

RESOURCES NEEDED FOR THIS PRESENTATION

- Sticky Notes
- Pens
- 4 x A3 Sheets of paper (preferably card)

STARTER

What is the first word that comes to your mind when you think of Ḥajj?

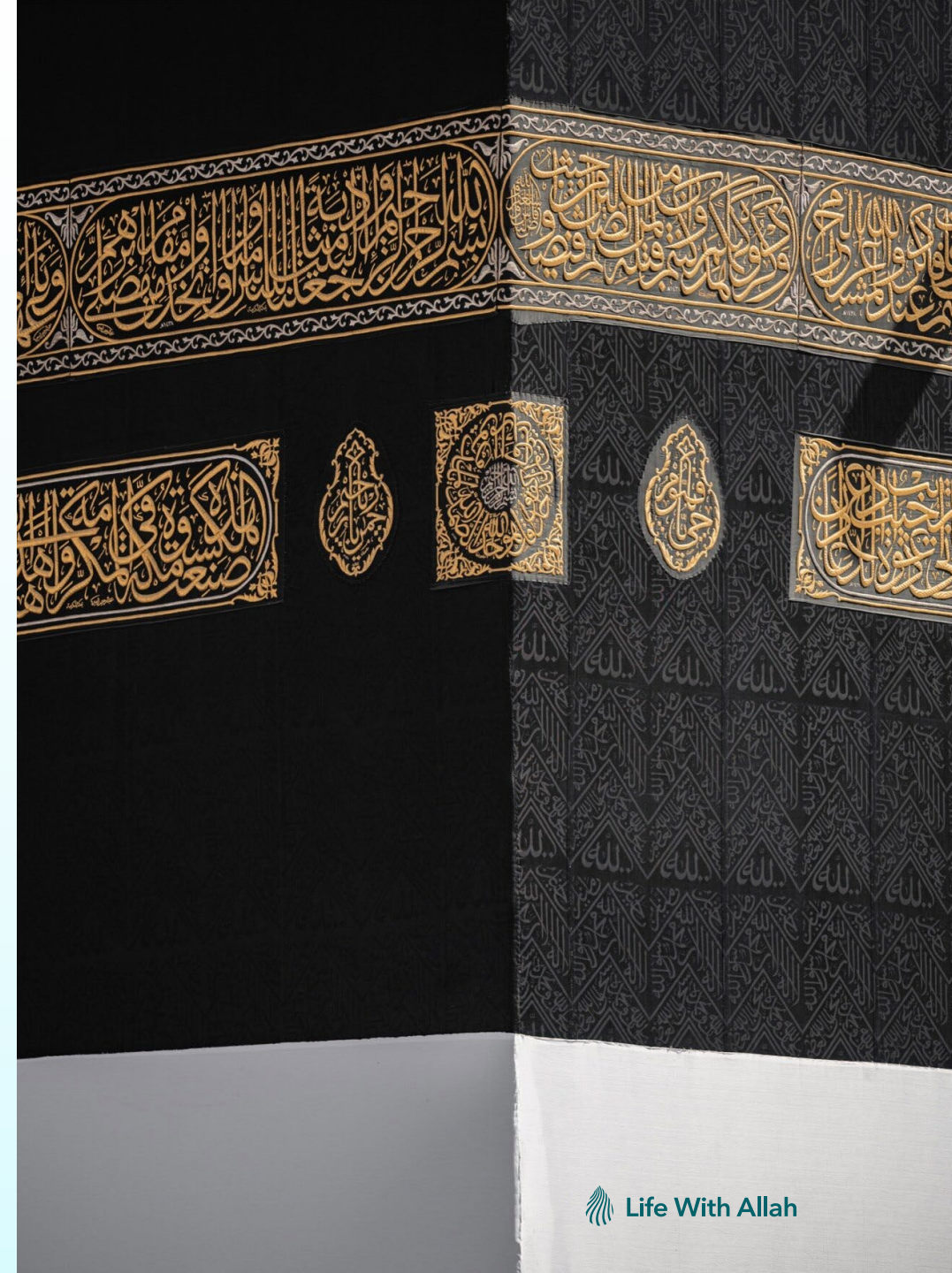


Hajj: A JOURNEY OF A LIFETIME

SESSION 1

LEARNING OBJECTIVES

1. Explore the goals and virtues of ḥajj
2. Identify ways to spiritually prepare for ḥajj
3. Outline the key steps for physical preparation for ḥajj



DISCLAIMER

This is not a fiqh class.

It is an interactive workshop to discover the secrets of ḥajj.





What do you want to get out of this workshop?



RESOURCES

- A6 Book: Du‘ā’ book
- Du‘ā’ Prompts
- Ṭawāf Tasbīḥ
- My Hajj Companion



JUST ONE MINUTE

Close Your Eyes for 1 minute

Ask Allah al-Fattāh, 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 to heal your heart, purify it from all evil and attach it to Him/anchor it firmly to His love and remembrance.

Start your du‘ā’ now.

WHAT IS HAJJ?



وَأَذِّنْ فِي النَّاسِ بِالْحُجِّ يَا أَيُّكَ رِجَالًا وَعَلَى كُلِّ ضَامِرٍ يَأْتِينَ مِنْ كُلِّ فَجٍّ عَمِيقٍ

“Call ‘all’ people to the pilgrimage. They will come to you on foot and on every lean camel from every distant path” (22:27).

Hajj - Qaşd (aim is Allah)

- Once in a lifetime opportunity
- Investment



JOURNEY OF THE HEART

1. Present Heart
2. Understand Wisdom & Secrets
3. Quality > Quantity
4. Enjoy Your Hajj!



Know that the path leading to Allah is not a journey taken by the feet—rather it is the journey of the heart.

- IBN AL-JAWZĪ (RAḤIMAHULLĀH)

VIRTUES & GOALS OF HAJJ

THE AMAZING REWARDS

The Messenger of Allah ﷺ said, “The ḥajj mabrūr has no reward except Paradise.” (Bukhari).

Grants Entry
to Paradise

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, “Ḥajj mabrūr (a righteous accepted ḥajj)” (Bukhārī).

One of the
Greatest Acts of
Worship

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

Forgives All Sins

ACTIVITY

Write on a post-it note:

What do you think the goals of ḥajj are? i.e. what do you want to get out of ḥajj?



10 GOALS OF HAJJ

1. Renew Tawhid
and Ikhlas

2. Deepen
'Ubudiyyah and
Love of Allah

3. Practise Mindful
Dhikr & Salawat

4. Raise Your
Du'a

5. Develop Taqwa

6. Embody Good
Character and
Work on Your
Heart

7. Live a
Hereafter-Centric
Life

8. Attain Allah's
Forgiveness,
Freedom from
Hell-fire and Entry
into Paradise

9. Repent to Allah
and Start Anew

10. Serve the
Ummah and
Sacrifice

MAXIMISE YOUR INTENTIONS

When the Prophet ﷺ set out to perform ḥajj,
he said,

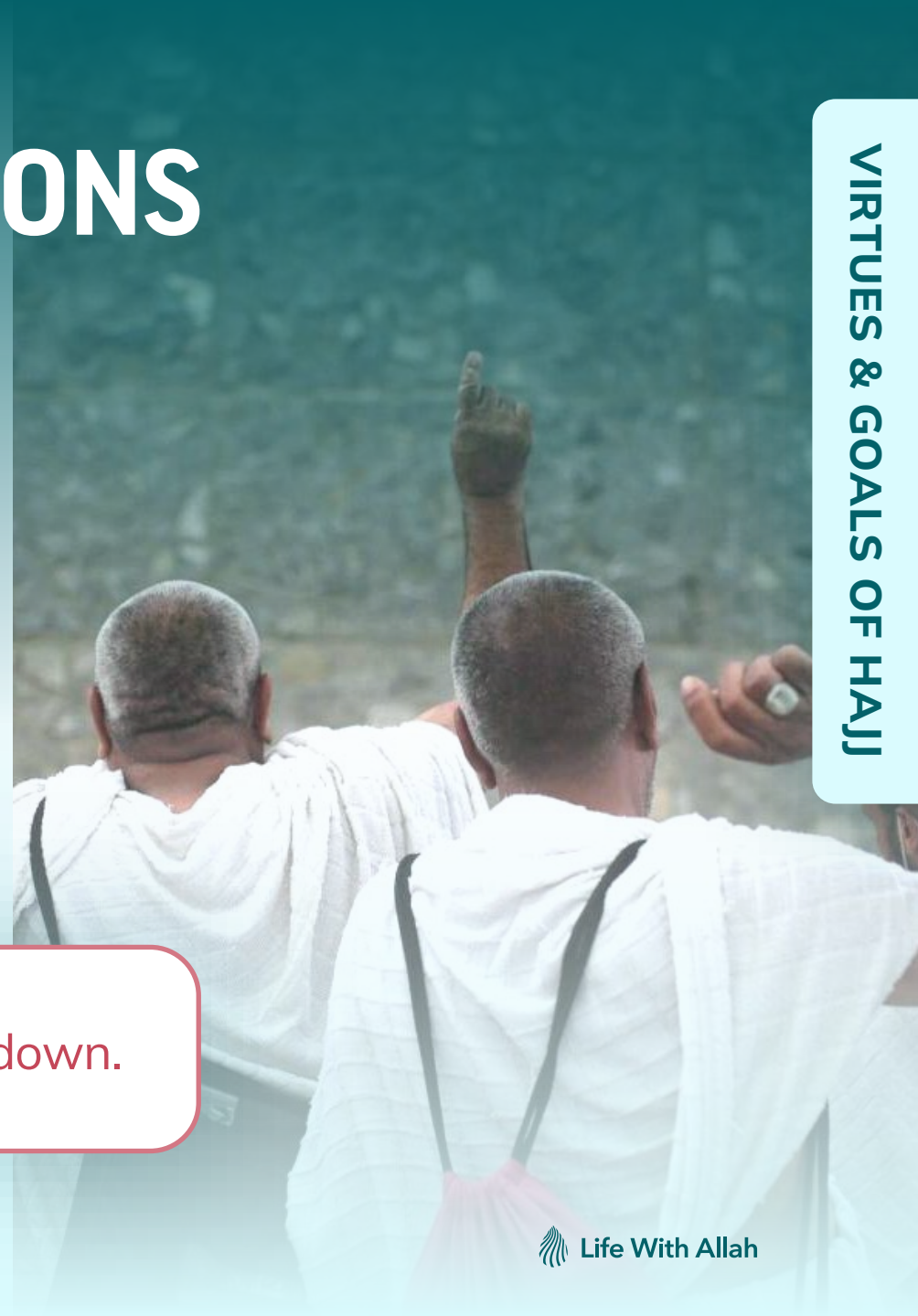
“O Allah, a ḥajj in which there is no showing
off nor reputation sought”

(Ibn Mājah).

Multiple Intentions = Multiplied Rewards!



What are your intentions for ḥajj? Write them down.



PREPARING FOR HAJJ

Spiritual & Physical Preparation

SEEK HELP FROM ALLAH

Isti'ānah and Tawakkul

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”

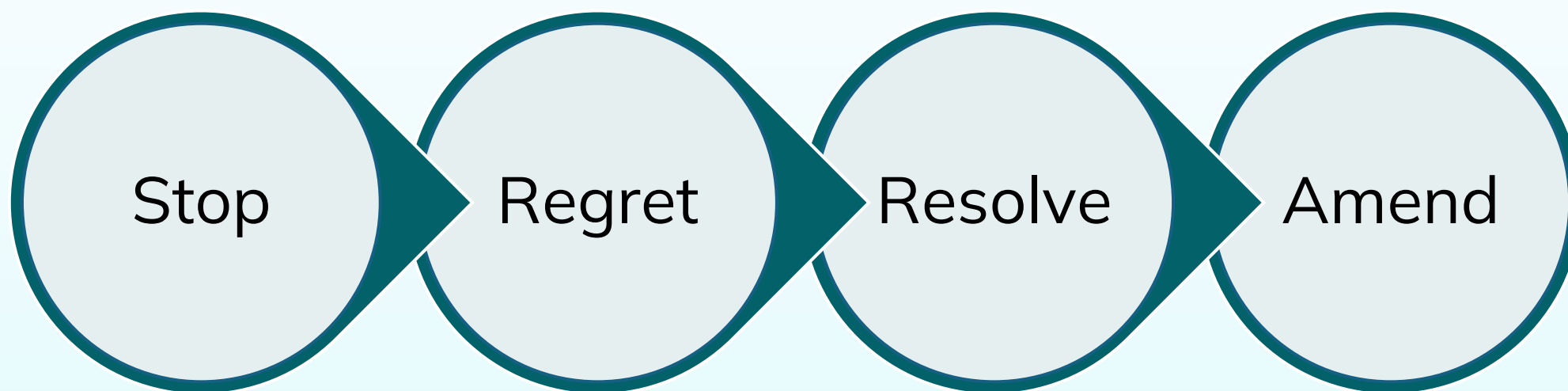
(Abū Dāwūd).



Beg Allah in your du'ās from today

SINCERELY REPENT

4 Steps to Repentance



Make repentance your constant companion: 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.

- IBN AL QAYYIM

FILL YOUR HEART WITH GRATITUDE

‘If you are grateful, I will certainly give you more’ (14:7)

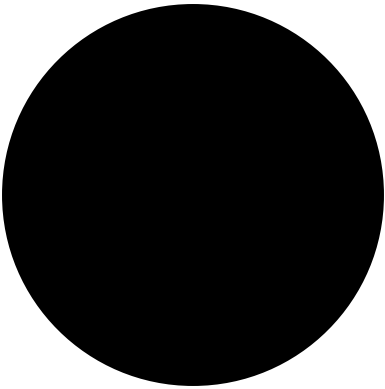
Speech

Heart

Action

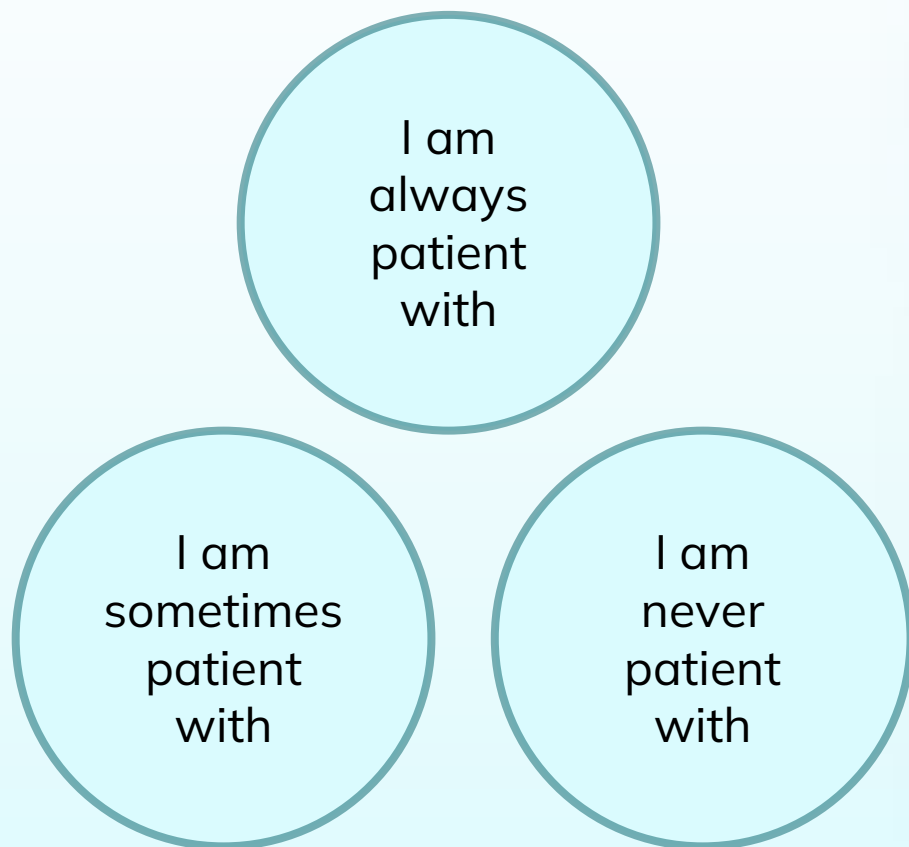


Think of the people of the past and the difficulty they had to endure.



PRACTISE YOUR PATIENCE

Draw 3 circles:



The things in circles 2 and 3 are likely where you'll be tested most - expect those trials.

Tips for Patience

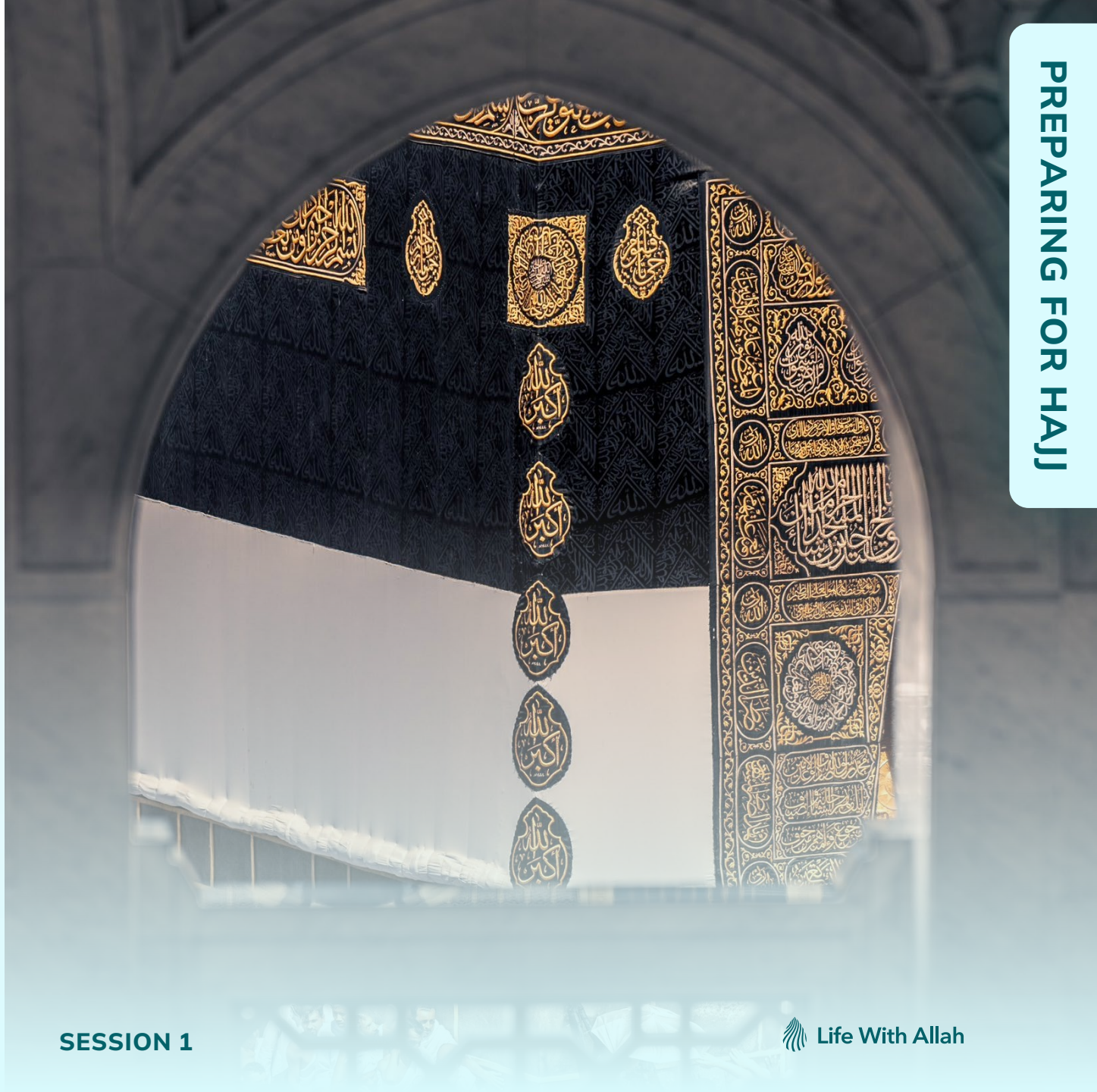
- Remember the reward
- Let go of entitlement mindset
- Protect your reward
- Focus on the positives
- Avoid complainers

DETACH YOUR HEART FROM THE WORLD



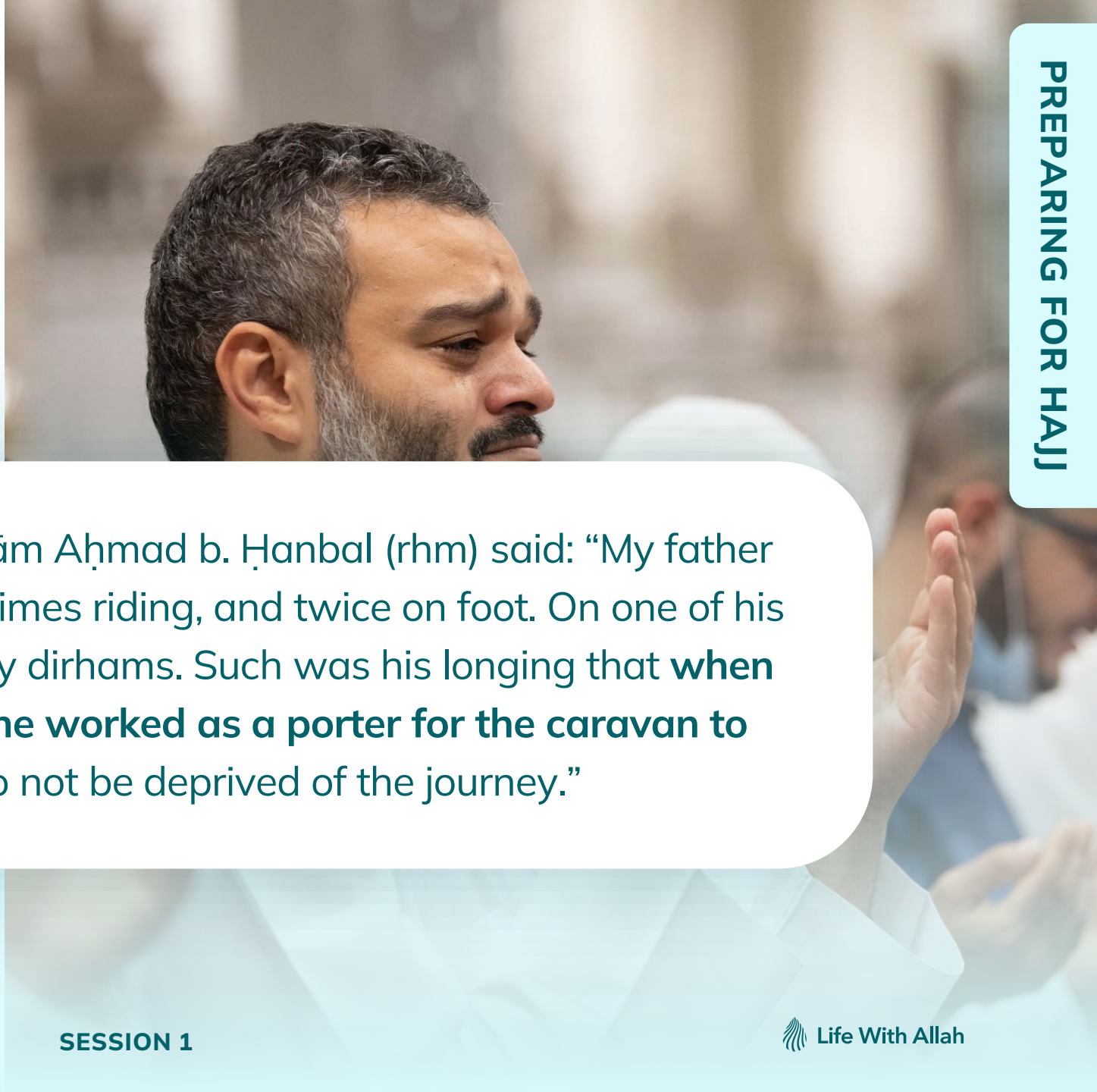
What is your heart currently attached to?

What do you love more than Allah?





FILL YOUR HEART WITH LONGING & AWE



‘Abdullah, the son of the great Imām Aḥmad b. Ḥanbal (rhm) said: “My father performed ḥajj 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 to not be deprived of the journey.”

SPIRITUAL PREPARATION: SUMMARY

Seek Help from
Allah & Rely on
Him

Sincerely
Repent

Fill Your Heart
with Gratitude

Practise Your
Patience

Detach Your
Heart From the
World

Fight Your Nafs

Fill Your Heart
with Longing &
Awe



Is your heart really prepared for ḥajj or is there still work you need to do?

Can you worship and remember Allah even when you're exhausted and overwhelmed?

Are you able to spend six hours 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 having an emotional breakdown?

PHYSICAL PREPARATION

1. Write a Du'a List and Practise

2. Choose the Right Companion (s)

3. Write Your Will (Wasiyyah)

4. Pay Your Debts

5. Make Amends

6. Reduce Your Social Media Usage

7. Increase Your Steps

8. Drink Lots of Water

9. Learn the Outer and Inner Fiqh of Hajj

10. Pack Light

PLENARY

Write down one du‘ā’ you would like on a post-it note. Place it anonymously in the center.

Then, pick up someone else’s du‘ā’ and commit to including it in your own du‘ā’ list and making du‘ā’ for them during ḥajj.

HOMEWORK – YOUR DU‘Ā’ LIST

1. Reflect on your life: regrets, sins and mistakes
2. List your hopes, dreams and everything you want to ask Allah ﷻ for. Don't forget the ummah in your du‘ā's, especially those suffering in Palestine under the barbaric Zionist oppression.
3. Practise, Practise, Practise!