foundation of ḥajj.

Therefore one must devote every effort to doing dhikr, making du‘ā, reciting Qur’ān, supplicating with various supplications and performing a variety of adhkār... He should make du‘ā for himself, his parents, his relatives, his teachers, his companions, friends and loved ones, all those who have done good to him, and all the Muslims. He should be extremely careful not to neglect any of these, because he will not be able to make amends for it, unlike other acts.”

This is the day to make the longest du‘ā’ of your life. Praise Allah, beg Him for the fulfilment of all your needs, and let your tears flow. As millions gather around you under the heat of the sun, feel the barakah of this incredible moment and taste the sweetness of talking to your Lord.

## “I Struggle to Make Du‘ā’ for More Than 5 Minutes”

If you have ever felt like this, you may find the following tips useful:

- Begin by thinking of all the blessings Allah has given you, and then spend time praising Him at the beginning of your du‘ā’ and throughout your supplication.
- Send abundant salutations on our beloved Messenger ﷺ.
- Ask Allah with the du‘ās from the Qur’ān and Sunnah. Have a

book or print-out ready. (See the book 'I Am Near'/'Dhikr&Dua' App by Life With Allah, for a collection of du'ās).

- Write down a list of du'ās beforehand.
- Keep repeating certain du'ās. E.g. Don't just ask Allah for Paradise once. Keep asking Him, and keep coming back to it.
- Make du'ā for people by their names. Abu al-Dardā' رضي الله عنه said, "Indeed I make du'ā for thirty of my brothers whilst I am in sujūd, with their names and their fathers' names."
- Make du'ā for the ummah.
- Learn the deeper meanings of and reflect on the Qur'ānic and Prophetic du'ās to learn how to make du'ā.
- Uphold the etiquettes of du'ā.



## Act

To help you prepare a profound and meaningful du'ā list visit '100 Prompts to Help You Reflect & Make Your Own Du'as'.



Scan or click the image to visit the link.

## Du'a Is Life

Du'ā isn't just for hajj. The connection, focus, and closeness to Allah that you build through du'ā during hajj is something you need to carry with you into your everyday life. Just as hajj is filled with golden opportunities for du'ā, so is your daily life: in sujūd, after tashahhud, in the last third of the night, after each ṣalāh, and between the adhān and iqāmah.

Make du'ā an essential part of your daily routine. It is the anchor that strengthens your bond with Allah and keeps your heart connected to Him.

# Hajj: A Training Camp for Taqwa and Sabr

فَمَنْ فَرَضَ فِيهِنَّ الْحَجَّ فَلَا رَفَثَ وَلَا فُسُوقٌ وَلَا جِدَالٌ فِي الْحُجَّ وَمَا تَفْعَلُوا مِنْ حَيْرٍ  
 يَعْلَمُهُ اللَّهُ وَتَرَوَدُوا فِي أَنَّ خَيْرَ الرَّادِ التَّقْوَىٰ وَاتَّقُونَ يَأْتُوا لِي الْأَلْبَابٍ

“...Whoever commits to (performing) hajj, let them stay away from intimate relations, sins, and arguments during hajj. Whatever good you do, Allah knows of it. Take provisions (for the journey) — surely the best provision is taqwā (mindfulness of Allah and piety). And be mindful of Me, O people of understanding!” (2:197).

The best provision, goal, and essence of hajj is taqwā. It is cultivated before, deepened during, and practised after hajj. Taqwā should transform not just your journey of hajj, but your entire life.

Taqwā is to protect yourself from the punishment of Allah by avoiding His prohibitions and implementing His commands. All the Prophets of Allah called their people to worship Allah and to live a life of taqwā. Taqwā is the path to attaining the love, mercy and help of Allah. Taqwā allows you to distinguish between truth and falsehood, to overpower Shaytān and gain victory over your enemies. Taqwā is the ultimate ingredient for success, as it is a shield from the Hellfire and the path to Paradise.

Acts of worship were prescribed to purify the soul, reform the heart and cultivate consciousness of Allah (taqwā). Although the verses about hajj in the Qur’ān are few, Allah ﷺ repeatedly emphasises the importance of taqwā within them. This is because hajj uniquely

cultivates taqwā in ways that other acts of worship do not, once you understand its true purpose and spiritual meaning.

“

The pilgrims were instructed to take provision for their journey and not to travel without it. Then Allah draws their attention to the provision for the journey to the Hereafter, which is taqwā. Just as a traveller cannot reach his destination without physical provision, the one journeying to Allah and the Hereafter cannot reach his destination without the provision of taqwā. Thus, both outward and inward provisions are mentioned: the physical and the spiritual.

- Ibn al-Qayyim ﷺ

”

## Hajj and Taqwa

Taqwā is not limited to physical acts. Allah ﷺ says, “Whoever honours the symbols of Allah — indeed, it is from the taqwā of hearts” (22:32). The heart is the true home of taqwā. Cultivating it is among the most important inner acts during hajj.

Honouring the rites of hajj (e.g. standing at 'Arafah, sacrificing animals, shaving the head etc) is a reflection of a heart filled with taqwā. The Prophet ﷺ said, “This ummah will remain in goodness as long as they give due reverence to this sacred (time and place); but if they neglect and waste it, they will be ruined” (Ahmad).

When the rituals of hajj and the symbols of Allah fill you with awe and when their significance settles deep in your heart, the ultimate fruit of your journey — taqwā — will begin to blossom.

Honouring Allah's symbols is a **sign of strong īmān** and deep love for Him. Conversely, neglecting or violating them shows weakness in faith and disregard for Allah. Delegating others to throw pebbles or skipping the overnight stay without necessity contradicts the Sunnah and reflects a lack of respect for Allah's sacred symbols. Ḥajj is not a leisure trip or a tourist excursion. It is a profound act of worship.

Throughout your ḥajj, honour Allah's symbols by abstaining from sins and doing as many good deeds as you can. Fulfil every rite with excellence, love, and humility.

## **Sabr**

Şabr, often translated as patience, refers to holding back your reactions and being in control of your emotions, and to **persevere** in doing something you dislike, for the sake of Allah. Şabr is a key provision in your journey to Allah. The reward of şabr is unique. Allah ﷺ informs us,

إِنَّمَا يُؤْفَى الصَّابِرُونَ أَجْرٌ هُمْ بِغَيْرِ حِسَابٍ

“...*Certainly, those who observe patience will be given their reward in full without measure*” (39:10).

The reward of şabr has been left unspecified, because it is a difficult quality to attain. The undefined reward indicates a high level of reward in proportion to how challenging it is to truly achieve şabr. To persevere and not give up, to endure life's difficulties without complaint and to **continue struggling against all the odds** is a trait of the great. It is as Allah described, one of the “...matters that require **strong resolve**” (31:17).

# Hajj: The School of Sabr

Hajj serves as a practical lesson, training you to cultivate şabr in all aspects of life. Şabr (patience and perseverance) is a broad term and encapsulates a variety of meanings. In hajj, you will be practising all three forms of şabr:

## 1) Şabr in obeying Allah

Şabr is needed in every act of obedience to Allah. Şabr is practised when performing the rituals of hajj such as the ɻawāf, sa‘y, standing at ‘Arafah, staying at Muzdalifah, throwing the pebbles at the Jamarāt, and maintaining continuous remembrance and supplication to Allah.

## 2) Şabr in staying away from sins

During hajj, you refrain from even permissible actions such as using perfumes, engaging in marital relations, cutting hair, and trimming nails. If you can be patient with these minor prohibitions, it becomes easier to exercise patience in avoiding outright sinful behaviour.

One of the most important lessons to learn during hajj is to control and restrain the limbs from committing what Allah has prohibited.

## 3) Şabr in regards to the trials Allah has decreed

Hajj is filled with difficulties and uncertainties. You will face inconvenience, difficulty, and discomfort during your journey due to the crowds, unfamiliar customs, and even the behaviour of some individuals. However, this is the perfect training ground for developing patience. The Prophet ﷺ said, “Whoever tries to be patient, Allah will grant him patience” (Muslim).

Through hajj, you will learn to endure hardship and develop patience in every facet of life, thus strengthening your relationship with Allah.

“  
No person has been given anything better  
and more encompassing than patience.

- The Prophet ﷺ (Bukhārī)

”



### Reflect

Think of all of the things which really annoy you and push your patience. You're likely to face them during hajj.



### Act

Start practising your patience from now. When inconveniences occur, do not allow yourself to give into your frustration; when you are struggling with consistency in worship, remind yourself that you are cultivating *ṣabr* and remain committed.

## Practising *Ṣabr* and *Taqwa* in Hajj

On the Day of 'Arafah, al-Fadl b. 'Abbās, the cousin of the Prophet ﷺ was riding with him. Al-Fadl was a young handsome man. He began to look at the women, so the Prophet ﷺ turned his face away with his hand. When he turned to look again, the Prophet ﷺ said to him, “Nephew, this is a day on which whoever controls his hearing, sight, and tongue will be forgiven” (Abū Ya'lā).

## Controlling Your Tongue

During hajj, you will be pushed to your limits by those around you, or the systems you are engaging with (bureaucracy, travel agencies, etc). You may feel like arguing, cursing or using vulgar language, however Allah has specifically warned against it. He says,

فَمَنْ فَرَضَ فِيهِنَّ الْحَجَّ فَلَا رَفَثَ وَلَا فُسُوقٌ وَلَا جِدَالٌ فِي الْحَجَّ

“...Whoever commits to (performing) hajj, let them stay away from intimate relations, sins, and arguments during hajj...” (2:197)

Be conscious of every single word you utter during hajj. It is very easy to slip up. Be wary of backbiting, slandering, or lying.

The purpose of hajj is to attain taqwā: to train yourself to stop sinning. Sometimes you may limit your understanding of worship and taqwā to something which is only between you and Allah. **However, hajj teaches you that Allah takes the rights of His servants very seriously.** If you violate the honour and rights of your fellow believers, your hajj becomes deficient, and may not be accepted by Allah. Hours and nights of worship can be reduced to nothing, and it may all be due to just a minute of backbiting.

## Anger

‘Abdullāh b. al-Mubārak was asked, “Summarise for us good character in one phrase.” He replied, “**Avoiding anger.**” Hajj is the time to control your anger, especially when you may be feeling irritable due to lack of sleep, tiredness and disorganisation. If you feel angry, seek Allah’s protection from Shaytān, perform wuḍū’, move away and control your tongue. Hajj is the time to develop forbearance: to overlook people’s faults and to refrain from reacting when provoked.

“Tie up your anger with a ‘chain’ of forbearance. Anger is like a dog; if it is let loose, it will wreak havoc.

- Ibn al-Qayyim

## The Eyes

Gazing at the ḥarām gives Shayṭān open access to your heart. Protecting yourself from looking at ḥarām has become especially more important today, with the increase in shamelessness, easy access to ḥarām images and the normalisation of those images. The eye is the entry point to your heart. What you look at affects your emotions, desires and thoughts.

Once you see something ḥarām and it captures your attention, your heart becomes imprisoned by it, and you can't stop thinking about it. This is why scholars said that lowering the gaze liberates the heart from the clutches of one's desires. Allah ﷺ says, "Tell the believing men to lower their gaze and guard their chastity. That is purer for them..." (24:30). Thus, one of the most powerful means to **purify your soul** is guarding your gaze and protecting your private parts.



### Reflect

Hajj is a training ground for taqwā. How will you protect your gaze, both in person and on screen? What challenges might you face, and what practical steps can you take to overcome them?

Hajj is the perfect time to cultivate your akhlāq (good character), to develop self-restraint, and to control your tongue and gaze. This should be something you carry forward from your hajj and make a permanent part of your life.

# Hajj and the Ummah

وَالْمُؤْمِنُونَ وَالْمُؤْمِنَاتُ بَعْضُهُنَّ أَوْلَيَاءُ بَعْضٍ

*“The believers, both men and women, are allies of one another...” (9:71).*

The ummah is a powerful and unifying force. Allah ﷺ places great importance on unity and loyalty among believers. This unity must go beyond geography, ethnicity, skin colour, and even personal friendships. It should be firmly rooted in the bond of Islam, through which Allah has guided and honoured humanity. Feeling concerned, worried, or anxious about the suffering of Muslims anywhere in the world is a clear sign of īmān.

The Messenger of Allah ﷺ said, “The parable of the believers in their affection, mercy, and compassion for each other is that of a body. When any limb aches, the whole body reacts with sleeplessness and fever” (Muslim).

Think about how distressed you feel when your head hurts, or when your teeth ache. You’ll likely complain to the first person you see, and hope your doctor swiftly prescribes something to quell the pain. There’s no ease until the pain subsides.

The Prophet ﷺ described the ummah as one physical body whose unifying force is the bond of īmān. **Artificial borders and nationalism should not stand in the way of Muslims supporting one another.** If the Palestinians are in pain, then every Muslim is in pain; if the Uyghurs are being arrested, then every Muslim is the target; and if the Indian Muslims are lynched, then every Muslim is being abused.

The ummah is not just united in its pain, rather it is a **powerful force**. Despite many attempts to divide the ummah, or make it dependent on unIslamic forces, the **ummah** holds immense potential. If the approximately two billion Muslims around the world were to **unite**, they could become a leading force in global affairs and a means for justice and peace to spread throughout the world.

## Hajj and the Ummah

Hajj is a powerful display of **unity** and **brotherhood**. It transforms people into equals, regardless of their status, nationality, or wealth. Whether you are a king or a servant, rich or poor, influential or insignificant, everyone is equal in the House of Allah. There is no division based on colour, race, or nationality. The unity in **hajj** is in the shared acts of worship, the same intentions, and the singular objective of pleasing Allah.

As you encounter Muslims from all corners of the world, speaking a myriad of languages and coming from different cultures, you will witness the power of the ummah in action. The only thing that connects you to them is the bond of **īmān**. Despite the boundaries that separate us and the conflicts that have been sown between us, we are one ummah, one body, and one structure. Hajj not only nurtures this unity, but also delivers a significant **psychological defeat to the disbelievers**. It shatters all attempts to divide the Muslims and undermines the confidence of those who aim to weaken or fragment the ummah.

Hajj should be a transformative journey that reawakens the deep sense of collective responsibility among Muslims. It reminds you that wherever you are in the world, you remain united as one body.



## Act

During hajj, make an effort to talk to your fellow believers from different parts of the world and learn about their experiences and hardships. Convey what you have learnt to your families and friends upon your return.

**“Over two million Muslims stand together, in one place, wearing one attire, with one objective, calling upon one Lord and following one Prophet. What greater symbol of unity is there?”**

## Embodying the Ummah Spirit

Throughout hajj, embody the ‘ummah spirit’ by being good to everyone around you and overlooking their mistakes. The Prophet ﷺ said, “A hajj mabrūr (accepted hajj) has no reward except Paradise.” It was asked, “What is its birr (mark of acceptance)?” He replied: “Feeding others and speaking kindly” (Ahmad).

‘Birr’ includes maintaining ties, showing kindness and compassion, good companionship and interaction, and obedience. These qualities encompass the essence of good character. This is greatly needed during hajj.

A Companion ﷺ once asked the Prophet ﷺ for advice about kindness. He ﷺ informed him: “Do not belittle any act of kindness — even if it is giving the piece of a rope, a sandal strap, pouring from your bucket into the container of someone seeking water, removing something harmful from the road, meeting your brother with a cheerful face, greeting him with salām, comforting the lonely in the land; or even if someone insults you with something true about you, and you know

something similar about him, do not insult him in return. Let the reward be yours, and the sin upon him. Whatever pleases you to hear, act upon it. And whatever displeases you to hear, avoid it” (Ahmad).



### Act

Try to do as many good deeds outlined in the above ḥadīth at least once during your ḥajj.

## Hajj and Victory

One of the root causes of the ummah’s humiliation is the love of this world (which is also one of the diseases of the heart). The Prophet ﷺ said, “The nations will soon summon one another to attack you just as diners invite one another to share their dish.” Someone asked, “Will it be due to our small number at the time?” He ﷺ replied, “No, there will be many of you at the time, but you will be like the froth and scum of a flood. Allah will remove from your enemies’ hearts their fear of you, and He will cast *wahn* into your hearts.

Someone asked, “O Messenger of Allah, what is *wahn*?” He ﷺ replied, “Love of the world and a dislike of death” (Abū Dāwūd).

Let ḥajj serve as a reminder of how far we have declined as an ummah, and let it be a turning point: a commitment to return with a renewed mindset. Recognise that the revival of the ummah begins with each person improving themselves, their families, and their communities. Strive to restore honour to the believers through whatever small actions you are capable of doing.



## Reflect

Think about how the problems you witness during hajj represent the broader issues in the ummah (e.g. lack of knowledge, waste of resources), and ponder upon what you can do. Each of us is responsible for the ummah in some way.

At the same time, hajj instils confidence that no matter how long disbelief and tyranny prevail, victory is near. During hajj, you will witness immense generosity, kindness and courage from fellow believers. This will create a new sense of hope and belief that there is still immense goodness in the ummah and so long as we strive together, Allah will grant us victory.

## What Is Your Project for the Ummah?

Allah ﷺ says, “Believers! If you help the dīn of Allah, He will help you and make you stand firm” (47:7).

In this āyah, Allah is instructing you to establish His dīn, do da‘wah, and strive in His Path. You should be committed to cultivating good in people and in society; and to end evil, injustice and corruption. You cannot slavishly follow the way of the corrupt disbelievers and then expect the help of Allah to arrive.



## Reflect

What have you done to strengthen and serve the dīn of Allah? **What is your project for the ummah?** How are you going to become a strong believer? How are you going to ensure that your family are strong believers? How are you going to spread the word of Allah on His earth?

## The First Qiblah

As you see the ummah united in purpose, action and speech during hajj, let this unity move you. This very scene once stirred the emotions of a poet who looked upon the crowd of pilgrims, and wished that, just as they had turned their faces towards the Ka'bah, they would also turn their attention towards the first qiblah: al-Masjid al-Aqṣā! He exclaimed:

“

O pilgrims to the Sacred, Blessed House,  
Direct your gathered ranks toward al-Quds with resolve.

In Palestine, a handful of devils  
Defy Islam with their war and tyranny.

O you who slaughter the rams of Eid al-Adḥā,  
Let your hearts awaken to the gravity of its sermon.  
If only we had slaughtered our negligence instead,  
And sent our ḥajj offerings as aid toward al-Quds.

And if, in the depth of our distress,  
We could turn our heedless souls away from distraction

Then, when al-Masjid al-Aqṣā is finally liberated,  
Only then will it be a true ḥajj, and Eid a true celebration.

”

The poet is not telling you to cancel your ḥajj. Rather it is food for thought that whilst you make ṭawāf around the Sacred House, your third most holy site is under the control of the Zionists. You stand at 'Arafah whilst they desecrate the place where thousands of Prophets prayed behind our Beloved Prophet ﷺ. You depart for Muzdalifah whilst the Zionist gangs rush to the courtyards of al-Aqṣā to destroy it and butcher the believers guarding it.

Unfortunately today, the majority of the ummah are stripped of power and decision-making. Many so-called Muslim leaders seek to align with the enemy and normalise relations with them. At the same time, hypocritical media figures and intellectuals work hard to diminish the importance of Al-Aqṣā and Palestine in the hearts of Muslims. In the face of this, the responsibility falls on us all: to place the cause of Al-Aqṣā **at the centre of our concerns**, to deeply instil this in the **hearts of future generations**, and to tie the fate of the ummah to the fate of Al-Aqṣā.

This is not a peripheral issue. It is a matter of *īmān* and central to our *dīn*. It is the legacy of the night journey of our beloved Prophet ﷺ. The liberation of Jerusalem is a prelude to its future honour, when Ḥusayn ibn ‘Alī رض will descend and slay the Dajjāl.



### Reflect

What are YOU doing to help liberate **al-Masjid al-Aqṣā**?

# Hajj and the Hereafter

وَادْكُرُوا اللَّهَ فِي أَيَّامٍ مَعْدُودَاتٍ فَمَنْ تَعَجَّلَ فِي يَوْمَيْنِ فَلَا إِثْمَ عَلَيْهِ وَمَنْ تَأَخَّرَ فَلَا إِثْمَ عَلَيْهِ لِمَنِ اتَّقَى وَاتَّقُوا اللَّهَ وَاعْلَمُوا أَنَّكُمْ إِلَيْهِ تُحْشَرُونَ

*“And remember Allah on the appointed days. Whoever departs swiftly in two days is not sinful, neither are those who stay behind (till the third), so long as they are mindful (of Allah). And be mindful of Allah, and know that you will be gathered before Him” (2:203).*

Hajj is a reminder of the Hereafter. The verses of hajj in Sūrah al-Baqarah end with the mention of resurrection, and Sūrah al-Ḥajj begins with the mention of *zalzalah as-sā'ah* (the quake of the Hour). This is not a coincidence. There is a profound connection between hajj and the Hereafter. One of the primary aims of hajj is to strengthen your *īmān* in the Hereafter.

## Hajj: A Reminder of the Hereafter

From the moment you begin your journey, you are reminded of the Day of Judgement. You embark on a journey filled with uncertainty, unaware of the trials that may arise. This is why you make amends, pay off debts, write your will and bid farewell to loved ones; as if you are preparing for your final departure. You remind yourself and others that a day will come when you will leave and never return: “Every soul shall taste death...” (3:185).

Removing your worldly clothing and wearing the *īhrām* resembles the burial shroud. With one shoulder uncovered, you are reminded of your total bareness on the Day of Resurrection, as the Prophet ﷺ said, “You will be gathered barefoot, naked, and uncircumcised” (Bukhārī).

The horrors of that day will be so overwhelming that no one will even notice another's nakedness.

As you remove symbols of status and wealth, recall that this is how you will enter your grave. Nothing will follow you except your deeds. Allah ﷺ will say: "You have come to Us all alone, just as We had first created you, and you have left behind you what We had bestowed on you..." (6:94).

Walking between **Ṣafā and Marwah** reminds you of the frantic movement on that Day, when humanity will run from Prophet to Prophet, desperately seeking intercession.

The most powerful reminder of the Hereafter is on the Day of 'Arafah. It mirrors the great standing to come: when all of creation will gather before Allah, exposed and helpless: "On that Day you will be brought to judgement and none of your secrets will remain hidden" (69:18).

As you witness the **crowds** standing together, humbled, overwhelmed by **heat and thirst**, you are reminded of the standing on the Day of Judgement. People will be drenched in **sweat**, awaiting their fate. The Prophet ﷺ described that people will be drowning in sweat, which will reach up to their ears, and seep seventy cubits into the ground.

Spending the night in Muzdalifah among millions of pilgrims, all wearing simple white clothes, sleeping on the ground next to each other, **reminds you of the grave**. No matter who you are — your status, your wealth, your power — none of it will follow you there. In the end, it's just you, the dust, and your deeds.

The adhān of fajr in Muzdalifah reminds you of when the **trumpet** will be blown, raising you from your grave for the Day of Judgement.

Ḥajj involves constant movement between places and rituals: from the miqāt to Makkah, to Minā, to ‘Arafah, to Muzdalifah, and back again. No other worship involves as many transitions. This motion reflects the stages and restlessness of the Day of Judgement: the resurrection, the gathering, the intercession, the judgement, receiving of the books, the weighing of the scales and the crossing of the ḥirāt.

When you finally bid farewell to the sacred sites and return home, your heart is filled with peace and deep joy. You taste the sweetness of success after struggle: a glimpse of the eternal joy promised to the people of Paradise, once they have passed through the trials of the Hereafter.

**Hajj is a rehearsal for the Hereafter. At every step, let it remind you to prepare to meet Allah and strive to be among the people of al-Firdaws: the highest level of Paradise.**

## Make the Hereafter Your Goal

The relentless storm of modern life draws us into the allure of the world: its glitter, distractions and entertainment. This pulls us away from our true purpose and weakens our relationship with Allah. Ḥajj is a powerful reminder that **this life is temporary**. It is merely a means, not the end. The ultimate life is the Hereafter.

During hajj, you realise how few material possessions you truly need to live a meaningful life. Let this experience shape you when you return home: choose simplicity, and shift your focus from collecting possessions to living a **Hereafter-centric life**. And when you do this, the dunyā will follow. The Prophet ﷺ said, “Whoever’s concern is the Hereafter, Allah will place richness in his heart, gather and organise his life, and the world will come to him regardless (of circumstances,

obstacles or people). Whoever's concern is the world, Allah will place **poverty** in front of him, make his life **chaotic**, and he will get nothing of the world except what is decreed for him" (Tirmidhī).

Detach your heart from the world by constantly reflecting on the Hereafter and its various stages. Remembering death is vital to eliminating the love of this world from your heart and becoming closer to Allah. The Messenger of Allah ﷺ said, "Frequently remember the destroyer of pleasures" i.e. death (Tirmidhī).



### Act

Think of death every night when you retire to bed. Change the way that you live each day by thinking of each day as your last.

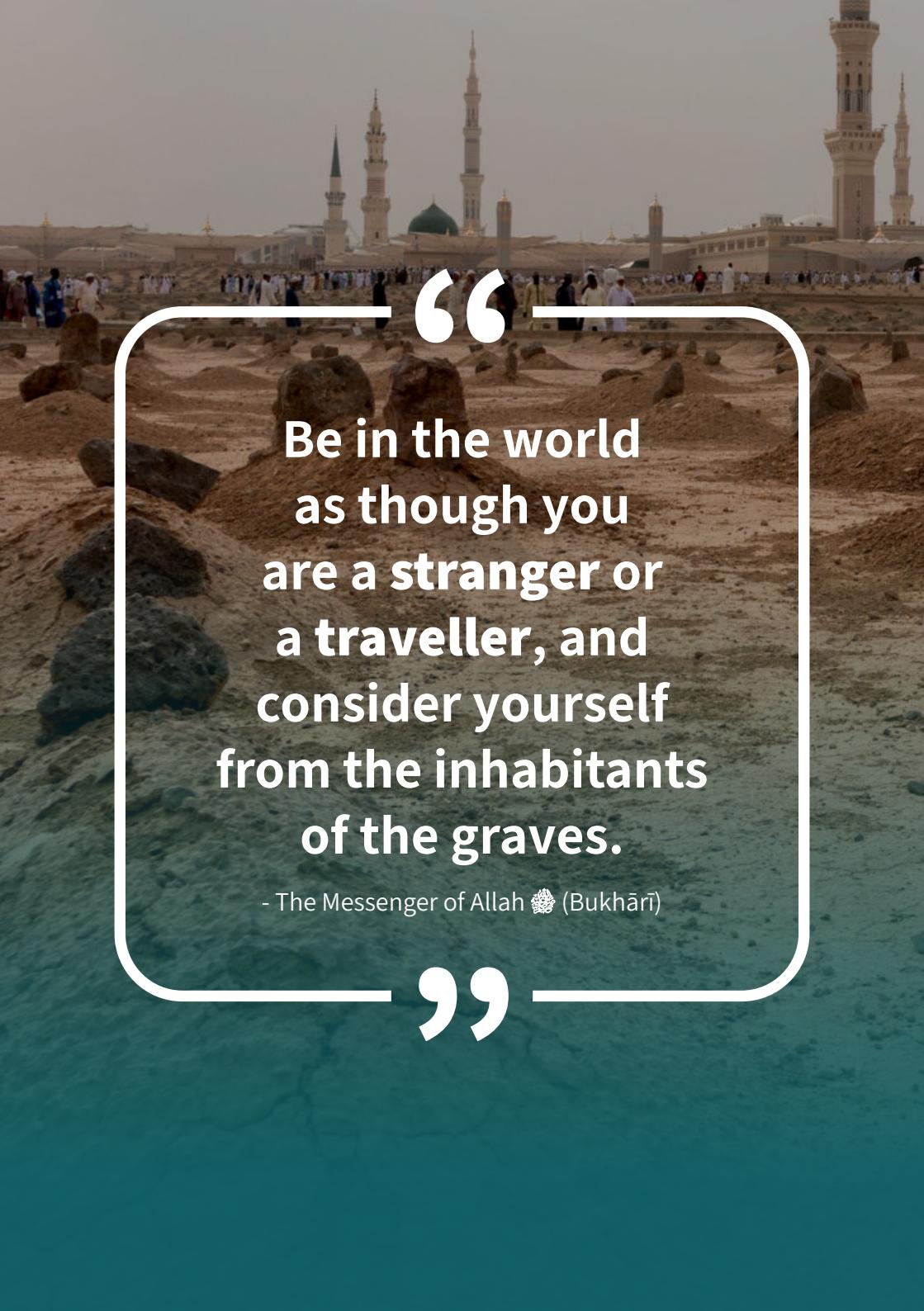


### Reflect

When you make decisions, is the Hereafter a real consideration, or just an afterthought?

Always remember that your time in this world is limited. Have a sense of urgency to do as much good as possible. Focus your efforts on building *ṣadaqah jāriyah*: ongoing charity that lives on after you. These are the deeds that will light up your grave, protect you from the horrors of the Hellfire, and lead you to Paradise.

Don't let the devils, your desires and the *dunyā* distract you from reaching your ultimate destination: the pleasure of Allah and seeing Him in Paradise.



— “ —

**Be in the world  
as though you  
are a stranger or  
a traveller, and  
consider yourself  
from the inhabitants  
of the graves.**

— ” —

- The Messenger of Allah ﷺ (Bukhārī)

## Chapter 4

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# Reflecting on the Ayat of **Hajj**

**The Qur’ān is truly remarkable.** In just a few verses, Allah ﷺ conveys profound and transformative truths. When the Qur’ān presents a ruling from the sharī‘ah, it never does so in isolation. Each command is embedded within a broader framework of guidance and wisdom, forming the complete structure of Islam.

The same is true for ḥajj. It is far more than a set of rituals. It is a comprehensive programme of spiritual, social, economic, political and global reform. It combines worship with emotional, organisational, and communal dimensions. This becomes especially clear when you reflect on the āyāt of ḥajj. You realise that ḥajj is truly an incredible institution designed to nurture your īmān and set you on the path to success in this world and the next.

The following is not a comprehensive tafsīr of the ḥajj-related āyāt in Sūrah al-Baqarah and Sūrah al-Ḥajj, but a collection of reflections intended to help you connect with Allah’s words and elevate the quality of your ḥajj. For a deeper understanding, you are encouraged to consult reputable tafsīr works such as *Tafsīr Ibn Kathīr*, *Ma‘āriful Qur’ān* (both are available on [quran.com](https://quran.com) for FREE), or *In the Shade of the Qur’ān*.

## TIPS



1. Before ḥajj and during ḥajj, regularly recite the verses about ḥajj. Read their tafsīr and reflect on them deeply. Try to memorise these āyāt before your journey. Recite them in your ṣalāh, especially during tahajjud, and while in the sacred lands.
2. Encourage your ḥajj group’s scholar to hold a session on these verses, facilitating a space for deep reflection and engagement with Allah’s words.
3. Discuss these āyāt with your friends and ḥajj companions.

# Surah al-Baqarah

## (Verses 196-203)

وَأَتِمُوا الْحَجَّ وَالْعُمْرَةَ لِلّهِ فَإِنْ أَخْصَرْتُمْ فَمَا اسْتَيْسَرَ مِنَ الْهَدْيِ وَلَا تَحْلِقُوا  
رُءُوسَكُمْ حَتَّىٰ يَبْلُغَ الْهَدْيُ مَحْلَهُ وَفَمَنْ كَانَ مِنْكُمْ مَرِيضًا أَوْ بِهِ أَذَى مِنْ  
رَأْسِهِ فَفَدِيَةٌ مِنْ صِيَامٍ أَوْ صَدَقَةٍ أَوْ نُسُكٍ فَإِذَا أَمْنَتُمْ فَمَنْ تَمَّتَّعَ بِالْعُمْرَةِ إِلَى  
الْحَجَّ فَمَا اسْتَيْسَرَ مِنَ الْهَدْيِ فَمَنْ لَمْ يَجِدْ فَصِيَامُ ثَلَاثَةُ أَيَّامٍ فِي الْحَجَّ وَسَبْعَةٌ  
إِذَا رَجَعْتُمْ تِلْكَ عَشَرَةً كَامِلَةً ذَلِكَ لِمَنْ لَمْ يَكُنْ أَهْلُهُ وَحَاضِرِي الْمَسْجِدِ  
الْحَرَامِ وَاتَّقُوا اللَّهَ وَاعْلَمُوا أَنَّ اللَّهَ شَدِيدُ الْعِقَابِ

Complete the hajj and the 'umrah for Allah. But if you are prevented (from proceeding), then (sacrifice) whatever animal of offering is available. And do not shave your heads until the sacrificial animal reaches its destination. But if any of you is ill or has a scalp ailment (requiring shaving), then compensate either by fasting, charity, or a sacrificial offering. In times of peace, anyone wishing to combine hajj and 'umrah shall make the sacrificial offering they can afford. Whoever cannot afford that (offering), let them fast three days during pilgrimage and seven after returning — completing ten. These are for those who do not live near the Sacred House. And be mindful of Allah, and know that Allah is severe in punishment. (2:196)

**وَأَتِمُوا الْحَجَّ وَالْعُمْرَةَ لِلّهِ : Complete the hajj and 'umrah for Allah**

- This ayah reiterates the importance of *ikhlāṣ* (sincerity). From the beginning, it is important to set the correct intention.



**Act**

Do hajj for the pleasure of Allah alone.



## Reflect

How did the Prophet ﷺ set his intention for hajj?

صَدَقَةٌ : charity

- Even in compensating for missing out on actions of hajj, there is special attention given to feeding the poor. In Sūrah al-Hajj, Allah ﷺ says: وَأَطْعِمُوا الْقَانِعَ وَالْمُعَمَّرَ [and feed those who do not ask, as well as those who do] and وَأَطْعِمُوا الْبَائِسَ الْفَقِيرَ [and feed the distressed, the poor].



## Act

Whilst in hajj, give sadaqah (even if just one riyal) daily to the poor and needy.

وَأَتَّقُوا اللَّهَ وَاعْلَمُوا أَنَّ اللَّهَ شَدِيدُ الْعِقَابِ : And be mindful of Allah, and know that Allah is severe in punishment.

- Knowing that the punishment is severe pushes you to act on the commandments of Allah and be **mindful of Him (taqwā)**.
- 'And know'**: Knowledge leads to taqwā.
- Outward legal rulings (*fiqh*) in the Qur'ān are connected with inner spiritual meanings.
- When legal rulings are mentioned in the Qur'ān, they are often paired with encouragement (*targhib*) and warnings (*tarhib*), to make it easier for you to act upon them and to nurture sincerity.



## Act

Seek beneficial knowledge with the intention of strengthening your taqwā.

الْحَجَّ أَشْهُرٌ مَعْلُومَاتٌ فَمَنْ فَرَضَ فِيهِنَّ الْحُجَّ فَلَا رَفَثَ وَلَا فُسُوقٌ وَلَا جِدَالَ  
فِي الْحُجَّ وَمَا تَفْعَلُوا مِنْ خَيْرٍ يَعْلَمُهُ اللَّهُ وَتَرَوَدُوا فَإِنَّ خَيْرَ الرَّادِ التَّقْوَىٰ وَاتَّقُونَ  
يَتَأْوِلِي الْأَلْبَابِ

Hajj is (to be performed) in the appointed months. Whoever commits to (performing) hajj, let them stay away from intimate relations, sins, and arguments during hajj. Whatever good you do, Allah knows of it. Take provisions (for the journey) — surely the best provision is *taqwā* (mindfulness of Allah and piety). And be mindful of Me, O people of understanding! (2:197)

فَلَا رَفَثَ وَلَا فُسُوقٌ وَلَا جِدَالَ فِي الْحُجَّ : let them stay away from intimate relations, sins, and arguments during hajj

- The pilgrim is commanded to guard their limbs and senses from the unlawful. Remembering that you are a guest of Allah will help you do this. As a guest, you should respect the boundaries of your Host and honour Him, and the best way to do this is through *taqwā*.
- This mindfulness and vigilance should carry over into your everyday life once you return.



### Reflect

How mindful are you of your daily speech? How might hajj help you develop greater self-control over your words? Which other pillar of Islam does this remind you of?



### Reflect

What do you think is one of the wisdoms behind the prohibition of intimate relations during hajj — something that is usually *halāl*?

## ٰجادل : arguments

- With the massive crowds and tight space, tensions can easily arise, and arguments may flare up. However, arguments breed enmity, damage the sanctity of hajj, and undermine its very purpose: to humble yourself before Allah.
- Allah is reminding you to control yourself. Protect the ties of brotherhood as you are one ummah!



### Reflect

How will you respond if someone provokes you? How will you make sure you don't provoke others?

## رَمَّا تَفْعَلُوا مِنْ خَيْرٍ : Whatever good you do

- This is a reminder to do as much good as possible throughout your entire hajj.
- Secret acts of worship are among the best ways to cultivate ikhlās (وَأَتُمُوا الْحَجَّ وَالْعُمْرَةِ لِلّٰهِ). As most acts of worship in hajj are performed in public, seek opportunities to engage in **secret acts of worship**, such as extra prayers, recitation, dhikr, helping someone, teaching someone, etc.
- No small deed or sin is hidden from Allah; everything is recorded and will be recompensed.



### Act

What secret good deeds will you incorporate into your hajj?

وَتَرَوَدُوا فِيْ حَيْرَ الرَّأْدِ التَّقْوَىْ : Take provisions (for the journey) — surely the best provision is taqwā (mindfulness of Allah and piety)

- The focus here moves from the physical to the spiritual.
- Ibn al-Qayyim ﷺ writes, “The pilgrims were instructed to take provision for their journey and not to travel without it. Then Allah draws their attention to the provision for the journey to the Hereafter, which is taqwā. Just as a traveller cannot reach his destination without physical provision, **the one journeying to Allah and the Hereafter cannot reach his destination without the provision of taqwā**. Thus, both outward and inward provisions are mentioned: the physical and the spiritual.”

وَاتَّقُونَ يَتَأْلِمُ الْأَلْبَابُ : And be mindful of Me, O people of understanding

- Those with the most perfect understanding and intellect (*ulul-albāb*) are the ones with the most taqwā.

لَيْسَ عَلَيْكُمْ جُنَاحٌ أَنْ تَبْتَغُوا فَضْلًا مِنْ رَبِّكُمْ فَإِذَا أَفْضَلْتُمْ مِنْ عَرَفَتِ  
فَأَذْكُرُوا اللَّهَ عِنْدَ الْمَشْرِحِ الْحَرَامِ وَإِذْ كُرُوهُ كَمَا هَذِلُكُمْ وَإِنْ كُنْتُمْ مِنْ قَبْلِهِ  
لِمَنِ الْضَّالِّينَ

*There is no blame on you for seeking the bounty of your Lord (by trading). When you surge down from 'Arafāt, remember Allah near al-Mash'ar al-Harām (the sacred place) and remember Him, as He has guided you, for surely before it, you were among the astray. (2:198)*

فَضْلًا مِنْ رَبِّكُمْ : bounty of your Lord

- In this āyah, ḥalāl earnings are attributed to Allah ﷺ. This serves as a reminder to not attribute your earnings or success to your own

expertise or efforts. Rather, everything comes from the grace and bounty of Allah.



### Reflect

Do you truly believe your provisions, wealth or money come from Allah? For example, when you get your monthly paycheck, do you believe it comes from your employer or from Allah? Do your actions reflect this belief?

وَإِذْ كُرُونَ كَمَا هَدَنَكُمْ : and remember Him, as He has guided you

- Dhikr is one of the primary goals of hajj.
- Allah ﷺ reminds you of the importance of thanking Him for the greatest gift He has given to you: guidance.



### Reflect

How often do you thank Allah for blessing you with guidance?

ثُمَّ أَفْيُضُوا مِنْ حِيْثُ أَفَاضَ النَّاسُ وَاسْتَغْفِرُوا اللَّهَ إِنَّ اللَّهَ غَفُورٌ رَّحِيمٌ

*Then go forth with the rest of the pilgrims, and seek Allah's forgiveness.*

*Indeed Allah is All-Forgiving, Most Merciful. (2:199)*

- Throughout your hajj, always seek forgiveness and ask Allah through His Names al-Ghafūr and al-Rāhīm.
- Seeking forgiveness in noble places and whilst doing noble deeds prevents *'ujb* (self-admiration) and atones for your deficiencies.

فَإِذَا قَضَيْتُمْ مَنَاسِكُكُمْ فَادْكُرُوا اللَّهَ كَذِكْرِكُمْ أَبْيَاءَكُمْ أَوْ أَشَدَّ ذِكْرًا فَمِنْ النَّاسِ مَنْ يَقُولُ رَبَّنَا أَتَنَا فِي الدُّنْيَا وَمَا لَهُ فِي الْآخِرَةِ مِنْ خَلْقٍ

When you have fulfilled your sacred rites, remember Allah as you used to remember your forefathers, or even more. There are some who say, "Our Lord! Grant us good in this world," but they will have no share in the Hereafter. (2:200)

فَإِذَا كُرُوا اللَّهُ : remember Allah

- There is an incredible emphasis on the remembrance of Allah in the rites of hajj.
- This ayah condemns those who limit their supplications to worldly needs. Ibn 'Abbās ﷺ said that some of the bedouins would come to 'Arafah and pray for rain, and for abundance in cattle and crops for the upcoming year, but they would make no mention of the Hereafter.



### Reflect

Do you only turn to Allah and beg Him when you have a worldly need or problem?

وَمِنْهُمْ مَنْ يَقُولُ رَبَّنَا أَتَنَا فِي الدُّنْيَا حَسَنَةً وَّفِي الْآخِرَةِ حَسَنَةً وَّفِي عَذَابِ النَّارِ

Yet there are others who say, "Our Lord! Grant us good in this world and good in the Hereafter, and protect us from the torment of the Fire." (2:201)

- This is a very comprehensive du'a, which is why it was frequently repeated by the Messenger of Allah ﷺ.
- You are not specifying the 'good', but asking Allah for what He considers to be 'good' for you; this shows your contentment with whatever He chooses for you.

- Your du‘ā’ should not be limited to worldly matters; rather, the greater focus should be the Hereafter. Notice that this du‘ā’ has three parts: one for this world, and two for the Hereafter.
- Along with dhikr, du‘ā’ is a central part of hajj.

**رَبَّآ أَتَيْنَا فِي الدُّنْيَا حَسَنَةً :** Grant us good in this world

- This includes good health, a spacious home, a good spouse, abundant sustenance, beneficial knowledge, righteous actions, a comfortable vehicle, blessings, wellbeing, etc.

**وَفِي الْآخِرَةِ حَسَنَةً :** and good in the Hereafter

- This includes Jannah, safety from the terrors of the Day of Judgement, easy reckoning, and the pleasure of seeing Allah.
- This includes Hellfire and everything that leads to it: sins, doubtful actions, and forbidden actions.



### Reflect

When is it sunnah to recite this du‘ā’ in hajj?

**أُولَئِكَ لَهُمْ نَصِيبٌ مِّمَّا كَسَبُوا وَاللَّهُ سَرِيعُ الْحِسَابِ**

*It is they who will receive a (heavenly) reward for the good they have done. And Allah is swift in reckoning. (2:202)*

- All your efforts to do good will not be in vain.
- Allah is swift in reckoning, so be mindful of your actions.

وَإِذْ كُرُوا اللَّهُ فِي أَيَّامٍ مَعْدُودَاتٍ فَمَنْ تَعَجَّلَ فِي يَوْمَيْنِ فَلَا إِيمَانَ عَلَيْهِ وَمَنْ تَأَخَّرَ فَلَا إِيمَانَ عَلَيْهِ لِمَنِ اتَّقَىٰ وَاتَّقُوا اللَّهَ وَاعْلَمُوا أَنَّكُمْ إِلَيْهِ تُحْشَرُونَ

*And remember Allah on the appointed days. Whoever departs swiftly on the second day is not sinful, neither are those who stay behind (till the third), so long as they are mindful (of Allah). And be mindful of Allah, and know that you will be gathered before Him. (2:203)*

**أَيَّامٍ مَعْدُودَاتٍ :** the appointed days

- The days of hajj are very limited, so make the most of them. This is also alluded to in أَشْهُرٌ مَعْلُومَاتٌ [the appointed months] in 2:197 and أَيَّامٍ مَعْلُومَاتٍ [appointed days] in 22:28.
- Hajj should instil in you a deep appreciation for time, which is a finite resource and your most valuable asset.
- These days refer to the Days of Tashrīq. The Messenger of Allah ﷺ said, “The Days of Tashrīq are the days of eating, drinking and the remembrance of Allah” (Muslim).

**لِمَنِ اتَّقَىٰ :** so long as they are mindful of Allah

- Ibn Mas'ud رضي الله عنه said: “Forgiveness of sins is only for the one who observes taqwā during hajj.”

**وَاتَّقُوا اللَّهَ وَاعْلَمُوا أَنَّكُمْ إِلَيْهِ تُحْشَرُونَ :** And be mindful of Allah, and know that you will be gathered before Him

- Always be mindful of your ultimate destination and your journey to the Hereafter.
- Knowing that you will be held accountable is one of the most important ways to attain taqwā.

- This set of verses ends with the mention of the Hereafter. Sūrah al-Hajj also begins with the mention of the Hereafter: *zalzalah as-sā'ah* (the quake of the Hour) and throughout hajj, there are powerful reminders of the journey to the Hereafter.

## Surah al-Hajj (Verses 1-37)

يَأَيُّهَا النَّاسُ اتَّقُوا رَبَّكُمْ إِنَّ زَلْزَلَةَ السَّاعَةِ شَيْءٌ عَظِيمٌ ، يَوْمَ تَرَوْنَهَا تَذْهَلُ  
كُلُّ مُرْضِعٍ عَمَّا أَرْضَعَتْ وَتَضَعُ كُلُّ ذَاتٍ حَمْلٍ حَمْلَهَا وَتَرَى النَّاسَ سُكَّرَى  
وَمَا هُمْ بِسُكَّرٍ وَلَكِنَّ عَذَابَ اللَّهِ شَدِيدٌ

*O humanity! Fear your Lord, for the quaking at the Hour is surely a dreadful thing. The Day you will see it, every nursing mother will abandon what she is nursing, and every pregnant woman will deliver her foetus (prematurely). And you will see people as if they are drunk, though they will not be drunk; but the torment of Allah is (terribly) severe. (22:1-2)*

- These are the opening āyāt of Sūrah al-Hajj. At first glance, it may seem unusual that they contain such vivid and terrifying descriptions of the Final Day. However, there is a profound connection between hajj and the Hereafter. One of the primary aims of hajj is to increase your īmān in the Hereafter. Many of the stations and rites of hajj serve as direct reminders of the Day of Judgement.
- Subsequent āyāt in this sūrah also pertain to the Hereafter.
- Constantly thinking about and prioritising the Hereafter is the key to success. On the other hand, being heedless of it is one of the root causes of all sin.



## Reflect

Does your current lifestyle reflect a focus on this world or the Hereafter?

إِنَّ الَّذِينَ كَفَرُوا وَيَصُدُّونَ عَنْ سَبِيلِ اللَّهِ وَالْمَسْجِدِ الْحَرَامِ الَّذِي جَعَلْنَاهُ لِلنَّاسِ سَوَاءً الْعَكْفُ فِيهِ وَالْبَادِ وَمَنْ يُرِدُ فِيهِ إِلَّا حَادِ بِظُلْمٍ تُذَقُّهُ مِنْ عَذَابِ أَلِيمٍ

*Indeed, (We will punish) those who persist in disbelief and prevent (others) from the way of Allah and from al-Masjid al-Harām (the Sacred Mosque) — which We have made for all people, where residents and visitors are all equal. Whoever intends to deviate by doing wrong in it, We will cause them to taste a painful punishment. (22:25)*

- The gravity and punishment of a sin are multiplied due to the sanctity of both place and time.
- In the sacred ḥaram, even the **mere intention to sin** is punishable, unlike anywhere else. This highlights the immense respect and reverence you should carry for the ḥaram in your heart.



## Reflect

How does this āyah link to taqwā, as discussed previously in Sūrah al-Baqarah?

وَإِذْ بَوَأْنَا لِإِبْرَاهِيمَ مَكَانَ الْبَيْتِ أَن لَا تُشْرِكُ بِنِ شَيْئًا وَطَهِرْ بَيْتِي لِلظَّاهِرِينَ  
وَالْقَائِمِينَ وَالرُّكُعَ السُّجُودُ

And (remember) when We designated for Ibrāhīm the site of the House [i.e. Ka'bah], (saying,) “Do not associate anything with Me as My partner, and purify My House for those who do ṭawāf, stand (in ṣalāh), and bow and prostrate themselves. (22:26)

لَا تُشْرِكُ بِنِ شَيْئًا : Do not associate anything with Me as My partner

- The first thing Ibrāhīm ﷺ is commanded to do is stay away from shirk. The Ka'bah was built so that Allah Alone could be worshipped. Similarly, the purpose of hajj is to strengthen your tawhīd: affirming the Oneness of Allah and worshipping Him Alone.

طَهِرْ بَيْتِي : purify My House

- This includes both spiritual and physical purification: cleansing the House of Allah from figurative filth such as shirk, disbelief, and sins, as well as from physical impurities.



### Reflect

How can you act upon **both** the ‘spiritual’ and ‘physical’ purification?  
Think of a specific example for each one.

بَيْتِي : My House

- Ibn al-Qayyim ﷺ explains that hearts are deeply drawn to the Ka'bah. People are willing to sacrifice their wealth and sometimes even their lives to make this sacred journey. People in the past would travel very far, and the journey would be full of difficulties. Even now, people save up for many years to get a glimpse of the Ka'bah.

The secret behind this deep love lies in the fact that Allah ﷺ has attributed this House to Himself: “*Baytī: My House*.”

لِلظَّاهِرِينَ وَالْقَاهِيمِينَ وَالرَّئِعِينَ السُّجُودُ : for those who do ٰtawāf, stand (in ٰsalāh), and bow and prostrate themselves

- Part of honouring the ḥaram is to fill your time there with the acts of worship mentioned in this āyah: ٰtawāf, qiyām, rukū‘ and sujūd.



### Act

Do as much ٰtawāf as you can, and pray plenty of ٰsalāh in al-Masjid al-Ḥarām.

وَأَذِنْ فِي النَّاسِ بِالْحَجَّ يَأْتُوكُ رِجَالًا وَعَلَى كُلِّ ضَامِرٍ يَأْتِينَ مِنْ كُلِّ فَجَّ عَمِيقٍ

*Proclaim the pilgrimage (hajj) to all people. They will come to you on foot and on every lean camel, travelling through every distant hilly pathway. (22:27)*

- When Allah ﷺ asked Ibrāhīm ﷺ to announce the call for hajj to all people, Ibrāhīm ﷺ asked, “O Lord, how can my voice reach all the people?” Allah ﷺ replied, “Make an announcement, and it is upon Me to convey.” So Ibrāhīm ﷺ climbed Mount Abū Qubays and proclaimed: “O people, your Lord has commanded you to perform hajj of this House, so that He may reward you with Paradise and protect you from Hellfire. So, perform hajj.”
- Allah ﷺ instructed Ibrāhīm ﷺ to make the announcement, thousands of years ago, long before the age of social media or even telephone lines. Yet, his call was preserved and conveyed. Today, you recite this āyah along with millions of others. This teaches you that you must take the necessary means and leave the outcome with Allah. If you are sincere in your efforts to convey Allah’s message,

ash-Shakūr (The Most Appreciative) will multiply your actions in ways beyond your imagination.



### Act

Do your best to convey the truth like Ibrāhīm ﷺ. Think of how he made this one call, and how many billions responded to it. What will you do to convey the message of Islam?

### ضَامِيرٌ : lean camel

- While the wealthy honour their guests with luxurious transport, Allah ﷺ praises His guests for arriving on worn-out, weary animals.

### يَأْتِيْنَ : travelling

- The pronoun here refers to the camels. Just as the horses of jihād are honoured in Sūrah al-Ādiyāt, the camels of hajj are honoured in this ayah.

لِيَشْهَدُوا مَنَافِعَ لَهُمْ وَيَذْكُرُوا اسْمَ اللَّهِ فِي أَيَّامٍ مَّعْلُومَاتٍ عَلَى مَا رَزَّهُمْ مِّنْ  
بَهِيْمَةِ الْأَنْعَمِ فَكُلُّوا مِنْهَا وَأَطْعِمُوا الْبَائِسَ الْفَقِيرَ

*So they may obtain the benefits (in store) for them, and remember the Name of Allah on appointed days over the sacrificial animals He has provided for them. So eat from them and feed the distressed, the poor.*

(22:28)

### مَنَافِعَ لَهُمْ : the benefits (in store) for them

- Every action of hajj brings immense benefits. When you truly understand the countless rewards hajj offers, you will be eager to perform every part of it with excellence. You will not look for shortcuts or concessions.

- The word مَنْفِعٌ is general and includes both the benefits of this world and the Hereafter.



### Reflect

How does this link with 2:198 mentioned in the previous section?

- The benefits of hajj include spiritual, political, economic, social and educational benefits. They extend to the individual, the ummah and humanity at large. All these benefits are connected to the ultimate purpose: worshipping Allah Alone. What does this tell you about the beauty of Islam?



### Reflect

Allah is telling you there are many benefits. How are **you** going to benefit from hajj?

**وَاطْعِمُوا الْبَائِسَ الْفَقِيرَ : and feed the distressed, the poor**

- Ṣadaqah is an integral part of hajj. Allah instructs you to feed, الْبَائِسَ, someone whose poverty is evident through their appearance, and الْفَقِيرَ, someone who may not appear outwardly poor but is still in need.

**ثُمَّ لِيَقْضُوا تَفَثِّهُمْ وَلِيُوْفُوا نُذُورَهُمْ وَلِيَطَّوَّوْا بِالْبَيْتِ الْعَتِيقِ**

*Then, they should groom themselves, fulfil their vows, and make ṭawāf of the Ancient House.” (22:29)*

**ثُمَّ لِيَقْضُوا تَفَثِّهُمْ : Then, they should groom themselves**

- They should groom themselves by shaving or trimming their hair, cutting the nails, trimming the moustache etc.

- When you're getting your hair shaved, and bathing and perfuming yourself, think of how you can **purify your heart**. Doing this will allow you to achieve the greater objective of hajj and return as pure from sin as the day you were born.



## Reflect

What diseases of the heart (e.g. envy, pride, hatred, anger) do you most struggle with?

ذَلِكَ وَمَنْ يُعَظِّمْ حُرُمَاتِ اللَّهِ فَهُوَ خَيْرٌ لَهُ وَعِنْدَ رَبِّهِ وَأَحَلَّتْ لَكُمُ الْأَنْعَمُ  
إِلَّا مَا يُتَنَزَّلُ عَلَيْكُمْ فَاجْتَنِبُوا الرِّجْسَ مِنَ الْأَوْتَنِ وَاجْتَنِبُوا قَوْلَ الزُّورِ

*That is so. And whoever honours the things sanctified by Allah, it is best for them in the sight of their Lord. The (meat of) cattle has been made lawful for you, except what has been recited to you. So shun the filth of the idols, and shun words of falsehood. (22:30)*

**ذَلِكَ وَمَنْ يُعَظِّمْ حُرُمَاتِ اللَّهِ فَهُوَ خَيْرٌ لَهُ وَعِنْدَ رَبِّهِ** : That is so. And whoever honours the things sanctified by Allah, it is best for them in the sight of their Lord

- Honouring the **حُرُمَاتِ** [the things sanctified by Allah] = Honouring Allah Himself.
- حُرُمَاتِ** refers to everything that has sanctity and is commanded to be respected, such as all the rites of hajj, the haram, the state of ihrām, sacrificial offerings, and all acts of worship that Allah has commanded His servants to uphold.

**وَاجْتَنِبُوا قَوْلَ الزُّورِ** : and shun words of falsehood

- Stay away from all unlawful speech, including false testimony and lying.

حُنَفَاءُ اللَّهِ غَيْرُ مُشْرِكِينَ بِهِ وَمَنْ يُشْرِكُ بِاللَّهِ فَكَانَمَا حَرَّ مِنَ السَّمَاءِ  
فَتَخْطُفُهُ الظَّيْرُ أَوْ تَهْوِي بِهِ الرِّيحُ فِي مَكَانٍ سَجِيْنِ

*Be upright (in devotion) to Allah, not associating any partner with Him.  
Whoever associates partners with Allah is like someone who has fallen  
from the sky, and is either snatched away by birds or swept by the wind  
to a remote place. (22:31)*

- Ḥunafā' is the plural of ḥanīf. Ibrāhīm ﷺ is described as *ḥanīfām-muslimā*; his path is known as *ḥanīfiyyah*. A *ḥanīf* is someone who fully turns to Allah, devotes themselves entirely to His worship, and abandons everything else.
- This āyah contains a complex similitude in which Allah likens the polytheist to the one who brought upon himself an inescapable disaster:

**The sky** symbolises the loftiness, honour, and vastness of īmān and tawhīd.

**Falling from the sky** represents a person abandoning īmān.

**Birds tearing at his flesh and limbs** signify devils snatching pieces of his heart and dīn.

**Winds sweeping him away** refer to desires dragging him down and distancing him from the heights of īmān.

- Tawhīd elevates, while shirk brings one down. When someone abandons īmān and the protection it brings, the devils tear at him from every direction. They pull him apart and ruin both his dīn and dunyā.

“

Notice the deep inner turmoil — a kind of psychological earthquake — that shakes the hearts of disbelievers. A sense of devastation fills their lives, and a crushing despair stifles their dreams, all because they lack true knowledge of Allah.

In contrast, the life of a Muslim is filled with vastness and mercy, because knowing Allah opens up vast horizons for understanding life, the universe, and one's ultimate destiny.

- Dr Farīd al-Anṣārī ﷺ

”

ذَلِكَ وَمَنْ يُعَظِّمْ شَعِيرَ اللَّهِ فَإِنَّهَا مِنْ تَقْوَى الْقُلُوبِ

*Whoever honours the symbols of Allah — indeed, it is from the piety of hearts. (22:32)*

- Honouring the symbols of Allah is from *taqwā*. If you wish to be from the people of *taqwā*, you must honour and respect the symbols of Allah. The symbols of Allah include the Ka'bah, Ṣafā and Marwah, *udhriyah*, the *adhān*, *jumu'ah* etc.
- Taqwā* has been attributed to the heart in this āyah. The Prophet ﷺ said: “*Taqwā* is here, *taqwā* is here, *taqwā* is here,” whilst pointing to his chest (Muslim). For *taqwā* to manifest in your actions, it must first be firmly established in the heart.
- The best form of *ta'zīm* (reverence) is obeying Allah's commands and shunning His prohibitions, especially in these sacred places and times.

**الْقُلُوبُ : the hearts**

- The outer physical acts of worship should be the means to attaining the inner ‘actions of the heart’. *Ubūdiyyah* is the foundation of the *millah* (way) of Ibrāhīm ﷺ. *Ubūdiyyah* is complete submission, humility, love and sincerity — all actions of the heart.

لَكُمْ فِيهَا مَنَافِعٌ إِلَى أَجَلٍ مُسَمٍّ ثُمَّ تَحْلِهَا إِلَى الْبَيْتِ الْعَتِيقِ

*There are benefits for you in (the sacrificial animals) up to a specified time, then their place of sacrifice is at the Ancient House (the area of haram). (22:33)*

لَكُمْ فِيهَا مَنَافِعٌ إِلَى أَجَلٍ مُسَمٍّ : There are benefits for you in (the sacrificial animals) up to a specified time

- 'For you': From His mercy, Allah has made the duties He placed upon you full of immense blessings and benefits.
- The benefits are for a 'specified time'. Everything in this world is temporary, so don't become too attached to the world.

الْبَيْتِ الْعَتِيقِ : the Ancient House

- The sanctified area of the haram is referred to in the Qur'an by the words 'al-Ka'bah, al-Bayt al-'Atiq and al-Masjid al-Harām' indicating the sacredness of the entire area of the haram, not just the Ka'bah itself.

وَلِكُلِّ أُمَّةٍ جَعَلْنَا مَنْسَكًا لِيَذْكُرُوا اسْمَ اللَّهِ عَلَىٰ مَا رَزَقْنَاهُمْ مِنْ بَهِيمَةِ الْأَنْعَامِ  
إِلَّا هُكُمُ إِلَهٌ وَاحِدٌ فَلَهُ وَآسْلِمُوا وَبَشِّرُ الْمُخْتَيِّنَ

*For every ummah (religious community) We prescribed the act of sacrifice, so that they may invoke the name of Allah over the livestock He provided for them: So, your God is One God, so submit to Him Alone. And give good news to those who turn to Him with humility; (22:34)*

- One of the greatest indicators of the lofty status of an act of worship is that it has been prescribed across all divine revelations e.g. sacrificing animals in the Name of Allah.

فَإِلَهُكُمْ إِلَهٌ وَّاحِدٌ : So, your God is One God

- When Allah ﷺ made it clear that the sacrifice of livestock is a shared practice across nations, He concluded the verse with: ‘So, your God is One God, so submit to Him Alone’. This is a clear indication that the greatest bond uniting all nations is the **oneness of Allah**.
- Once again, there is an emphasis on *tawhīd* and complete submission to Allah.

وَبَشِّرِ الْمُخْبِتِينَ : And give good news to those who turn to Him with humility

- Hajj should nurture humility in your heart: humility with Allah and humility with His creation. Allah loves the humble, easygoing servant who overlooks the mistakes of others. You are just one among millions in the crowd, dressed in simple clothing like everyone else, and performing the same actions.
- Allah loves it when you go to Him with a broken heart. Throughout your hajj, humble yourself to Him and express your ‘ubūdiyyah (servitude).
- Do this by remembering your sins which Allah has graciously concealed for you and reflecting on the sheer generosity and grace of Allah ﷺ.
- In the next ayah, Allah ﷺ outlines four qualities of the *mukhibitīn*.

الَّذِينَ إِذَا ذُكِّرَ اللَّهُ وَجِلَّتْ قُلُوبُهُمْ وَالصَّابِرِينَ عَلَىٰ مَا أَصَابُهُمْ وَالْمُقْيِمِينَ  
الصَّلَاةَ وَمِمَّا رَزَقْنَاهُمْ يُنفِقُونَ

*those whose hearts are filled with awe when Allah is mentioned, who patiently endure whatever may befall them, and who establish prayer and donate from what We have provided for them. (22:35)*

- Focus on attaining these four qualities during your hajj and beg Allah to make them your permanent traits post-hajj too.



## Reflect

What is the state of your heart when Allah is mentioned? Do you ever tremble out of awe for Him?

وَالْبَدْنَ جَعَلْنَا لَكُمْ مِنْ شَعَّابِ اللَّهِ لَكُمْ فِيهَا حَيْرٌ فَادْكُرُوا اسْمَ اللَّهِ  
عَلَيْهَا صَوَافَّ فَإِذَا وَجَبَتْ جُنُوبُهَا فَكُلُوا مِنْهَا وَأَطْعِمُوا الْقَانِعَ وَالْمُعْتَرَ كَذَلِكَ  
سَخَّرْنَا لَكُمْ لَعَلَّكُمْ تَشْكُرُونَ

We have made sacrificial camels (and cattle) among the symbols of Allah for you. There is much good in them for you, so invoke Allah's name over them as they are lined up for sacrifice. Then when they have fallen down dead, eat from it, and feed those who do not ask, as well as those who do. We have subjugated them to you in this way so that you may be thankful.

(22:36)

حَيْرٌ : good

- There are worldly benefits for you in sacrificing animals along with reward in the Hereafter.

وَأَطْعِمُوا الْقَانِعَ وَالْمُعْتَرَ : and feed those who do not ask, as well as those who do

- As believers, we have a duty of care towards each other.



## Reflect

Do you look out for people you can help without them ever needing to ask, and give to them without embarrassing them?



## Act

Give to the beggars and to those who do not beg. Be generous.

**سَخَّرْنَاهَا : We have subjugated them to you**

- Allah ﷺ subjugates these animals for you. Despite their large sizes, humans are able to control them, ride them and slaughter them for their personal gain.

**لَعَلَّكُمْ تَشْكُرُونَ : so that you may be thankful**

- In these āyāt, Allah ﷺ commands you to express gratitude for the sacrificial animals by: (1) offering them in His Name Alone; (2) feeding the poor from them; (3) humbling yourself before Him; (4) having taqwā; and (5) carrying out the sacrifice with ihsān (excellence).

لَنْ يَنَالَ اللَّهُ لُحُومُهَا وَلَا دِمَاؤُهَا وَلَا كُنْ يَنَالُهُ التَّقْوَىٰ مِنْكُمْ كَذَلِكَ سَخَّرَهَا  
لَكُمْ لِتُكَبِّرُوا اللَّهُ عَلَىٰ مَا هَدَيْتُمْ وَبَشِّرُ الْمُحْسِنِينَ

*Never does their meat or their blood reach Allah, but what does reach Him is your taqwā (piety). He has subjugated them to you in this way so that you may glorify Allah for having guided you. Give good news to those who do good. (22:37)*

- Islam is not just about the outward physical rituals. The actions of the heart (e.g. love, fear and hope in Allah) are the ‘goal’ and the physical actions are the ‘means’ to achieve the goal.
- The purpose of sacrificing an animal is not the meat or the blood shed. It is legislated so that you remember Allah and be sincere to Him. Worship without sincerity and taqwā is like a body without a soul: all form, no substance.

- The emphasis on the heart in the āyāt of ḥajj is greater than in the other pillars of Islam. This is perhaps because it's easy to get caught up in the physical outward rituals, and forget the deeper intended outcome: *taqwā*.
- The verses of ḥajj repeatedly mention *takbīr*, *dhikr*, *taqwā* and matters of the heart. This is because most of the rituals of ḥajj are tied to physical actions and visible symbols. To prevent the heart from becoming attached to these outward forms, or from thinking they can cause harm or benefit, the Qur'ān redirects us to the true purpose of ḥajj: deepening *īmān* and cultivating *taqwā*.



### Act

Throughout your journey, check the spiritual state of your heart.

### لِتُكَبِّرُوا اللَّهَ : so that you may glorify Allah

- The āyah highlights the importance of *takbīr* during these blessed days. *Takbīr* and *ta'zīm* (glorifying, magnifying and revering Allah ﷺ) are the central themes of ḥajj. The more you glorify Allah, the greater you think of Him and the lower you think of yourself and humble yourself. This is the essence of 'ubūdiyyah.



### Act

Keep repeating the *takbīr* during the days of ḥajj.

### وَبَشِّرِ الْمُحْسِنِينَ : Give good news to those who do good

- Feel joy as Allah ﷺ gives you the good news: if you have excelled in worshipping Allah and in being kind to His creation for His sake, rejoice in the worldly reward and eternal bliss in the Hereafter.

Although the focus of the verses in Sūrah al-Baqarah differs from those in Sūrah al-Hajj, the two main purposes of ḥajj are common and clear in both: (1) dhikr and (2) taqwā. Keep this in mind throughout your journey.

The verses of ḥajj are not limited to the above two passages. The following are more verses related to ḥajj, Makkah and Ibrāhīm ﷺ which you can research, recite and reflect on.

Surah Name	Surah No.	Verse(s)
al-Baqarah	2	125-128; 158; 189; 217
Aal-‘Imrān	3	96-97
an-Nisā	4	1-2; 94-97
al-An‘ām	6	92
al-Anfāl	8	34-35
at-Tawbah	9	3-5; 7; 19; 28
Ibrāhīm	14	35-37
al-Isrā’	17	1
al-Ḥajj	22	67
al-Qaṣaṣ	28	57
al-‘Ankabūt	29	67
ash-Shūrā	42	7
al-Fath	48	24-27
al-Balad	90	1-2
at-Tīn	95	1-3
al-Fil	105	1-5
Quraysh	106	1-4

## Chapter 5

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# Visiting the City of the Prophet ﷺ

# On the Way to Madinah

As you travel to Madinah, let your imagination go back in time to more than 1400 years ago. The Prophet ﷺ had endured some of the most difficult years of his life: thirteen years of endless ridicule from his own tribe, the harsh torture of his Companions and a gruelling boycott. Shortly after, he suffered the heart-wrenching loss of his closest confidant and most devoted supporter: his wife Khadījah.

Then came the command for **hijrah**. The blessed Companion was chosen: his best friend, Abū Bakr. Though the journey was for two, it was a family affair; his daughter Asmā', son 'Abdullah, and servant 'Āmir all put their lives on the line for this noble mission.

Yet this was a painful parting. Standing at the edge of Makkah, with a heavy heart, the Prophet ﷺ remarked: “**You are the most beloved of all lands to me**, and had it not been for your people forcing me to leave, I would never have left.”

The hijrah was a dangerous journey as they crossed difficult terrain while being relentlessly pursued by the Quraysh. The enemy closed in, standing right at the mouth of Cave Thawr. One downward glance, and they would have been discovered. It was at this moment that the most comforting words in history were uttered: “**O Abū Bakr, what do you think of two, with Allah as their third?**”

It was a journey marked by **miracles**. A spider spun its web across the cave’s entrance, shielding the noble Messenger ﷺ and his Companion from their pursuers. The horse of the expert tracker, Surāqah, sunk into the ground and stumbled over three times: something that had never

happened before. Umm Ma'bad's barren goat, against all odds, gave enough milk to quench the traveller's thirst, and still have more for its owner and her husband. Umm Ma'bad's vivid, awe-struck **description of the Prophet ﷺ** would go on to become one of the most detailed accounts of his appearance.

The moment of arrival in Madinah had finally come. And what a moment it was! “Allah is the Greatest! **Muhammad, the Messenger of Allah has arrived!**” The joyous shouts of Madinan children filled the air. Men rushed ahead to pay their respects to him. Women hurried to the rooftops, eager to catch a glimpse of him ﷺ.



# Madinah

“On the day the Messenger of Allah ﷺ entered Madinah, everything therein became illuminated. Then on the day he passed away, everything therein became dark.

(Tirmidhī)

Madinah is no ordinary place. It is a city filled with **serenity, tranquillity and peace**. Its air is gentle and fresh; soothing for the soul. Its entrances are guarded by angels, making it a sanctuary for everyone who enters it: neither plague nor Dajjāl can enter it. It is the sieve through which evil is filtered. **It is the lighthouse of īmān.**

Madinah is the city where the Prophet ﷺ walked its streets, consoled its trees and prayed on its blessed soil. It is the city that soothed him after the storms of Makkah. It is the safe haven he had longed for. When he ﷺ returned from the battle of Tabuk, he said:

“I am hastening to Madinah. So whoever among you wishes to hasten with me, let him do so.” And when Madinah came into view, he ﷺ said: “This is Tābah [wholesome and pure]” (Bukhārī).

Madinah is the city where Muslim took refuge, and where the early chapters of Islamic history were written. **Its soil is soaked with the tears and blood of the Companions** of the Prophet ﷺ. Madinah is the city home to the blessed masjid where every prayer is worth a thousand prayers. It is the city from which the light of guidance and power of Islam began to spread across the world.

Madinah is a city whose inhabitants are truly blessed. They are the **descendants of the Anṣār**: a people like no other. The Anṣār embraced the Prophet ﷺ when others turned him away; they welcomed him and his followers with open hearts and homes; they **sacrificed** their lives and wealth for the sake of Allah and His Messenger. They were a people whose generosity continues to shine to this day.

Madinah is the city where our beloved Prophet ﷺ rests. He was the one who **guided** humanity from the depths of darkness to light, from the worship of creation to the worship of the Creator, from the constrictions of this world to its vast expanses. He was the one who sacrificed his life for his ummah, enduring endless hardship and pain so that we could receive the noble message. He is the one who will **intercede** for us on the Day of Judgment, when no other Prophet or Messenger will stand in intercession for their people, and every soul will be consumed with worry for itself. On that day, when everyone will be lost in their own fears, that the Prophet ﷺ will raise his head and, on behalf of his ummah, he will cry out, “**My ummah, my ummah!**”

The heart of every believer **yearns** to stand before him, to whisper salām at his grave; to feel close, if only for a moment, to the one who brought us out of darkness and into light. Every believer longs to live near him, **die** near him, and to rise with him.

Madinah is the city of light: the city of the Prophet ﷺ.



Madinah

# Entering the Masjid of the Prophet



As you approach the Masjid of the beloved Prophet ﷺ, let your heart be overwhelmed with **gratitude, humility and awe**. This place was chosen by Allah for His Messenger and the best generations. Upon entering the blessed Masjid, recite the du‘ā’ for entering and perform two rak‘ahs of tahiyyat al-masjid.

“When one of you enters the masjid, he should not sit until he has prayed two rak‘ahs.

- The Messenger of Allah ﷺ (Bukhārī)

The towering minarets leave you in awe; the marble floors are cool against your feet. Pause for a moment. Cast your mind back more than 1,400 years, to when, in this very place, there stood a simple and **humble structure**. No grandeur, no ornament, just walls of mud and a roof of palm branches. Yet it carried a magnificence that no palace or monument on earth could ever match. This was the Masjid of the beloved Prophet ﷺ.

Here, the Prophet ﷺ nurtured his beloved Companions ﷺ, standing shoulder to shoulder in prayer, united in servitude to Allah. As foreheads touched the ground, there was no difference between the rich and poor, between Arab and non-Arab. It was a place visited by Jibril ﷺ time and again, where Allah was constantly praised and glorified.

The Masjid was more than just a place of prayer. It was a university, where the **greatest teacher** ﷺ guided his students with words of revelation. It was a court of justice, where disputes were settled with fairness. It was the **headquarters** of the Muslim government, a place in which strategies were drawn and delegations were welcomed. It was a **command centre**, from which armies marched, treaties were forged, and the map of history was redrawn.

It was a place of **compassion** and belonging. The poor and homeless found shelter, the sick were tended to, and the needy were never turned away. Children played freely, women were welcomed, and men discovered brotherhood. It was a place of prayer, of learning, of community; a place where everyone found peace and belonging.

Imagine the Prophet ﷺ pausing mid-sermon to lift his grandchildren. Picture the Bedouin who urinated in the Masjid, yet was met not with anger but gentle instruction on proper etiquette. Imagine the beloved ﷺ hearing an infant cry during congregational prayer, shortening it rather than asking the mother to remain at home.

His mercy was not limited to humans. It was felt by the entire universe. Visualise the palm tree that sobbed when he ﷺ began using a pulpit instead of leaning on the tree. He did not ignore it; he descended and **embraced the tree, comforting it** as one comforts a child.

The Masjid was a place of camaraderie and conversation. Picture the post-fajr discussions he ﷺ had with his Companions where they would discuss their dreams. Imagine the Companions reciting poetry and recounting amusing stories from their days in Jahiliyyah, making the Prophet ﷺ smile.

The day came when the atmosphere in the Masjid changed. The Prophet ﷺ grew too weak to stand, and the Companions gathered as

always, waiting for him to lead them in prayer. He ﷺ instructed Abu Bakr to lead the prayer, yet the masjid was shadowed by his absence.

On that final day, he ﷺ lifted the curtain of his room. Imagine how the Companions must have felt as they saw his ﷺ face, shining with a light that no worldly beauty could match, smiling as he looked upon the rows of faithful standing in prayer. He ﷺ signalled to Abu Bakr ﷺ to lead once more and gently lowered the curtain. That was the last time they would see him alive.

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ



SULTAN  
ABDUL MAJED  
GATE  
DOOR NO. 12

عَلَيْهِ السَّلَامُ  
بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ



# Visiting the Grave: In the Company of the Prophet



As you make your way to the grave of the Prophet ﷺ, realise that you are standing before the one whom Allah chose as a mercy to all the worlds. You are in the presence of the one chosen to spread divine guidance to every corner of the earth, spanning time and space, until it reached you.

You are standing in front of the one who sacrificed his life, his comfort, his wealth, and his safety, just so you could internalise the message of *lā ilāha illā Allah*.

As you stand there, know that you can never repay or fully acknowledge his efforts and sacrifices. Send your prayers and peace upon him and bear witness that he ﷺ did indeed convey the message and fulfil the trust until death came to him.

## The One Who Endured Unimaginable Suffering for Your Sake

You stand before the one who was tortured and watched his Companions, such as Khabbāb and Bilāl ﷺ, being dragged across burning sand, their voices crying “Ahad, Ahad” through unbearable pain. He faced the brutality of the disbelievers with unwavering resolve.

In Tā'if, children hurled stones at him, wounding his **blessed body** until blood flowed from his feet. Yet he walked back to Makkah, praying for the guidance of those who had wronged him. When given the chance to see them crushed between two mountains, he **chose mercy** instead.

You stand before the one who endured hunger and hardship for days at a time. He organised armies and led his Companions in battle, standing closest to the enemy and never retreating. During the digging of the trench before the Battle of Khandaq, when his Companions tied stones to their stomachs to ease their hunger, he lifted his garment to reveal that he had bound **two stones** to his own.

## **The One Who Was the Best of Servants**

You stand before the one who spent **long hours in worship** and intimate conversation with his Lord. He wept so intensely that the ground beneath him became wet with his tears. Even on the night before the Battle of Badr, while his Companions rested, he prayed beneath a tree and wept until dawn.

When 'Ā'ishah once asked him, “Why do you do this, O Messenger of Allah, when Allah has forgiven your past and future sins?” he replied simply, “Should I not be a **grateful servant?**”

You stand before the one whom Allah offered a choice: to be a Prophet-King or a Prophet-Servant. He chose **servitude**. He lived simply, served his family, ate on the ground, mended his own clothes, and slept on a mat of palm fibres that left marks on his blessed back. Through his life, he taught his ummah what it truly means to **live for Allah**, not for the world.

## The One Whose Love Was Felt by All

You stand before the one whose love was so deeply felt that each person around him believed themselves to be the most beloved to him. When asked whom he loved most, he replied without hesitation, “Ā’ishah.” In a society where men scorned speaking openly of love for their wives, he broke the norms of ignorance and taught his Companions how to love for the sake of Allah.

Years after Khadijah passed away, he would weep at the sight of her necklace and say, “I was blessed with her love.”

He was the greatest father humanity has known, though he grew up without a father himself. When his daughter Fātimah entered his home, he would rise, take her hand, kiss her, and seat her in his own place. When his grandchildren climbed onto his back during prayer, he prolonged his prostration, allowing them to play undisturbed. This was the Messenger of Allah ﷺ.

## The One Whose Compassion Knew No Bounds

You stand before the one whose compassion extended far beyond his family. He asked after Companions he had not seen for days, visited the sick in their homes, and comforted the broken-hearted. When a young servant girl asked him to walk with her through Madinah, he did so willingly, attending to her needs without hesitation. He recognised the worth of every human being.

When society shunned Julaybīb for his poverty and appearance, the Prophet himself found him a wife and declared, “He is from me, and I am from him.”

When a child lost his pet bird, he noticed and asked gently, “O ‘Umayr, what happened to your Nughayr?” His teaching was always wrapped

in love. He said to Mu‘ādh, “**By Allah, I love you.** By Allah, I love you. Never forget to say at the end of every prayer: O Allah, help me to remember You, thank You, and worship You in the best way.”

## **The One Who Loved You Before You Were Born**

His love was not limited to those who lived in his time. He spoke of you with longing, saying to his Companions, “**How I wish I could meet my brothers and sisters**, those who believed in me without seeing me.” You are the ones he yearned to meet.

You stand before the one who prayed for you in the depths of the night until his feet swelled with pain. On the Day of Judgement, he will stand before Allah and say, “**Ummatī, ummatī**.” He will intercede for you when no one else will.

You stand before Muḥammad ﷺ: the one who gave everything so that you might have everything.

## **Be a Respectful Visitor**

The Prophet ﷺ once noticed that his Companion, Thābit ibn Qays ﷺ, was missing from the gathering. He turned to Sa‘d ibn Mu‘ādh ﷺ and asked, “O Abū ‘Amr, what’s the matter with Thābit? Is he ill?” Sa‘d replied, “He is my neighbor, but I haven’t heard of any illness.” So Sa‘d went to Thābit’s house and said: “The Prophet ﷺ noticed your absence.”

Thābit replied sadly, “When the verse was revealed ‘O you who believe, **do not raise your voices above the voice of the Prophet...**’ (49:2), I thought it was about me. My voice is louder than all of yours in his presence. Surely I must be one of the people of the Fire!” Sa‘d returned and told the Prophet ﷺ what Thābit had said. The Prophet ﷺ replied: “No. Rather, **he is among the people of Paradise.**”

Such was the adab of the Companions; they feared disrespecting him even in the volume of their voices. Lower your voice in this sacred space. **Do not harm** a fellow believer by pushing or getting angry. **Put away your phone.** Be present. Be respectful. Follow the Sunnah and avoid innovations in acts of worship, no matter how beautiful or beneficial they may appear.

“

**Know that he is aware of your presence and your visit.** Your greetings and prayers are conveyed to him. **Picture his noble form in your imagination, as though he is lying in his grave before you, and hold his great status in your heart.**

It has been narrated that the Prophet ﷺ said: “Allah has appointed an angel at his grave who conveys the greetings of peace to him from anyone who greets him from his ummah.” This applies to those who are not present at his grave, so how much more so for those **who have traveled from distant lands, crossing deserts, in longing to meet him, even though they could not witness his radiant face.**

The Prophet ﷺ also said: “Whoever sends blessings upon me once, Allah will send blessings upon him ten times.” This is the reward for praying for him with your tongue, so imagine the reward for visiting him with your body. Then, go to the Prophet’s pulpit and **imagine the Prophet ﷺ ascending it, surrounded by the Muhājirūn (emigrants) and Anṣār (helpers)** as he delivered his sermon, urging them to obey Allah. Ask Allah not to separate you from him on the Day of Judgment.

- Imām al-Ghazālī ﷺ

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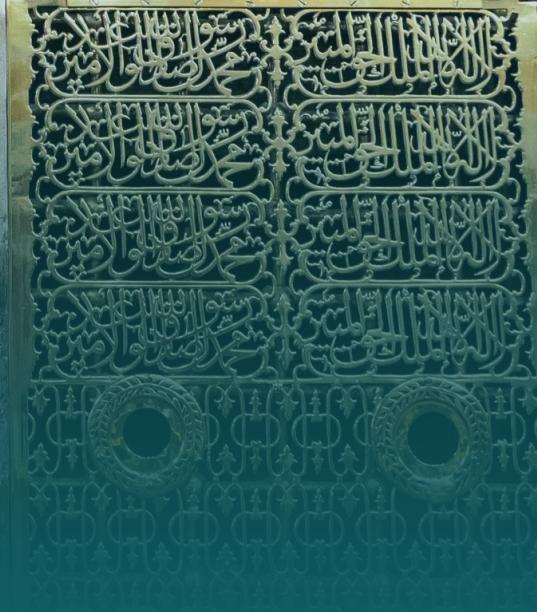
الحمد لله رب العالمين وصلوات ربي وآياته  
الحمد لله رب العالمين وصلوات ربي وآياته

الله عاصي

الحمد لله رب العالمين وصلوات ربي وآياته  
الحمد لله رب العالمين وصلوات ربي وآياته

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الحمد لله رب العالمين وصلوات ربي وآياته

يَا هَا الَّذِينَ أَمْنَوْا لَرْفَهُوا  
وَلَا يَجْتَهِدُونَ لِمَا أَنْقَلَهُمْ  
عَنْ أَنفُسِهِمْ إِنَّمَا يَعْصِي  
رَبَّهُمْ الْجَاهِلُونَ



# The Closest Companion: Abu Bakr al-Siddiq



As you turn and see the grave of Abū Bakr ﷺ, feel honoured to be standing in front of the **best friend** of the Prophet ﷺ: the one whose **loyalty** to the Messenger ﷺ knew no bounds, the one whose faith in the Messenger ﷺ never wavered.

“Did you hear that your friend claims he was taken by night to the Sacred House?” the Quraysh mockingly asked Abū Bakr. Abū Bakr replied simply, “Did he say that?” When they confirmed, he said, “If he said it, **then it is the truth.**” They pressed further, “Do you believe he went by night to the Sacred House and returned before morning?” Abū Bakr answered, “Yes. But know this; I believe something far more astonishing: that he **received revelations from heaven.**”

Abū Bakr was not a Prophet, yet he was not like other men. He held a rank just beneath the Prophets, yet higher than the rest of mankind. No Messenger was ever granted a Companion like Abū Bakr.

He believed, and his belief was **unique**; he defended the Prophet ﷺ, and his defense was **persistent**. He freed slaves, equipped armies, and prepared for battles. No one could even surpass his generosity. ‘Umar ﷺ, eager to surpass him, once brought half of his wealth in charity. Yet when Abū Bakr ﷺ arrived, he laid down everything he owned, leaving nothing for his household but Allah and His Messenger ﷺ.

Abū Bakr ﷺ was always the **first in doing good**. On one morning, the Prophet ﷺ questioned his Companions, asking who among them had

fasted, who had followed a funeral, who had fed the poor, and who had visited the sick. Each time, the same voice responded: Abū Bakr. The Prophet ﷺ then said: “These deeds are not **combined** in one man except that he will enter Paradise.”

This was Abū Bakr ﷺ. He was always first, always ahead, always striving for excellence.

Abū Bakr was **soft-hearted** and wept when he recited the Qur’ān. He ruled with justice, fought with courage, and served with sincerity and *taqwā*. He was **firm** when truth demanded firmness, yet gentle when compassion was called for.

His defining characteristic was unwavering obedience and submission. Abū Bakr is the only person among the Companions who never disagreed with the Prophet ﷺ in any matter. He never questioned, never resisted, never argued. Where the Prophet ﷺ led, he followed. Where the Prophet ﷺ guided, he obeyed. His heart aligned perfectly with the path of truth.

This was **as-Šiddīq**: a man who embodied the highest level of *īmān* and unwavering truthfulness.

# The Beacon of Justice: ‘Umar b. al-Khattab



*“O Allah, strengthen Islām with the dearest of two men to You, ‘Umar b. al-Khattāb or ‘Amr b. Hishām!”*

This was the **du‘ā’** of the Prophet ﷺ. Allah chose ‘Umar ﷺ, and you are now standing before him.

From the very moment he embraced Islām, ‘Umar ﷺ refused to hide. Whilst others concealed their faith, ‘Umar went first to his uncle — Islam’s staunchest enemy, Abū Jahl — announcing his Islam at his doorstep. When the door was slammed in his face, he sought out the person who would spread gossip the fastest in Makkah and announced his conversion.

When ‘Umar ﷺ migrated, he did not leave under cover of darkness. He strapped on his sword, slung his bow over his shoulder, performed tawāf around the Ka‘bah, then called out to the leaders of Quraysh: “Whoever wishes to leave his mother childless, orphan his child, or widow his wife, let him follow me across this valley, for I am migrating!” No one dared follow him.

‘Umar ﷺ was al-Fārūq, the one who **distinguished truth from falsehood** with absolute clarity. His firmness was legendary, yet always in service of justice. When young slaves belonging to Hātib were brought before him for stealing a camel, he looked closely at their faces, thin and frail, and realised hunger had driven them to theft. He turned to their master: “It is you who starve them! The punishment falls upon

you!” This was his justice: addressing the root cause rather than punishing the symptom.

Beneath his legendary strength lay extraordinary **tenderness and humility**. One night, whilst guarding a caravan of goods, he heard a child crying. He found a woman trying to wean her baby early because ‘Umar’s policy granted stipends only to weaned children. When he realised his ruling was causing this distress, he wept. At Fajr, the people could barely make out his recitation because of his **sobbing**. He cried out: “Woe to ‘Umar! How many children of the Muslims has he caused to perish!” He immediately changed the policy.

This was ‘Umar, the one who **conquered** Rome and defeated Persia. Once, he arrived late to Friday prayer wearing a cloak **patched in twenty-one places**, explaining: “What kept me was this shirt of mine. I was waiting for it to dry, for I have no other.” When his governor sent him sweets from Azerbaijan, he asked: “Do all the people eat this?” When told it was food for the elite, he commanded: “Take your gift back and tell your sender: ‘Umar commands you not to be filled with food until **every Muslim** before you has been fed and satisfied!”

When **news** of victory reached him from Nahāwand, the messenger listed the names of the martyrs whom ‘Umar was familiar with, then added: “And others, from amongst the common people, whom the Commander of the Faithful does not know.” ‘Umar **wept** and said: “**What harm is it to them that ‘Umar does not know them?** Indeed, Allah knows them!”

It was this same **humility** that marked his entry into al-Quds, when the Christian Patriarch refused to surrender the blessed city to anyone but the Caliph himself. ‘Umar set out from Madinah with a single servant, sharing one camel between them, taking turns to ride across the scorching desert. When they neared Jerusalem’s gates, it was the

servant's turn to ride, and the Muslim generals rushed forward in alarm: "O Commander of the Faithful! You are about to enter before the Romans, and you are walking whilst your servant rides!" 'Umar looked at them and replied: "**We are a people whom Allah has honoured through Islām. If we seek honour through anything else, Allah will humiliate us.**" He entered the city, victorious, on foot.

At a gathering, someone asked him: "And who are you?"

"Umar b. al-Khaṭṭāb!" he replied.

"Umar? The one who crushed the Romans, the knight who shattered empires?"

"No. 'Umar, the Companion of the Messenger of Allah. No lineage is dearer to me than that."

You stand before 'Umar: **the man the Shayṭān feared**, the man who wept for orphans he never knew, the man who lived like a beggar whilst ruling an empire. United with the Prophet ﷺ and Abū Bakr رضي الله عنهما in life, he is united with them in death, his grave beside theirs forever.

# The House of the Beloved:

## ‘Āishah b. Abi Bakr



When ‘Umar ﷺ was on his deathbed, he sent his son to ask ‘Āishah ﷺ for permission to be buried in her house, beside the Prophet ﷺ and Abū Bakr ﷺ. She said: “I had wanted it for myself, but today I will give preference to ‘Umar over myself.” This was her selflessness: giving up her place beside the one she loved most.

It was in this house where ‘Āishah felt the warmth and deep love of the Prophet ﷺ. When Abyssinian performers came to the Masjid, the Prophet ﷺ called to her: “Would you like to watch?” She stood behind him as he stood at the door, his cloak shielding her, her cheek against his. He remained standing until she had seen enough. **This was his love:** patient, playful and tender.

Although ‘Āishah was the wife of the greatest person to have ever walked on earth, she was also human. One day, when another wife sent the Prophet ﷺ a dish of food whilst he sat in ‘Āishah’s home, jealousy overwhelmed her and she struck it, shattering it. The Prophet ﷺ calmly gathered the pieces and said: “Your mother has become jealous.” He did not rebuke her and nor did he shame her.

This was the house in which **revelation** was received directly from the heavens and ‘Āishah’s strong faith in Allah was built. When the hypocrites spread lies about her honour, she wept until there were no tears left. When verses were revealed declaring her innocence and her mother urged her to thank the Prophet ﷺ, ‘Āishah’s reply was one of firm faith: “By Allah, I praise none but Allah.” She knew her honour

came from Allah alone. Her unwavering faith in Him carried her through this extremely difficult trial and it was to Him she turned in gratitude.

It was in this house where ‘Āishah was **nurtured** to become an outstanding scholar. After the passing of the Prophet ﷺ, her home became a centre of learning, where the next generation of leading scholars were trained. When the senior Companions had questions, they came to her door. ‘Āishah transmitted over **two thousand ahādīth**, corrected understandings, clarified rulings, and became one of the greatest jurists of Islam.

It was also in this house that one of the saddest moments in the history of Islam occurred. Here, the Prophet ﷺ lay during his final illness, his voice growing faint as he whispered again and again: “**Al-Rafīq al-Ālā... the Highest Companion.**” Here, cradled in her lap, his blessed soul departed. Allah granted her what no other was granted: to be the last person the Prophet ﷺ saw, the last person to hold him, the one in whose arms the Mercy to Mankind returned to his Lord.

**I have not seen  
anything more  
beautiful than the  
Messenger of Allah. It  
was as though the sun  
shone from his face.**

- Abū Hurayrah (رضي الله عنه) (Tirmidhī)

Wavy thick black hair.

Taller than average.

Perfectly proportioned body.

Broad shoulders.

Sturdy hands and feet.

Long and well proportioned fingers.

Slightly round face.

Large eyes with jet black irises.

Long eyelashes.

Full and dense beard.

Perfect posture.

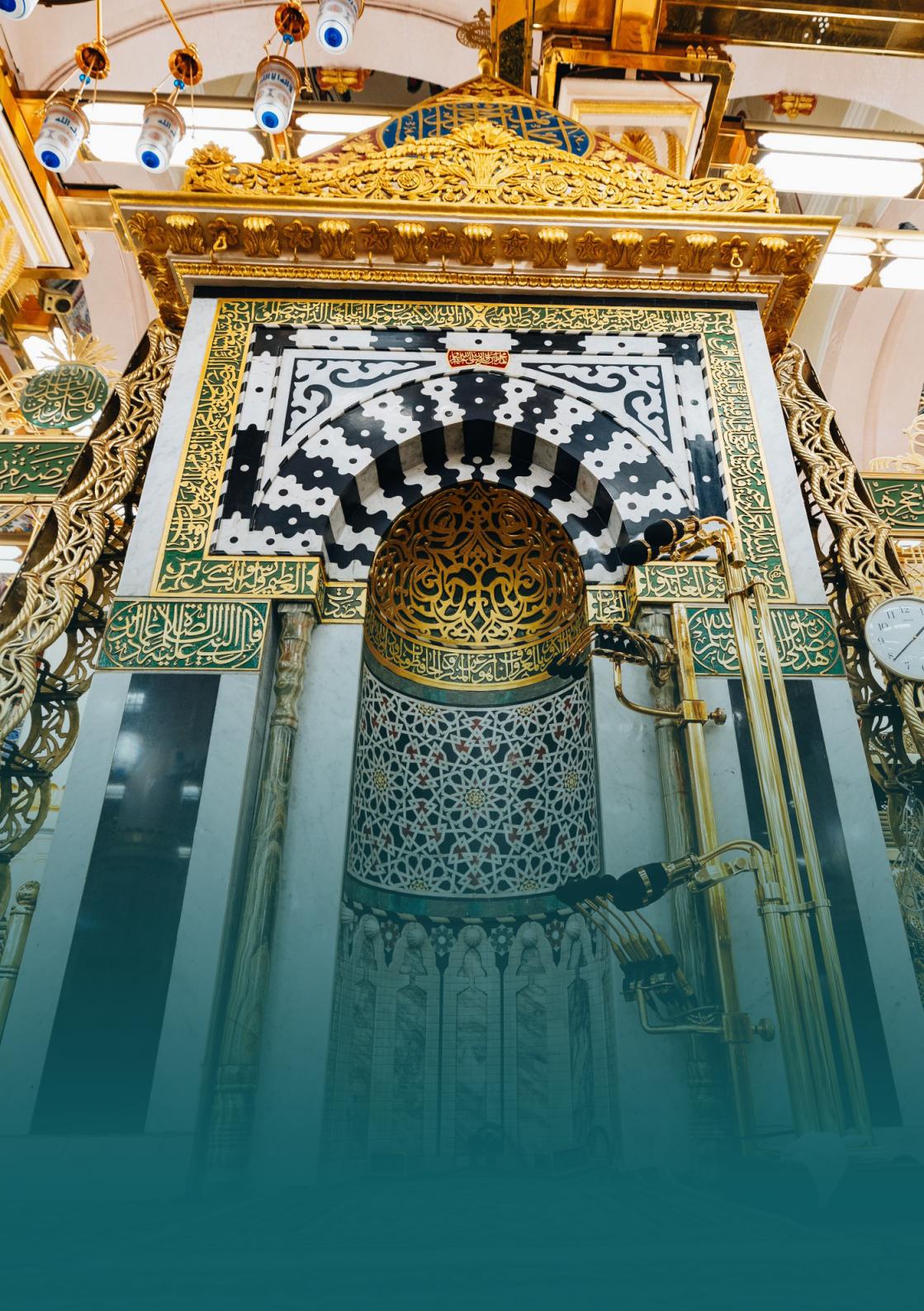
Soft and fragrant skin.

Glowing face.

Radiant smile.

Majestic.

صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ



# The Rawdah: A Piece of Jannah

As you sit in the blessed Rawdah (the space between the Prophet's pulpit and house), close your eyes and **imagine** that the Messenger of Allah ﷺ is ascending his pulpit before you. He looks at you; not past you, but directly at you. He **smiles** his blessed smile, an expression that fills the room with light and uplifts the heart: he is overjoyed to see you. Then he begins to speak, and for the first time, you hear these words from his own blessed lips:

“**What lies between my house and my pulpit is a garden from the gardens of Paradise.**

- The Messenger of Allah ﷺ (Bukhārī)

Let yourself feel, as you hear this ḥadīth in this very place, that you are hearing it for the first time. Let the awe of this place and this moment move you to offer your best prayers and your most heartfelt supplications. Let this be a **turning point** in the way you live your life; choose to **sacrifice** for this dīn as he ﷺ did, to carry his legacy forward, so that when he meets you on the Day of Judgement, he recognises you. Live your life in such a way that he ﷺ is proud of you, and one day bestows upon you the same radiant smile he showered upon his Companions.

# Visiting al-Baqī'

“Among the believers are men who have proven true to what they pledged to Allah. Some of them have fulfilled their pledge (with their lives), others are waiting (their turn). They have never changed (their commitment) in the least.

(33:23)

You stand before a small plot of earth that holds the greatest treasures of sincerity, purity, sacrifice, and loyalty. Here lie men and women who chose the Hereafter over this world, who preferred exile and migration for the sake of faith over the comfort of their homeland. These were the people who chose nearness to the Messenger ﷺ over the company of loved ones, never wishing to part from him.

This is Baqī' al-Gharqad: the cemetery chosen by divine command. When the Prophet ﷺ searched for a place to bury his companions, he walked around the areas surrounding Madinah until he arrived at this specific place and declared: “I have been commanded (to select) this place.”

The first person to be buried here was 'Uthmān b. Maz'ūn رضي الله عنه. The Prophet ﷺ placed a stone at his head and said: “This is our landmark.” From that day forward, whenever someone died, people would ask: “O Messenger of Allah, where shall we bury him?” And he would say: “By our landmark, 'Uthmān b. Maz'ūn.”

The Prophet ﷺ would come here often, especially in the late hours of the night. 'Āishah once noticed him slipping out quietly when it was her turn to be with him. He would walk to al-Baqī' and stand among the graves, speaking to them as one speaks to the living:

“Peace be upon you, O abode of believing people. What you were promised has come to you. And indeed, God willing, we shall join you. O Allah, forgive the people of Baqī' al-Gharqad.”

Imagine him ﷺ standing here in the stillness of night, praying for those who had gone ahead. What an honour for those who rest here: to be visited by him, to be remembered by him, to have him pray for them.

Here lie the Mothers of the Believers. Here lie his daughters. Here lies his infant son Ibrāhīm. Here lie the companions who stood with him in every trial, who migrated with him, who fought beside him, who wept when he wept and rejoiced when he rejoiced.

As you stand in al-Baqī', make du'ā' for those who rest here. Greet them with salām. Remember that you too are promised what they were promised: that **death is certain**, and we are all heading to the same destination.

“Whoever is able to die in Madinah, let him die there, for I will be a witness for him on the Day of Resurrection.

- The Messenger of Allah ﷺ (Tirmidhī)



# The Streets of Madinah

As you walk through the streets of Madinah, feel a sense of privilege and gratitude. You are standing beneath the same sky he ﷺ once looked up at, walking upon the same earth that carried his blessed feet ﷺ. The cool breeze that you feel is the same breeze that once touched his face ﷺ.

Jâbir b. Samurah ﷺ said: “I saw the Prophet ﷺ on a clear night, wearing a red cloak. I looked at him, then at the moon, and he was more beautiful than the moon.”

Look up and imagine that night: the full moon glowing softly, perfect in its light, and yet his face shone brighter ﷺ.

The Prophet ﷺ said: “You will see your Lord on the Day of Resurrection as you see this full moon.” So when you look at the mesmerising moon, remember that seeing Allah will be clearer, greater, and beyond anything the heart can imagine.

As you walk through Madinah, picture a young girl taking the hand of the Prophet ﷺ, leading him through the narrow alleys. He did not pull away or say he was too busy. Instead, the Messenger of Allah ﷺ walked with her, hand in hand, until she had taken him where she wished.

As you walk through the bustling markets of Madinah, recall the story of Zâhir ﷺ, a Bedouin Companion. He was considered unattractive and of low social status. One day he was standing among the crowd when suddenly the Prophet ﷺ seized him from behind. When Zâhir realised who it was, he leaned back into the embrace, pressing himself closer to the Prophet’s ﷺ chest, seeking the blessing of his touch. The

Prophet ﷺ began playfully calling out, “Who will buy this slave from me?” Zāhir, knowing how the world saw him, replied that he was of little value. The Prophet ﷺ reassured him: **“But in the sight of Allah, you are precious!”**

As the adhān rises from his masjid, ‘Allahu Akbar, Allahu Akbar’, close your eyes and listen. **Imagine Bilāl** ﷺ standing on the roof of the masjid, his voice echoing through the city every day, in the presence of the Prophet ﷺ. Listen to the powerful, melodious call announcing the time for prayer, summoning the believers to success and gathering the Companions to stand behind the Messenger of Allah ﷺ.

Imagine Bilāl’s ﷺ heartbreak after the passing of the Prophet ﷺ as he tried to give the adhān once more. When he reached the words “Ashhadu anna Muḥammadan Rasūlullāh” — I testify that Muḥammad is the Messenger of Allah — **his voice broke**. Tears overwhelmed him, and he could not continue. How could he testify to the Messengership of the one who was no longer there to answer his call? Each attempt to repeat this phrase ended with weeping. Madinah itself was too difficult to bear: every street reminded him of his beloved. With Abū Bakr ؓ’s permission, Bilāl left for Ash-Shām.

Years passed. When ‘Umar ؓ entered al-Quds after its conquest, the Companions gathered around Bilāl and pleaded: “Call the adhān for us, O Bilāl, just once more.”

“Allahu Akbar, Allahu Akbar...”

The moment his voice rose, every Companion present **broke down weeping**. They were no longer in al-Quds; at that moment, they were transported back to Madinah, back to the blessed days when Bilāl’s voice would fill the air and the Prophet ﷺ would rise to lead them in prayer.

# The Ansar: People of Faith and Selflessness

The Prophet ﷺ was suffering immensely in Makkah. His own people, the Quraysh, rejected him. They mocked and persecuted him, driving him out of his own home.

In the midst of this adversity, Allah, in His infinite kindness, sent the Prophet ﷺ a ray of light and hope: a group of young people.

This band of youth came from the city of Yathrib, later renamed Madinah. They risked everything for the powerful message they had just heard. Together, they pledged their lives to Allah and His Messenger ﷺ. When his own tribe rejected him, these youth believed in him; they offered the exhausted Muslims of Makkah safety and security after years of torture. They welcomed the Messenger ﷺ and his Companions into their own homes, as one of their own. They were courageous fighters, righteous servants, mindful of Allah, selfless givers, and generous benefactors.

**These people were the Anṣār.**

The Anṣār continued to sacrifice their lives for the Prophet ﷺ. Before the Battle of Badr, their leader, Sa'd b. Mu'ādh رضي الله عنه reassured the Prophet ﷺ: “If you were to command us to plunge into the sea, we would do so. And if you were to command us to drive our horses to Bark al-Ghimād, we would do that too!”

Even in moments of tribulation, the Anṣār remained at the Prophet's

side. At the Battle of Uhud, when the enemies were overpowering the believers, Sa'd b. al-Rabi' was struck with seventy blows, yet still warned the rest of the Anṣār that they would “have no excuse before Allah if the Messenger of Allah is killed while even one of them remains alive!”

The Anṣār were human too, but they were from amongst the best of people. Years later, when the Prophet distributed the war spoils at the Battle of Hunayn, he did not give anything to the Anṣār, leaving some of them upset. He gathered them and asked, “Are you not pleased that others return home with sheep and camels, while you return home with the Messenger of Allah among you?” He then continued, “Were it not for the hijrah, I would have been one of the Anṣār. O Allah, have mercy on the Anṣār, and on the children of the Anṣār, and on the grandchildren of the Anṣār.”

The women of the Anṣār were also exemplary. Two women made the arduous journey to the first Pledge of 'Aqabah and accepted Islam alongside the men. The Anṣārī women became known for their deep love of learning and their eagerness to gain understanding in religion. 'Āishah said: “How excellent are the women of the Anṣār! Their modesty did not prevent them from seeking understanding in religion.”

In the final days of the Prophet 's life, the Anṣār wept out of longing to meet with him. Abū Bakr told the Prophet , who emerged despite the excruciating pain he was in, and ascended the minbar. This was the last moment he would ever stand upon the minbar. His voice filled the masjid as he called upon the believers: “I advise you to take care of the Anṣār, for they are my close Companions and the keepers of my secrets.”

Such was the love of the Prophet for the Anṣār. If the Prophet were among us today, would our actions merit such love?

“  
Whoever purifies  
himself in his house,  
then comes to Masjid  
Qubā’ and prays in  
it, he will have the  
reward of an ‘umrah.  
”

- The Messenger of Allah ﷺ (Ibn Mājah)

# Masjid Quba'

When you visit Masjid Qubā', remember that this is the place where the Prophet ﷺ made a final stop during his hijrah before reaching Madinah.

In Qubā', he ﷺ laid, with his **blessed hands**, the first stone of the first ever Masjid to be built. Abū Bakr ؓ followed suit. Then, the Anṣār worked together to build it to completion. Masjid Qubā' was not extravagant or made to display grandeur; rather, it was a masjid that was **founded on righteousness**.

Qubā' was also the place where the first Muhājir child was born. Shortly after the Prophet ﷺ migrated to Madinah, Asmā' b. Abī Bakr set out to migrate to Madinah. Although she was heavily pregnant, she did not let that deter her. After reaching Qubā', she gave birth to a son named 'Abdullāh. The Muslims were overcome with joy, and they exclaimed "Allahu Akbar" and "Lā ilāha illā Allah" in gratitude to the Almighty.

The Prophet ﷺ never forgot his honourable hosts. He would visit Qubā' **every Saturday**, sometimes riding his camel and sometimes going by foot. He would attend to the needs of the people and would perform prayer in the Masjid. He ﷺ said, "Prayer in Masjid Qubā' is **equivalent to an 'umrah**." The Companions eagerly continued this practice. 'Umar b. al-Khaṭṭāb ؓ once told his companions, "If Masjid Qubā' were in distant lands, we would drive our camels there."

When you visit Masjid Qubā', come with **ablution**. Try to visit on a Saturday, as he ﷺ did, and seek the reward of 'Umrah. Visit Masjid Qubā' remembering the sacrifices of both the Muhājirīn and the Anṣār, and their commitment to Allah and His Messenger ﷺ.



“  
**This [Uhud] is a  
mountain that loves us  
and that is loved by us.**

- The Messenger of Allah ﷺ (Bukhārī)

”

# Uhud

As you visit the great mountain of Uhud, recall that this was a mountain deeply beloved to the Messenger ﷺ. It is the very mountain where the Muslims experienced one of their most challenging days. After the glorious victory at Badr, the Quraysh had come seeking revenge, and the Prophet ﷺ and his Companions met them in battle, armed with strong faith, personnel, and strategy.

The battle began, but just as the Muslims were gaining victory, several archers rushed down from their posts on a hilltop, out of eagerness for the spoils of war. The enemy used this moment to strike from behind, gaining the element of surprise. It was at this moment that everything changed. The believers were shaken, seized with panic; rumours spread of the martyrdom of the Prophet ﷺ.

The Prophet ﷺ was struck. A rock hit his blessed face, an arrow broke his front teeth, and a slashing sword drew blood from his face. Through his pain, the Prophet ﷺ cried out: “How can a people prosper who strike their Prophet on the head and break his teeth?”

Mount Uhud was where Talhah رضي الله عنه offered his body as a stepstool for the Prophet ﷺ, and the Prophet ﷺ declared “Paradise is obligatory for Talhah!” It was by this mountain that Muṣab b. ‘Umayr رضي الله عنه was struck down; where once he had been dressed in finery, on that day they could find nothing to shroud him in except a cloth that could not cover his whole body.

It was on this mountain that Abū Dujānah رضي الله عنه fought and shielded the Prophet ﷺ with his own back, the arrows striking him instead. It was

here where the Prophet ﷺ asked, “Who is the man who will sell us his soul?” Ziyād b. al-Sakan ﷺ leapt forward and fought until his wounds overwhelmed him. The Prophet ﷺ summoned him, “Come closer to me!” He drew near, and the Prophet ﷺ drew him to lay on his lap until he died there.

This was the mountain that witnessed miracles. Anas b. al-Nadr ﷺ stood there and said: “Indeed, I can smell the fragrance of Paradise from the direction of Uhud.” And then there was Ḥanẓalah ﷺ, a man who got married the night before the Battle; when he heard the call of jihād, he left his bride and rushed to the battlefield, without even taking time to bathe. He fought with courage until he was martyred. After the battle, the Messenger of Allah ﷺ said about Ḥanẓalah, “I saw the angels bathing him between heaven and earth, with the water of the clouds, in silver vessels!”

This was also the mountain that witnessed one of the most heinous crimes: the brutal murder of Ḥamzah ﷺ, the uncle of the Prophet ﷺ. Ḥamzah was more than just the Prophet’s uncle; they had shared a wet nurse as children, and as an adult, Ḥamzah was known as a fierce warrior who had defeated every opponent he faced at Badr. In revenge, Quraysh had promised Wahshī b. Ḥarb, a slave, his freedom in exchange for killing Ḥamzah. The disbelievers mutilated his body and the bodies of other Companions, celebrating their victory as Hind chewed his liver.

It was on that day that the mountain heard the cry of the Prophet ﷺ, weeping over his uncle’s body with a grief none had ever seen before.

Take the time to visit the graveyard at Uhud and read the names of the Companions listed there. Imagine the pain of the Prophet ﷺ as he prayed over his beloved friends and buried them, knowing that they had sacrificed everything for their Lord and His Messenger.

They sacrificed so that the religion of Islam could reach you. They sacrificed so that you could taste the sweetness of *īmān* and stand at Uhud today.

Their sacrifice was honoured by the Almighty:

رَضِيَ اللَّهُ عَنْهُمْ وَرَضُوا عَنْهُ وَأَعَدَ لَهُمْ جَنَّتٍ تَجْرِي تَحْتَهَا الْأَنْهَرُ  
خَلِدِينَ فِيهَا أَبَدًا ذُلِكَ الْفَوْزُ الْعَظِيمُ

“...Allah is pleased with them and they are pleased with Him. And He has prepared for them Gardens under which rivers flow, to stay there for ever and ever. That is the ultimate triumph” (9:100).

Now, you must ask yourself:

**What will you sacrifice for the sake of Allah?**

**How will you carry their legacy forward?**

**The Prophet ﷺ was pelted  
with stones in Tā'if.**

**He was boycotted and besieged by his  
own people in the valley of Abu Ṭālib.**

**The innards of a camel were  
thrown upon his noble head.**

**He was called a sorcerer and a liar.**

**His blessed blood flowed  
on the day of Uhud.**

**He was surrounded in Madinah  
by enemies on all sides.**

**The hypocrites and Jews  
plotted against him.**

**And in the end, he left this world  
after eating poisoned meat.**

**This dīn came to you through  
hardship and sacrifice.**

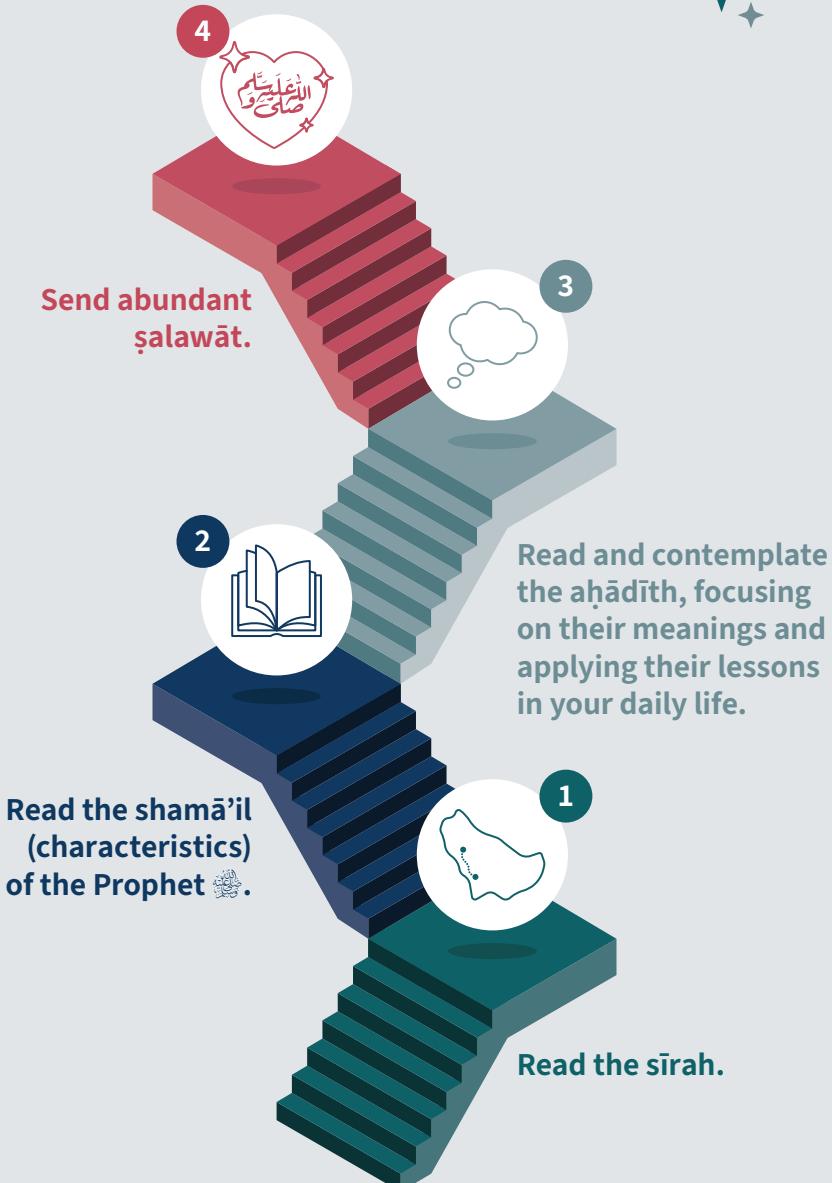
**So do not take it lightly.  
Do not let it slip away.**



## Reflect

- 1 Which story of the Prophet ﷺ deeply resonates with you? Why?
- 2 How would you live your life differently if the Prophet ﷺ was alive?
- 3 What will you do to carry forward the legacy of the Prophet ﷺ and his Companions ؓ?
- 4 How will you follow his Sunnah and live in a way that would make him proud of you when you meet him?
- 5 If you were granted the honour of meeting the Prophet ﷺ in Jannah, what would you say to him?

# Steps to Loving and Following the Prophet ﷺ





## Chapter 6

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# Post-Hajj



# Evaluating Your Hajj

Now that your ḥajj is over and you have returned home, you may have slipped back into your usual routine, perhaps without giving it much thought. However, one of the key goals of ḥajj is to transform your heart, your actions and your entire life.

This path to transformation begins with self-reflection and evaluation (*muḥāsabah*). It involves two important steps: first, evaluating how your ḥajj went; and second, evaluating your life so you can begin living a life with Allah and for Allah.

Before evaluating your ḥajj, take some time to reflect on your journey. Set aside some time to refresh your memory and reflect on the following questions. It can be helpful to jot down your responses in a journal, if possible.

- 1 What was your most memorable moment during ḥajj?
- 2 What was your most spiritually uplifting moment during ḥajj?
- 3 What did you find most difficult during ḥajj?
- 4 What did you learn about Allah during ḥajj?
- 5 What did you learn about yourself during ḥajj?

Before your journey, you may have written down some goals of ḥajj that you hoped to achieve. Revisit those goals and ask yourself: Did I achieve them? What helped me or prevented me from achieving them?

Now, take some time to reflect on some of the core goals of hajj using the prompts below:

### 1) Connection to Allah

- a** When during hajj did you feel most connected to Allah?
- b** Has hajj changed your connection to Allah? If so, how?

### 2) Connection to the Prophet ﷺ

- a** When during hajj did you feel most connected to the Prophet ﷺ?
- b** Has hajj changed your connection to the Prophet ﷺ? If so, how?

### 3) Connection to Ibrāhīm ﷺ

- a** When during hajj did you feel most connected to Ibrāhīm ﷺ?
- b** Has hajj changed your connection to Ibrāhīm ﷺ? If so, how?

### 4) Relationship with du‘ā’

- a** When during hajj did you make the most emotional du‘ā’?
- b** Has hajj changed your relationship with du‘ā’? If so, how?

### 5) Patience

- a** When during hajj was your patience tested the most?
- b** Has hajj made you a more patient person? If so, how?

### 6) Taqwā

- a** Did you find it easier to stay away from certain sins during hajj?
- b** How will you continue to avoid those sins after hajj?

### 7) Connection to the Ummah

- a** When during hajj did you feel most connected to the ummah?
- b** Has hajj changed your connection to the ummah? If so, how?

### 8) Life and Hereafter

- a** When during hajj did you have the deepest reflections on life?
- b** Has hajj changed your perspective on the way you are living your life? If so, how?

## Was Your Hajj Accepted?

An accepted ḥajj (ḥajj mabrūr) is the ultimate goal of every pilgrim. The purpose of your arduous journey was to seek the pleasure of Allah and attain an accepted ḥajj.

To assess whether your ḥajj was accepted, reflect on the words of Imām al-Ghazālī ﷺ: “You should check this by examining your heart and actions. If you find that **your heart has turned away from the worldly life and toward the closeness to Allah**, and that your actions have aligned with the Divine law, then you should be confident in your acceptance, for Allah only accepts those He loves. And those whom Allah loves, He takes care of and protects from the influence of Shayṭān.”

## Protect Your Hajj

Upon returning from your ḥajj, you may fall susceptible to reducing the rewards of your ḥajj or making it go to waste. Always be mindful of the following to ensure that you preserve the rewards of your ḥajj:

- 1 Continue to pray for acceptance of your ḥajj.
- 2 Do not complain about your ḥajj. You may have faced some difficulties during ḥajj, however don’t let this cloud the immense blessings you were granted by Allah on this journey. There are countless people who would have loved to be in your place.
- 3 Avoid falling into the trap of ‘ūjb (self-admiration): thinking highly of yourself and your ḥajj. Don’t think you’re better than others or look down on others.
- 4 Do not boast about your accomplishments or acts of worship.

## Maintain the Momentum

During ھajj, you experienced a spiritual high: the echoes of **Labbayk** surrounding you, as every pilgrim stood united in the goal of pleasing Allah alone. However, this should not end with ھajj.

When you return home to work, routines, and responsibilities, let that same **Labbayk** echo in your daily life. Just as you proclaimed it during ھajj, proclaim it now in every part of your life.

**Labbayk** to everything your Lord loves and is pleased with: in words, deeds, and character.

**Labbayk** in maintaining the five daily prayers in the masjid.

**Labbayk** in giving zakāh.

**Labbayk** in kindness to your family and community.

**Labbayk** in purifying your heart.

**Labbayk Allāhumma Labbayk**, in obedience, steadfastness and sacrifice until you meet your Lord.

Hajj was not the finish line; it was just the training ground. Hajj taught you self-restraint, discipline and taqwā. Now that you're back, don't let that training go to waste, but put it to work. Set high standards for yourself. Push your limits in your worship, character and service.

The fact that you were able to persevere and excel during ھajj is proof that you can live a life with Allah: a life dedicated to Him. Start small but stay consistent. Commit to a daily *wird* (portion) of Qur'ān, add extra sunnah prayers, and stay away from sins.

You will experience some dips, but that's part of the journey. Just don't stop moving. Keep 'living' **Labbayk**, keep trying and *bi' idhnillāh*, you will live a renewed and transformed life.

*"And worship your Lord until certainty (death) comes to you" (15:99).*

# Evaluating Your Life

Hajj is a journey of transformation. It should mark a turning point in your life: a shift that sets you on a path to live with Allah. However, this transformation doesn't happen automatically. It begins with deep reflection and an honest assessment of your current life (*muḥāsabah*). This will then allow you to set goals to achieve your ultimate goal: pleasing Allah and attaining Jannah.

Take some time to reflect on the key areas of your life. Consider where you are now and where you hope to be.

Reflect on the following areas:

a



Your relationship with  
Allah ﷺ

b



Your relationship with  
the Prophet ﷺ

c



The state of  
your heart

d



Your character  
and personality

e



Your physical and  
mental health



Your relationship with your family



Your work, studies, and finances



Your relationship with your friends



Your role in your local community (including neighbours)



Your connection to the ummah

For each of the areas listed above, choose **one** key goal and write it down on the following spread as a **du‘ā’**.

For example, instead of writing “I will pray tahajjud every night”, you might write: “O Allah, please make me punctual with at least ten minutes of tahajjud ṣalāh every night.”

# Everything Starts with a Du‘a’

Allah ﷺ

Prophet ﷺ

Heart

Character and Personality

Physical and Mental Health

**Family**

**Work/School/Finances**

**Friends**

**Local Community**

**Ummah**

## Your Legacy

Imagine standing in front of Allah on the Day of Judgement, and you are asked: What did you do with your life?

What will you present? What will you say you dedicated your time and energy to?

During hajj, you likely had time to reflect on how you've spent your life, how you want to live it going forward, and the legacy you hope to leave behind. You may have also reflected on how short life is, how temporary everything feels, and how quickly time slips away. You may have become more aware of the challenges facing the ummah, and how far we are from where we need to be. You may have felt a deeper connection to Ibrāhīm ﷺ and his family: the sacrifices they made and how their legacy continues to benefit humanity thousands of years later.

All of this may have led you to the deeper questions: How do I want to spend the rest of my life? What legacy do I want to leave behind for the sake of Allah? What is my life project to earn the pleasure of Allah?

## Your Life Project

To help you develop your life project, consider the following questions:

- 1 What does the ummah need?
- 2 What are you good at?
- 3 What do you enjoy?
- 4 What pleases your Lord?

Where these four questions intersect, you will begin to find purpose. It doesn't need to be grand or public, just something consistent and sincere, so that when you meet Allah, you can present your sacrifices and your life's project to Him. When that moment comes, it will be said to you:

*“O tranquil soul, return to your Lord, well-pleased and pleasing to Him. So enter among My servants, and enter My Paradise” (89:27-30).*



### Act

Write down the answers to the above four questions and based on that, identify what your life project could be. Consult a pious and wise teacher/friend/elder, pray *istikhārah* *ṣalāh* and get started!

## Your Ultimate Goal

The last two verses of Sūrah al-Hajj offer clear instructions on how to spend your life. Allah ﷺ says:

*“O believers! Bow down, prostrate, worship your Lord, and do good so that you may be successful. Strive for Allah in the way He deserves: He has chosen you, and did not impose any hardship on you in the religion: the way of your forefather Ibrāhīm. (It is Allah) who named you ‘Muslims’ [the ones who submit] earlier and in this (Qur’ān), so that the Messenger may be a witness over you, and that you may be witnesses over humanity. So establish prayer, pay zakāh, and hold fast to Allah. He is your Guardian. What an excellent Guardian, and what an excellent Helper!” (22:77-8)*

**May Allah, al-Mawlā, the Guardian, Protector and Master, protect you from all evil and accept you among His awliyā’. May He honour you to carry forward the legacy of Ibrāhīm ﷺ and enable you to strive for His sake. May al-Naṣīr, the Helper, uplift the ummah, restore its glory and choose you as a means to achieving that. Āmīn**

“  
Some people live long lives but leave little behind, while others have short lives yet make a lasting impact.

”

**Imām al-Shāfi‘ī** 

died at the age of 54, yet he filled the earth with knowledge.

**‘Umar b. ‘Abd al-‘Azīz** 

passed away at 38, but in just two years of rule, he achieved more than others do in entire generations.

**Imām al-Nawawī** 

died at 42, leaving behind a legacy of scholarship so vast, many today struggle just to read what he wrote, let alone produce its like.

# The Adhkar of Hajj & 'Umrah

## 1 Talbiyah

لَبَيْكَ اللَّهُمَّ لَبَيْكَ، لَبَيْكَ لَا شَرِيكَ  
لَكَ لَبَيْكَ، إِنَّ الْحَمْدَ وَالْعِظَمَةَ لَكَ  
وَالْمُلْكُ، لَا شَرِيكَ لَكَ  
(Bukhārī)

## 2 When starting each round of Ṭawāf

اللَّهُ أَكْبَرُ  
بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ  
(Muṣannaf 'Abd al-Razzāq)

(Bukhārī)

## 3 Between al-Rukn al-Yamānī & al-Ḥajar al-Aswad in Ṭawāf

رَبَّنَا آتَنَا فِي الدُّنْيَا حَسَنَةً وَّفِي الْآخِرَةِ حَسَنَةً وَّقَنَا عَذَابَ النَّارِ  
(Abū Dāwūd)

## 4 At Maqām Ibrāhīm

Before performing the two rak'ahs of ṭawāf.

وَاتَّخِذُوا مِنْ مَقَامِ إِبْرَاهِيمَ مُصَلًّى  
(Nasā'i)

## 5 When Approaching Ṣafā to Begin Sa'y

إِنَّ الصَّفَا وَالْمَرْوَةَ مِنْ شَعَابِ اللَّهِ  
أَبْدِأْ إِيمَانَ اللَّهِ بِهِ  
(Muslim)

## 6 Each Time on Ṣafā & Marwah

This should be read <sup>3x</sup>. Du'a' should be made after each utterance.

لَا إِلَهَ إِلَّا اللَّهُ، اللَّهُ أَكْبَرُ، لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ  
وَلَهُ الْحَمْدُ، وَهُوَ عَلَىٰ كُلِّ شَيْءٍ قَدِيرٌ، لَا إِلَهَ إِلَّا اللَّهُ، أَكْبَرُ وَعْدَهُ، وَنَصَرَ  
عَبْدَهُ، وَهَزَمَ الْأَكْرَابَ وَحْدَهُ  
(Muslim)

## 7 Between Ṣafā & Marwah

رَبِّ اغْفِرْ وَارْحَمْ إِنَّكَ أَنْتَ  
الْأَعَزُّ الْأَكْرَمُ  
(Tabarānī)

## 8 On the Day of 'Arafah

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ  
وَلَهُ الْحَمْدُ، وَهُوَ عَلَىٰ كُلِّ شَيْءٍ قَدِيرٌ  
(Tirmidhī)

In addition to these adhkar, one should engage in any form of dhikr and du'a' throughout Hajj & 'Umrah.

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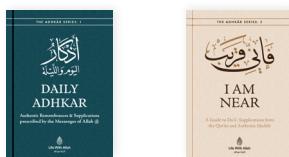
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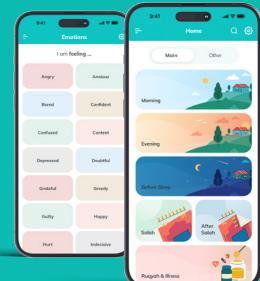
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