

# A Unique Ibadah

Rasulullâh ﷺ said: "Whosoever performs I'tikaf for a day, thereby seeking the pleasure of Allah ﷻ, Allah ﷻ will open three trenches between him and the fire of hell, the width of each being the distance between the heaven and earth." (Tabrani)

Rasulullâh ﷺ said: "The person performing I'tikaf remains free from sins, and he is indeed given the same reward as those who do righteous deeds (despite not having done those deeds as a result of being secluded in the Masjid)." (Ibn Majah)

Rasulullâh ﷺ observed I'tikaf in the last ten days of Ramadan every year and at times the entire month was spent in I'tikaf.

## Some Benefits of I'tikaf:

- The one observing I'tikaf is saved from sin, fitnah and worldly attractions
- He is in a constant state of reaping rewards
- He is able to focus on Ibadah with no distraction
- He becomes spiritually strengthened, having time for deep reflection
- I'tikaf creates an opportunity for change and reformation in a person's life
- The greatest benefit is that the one observing I'tikaf is assured of gaining Laylatul Qadr which could be on any of the following nights:



N.B. It is important to spend one's time profitably in I'tikaf and avoid time wasting as this will defeat the objective of I'tikaf.

Womenfolk are encouraged to sit in I'tikaf in a secluded area at home.

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