

Recommended Daily Schedule for Women's I'tikaf

Recommendations at each salaah time:

1. Offer all your salaahs with utmost humility, sincerity and devotion. Try to prolong your salaahs as much as possible by reciting longer surats and reading the tasbeehs of ruku and sajdah more times than usual. It will be even better if additional duas are read in different postures of salat. Please refer to our card titled “Additional Duas to be read in Salat” posted on our website or available from Masjid Umar/YMA.

2. After every fardh salaah, read 33 times سبحان الله, 33 times الحمد لله and 34 times الله اكبر

3. After every fardh salaah spend some time in making duas as this is one of the prominent times of the acceptance of duas.

4. As reading لا اله الا الله has been recommended in abundance during this month, you may read this at least 100 times after each salaah.

5. Recite Aayat ul Kursi (Surah 2 Verse 255) after each fardh salaah as this is recommended too.

6. Recite part of your daily portion of Quran.

Daily Schedule

Maghrib:

Beware tonight could be Laylat-ul-Qadr for which you have sat in I'tikaf, hence every second is precious from now on.

1. After Fardh Salaat read the following:

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ لَهُ الْمُلْكُ وَ لَهُ الْحَمْدُ يُحْيِي وَ يُمِيتُ بِيَدِهِ
الْخَيْرُ وَ هُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ 10 times

“Whosoever immediately after Maghrib without changing the position shall read 10 times Kalimah Tauheed, then 10 rewards shall be written for him, 10 sins will be forgiven, his status in Jannah will be elevated by 10 ranks, and he shall remain protected throughout the whole day from Shaytaan and from all evils.” (Ahmad, Tirmithi)

2. After Maghrib, read Salaat-Ul-Awwabeen any number between 6 to 20 rak'ats in two's.

“Whosoever after Maghrib Salaah shall read 6 rak'ats during which he doesn't talk any evil, then he shall receive the reward of 12 years of worship.” (Tirmithi)

Esha:

1. After Esha offer your Taraweeh as calmly and sincerely as possible.
2. After Taraweeh spend some time reciting the following Surahs:

- a) The final 11 verses of Chapter 3 from Verse 190 till the end of the chapter
“Whosoever shall recite the final verses of Surah Aali Imraan during any single night shall have the reward of a full night of worship recorded for him.” (Mishkaat)
- b) Surah As-Sajdah (Chapter 32)
Hazrat Jabir (RA) reports that the Holy Prophet (SAW) would not go to sleep until he read this Surah. (Tirmithi, Ahmad)
- c) Surah Ad-Dukhaan (Chapter 44)
“Whosoever shall recite Surah Dukhaan during any single night shall have 70,000 angels seeking forgiveness for him.” (Tirmithi)
- d) Surah Waqiah (Chapter 56)
“Whosoever shall recite Surah Waqiah every night shall never experience poverty.” (Baihaqi)
- e) Surah Mulk (Chapter 67)
Our Nabi (SAW) would not go to sleep until he read Surah Mulk. (Tirmithi, Ahmad)
- f) Surah Yaseen (Chapter 36)
Rasoolullah (SAW) is reported to have said, “Whosoever shall recite Surah Yaseen at night for the pleasure of Allah shall have his sins forgiven.” (IbneHibban)

These Surahs are compiled in the book *‘Night Time Recitation’* available from Masjid Umar/ YMA.

3. Offer Tahajjud Salaat of any number between 4 and 12 in twos anytime till the beginning of Fajr.

"The best salaah after the Fardh salaats is the Salaah of the night (Tahajjud)" (Ahmad)

He (SAW) has also said "Make a routine of offering the night prayer (i.e. Tahajjud) for indeed this has been the practice of the pious before you, a means of closeness to your Lord, a compensation for sins and a prevention from vices." (Tirmithi)

Avoid going to sleep lest you miss Laylat-ul-Qadr

Fajr:

1. After Fajr Salaat spend some time in Zikr

"Do make a point of remembering me for a short while after Asr and for a short while after Fajr, in return I shall suffice for you in between the two times." (Ahmad)

2. Recite our "**Selected Prophetic Duas for the Morning and Evening**" booklet. Please refer to our website www.ymasheffield.co.uk for the document.

3. Recite Surah Yaseen (Chapter 36)

"Whosoever shall recite Surah Yaseen in the morning, then (all) his needs (throughout the day) will be fulfilled."
(Darmi)

4. Offer Salaat-ul-Ishraq

If possible remain engaged in Ibaadah till approximately 15 minutes after sunrise and offer 2 or 4 rak'ats in twos.

"Whosoever offers his Fajr in congregation then remains engaged in Zikr until the sun rises and then (approx 15

minutes after sunrise) offers 2 rak'ats, will receive the reward of performing a Hajj and Umrah." (Tirmithi)

This Salaat can be read anytime from approximately 15 minutes after sunrise till mid-morning.

Mid-morning schedule:

1. Offer Tahiyyat-ul-Wudhu

This is to perform 2 rak'ats each time a fresh wudhu is made.

"Whichever Muslim shall make a perfect wudhu followed by offering 2 rak'ats with his heart and mind, then Jannah is incumbent upon him" (Muslim)

2. Offer Salaat-Ud-Duhaa:

This is a Salaat of a minimum of 2 to a maximum of 12 rak'ats in two's or fours to be performed anytime from around mid-morning till 10 minutes before Zohr beginning time.

"Each morning there is a charity due for every joint that exists in your body (360 joints). To say SubhanAllah is a form of charity, to say Alhamdulillah is also a charity, to say La Ilaaha Illallah is also a form of charity, to command goodness and forbid evil is also a charity, and 2 rak'ats at the time of Duhaa (Chaasht) is sufficient for all this charity (i.e. to compensate the favour of every joint that Allah has given you)." (Muslim)

"Whoever performs 12 rak'ats of Salaat-ud-Duhaa, Allah will build for him a castle made of gold in Jannah."
(Tirmithi, IbneMajah)

Zuhr:

Salaat-ut-Tasbeeh:

A long 4 rak'at salaah comprising of 75 times Kalimah Tamjeed سُبْحَانَ اللَّهِ وَالْحَمْدُ لِلَّهِ وَلَا إِلَهَ إِلَّا اللَّهُ وَاللَّهُ أَكْبَرُ in each rak'at. You may add لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ الْعَلِيِّ الْعَظِيمِ to be performed daily. Preferably to be performed daily.

Our Holy Prophet (SAW) said to Sayyiduna Abbas " O Abbas! Should I not present to you? Should I not confer to you? Should I not inform you of such an act, which if you practise Allah will forgive all your sins, whether old or new, intentional or unintentional, minor or major, open or secret." (After describing the method of this salaah) Nabi (SAW) said "If possible, you should offer this salaah once every day, and if you cannot perform it daily, then offer it on every Friday (weekly), or once a month, or once a year, or at least once in your lifetime."

Please refer to our website www.ymasheffield.co.uk for the detailed method.

Asr:

After Asr read our "*Selected Prophetic Duas for the Morning and Evening*" booklet.

Also include the following in your daily schedule:

Spend a substantial amount of time in learning useful items of Deen as learning is a very virtuous Ibaadah in itself. Advisable items to learn by memory are:

a) Additional surats of the Quran

- b) Daily duas of eating, drinking etc (see our Madrassah dua book)
- c) Additional duas to be read in salaah (refer to our card posted on our website)
- d) Read and listen to authentic lectures on Islam.

This document has been prepared by Masjid Umar/YMA in Sheffield.