

Question 546) - How is Sa'y between as-Safa and al-Marwa performed?

A: When the one performing Hajj or 'Umrah intends to make Sa'y he must make Istilam of the Black Stone after the two Rak'at of Tawaf. He will then go to as-Safa and ascend it at least a bit. He will recite, "Innas-Safa wal-Marwa min Sha'airillah." He will face the Ka'bah and recite Takbir and, "La ilaha illAllaah," and salutations upon Rasulullaah (S.A.W) He should ask Allaah for his needs. As per the narration of Muslim it is Sunnah to recite the following thrice, "La ilaha illahu wahdahu la sharika lahu. Lahul mulku wa lahu hamdu wa huwa 'ala kulli shayin qadir. SadaqAllaahu wa'dahu wa nasara 'abdahu wa hazamal Ahzab wahdah. - There is no Illah but Allaah alone who has no partner. To Him belongs all kingship and praise and He has power over everything. Allaah was true to His promise and helped his slave and alone defeated the confederates.?

He will then head for al-Marwah at a normal pace. When he reaches the green markings he will hasten until the next green marking whilst reciting, "O my Rabb, Forgive me and have mercy. You are Most Honourable and Noble. Overlook that which You know of.*

After passing the second green marking he will resume a normal pace. When he reaches al-Marwah, he will climb it and do the same as per as-Safa. This is one circuit. He will complete seven circuits. He began at as-Safa and will end at al-Marwa. He will remember Allaah throughout the Sa'y. Every time he passes between the green markings he will run, going time and coming time. A woman will not run, she will walk at her normal pace throughout the Sa'y.

*At-Tabrani, narrated from Ibn Mas'ud RADI..

~ al-Quduri ~