

THE DAY OF ARAFAH

A Guide for Pilgrims



Strategic partner



وزارة الحج والعمرة
MINISTRY OF HAJJ AND UMRAH





In this guide you will find the most important information, instructions, and advice related to the Day of Arafah which you need to know during your Hajj trip.



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اُردُو

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Español

SPN

Русский язык

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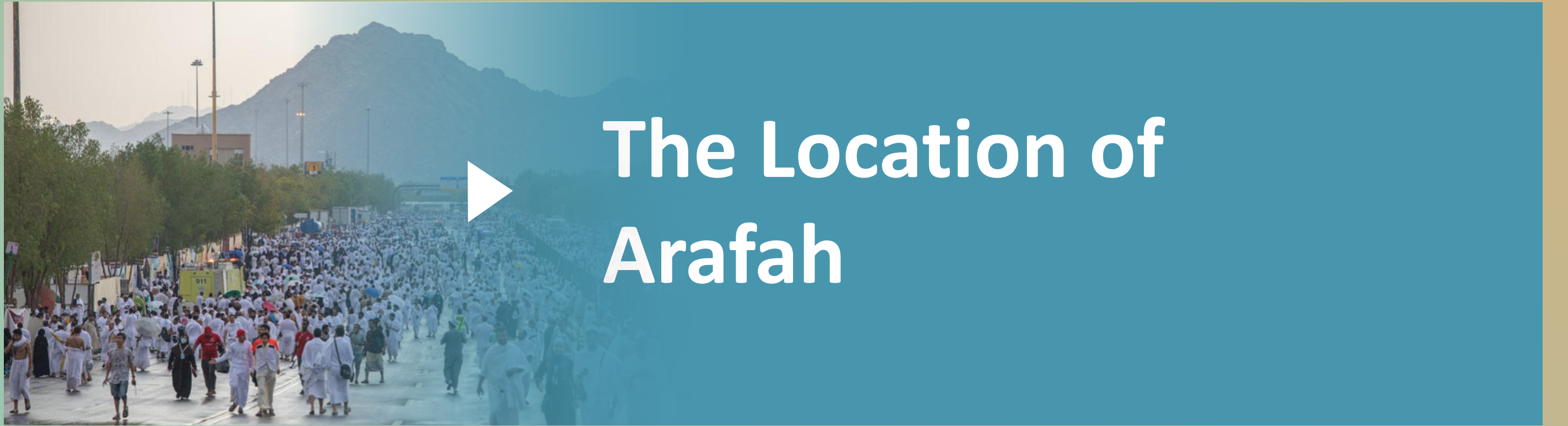
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The Day of Arafah

The greatest pillar of Hajj, as if what preceded it was in preparation for it and what followed is a continuation of it. The Prophet (ﷺ) said: **“Hajj is Arafah.”**

It is a venerable day, on which all pilgrims of different colours, countries and needs stand in one place, invoking Allah and supplicating to Him for His mercy and forgiveness.





In this guide, you will find all the information and instructions you need about this day and the best ways to seize those great and irreplaceable moments.



The Day of Arafah is a day on which the honour of time and place come together, in moments of faith where Allah's mercy and kindness prevail.

It is on the ninth of Dhul-Hijjah, and the first ten days of Dhul-Hijjah are the greatest days of the year, as the Prophet (ﷺ) said: “There is no virtue more to the liking of Allah in any day than in these days, that is, the first ten days of Dhu al-Hijjah”.





Virtues of the Day of Arafah

1 It is a day on which many people will be freed from Hell: the Prophet (ﷺ) said: "There is no day when God sets free more servants from hell than the day of Arafah."

2 Allah, the Exalted and Majestic, brags about the people of Arafah to His honorable angels, out of love and contentment with what they do:

The Prophet (ﷺ) said: "When the day of 'Arafa comes God descends to the lowest heaven and praises them to the angels saying : Look at my servants who have come to me dishevelled, dusty and crying out from every deep valley".

3

Supplication made on this day is the best and greatest supplication: The Prophet (ﷺ) said: “The best invocation is that of the Day of Arafat.”

4

It is the most severe day for Shaytaan: The Prophet (ﷺ) said: “Shaytaan is not considered more abased or more cast out or more contemptible or more angry on any day than on the Day of Arafah. That is only because he sees the descent of the Mercy and Allah’s disregard for great wrong actions.”







Season of Mercy and Gifts

Standing at Arafah is a great moment, in which Allah draws close to His servants. Their calls, concerns and needs are not hidden from Him, despite their different languages and requests.

The Companions and pious predecessors were in two states on that day:



Some were overcome by shyness and fear of the Almighty in those moments.

And some were dominated by hope, thought well of Allah, and were confident that Allah would answer their supplications.

And both states are great.



Fasting on the Day Of Arafah

The greatness, bounties and blessings of this day reach all Muslims, even those who did not perform Hajj. For this reason, Allah has prescribed for non-pilgrims to fast on the Day of Arafah so that they are also able to receive some of the blessings.

The Prophet (ﷺ) said: “Fast the Day of Arafah, for indeed I anticipate that Allah will forgive (the sins) of the year after it, and the year before it.”

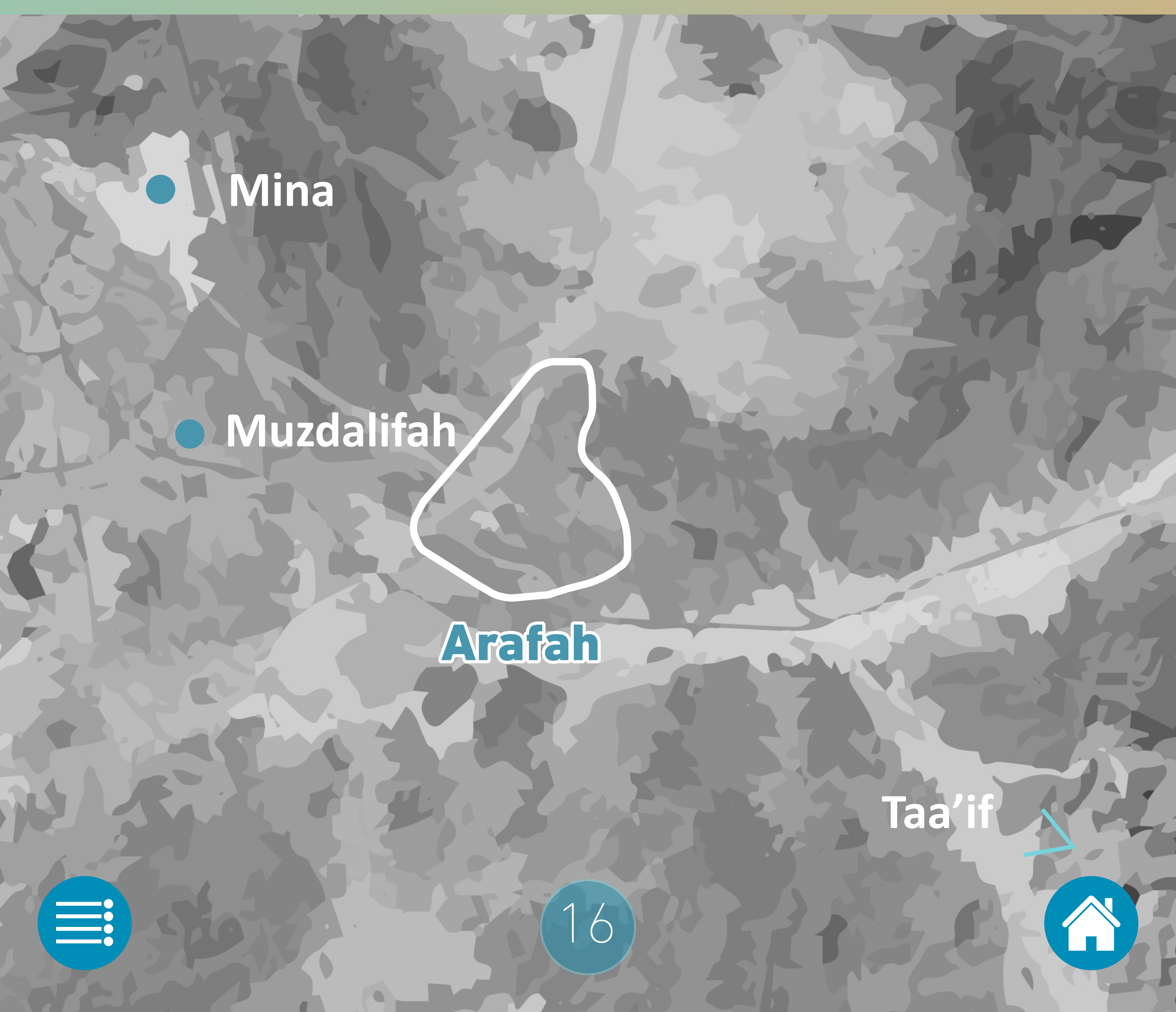
As for the pilgrim, he does not fast, following the example of the Prophet (ﷺ). He did not fast on the day of Arafah during the Farewell Pilgrimage to strengthen himself for the different rituals of Hajj.



The Location of Arafah



Arafah is a flat plain surrounded by an arc of mountains. It is located between Makkah and Taif, east of Makkah, and outside the boundaries of the Haram.





It covers a total area of
10.4 km²



It is 6 kilometres

From Muzdalifah.



10 kilometres

From Mina.



**Approximately
20 kilometres**

From the Grand Mosque.



When to Stand at Arafah



The Prophet (ﷺ) stood, supplicating at Arafah, from after the sun had passed its zenith, until sunset and the call to prayer for Maghrib.



It is possible to reach Arafah before this time and leave after it, depending on what is easy for the pilgrim, but the time for supplication begins after the sun has passed its zenith.



The pilgrim must stay with his group and stick to the schedule for transportation and movement.



How Do I Spend My Time

While standing in Arafah, one experiences moments of faith which are irreplaceable, so the pilgrim must make the best use of his time by:



Combining and shortening his Dhuhr and Asr prayers in congregation with the people in his group, immediately after the sun passes its zenith, or after arrival if he arrived after the zenith.



The pilgrim should stay in the camp and not go out except when necessary, as the roads of Arafah are very similar and can be difficult to navigate.



The pilgrim should make use of his time and diversify his worship to fight fatigue and boredom, and always remember that these are short moments which will soon pass, while the reward will remain.



Supplication



**Reciting
the Qur'an**



**Performing
Talbiyah**



**Remembering Allah,
praising Him and
testifying His Oneness**



Supplication on the Day of Arafah

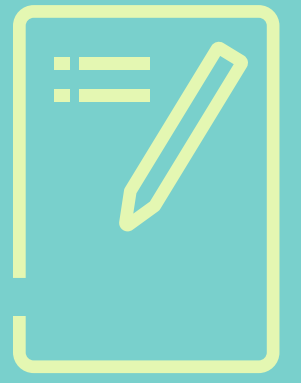


The best supplication and the one closest to being answered is the supplication made on the Day of Arafah, so take advantage of these moments with supplication and recourse to Allah.

Here are some useful ideas:



1



Record your worries and the things you want to pray for before the day of Arafah.

2



Supplicate to Allah in your language and dialect and in the way closest to your heart, for Allah knows all secrets and that which is hidden, and the greatest supplication is what the heart and tongue agree on.

3



Pray for your parents, your family, your brothers and your friends, and mention them by their names, *“He who supplicates for his brother behind his back (in his absence), the Angel commissioned (for carrying supplication to his Lord) says: Amen, and it is for you also.”*

4



Pray to Allah for the good of this world and the Hereafter, and do not be ashamed of asking Allah for your worldly needs.



5



Supplicate to Allah by His Beautiful Names that you know, and say: O Most Merciful (Raheem), have mercy on me, O Forgiving (Ghafoor), forgive me, and O Generous (Kareem), be generous to me.

6



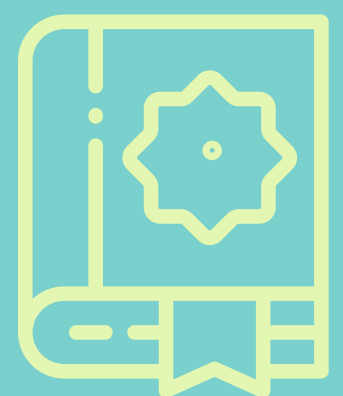
Repeat the same supplication many times, for Allah loves insistency in supplication.

7



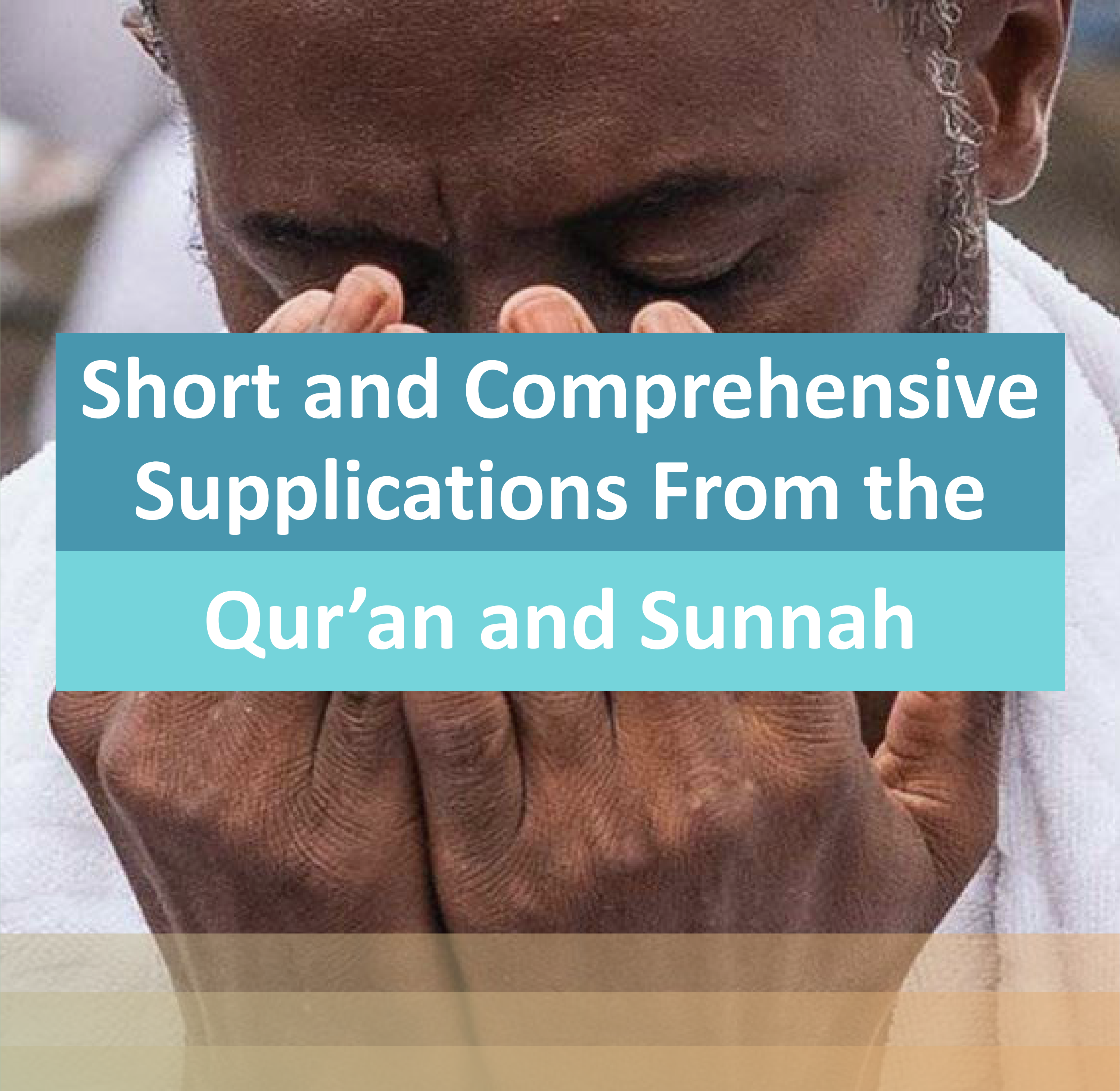
Supplicate with all your heart and remember that Allah, the Exalted, is approaching His servants at this time to answer their supplication.

8



Pray to Allah with the supplications of the Qur'an and the Prophetic supplications which you know. You can use your notes to remind you of them.





Short and Comprehensive Supplications From the Qur'an and Sunnah



*Rabbanaa taqabbal minnaa innaka antas-samee'-
ul-'aleem, wa tubb 'alaynaa, innaka antat-tawaabur-
raheem*

Our Lord! accept (this service) from us for thou art the All-Hearing the All-Knowing. and turn unto us (in mercy); for Thou art the Oft-Returning Most-Merciful.



*Rabbanaa aatinaa fid-dunyaa hasanatan wa fil-
aakhirati hasanatan waqinaa 'adhaab-an-naar*

Our Lord, give us good in this world and good in the Hereafter, and save us from the torment of the Fire.



*Rabbanaa laa tu'aakhidhnaa in naseenaa aw
akhta'naa*

Our Lord, do not punish us if we forget or err.



—  —
*Rabbanaa wa laa tuhammilnaa maa laa
taaqata lanaa bihi wa'foo 'annaa, waghfir lanaa
warhamnaa*

Our Lord, do not burden us with what we cannot bear,
and pardon us, and forgive us and have mercy on us.

—  —
*Rabbanaa laa tuzigh quloobanaa ba'da idh
hadaytanaa wa hablanaa min ladunka rahmah,
innaka antal-wahhaab*

Our Lord, do not deviate our hearts after You have
guided us, and grant us mercy from You, for You
are the Bestower.

—  —
*Rabbanaa innaa sami'naa munaadiyan
yunaadi lil-imaani an aaminoow bi rabbikum
fa aamannaa. Rabbanaa faghfir lanaa
dhunoobanaa wa kaffir 'annaa sayyi'aatinaa
wa tawaffanaa ma'al-abraar. Rabbanaa wa
aatinaa maa wa'adtanaa 'aala rusulika wa
laa tukhzinaa yawmal-qiyaamati, innaka laa
tukhliful-mi'aad.*

Our Lord, we have heard a caller calling us to
belief, saying, “Believe in your Lord!” And we
believe. Our Lord, forgive our sins and acquit us of
our evil deeds, and take us to You with the pious.
Our Lord, give us what You have promised us by
Your Messengers, and abase us not on the Day of
Resurrection; You wilt not fail the trust.





Rabbanaa dhalamnaa anfusanaa wa in lam taghfir lanaa wa tarhamnaa la nakoonanna minal khaasireen.

Our Lord, we have wronged ourselves, and if You do not forgive us and have mercy on us, we will surely be among the losers.



Rabbij-'alni muqeemas-salaati, wa min dhuriyyati. Rabbanaa wa taqabbal du'aai. Rabbanaa aghfirli wa li waalidayya, wa lil mu'mineena yawma yaqoomol-hisaab.

O my Lord ! make me One who establishes regular Prayer, And also (raise such) Among my offspring O our Lord ! And accept Thou my Prayer. Our Lord! Forgive me and my parents and all the believers on the Day of Judgement.



Laa ilaaha illa anta, subhaanaka, inni kuntu minadh-dhaalimeen

There is no god but You, Glory be to You, for I was one of the wrongdoers.





Rabbi awzi'ni an ashkura ni'mataka allati an'amta 'alayya, wa 'aala waalidayya, wa an a'mala saalihan tardaahu, wa aslih li fi dhuriyyati. Inni tubtu ilayka wa inni minal-muslimeen.

O my Lord! Grant me that I may be Grateful for Thy favour Which Thou hast bestowed Upon me, and upon both My parents, and that I May work righteousness Such as Thou mayest approve ; And be gracious to me In my issue. Truly Have I turned to Thee And truly do I bow (To Thee) in Islam.



Rabbanaa-gh-fir-lanaa wa li ikhwaaninaa-ladheena sabaqoona bil-imaani, wa laa taj'al fi quloobinaa ghillan lil-ladheena aamanoow. Rabbanaa innaka ra'oofun raheem.

Our Lord ! Forgive us, and our brethren Who came before us Into the Faith, And leave not, In our hearts, Rancour (or sense of injury) Against those who have believed. Our Lord ! Thou art Indeed Full of Kindness, Most Merciful.



Allaahumma inni as'alukal-hudaa wat-tuqaa wal-'afaafa wal-ghinaa

O Allah! I ask You for guidance, piety, chastity and self-sufficiency.



Yaa muqallib al-quloobi, thabbit qalbi 'aala deenika

O Allah, turner of the hearts, make my heart steadfast on Your religion.



Allaahumma aati nufoosanaa taqwaahaa wa zakkihaa. Anta khayrun man zakkaahaa. Anta walliyuhaa wa mawlaahaa

O Allah! Grant me the sense of piety and purify my soul as You are the Best to purify it. You are its Guardian and master.







*Allaahumma zidnaa wa laa tanqusnaa, wa akrimnaa
wa tuhinnaa. Wa a'tinaa wa laa tahrinnaa. Wa
aathirnaa wa laa tu'thir 'alaynaa. Wa ardinaa warda
'annaa*

O Allah, give us more and do not give us less; honour
us and do not humiliate us; give us and do not withhold
from us; choose us and do not prefer others to us;
please us and be pleased with us.



*Allaahummah-dinee fi man hadayt, wa 'aafinee
fi man 'aafayt, wa tawallani fi man tawallayt, wa
baarik li fi maa a'tayt, waqini sharra maa qadayt,
innahu laa yadhillu man waalayt, tabaarakta
Rabbanaa wa ta'aalayt*

O Allah, guide me with those whom You have guided,
and strengthen me with those whom You have given
strength. Take me to Your care with those whom You
have taken to Your care. Bless me in what You have
given me. Protect me from the evil You have ordained.
Surely, You command and are not commanded, and
none whom You have committed to Your care shall
be humiliated [and none whom You have taken as an
enemy shall taste glory]. You are Blessed, Our Lord,
and Exalted.

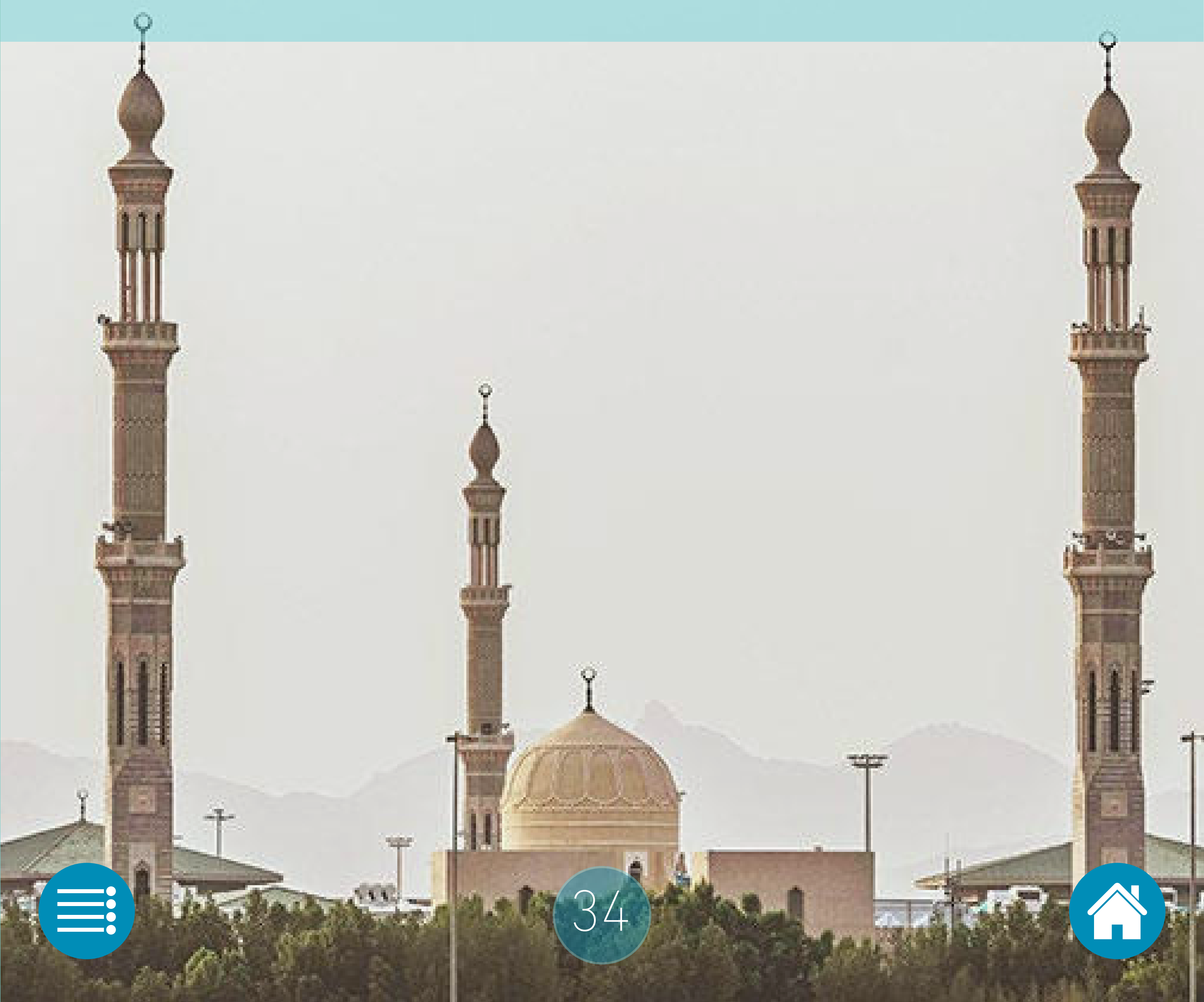




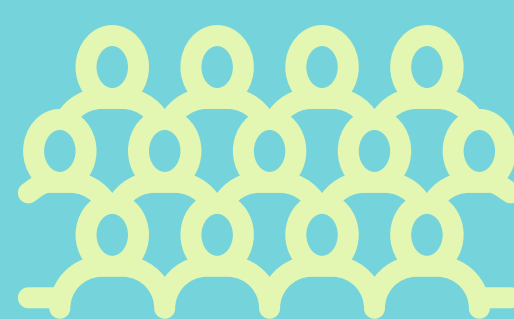
Namirah Mosque

A mosque built in the place where the Messenger of Allah (ﷺ) prayed and delivered the farewell sermon.

Dhuhr and Asr prayers as well as the sermon on the Day of Arafah are held in it, and are also broadcast by Islamic television and radio stations on the Day of Arafah.

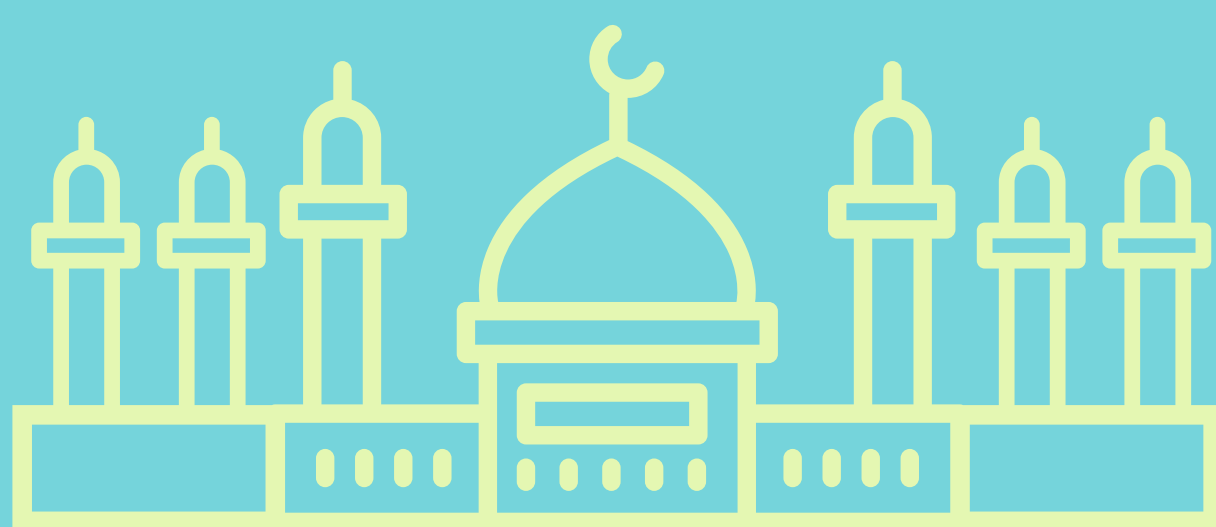


It is a great mosque which the Kingdom of Saudi Arabia has taken great care in expanding and caring for.



Until it reached an area of
110,000 m²
(1,184,030 square foot)

And accomodates
more than **350,000**
worshippers



It has **6 minarets** on its edges with a height of **60 metres** (197 foot), which can be seen from the various sides of Arafah.

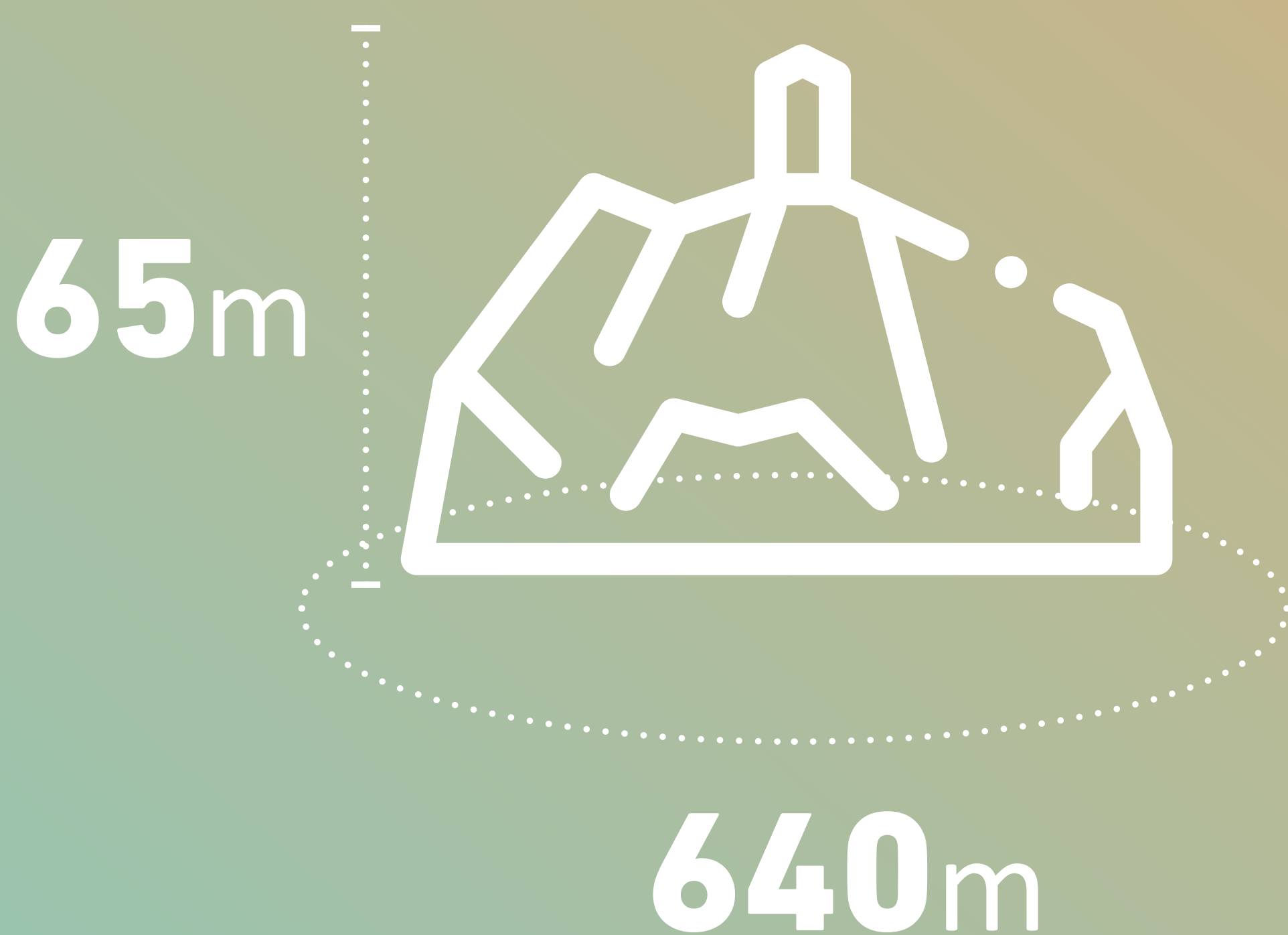
The pilgrim should take care not to get lost or suffer from a heat stroke by trying to pray in Namirah Mosque. Rather, he should pray in his camp and should not leave it except when necessary.





Mount Arafat

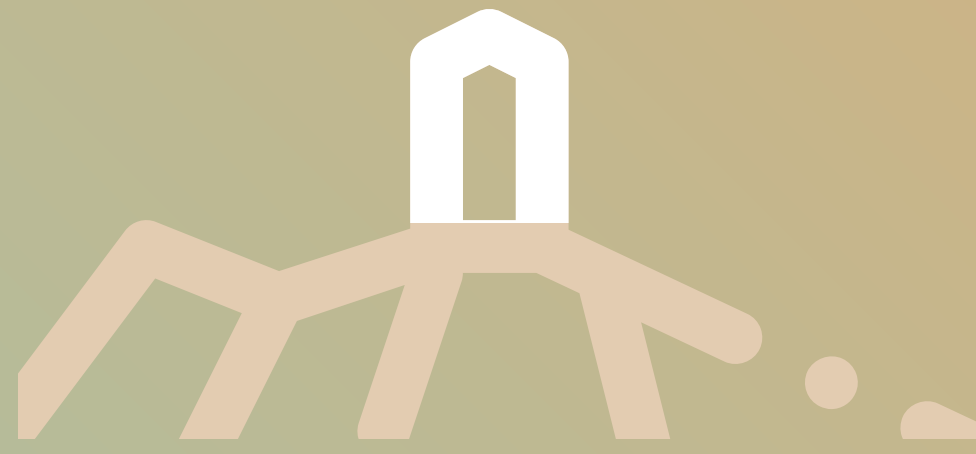
A mountain with a small, flat-surfaced ridge that covers a large area, made of large black rocks.



The base of the mountain is 65 metres (213 foot) higher than the surrounding ground.

It has a circumference of **640** metres (700 yards).





On the top of the mountain there is a sign that is **7** metres (23 foot) tall on which some warnings are written.

The mountain is called by different names such as.

**Mount
Arafat**

**Mountain of
Forgiveness**

**Mountain
of Mercy**

The Messenger of Allah (ﷺ) stood at the bottom of the mountain and did not climb it. When he stood there, he said: **“I stood here, but all of Arafah is a place for standing.”**



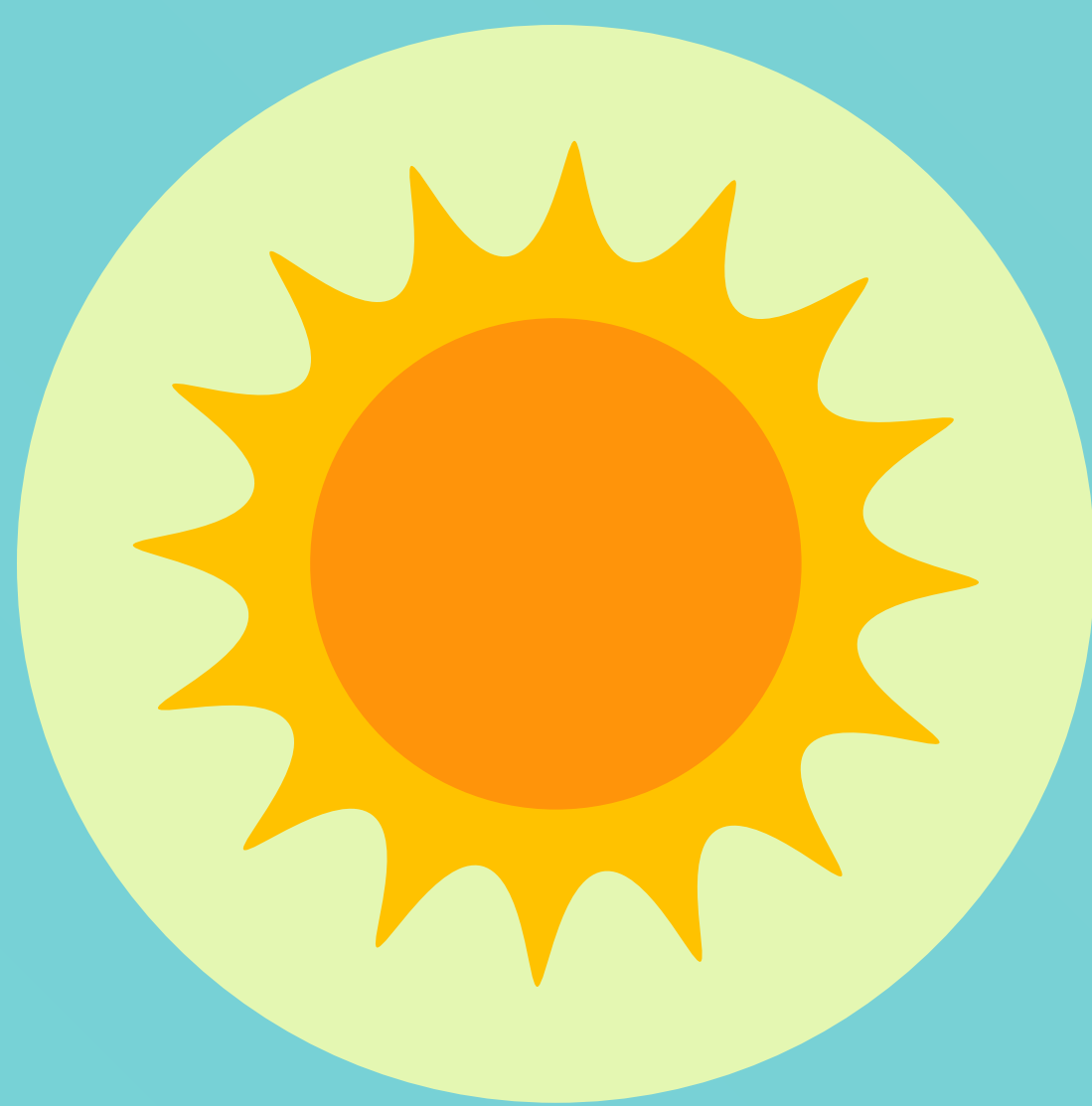
It is not prescribed to go to the mountain or to climb it, for our role model, the Messenger of Allah (ﷺ) never climbed it, nor did the Companions or their followers after them.

The pilgrim must adhere to the location of his own group in Arafah so that he does not get lost or harm himself in the sun and heat, and follow the words of the Messenger of Allah (ﷺ): “I stood here, but all of Arafah is a place for standing.”





Beware of Heat Strokes



Pilgrims lose large amounts of fluid through perspiration, and it is always recommended to drink sufficient amounts of water and juice to compensate for this.





Avoid going out in the sun unnecessarily.



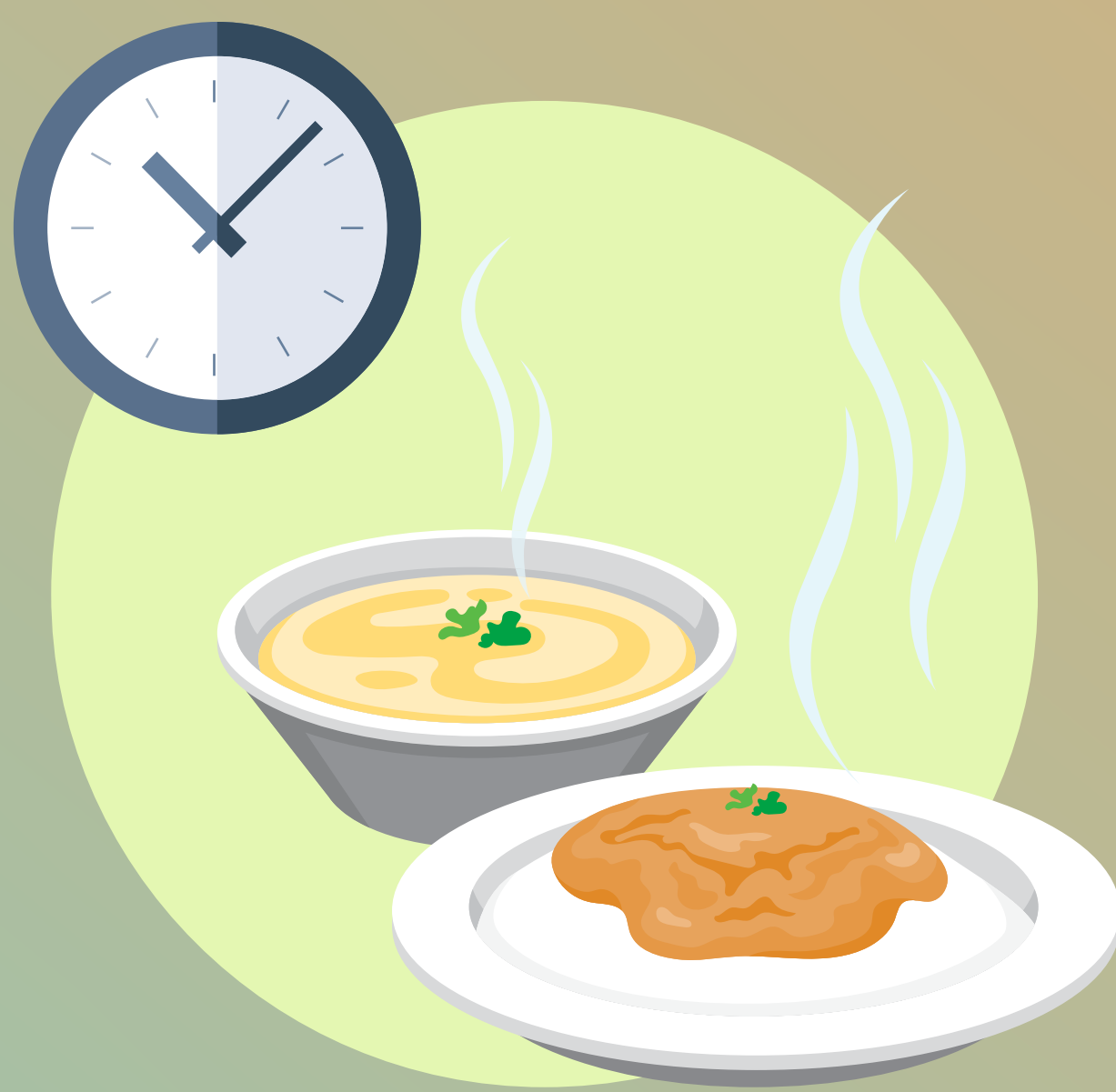
When you go out during the day, avoid direct exposure to the sun and use a light coloured parasol.



Try to get enough sleep at night and avoid staying up late, because lack of sleep exposes the body to stress and lowers resistance.

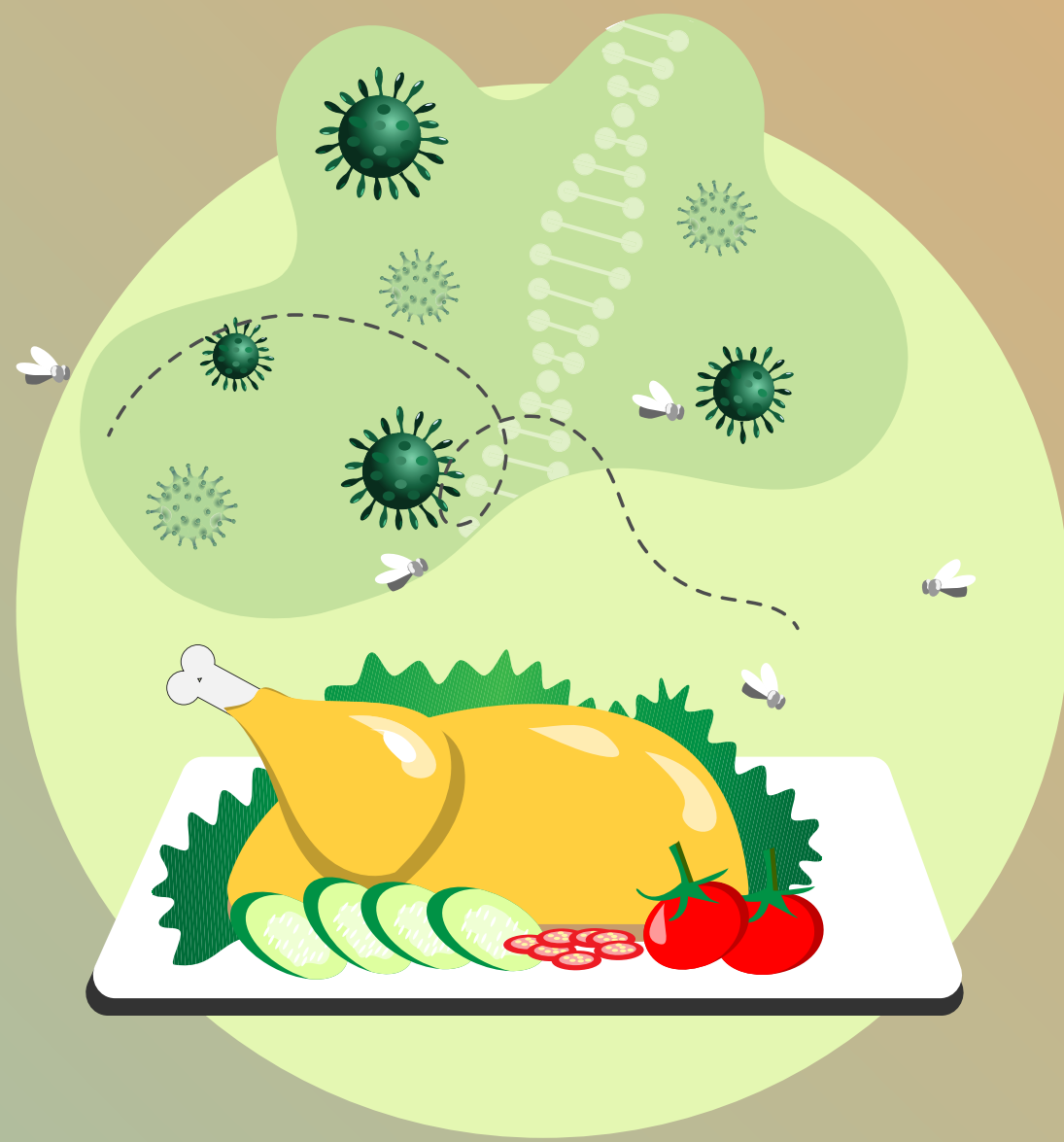


Protect Yourself From Food Poisoning



Avoid storing cooked food or eating it a long time after buying it, especially while moving for long periods of time.





Be careful when storing cooked food at room temperature for more than two hours as this leads to the proliferation of germs and the possibility of food poisoning.



Make sure to **wash fruits and vegetables** thoroughly before eating them.



Do not buy food from street vendors.



Make sure to eat an appropriate amount of food and drink plenty of fluids such as water and juices.





Services Provided at Arafah



Your group usually sets up a camp for its members which includes a resting place and private toilets for the group.



Make sure to wear the bracelet of your group to benefit from the services provided at the camps.

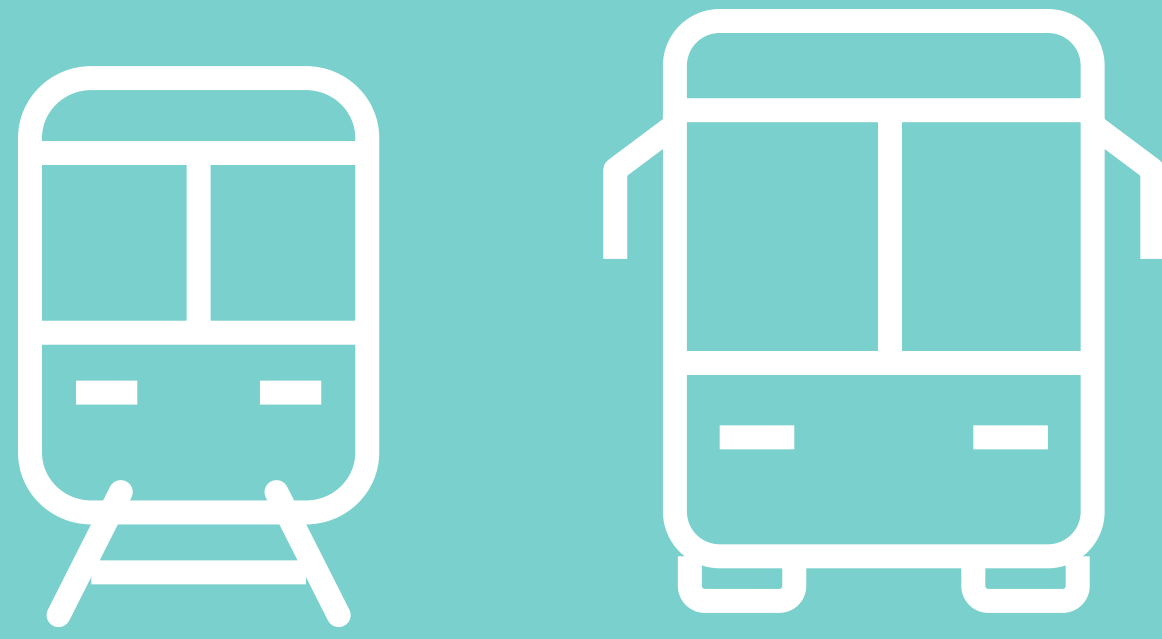
Going From Arafah to Muzdalifah in Groups

Be sure to adhere to the instructions given by the Mutawwif (Hajj guide) and follow the times set for leaving the camp in Arafah, so as not to be exposed to crowding and losing your way.



Make sure you are ready when it's time to travel to Muzdalifah and be sure to use the toilets in advance, as issues may arise that postpone your arrival to Muzdalifah.



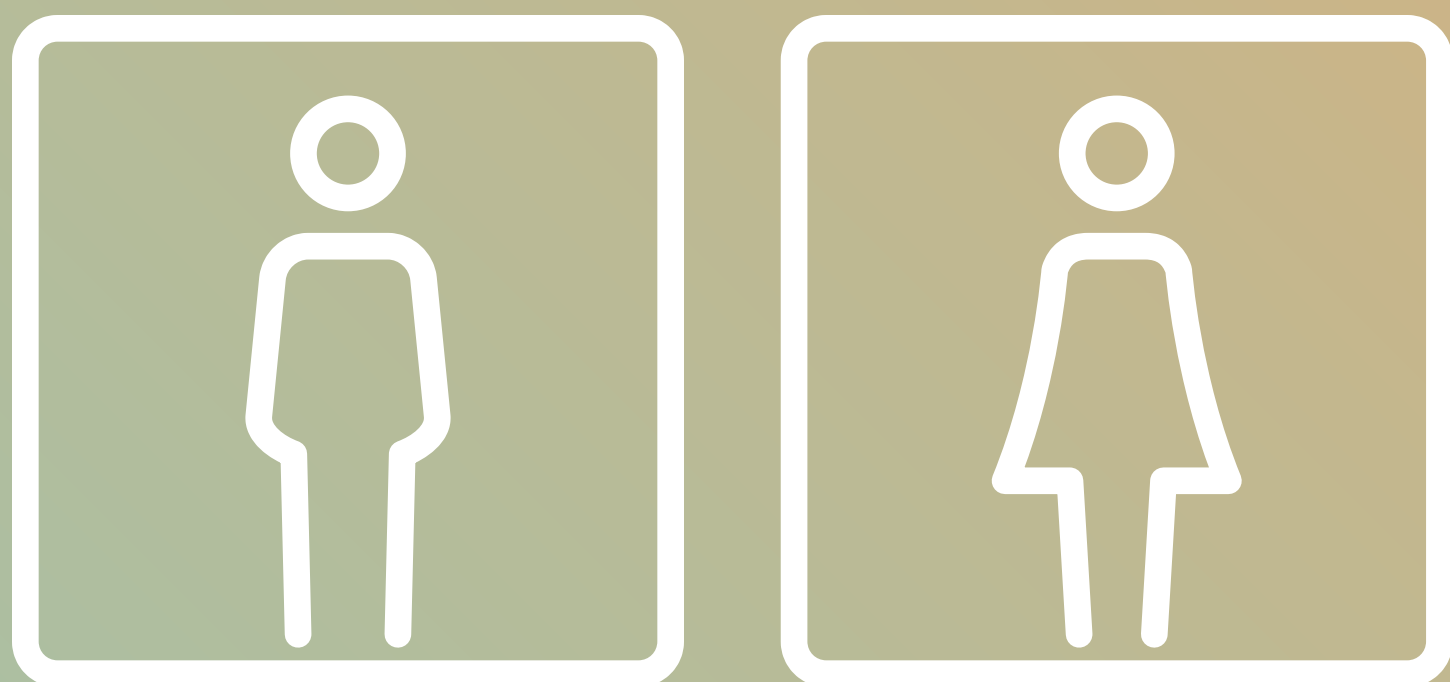


Adhere to the specified means for transportation of your own group, whether it is by bus or by metro.



Do not crowd, do not rush, and remain calm, for the Messenger of Allah (ﷺ) used to hold the reins of his camel and say: “**You people must preserve a quiet demeanour, for piety does not consist in going quickly.**”





Make sure to go to the toilet before you leave the camp, because your arrival to Muzdalifah may be delayed for any reason.



Be sure to be lenient, polite, restrain yourself, and stay away from arguments as much as you can, in compliance with the Words of Allah the Almighty: *“...If anyone undertakes that duty therein let there be no obscenity nor wickedness nor wrangling in the Hajj.”*





Instructions for Using Almashaaer Metro Line



Adhere to the instructions of your guide, the control officers and the security men.

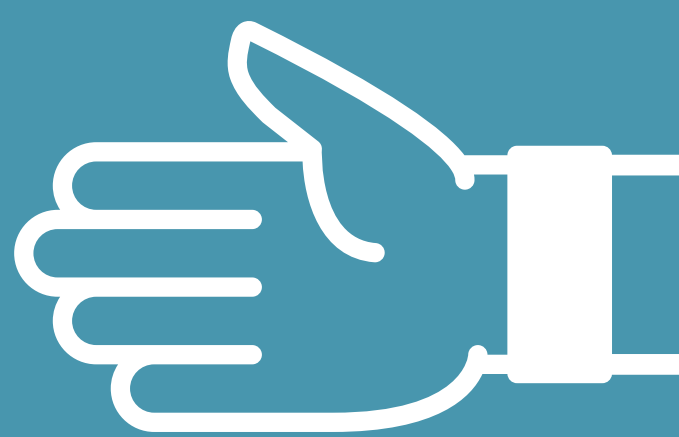


Adhere to the timetable for sending pilgrims to the metro stations.





**You are not allowed to bring luggage
on the train.**



Keep the bracelet on your wrist throughout
the duration of Hajj.



It is forbidden to lie down in the stations so
as not to hurt or disrupt the flow of pilgrims.

Checklist

Remember to carry the following with you as you go to Arafah:

- ☐ Mobile charger or portable charger
- ☐ Your Medication
- ☐ Asthma inhaler
- ☐ Small amount of cash in Saudi Riyals
- ☐ Rash relief creams
- ☐ A copy of the Qur'an
- ☐ Comfortable walking shoes
- ☐ Personal Purse
- ☐ Train ride bracelet
- ☐ ID card



Important Contact Numbers

911

For emergency and security services

937

Medical consultations and inquiries

920002814

Ministry of Hajj and Umrah call center to answer inquiries from pilgrims

1966

For inquiries about the Grand Mosque and the Prophet's Mosque



You can obtain the rest of the guides by visiting the website of the Ministry of Hajj and Umrah (by clicking here).

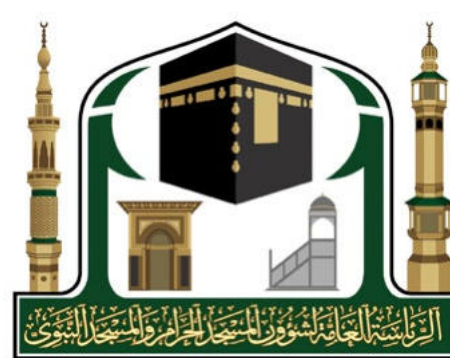
In these guides, you will find all the instructions and directions which will help you perform the Hajj rituals with ease and confidence.



Strategic partner



Partners in success



May Allah Accept Your Good Deeds

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وزارة الحج والعمرة
MINISTRY OF HAJJ AND UMRAH

