

THE MUSLIM CENTER OF GREATER PRINCETON

RAMADAN 1441/2020

THE LAST TEN DAYS IN YOUR CAVE

SUGGESTED I'TIKAF SCHEDULE
RESOURCES
SUPPLICATIONS/PRAYERS



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STAY FOCUSED ON YOUR INTENTIONS & BE FREE OF DISTRACTIONS

The following is a suggested schedule for I'tikaf. You may modify the schedule based on your own unique circumstances. Schedule should be adjusted based on your local prayer times. Schedule below is based on location of MCGP which is Princeton Junction, New Jersey.

Suggested I'tikaf Schedule

Sunset	Break your fast with dates, water and make a sincere du'a. The du'a of the fasting person at the time of iftar is not rejected!
10 Minutes After Sunset	Pray Maghrib Salah. If possible, pray in congregation with your family or pray alone. Note: The "night" has officially begun once Maghrib enters.
8:30 PM – 8:45 PM	Pray Sunnah (and Nafl if you wish) and sit for 5 – 10 minutes and recite any evening dua's and dhikr.
8:45 PM – 9:15 PM	Have a reasonable iftar meal (not too heavy) with nutritious foods.
9:15 PM – 10:15 PM	Join the MCGP Virtual Ramadan Program. Listen to the beautiful Qur'an Recitation with Shaykh Ismael Essa and Juz' Gems with Imam Adeyinka Mendes. This session can be accessed via MCGP Zoom. Details at www.themuslimcenter.org/ramadan
10:15 PM – 10:30 PM	Spend a few moments to rest and prepare for the night. Sip some light tea or coffee and perform a fresh wudu. Pray 2 rak'ahs of nafl after performing wudu.
10:45 PM – 11:30 PM	Pray Isha in congregation with your family or alone. Pray the full Taraweeh (8 or 20 rakat) or offer make up prayers if you owe them. Followed by Witr prayer.
11:30 PM – 12:00 AM	Have a short break, renew wudu, have a light snack and continue sipping some water. Fill the extra time with Dhikr.
<i>The Last Third Of The Night Has Now Entered. This is a sacred time for you to connect directly with Allah (Subhanahu wa-ta'ala)</i>	
12:00 AM – 12:45 AM	Pray 8 rak'has of Tahajjud or offer make up prayers if you owe them.
12:45 AM – 1:00 AM	Sit in seclusion, take out your Du'a list and pour your heart out to Allah (Subhanahu wa-ta'ala)
1:00 AM – 2:00 AM	Qur'an Recitation & Reflection. If you are unable to read the Qur'an then listen to it or read it in English or a language you are comfortable with. If you would like you can also read some tafsir of the Qur'an.
2:00 AM – 3:00 AM	Use this time to do dhikr of Allah, read the 99 names of Allah, read the 40 Durood & Salaam upon the Prophet (peace be upon him) and say the 40 Rabbana Du'as.
3:00 AM – 3:45 AM	Eat a healthy suhoor and renew your wudu.

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3:45 AM – 4:30 AM	Sit at the place where you perform prayer and use this time before Salah to recite more Qur'an, make du'a or do Dhikr.
4:30 AM – 4:45 AM	Pray Fajr Salah in congregation with your family or alone.
4:45 AM – 6:00 AM	Sit at your place of prayer, recite morning du'as, personal supplication & prayer and engage in worship and Dhikr until sunrise. Recite Wird al-Latif. You may also join Imam Adeyinka Mendes for his special Ramadan series, Rising with Rumi In Ramadan from 5:00 AM – 6:00 AM. This session is available via MCGP Zoom and details can be found at www.themuslimcenter.org/ramadan
6:00 AM – 6:30 AM	Stand and pray 2 to 12 rak'ahs of Ishraq & Duha prayer and receive the reward of Hajj and Umrah!
6:30 AM – 12:30 PM	Prepare your bed, recite the various adhkaar before sleeping, and enjoy a well-deserved sleep.
12:30 PM – 1:30 PM	Wake up, freshen up, change clothes and perform wudu.
1:30 PM – 1:45 PM	Pray Dhuhr Salah in congregation with your family or alone.
1:45 PM – 2:45 PM	Qur'an Recitation & Reflection
Bonus Tip: Don't forget to stay active! One useful tip is take your tasbeeh beads in your hands and walk in the area where you are performing the I'tikaf or your designated prayer room/area. You will keep your body active while engaging in worship!	
2:45 PM – 4:00 PM	Have a post-Dhuhr nap (this is a Sunnah and you will be rewarded for it!)
4:00 PM – 4:15 PM	Wake up, get dressed and perform a fresh wudu. Pray 2 rak'ahs of Nafl prayer after performing wudu.
4:15 PM – 5:00 PM	Spend time memorizing the Qur'an.
5:00 PM – 5:30 PM	Qur'an Reflection. Spend time reading a translation of the Qur'an to understand what you have been reciting. If you prefer listening/watching videos, you may use your phone to watch a tafsir video on YouTube.
Bonus Tip: If you get tired from reading and reciting, have one or two spiritual books. i.e. books on the life of the Prophet (peace be upon him), Imam Al-Ghazali, Rumi etc.	
5:30 PM – 6:00 PM	Take a break and prepare for Asr Salah.
6:00 PM – 6:15 PM	Pray Asr Salah in congregation with your family or alone.
6:15 PM – Sunset	Recite Wird Al- Latif Make sincere Dua, recite Qur'an or any other devotional activity i.e. read Hadith. Try to keep idle talk and use of electronic devices to a minimum and avoid social media! If you'd rather be alone, use this time to read a book or watch an Islamic lecture. Do not get distracted by funny memes or cat videos!)
Go Back To The Beginning of The Schedule & Repeat!	

What Should You Keep With You In I'tikaf?

- Qur'an
- Hadith Books
- Tafsir Of Qur'an
- Notebook
- Pens and Pencils
- Other Devotional Books

What To Do During I'tikaf?

Five Daily Prayers: It is prescribed that all Muslims pray five daily fard (obligatory) prayers, so this is expected during itikaf. It is also suggested that Muslims pray the sunnah prayers with each of the fard prayers.

Taraweeh: This is the prayer that occurs after Isha prayer during Ramadan. It can be 8 to 20 rakah (units of prayer). You can recite the surahs of the Qur'an you are familiar with and if you do not have anything memorized you can read from the book (mushaf).

Nafl Prayers: During itikaf, it is a good time to pray nafl (voluntary) prayers.

Read and Memorize Qur'an: Another act of worshiping Allah is to read and study the Qur'an. Don't just read the Qur'an, study the tafseer (interpretation) of the Qur'an. Also, take this time to try to memorize and focus on tajweed (proper pronunciation) as much of the Qur'an as you can.

Read and Memorize Hadiths: Also spend time learning and even memorizing sahih (authentic) hadiths. Also, reflect on their meaning and how to apply them to your daily life.

Make Du'a: Be sure to make plenty of du'a (prayer of worship). Compile a list of du'a to learn and recite daily.

Make Dhikr: Also spelled zikr, dhikr translates to remembrance. Itikaf is all about remembering Allah and raising your level of taqwa (piety/consciousness of Allah).

Some Additional Prayers That Can Be Prayed

Salatul Tasbih – The Prayer of Transcendence

Salatul Tawbah – The Prayer Of Repentance

Salatul Shukr – The Prayer Of Gratitude

Salatul Hajat – The Prayer Of Need

Resources

To access all resources please visit www.themuslimcenter.org/resources

- [Imam Adeyinka Mendes Talk on The Last Ten Days In Your Cave: Gracious Guidelines for Observing Spiritual Retreat \(I'tikaf\) and The Eid Prayer At Home](#)
- [Ramadan Qur'an Recitation With Shaykh Ismael Essa](#)
- [Ramadan Juz' Gems with Imam Adeyinka Mendes](#)
- [Rising with Rumi In Ramadan with Imam Adeyinka Mendes](#)
- [The Keys To Ramadan \(PDF\)](#)
- [Prayer of Treasures \(PDF\)](#)
- [Prayer of Relief \(PDF\)](#)
- [Wird al-Latif \(PDF\)](#)
- [40 Rabanna Dua's \(External Link\)](#)
- [40 Durood \(External Link\)](#)
- [99 Names Of Allah \(External Link\)](#)
- [Hizb al-Azam \(The Supreme Litany from the Quran and Sunnah\) \(Download PDF\)](#)
- [Dala'il al-Khayrat \(Guides to Goodness - Prayers on the Prophet, peace and blessings on him\) \(Download PDF\)](#)