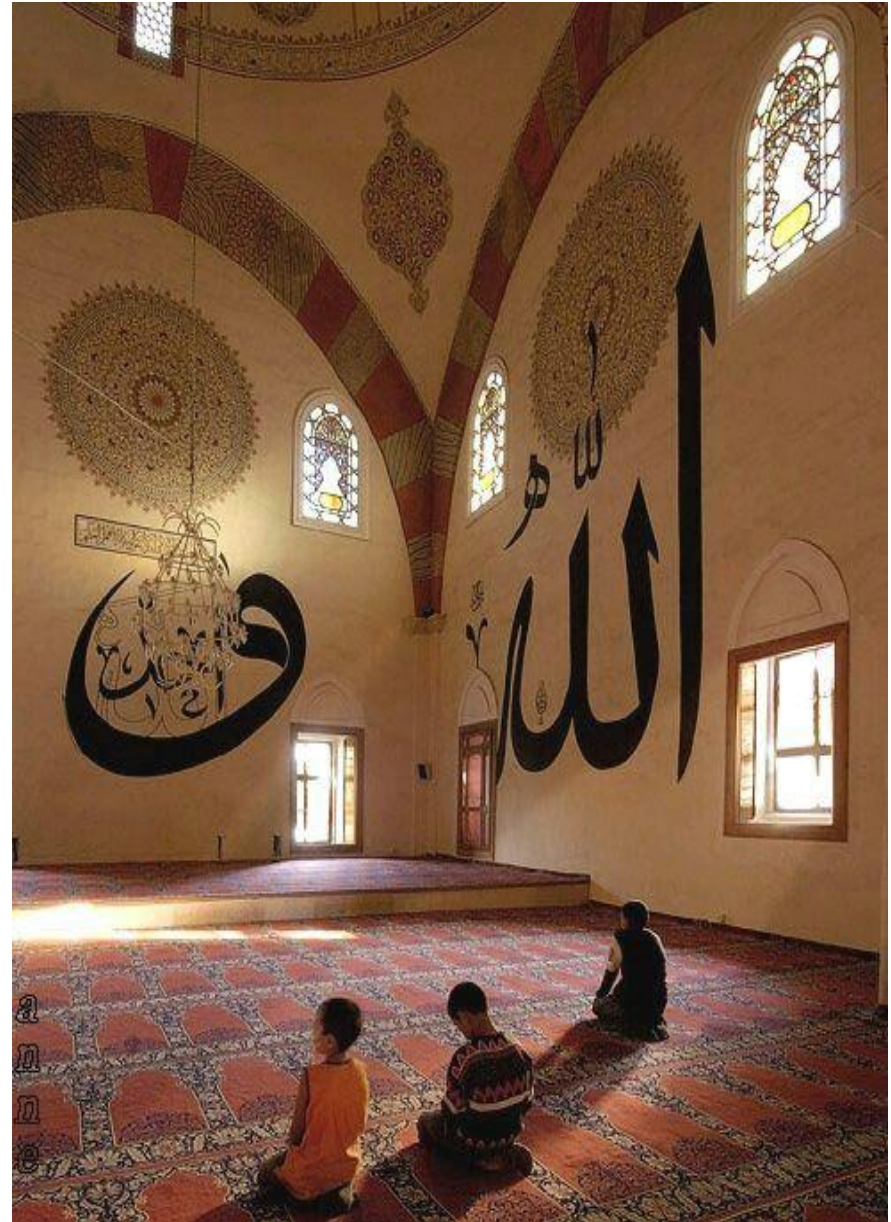




**I'tikaf: Retreat/Seclusion
In Spirit, Mind & Body**

Etiquettes Of Allah's Home

- You are Allah's guest, so act in the best way.
- Dress/smell nice.
- Maintain Allah's home by keeping it clean and smelling nice.
- Lower voice
- Respectful, polite, considerate
- Helpful (shadow)



I'tikaf Definition

- Linguistically: being engaged with something with persistence and not paying attention to anything else. Fixing something to a place such that it remains tied to that space.
- Technically: 'to confine oneself to a masjid for the purpose of worshipping Allah inside it'.



Objectives of I'tikaf

- Confining the heart to worship and devotion of the Divine.
- Seeking out Laylatul Qadr
- Experiencing a close intimacy with Allah.
- Nurturing the mind, body and soul with good deeds.
- Tafakkur - Tadabbur



Prerequisites to I'tikaf

- Muslim, Sane, Mature, Masjid, Fasting,
- Purity - Renew Wudu



Actions to Avoid

- Leaving the Masjid without a valid excuse will nullify the I'tikaf and necessitate expiation.
- Lying, cheating, backbiting, gossip, fighting, demanding, disturbing other, worldly talking prohibited
- Experiencing a wet dream will not invalidate the I'tikaf
- Wudu/Shower/Food **Permissible**



Effective I'tikaf

- After Fajr Dhikr, Qur'ān, Salah al-Ishrāq
- Sleep
- Exercise
- Quiet Reading
- Watching/Listening to a Lecture
- Qur'an & Sunnah Prayers for Dhur
- Dua between Athān & Iqāmah
- Hifz Session
- Nap Time
- Qur'ān & Tajwīd
- Watching/Listening to a Lecture
- Hifz Revision
- 4 Rak'ah Sunnah Asr
- Dua between Athān & Iqāmah
- Eve Dhikr

Purifying intentions
 Searching for the Night of Power
 Avoiding over eating & sleeping
 Refraining from sin & idle talk
 Practising the Sunnah
 Making Excessive Dua & Repentance

Suggested Daily Routine

