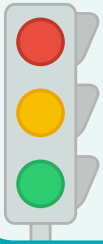


'Umrah: The Minor Pilgrimage



Learning Objectives

In this lesson, I will:



- Compare hajj and 'umrah
- Reflect on the virtues of 'umrah
- Explore how 'umrah helps you become closer to Allah



Key Words

'Umrah - عُمْرَةٌ
Minor
Equivalent

T Thinking Starter

If you could visit any place in the world, where would you go and why?



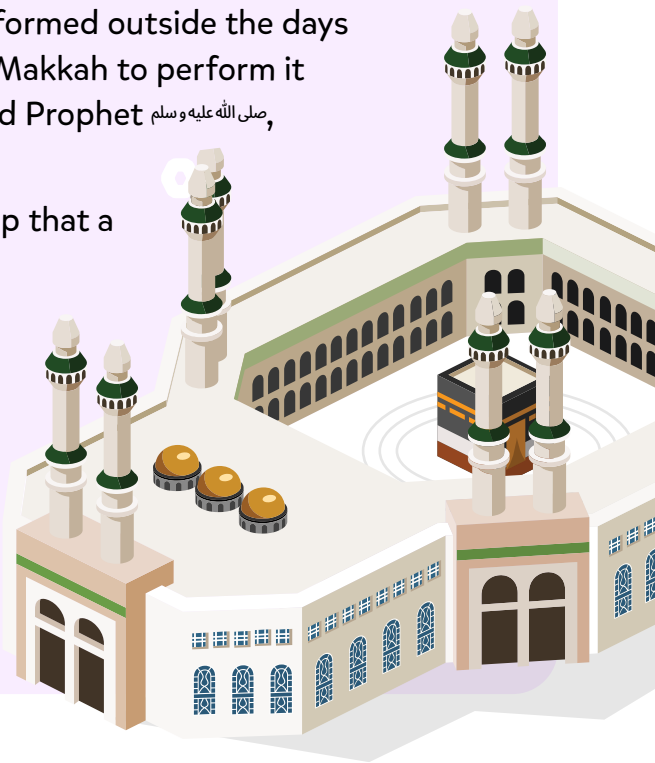
What Is 'Umrah?

'Umrah is a journey to the House of Allah سبحانه و تعالی performed outside the days of hajj. Millions of Muslims around the world travel to Makkah to perform it throughout the year. It is a great sunnah of our beloved Prophet صلى الله عليه وسلم, who performed 'umrah four times after hijrah.

After hajj, 'umrah is one of the greatest acts of worship that a Muslim can perform. The Prophet صلى الله عليه وسلم said:

الْعُمْرَةُ إِلَى الْعُمْرَةِ كَفَّارَةٌ لِمَا بَيْنَهُمَا

“Doing one 'umrah and then another wipes away the sins committed in between...” (Bukhari)



Did You Know?

'Umrah is also known as 'the minor hajj' because it has similar actions but it is shorter.

How to Perform 'Umrah

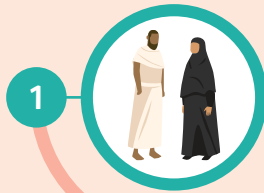
'Umrah is performed by completing four major steps:

Tawaf

Walk around the Ka'bah seven times.
After performing tawaf, it is sunnah to pray two rak'ahs behind Maqam Ibrahim.

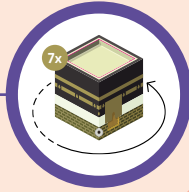
Cutting the hair

Cut your hair. It is sunnah for men to completely shave their head, while women should cut a small length of hair.



Ihram

Put on your ihram and make your intention before the miqat. In ihram, you can't use perfume, or cut your hair or nails.

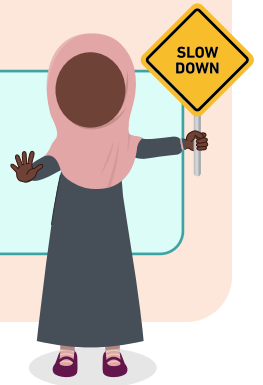


Sa'y

Walk between Safa and Marwah seven times. Keep doing dhikr and making du'a as you walk.
It's sunnah to walk quickly between the green lights.

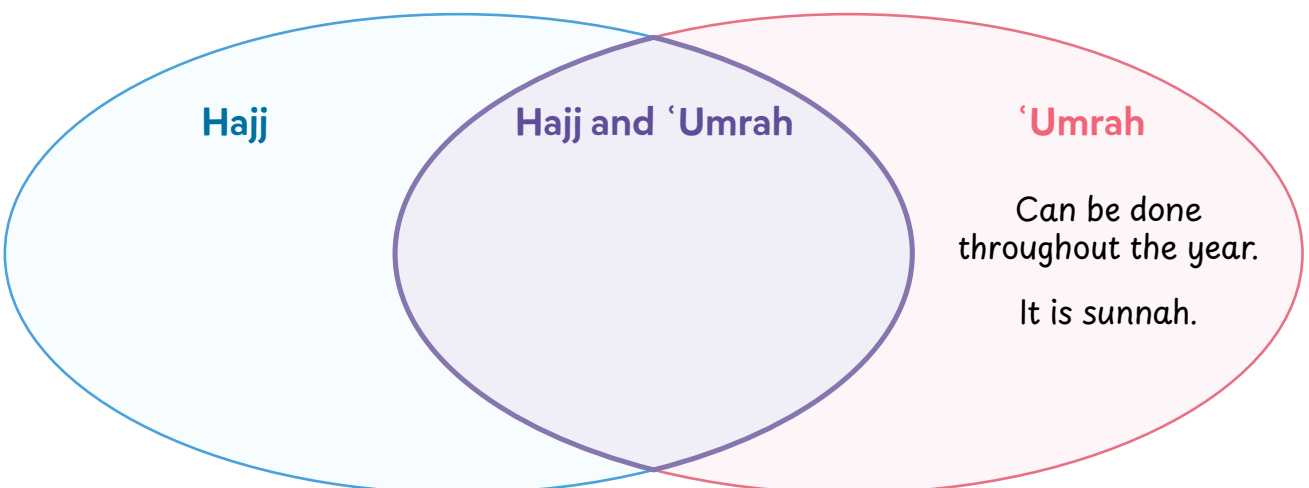


Take your time to perform 'umrah. It's not a race!



Task 1

Maryam has completed the 'umrah section of the Venn diagram but needs help with the others. Complete the Venn diagram for her.



The Rewards of 'Umrah

When we perform 'umrah, we sacrifice our time, money, and physical effort in pleasing Allah سبحانه وتعالى. Each action within 'umrah is performed because of its great reward!

For tawaf, we get rewarded for each step! The Prophet صلى الله عليه وسلم said:

“No man puts his foot down or lifts it except that Allah writes for him a good deed, erases a bad deed, and increases him a rank [in Jannah].” (Tirmidhi)

When the actions of 'umrah are completed with sincerity, they wipe away sins and lead to a mountain of rewards!



One of the most rewarding actions is 'umrah during the month of Ramadan. The Prophet صلى الله عليه وسلم told the great female Companion Umm Sulaym رضي الله عنها: **“...Performing 'umrah in Ramadan is equivalent to performing hajj with me.”** (at-Tarhib wat-Tarhib)



Task 2

My Dream 'Umrah

You've been blessed by Allah to perform 'umrah! Plan your trip so you make the most of it.

My 'Umrah Bag		My Du'a List	
1.		O Allah...	
2.		O Allah...	
3.		O Allah...	
4.			
5.			
When I see the Ka'bah, I will feel...	I want to go with...	After 'Umrah, I want to...	
	because...	Be better at...	
		Leave...	
		Start...	



Task 3

Create a postcard by drawing one step of 'umrah on one side. On the other side, explain why we do it and how it brings us closer to Allah.

I Act On What I Learn

I will make du'a to Allah to allow me to go for 'umrah in Ramadan.



P Progress Check



1. List three differences between hajj and 'umrah.



2. What is the virtue of performing 'umrah?



3. How does 'umrah help you become closer to Allah?

