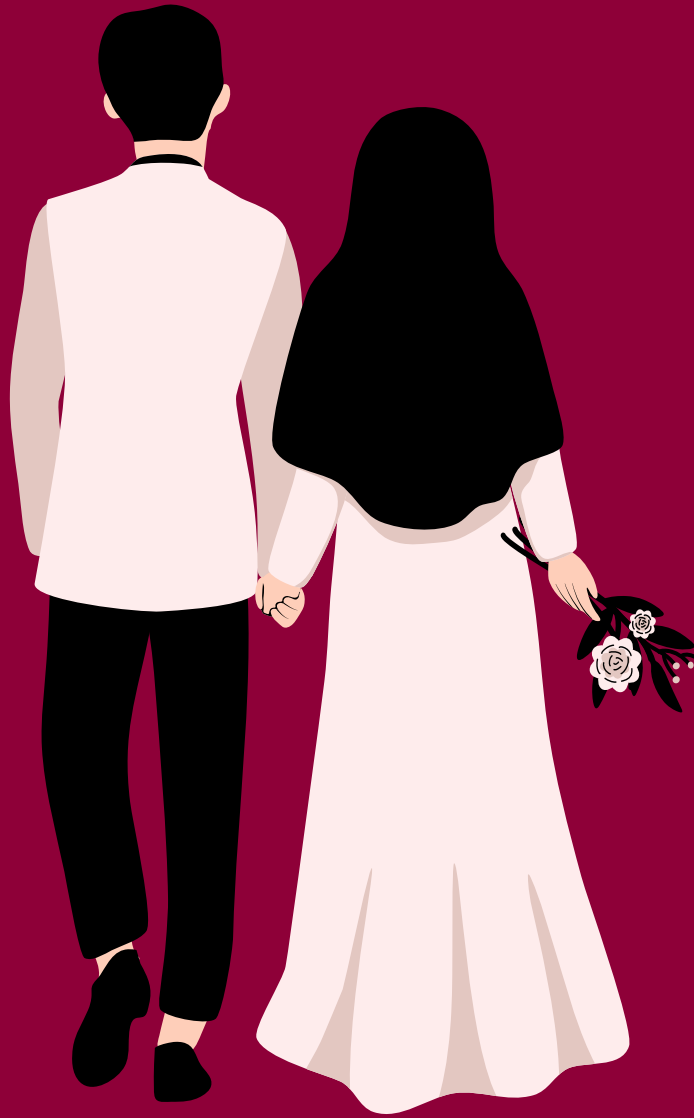




AL MA'RIFAH  
FOUNDATION

# PRE-MARRIAGE WORKSHOP



Imam Abid Khan

# CONTENTS

1

## SESSION 1

Why get married?  
Importance and Benefits of Marriage  
The Rulings of Marriage  
Life Goals  
Are you ready for Marriage?  
Reflecing on Yourself

2

## SESSION 2

Choosing the Right Person  
Scratching Beneath the Surface  
Meeting a Potential Spouse  
Istikharah and Istisharah  
Pre-Marriage Questions  
Engagement

3

## SESSION 3

The Nikah  
The Wedding Night  
Marriage in the Qur'an

4

## SESSION 4

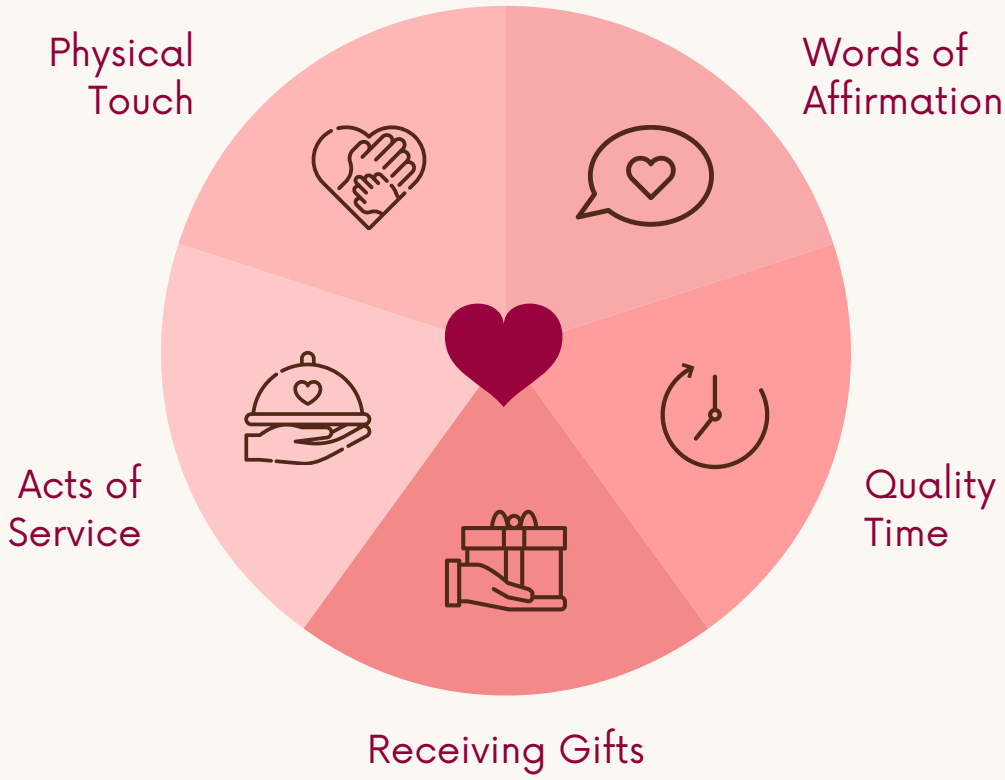
The Importance of Empathy  
18 Things You Need To Know About Marital Relationships  
The Importance of Communication  
How To Be A Successful Husband/Wife  
Marital Rights  
Dealing with Disputes  
Love Languages



# SESSION

# 1

# The Five Love Languages



---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

# Why Should I Get Married?

In the diagram below, note down the different reasons for why you want to get married



# Importance and Benefits of Marriage

A community comprises of families, when the family structure breaks down the whole community is effected.

In addition the benefits of marriage include:

- Preservation of lineage
- Practice of the Prophet ﷺ
- A means of achieving the help of Allah (SWT)
- Having children who will benefit you after you die
- Finding tranquillity
- Increasing the ummah of the Prophet ﷺ
- Following the advice of the Prophet ﷺ
- Completing half your Deen
- Fulfil your desire of intimacy with the opposite gender - an act of worship



**Practice of the Prophet** ﷺ

**Advice of the Prophet** ﷺ

**Help of Allah**

**Children who will benefit you  
after you die**



**Increase the Ummah of the Prophet ﷺ**

**Finding tranquillity**

**Completing half your faith**

**Protecting your chastity**



“

*Just as Islam aims at rearing a righteous individual, being the cornerstone in the social structure of the nation, it also seeks to establish a sound family, the prime and essential factor in building a good society. It is never disputed that marriage - that unites a man and a woman in solemn matrimony - is the foundation that gives rise to the family. There is no way a real or proper family could ever exist out of wedlock, the way that has been legislated by Allah, Exalted be He*

*Shaykh Yusuf al-Qaradawi*

”

# The Rulings of Marriage

Marriage is one of those actions which can take all 5 ruling of:

- Fard/Wajib
- Sunnah
- Mubah
- Makrooh
- Haram

The specific ruling will depend on the state and circumstance of each individual.

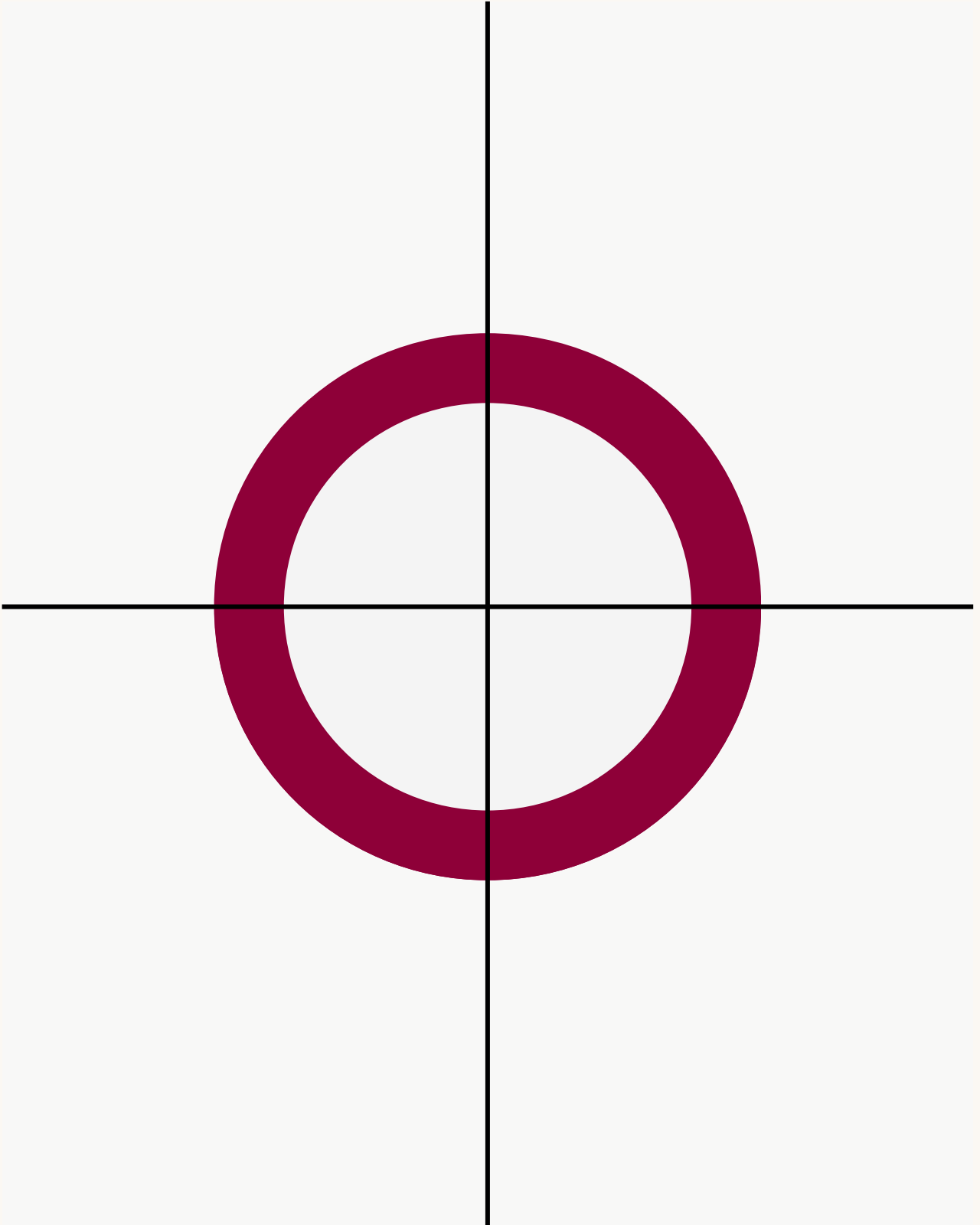
## The First Marriage

The first union between man and wife: Adam (AS) and Hawa (AS). This was a unique marriage in that Allah (SWT) declared them as life partners. Aisha (RA) reports that prior to Islam there were four types of marriages:



The Prophet ﷺ abolished the first three types of marriage.

# Life Goals



# Am I Ready for Marriage?

## QUESTIONS

## RATING

Strongly Disagree    Agree    Disagree    Strongly Agree

I am emotionally stable

I can articulate how I feel

I enjoy spending time with others

I know what makes me happy

I can compromise

I know what's important to me

I am financially stable and secure

I understand which areas of my life I need to work on

I am able to listen to someone else's problems and burdens & give sound advice

I am aware of my responsibilities as a husband/wife

I know how to manage my emotions

## QUESTIONS

## RATING

I understand what the following look like:  
Mental Abuse, Verbal Abuse, Emotional and  
Physical Abuse

Strongly Disagree    Agree    Disagree    Strongly Agree

I have a stable relationship with my parents

I know what I want in life

I am willing to compromise or make  
sacrifices in my career for the sake of my  
marriage

I am prepared to make adjustments to my  
lifestyle to accommodate my partner's  
needs and preferences

I am prepared to listen to my partner's  
point of view without becoming defensive  
or dismissive

I am emotionally ready to commit to a  
lifelong partnership and the challenges  
that come with it

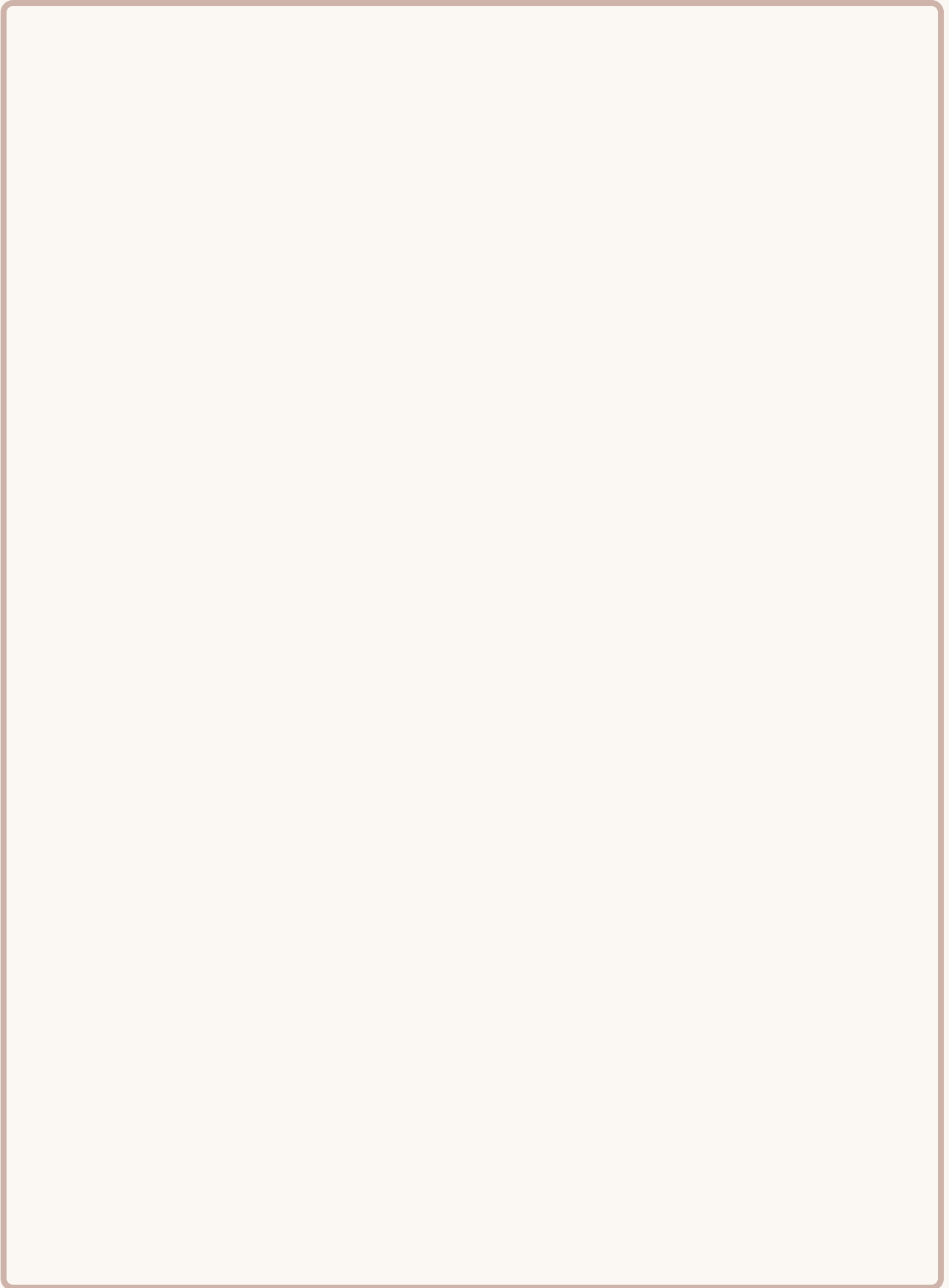
          

I am prepared to enter this marriage as a  
whole and self-sufficient individual

I am ready to encourage and support my  
own and my spouse's personal  
development

Use your responses to make a list of things and qualities you would like to work on before getting married:



# Reflecting on Yourself

Strengths

Weaknesses

Likes

Dislikes

A large maroon diamond shape is centered on the page, with a white diamond inside it. The background features a pattern of light gray diagonal stripes.

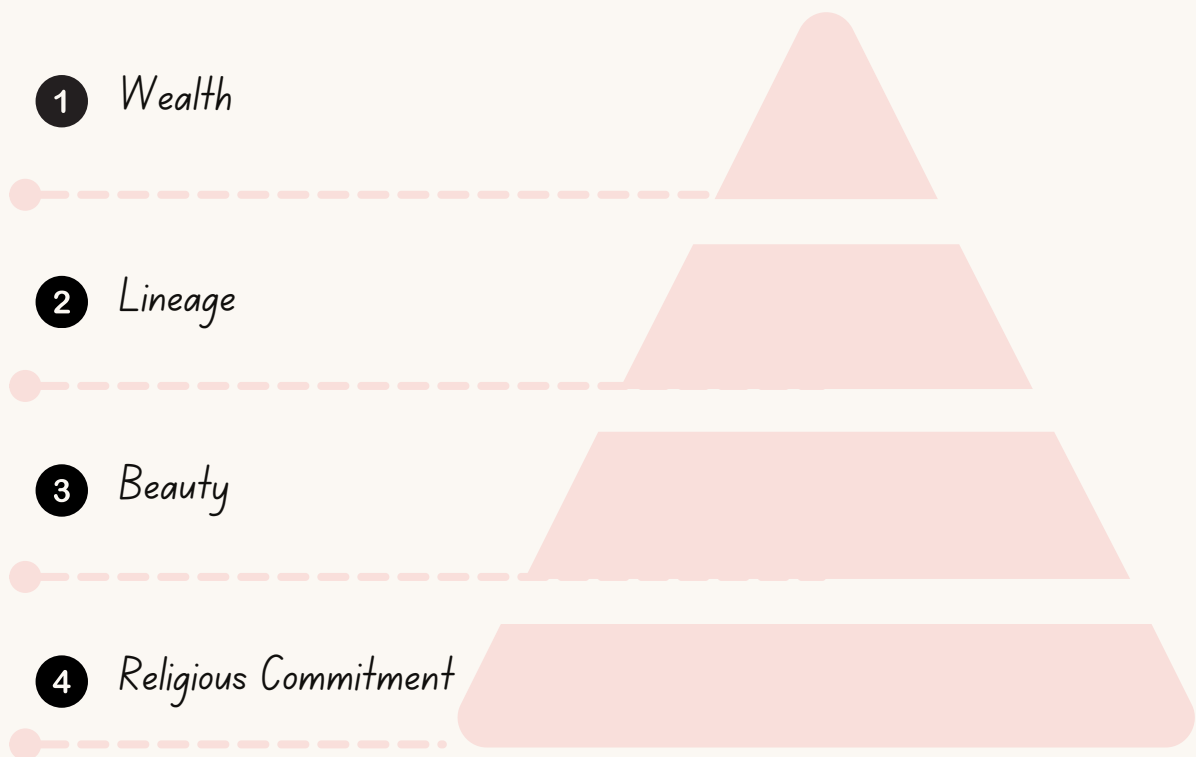
# SESSION

# 2



# Choosing the Right Person

The Prophet ﷺ said: "A woman may be married for four things: her wealth, her lineage, her beauty and her religious commitment"



Seek the one who is religiously-committed, may your hands be rubbed with dust (i.e., may you prosper)."  
(Bukhari)

# Additional Important Factors

## Physical Attraction

Al-Mughirah (RA) reports that when he got engaged to a woman, the Prophet ﷺ said: "Look at her for it is more likely to create affection and consent between you both" (Tirmidhi).

## Lifestyle and Wealth

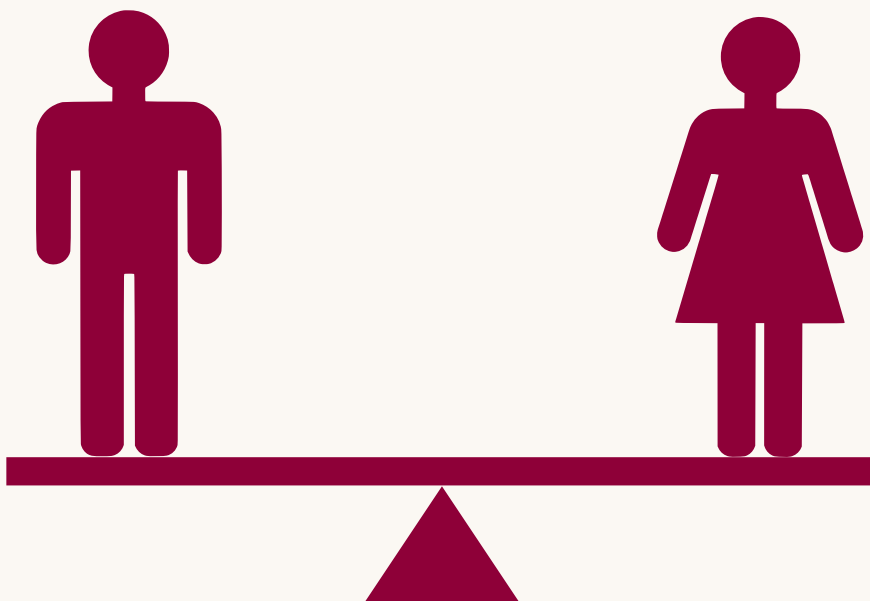
Both sides should be clear on their expectations.

**Sisters:** Are you willing to compromise on the lifestyle you've been used to living?

**Brothers:** Are you willing to fulfil that expectation?

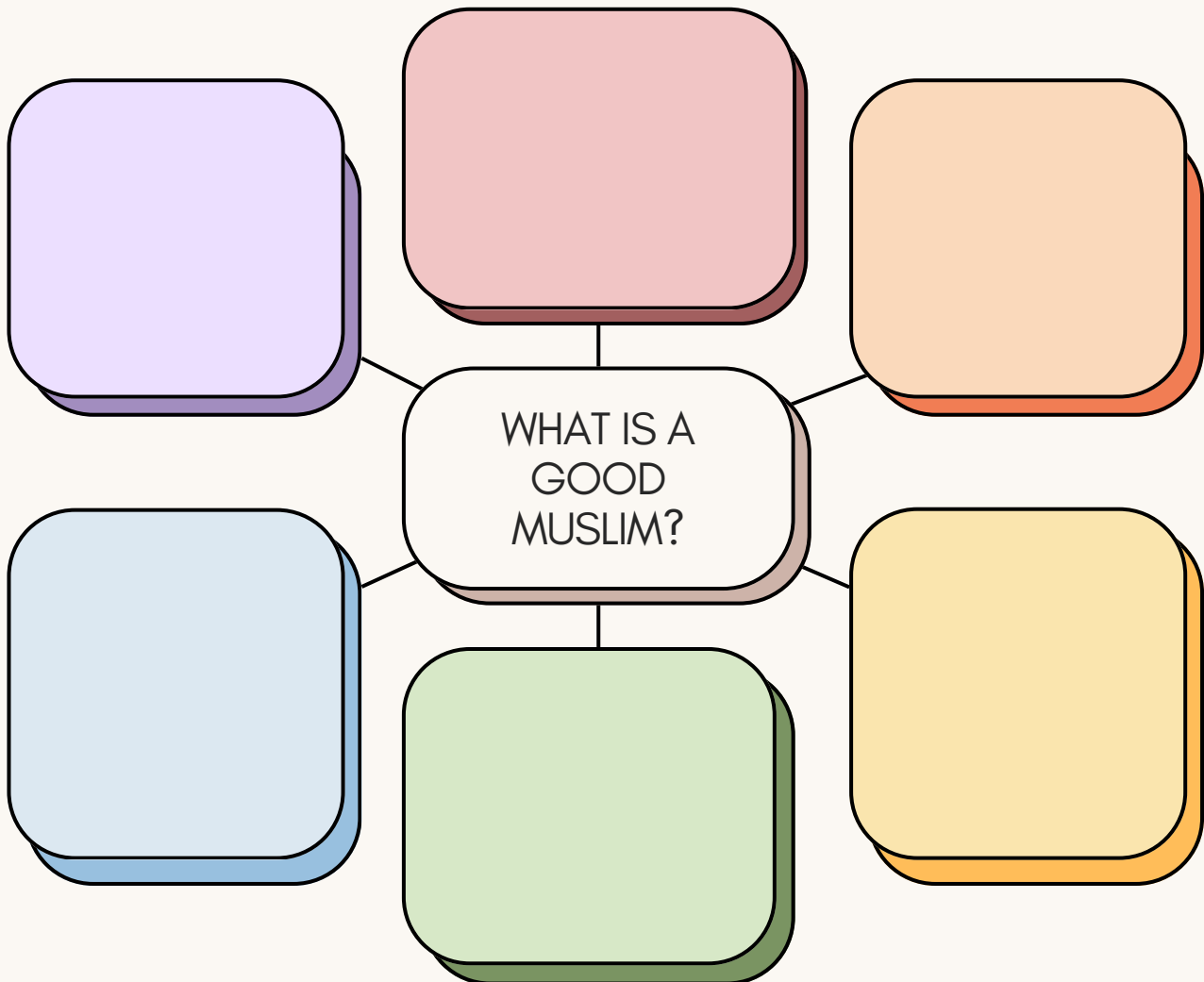
## Family

Marriage is more than two people together; rather it is about 2 families coming together. You need to ask yourself : Is this family on the same wavelength as mine? Do I see myself fitting into his/her family?

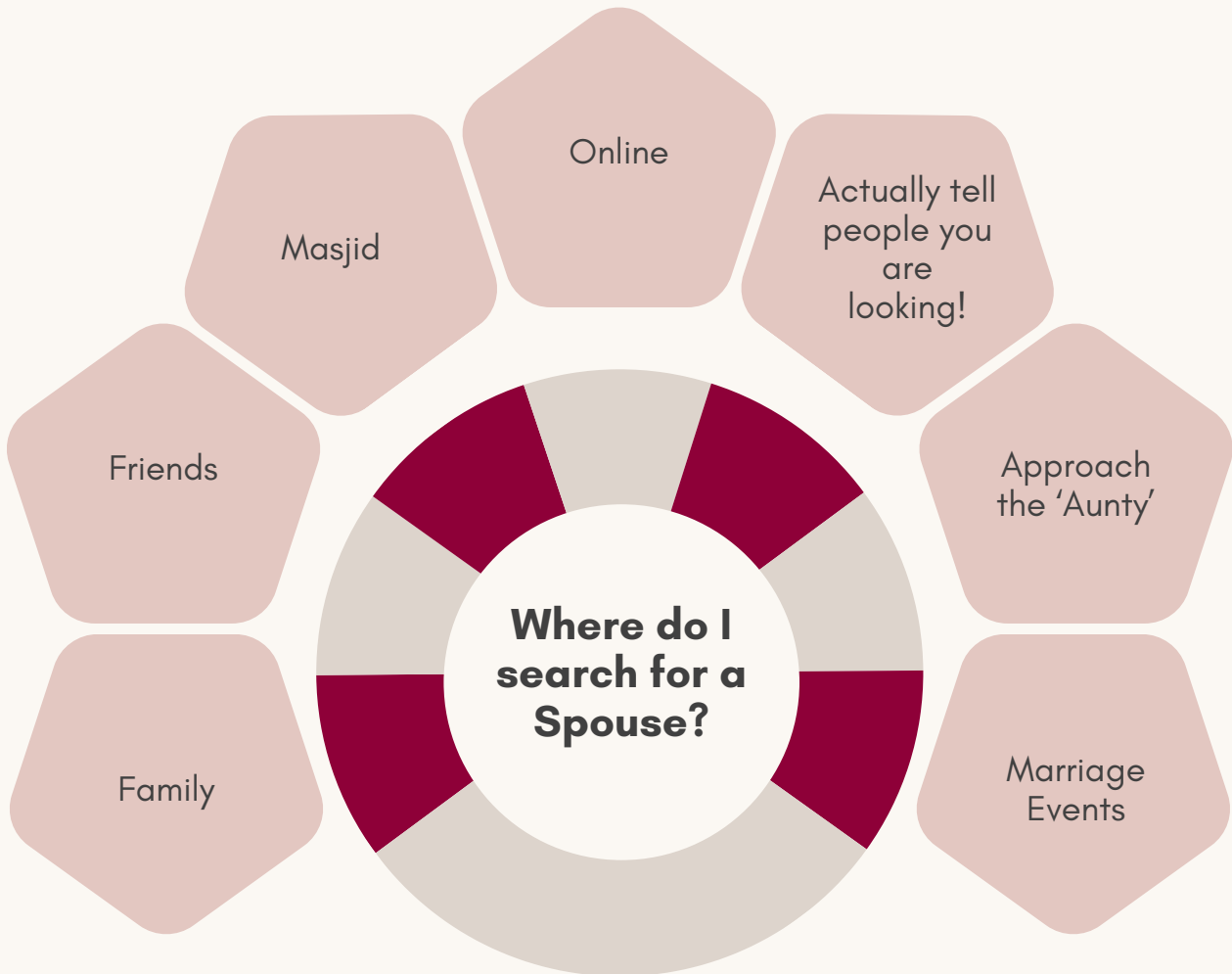


# What Is a Good Muslim?

What does it mean to look at a person's religion?



# The Hunt Begins!





## What Are You Looking For?

Each one of us has certain requirements for our future spouse. For some, we may be willing to compromise on, whilst others must be essential requirements. Spend some time outlining what you would and would not like to see in your future spouse.

This list will help you make an informed decision when meeting a potential spouse.

<b>Absolutely Required</b>	<b>Desirable</b>	<b>Absolutely Not</b>



# Compromises

Marriage entails compromise from both sides. But, it is important to ask yourself prior to marriage , which thing are important to you ,that you are absolutely not open to compromise on, and which things you don't mind compromising on. Make a list of these below:

**Willing to Compromise**

**Cannot Compromise**



# Meeting a Potential Spouse

If you were going to meeting your potential spouse today, what questions would you want to ask them?

# Scratching Beneath the Surface

How will you really get to know the person you are meeting?

**01**

Look at his/her friends

**02**

How does he/ she spend their free time?

**03**

What have they done in their life so far?

**04**

What are their parents like?

**05**

Learn what the brother/sister is like when he/she is happy, sad, angry, and going through a difficulty



# Istikharah and Istisharah

Jabir (RA) reports: The Messenger of Allah ﷺ used to teach his companions to make istikharah in all things, just as he used to teach them surahs from the Quran. He said: If any one of you is concerned about a decision he has to make, then let him pray two rakahs of non-obligatory prayer, then say:



اللَّهُمَّ إِنِّي أَسْتَخِيرُكَ بِعِلْمِكَ , وَأَسْتَقْدِرُكَ بِقُدْرَتِكَ , وَأَسْأَلُكَ مِنْ فَضْلِكَ  
الْعَظِيمِ فَإِنَّكَ تَقْدِرُ وَلَا أَقْدِرُ , وَتَعْلَمُ وَلَا أَعْلَمُ , وَأَنْتَ عَلَامُ الْغُيُوبِ .  
اللَّهُمَّ إِنْ كُنْتَ تَعْلَمُ أَنَّ هَذَا الْأَمْرَ خَيْرٌ لِي فِي دِينِي وَمَعَاشِي وَعَاقِبَةِ  
أَمْرِي , فَاقْدُرْهُ لِي وَيَسِّرْهُ لِي ثُمَّ بَارِكْ لِي فِيهِ .  
وَإِنْ كُنْتَ تَعْلَمُ أَنَّ هَذَا الْأَمْرَ شَرٌّ لِي فِي دِينِي وَمَعَاشِي وَعَاقِبَةِ أَمْرِي ,  
فَاصْرِفْهُ عَنِّي وَاصْرِفْنِي عَنْهُ وَاقْدِرْ لِي الْخَيْرَ حَيْثُ كَانَ ثُمَّ ارْضِنِي بِهِ .

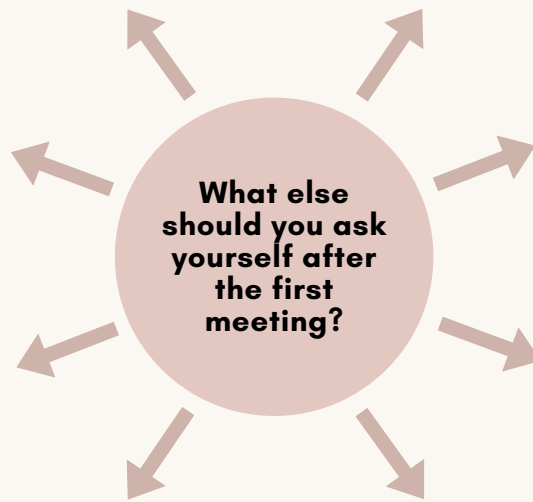
*O Allah, I seek guidance from Your knowledge and power from Your might, and I ask You from Your tremendous favour. Verily, You have power and I do not have power, and You know and I do not know. You are the knowing of the unseen. O Allah, if You know that this matter is good for my religion and my livelihood and my fate, or if it is better for my present and latter needs, then decree it for me and make it easy for me and bless me in it. But if You know that this matter is evil for my religion and my livelihood and my fate, or if it is worse for my present and latter needs, then divert it from me and keep me away from it, and decree what is good for me and then make me content with it.'*

When making the dua, the actual matter or decision should be mentioned instead of the words "hathal-amra" ("this matter").

# Reflecting After the First Meeting

**What questions should you ask yourself AFTER meeting a potential spouse?**

- Can I spend the rest of my life with this person?
- Do we have similar goals in life?
- Are our core beliefs and values the same?
- Is this person serious about their religion?
- Would I like this person to be the father/mother of my children?



# General

Before agreeing to the marriage it is important that you discuss certain important issues with your potential future spouse.

1) List 3 purposes of marriage

Blank area for writing answers to question 1.

2) Do you feel comfortable in getting married with your potential future spouse?

Blank area for writing answers to question 2.

3) Do you think he or she is compatible with you? If so, why?

Blank area for writing answers to question 3.

4) What kind of personality do you expect in your future spouse?

---

---

---

---

---

---

5) What kind of behaviour would you not tolerate from your spouse?

---

---

---

---

---

---

6) What kind of manners do you admire?

---

---

---

---

---

---

7) What do you think makes a marriage successful?

---

---

---

---

---

---

8) In your opinion, please state the responsibilities and obligations of a husband and wife.

Husband	Wife

9) What is Mahr? Who gives it? And to whom is it given?

10) How would you like to manage household chores?

## Work/Education/Finance

11) Would you like your wife to work? If not, explain why?

Blank area for response to question 11.

12) If your answer is yes to the above question, then:

- a) Are you going to ask her to contribute to household expenses?
- b) Will you have a single or joint bank accounts?

If the answer is no to either of the above, then:

- a) What amount of living expenses are you prepared to give her?
- b) Who will be expected to pay the household bills?
- c) How do you expect her to spend the day?

## Conflict Resolution

13) What kind of approach would you take to resolve any major or minor conflict in your marriage?

14) If your in-laws upset you, how will you handle the situation?

15) If there is conflict between your parents and your spouse, what action will you take?

# Other

16) Are your parents happy with this marriage?

 Yes No

17) Are you prepared to stay with your spouse in your or her/his parent's house?

 Yes No

18) Do you have any health issues that the other party should be aware of?

 Yes No

19) Would you like to make any conditions in this marriage? If yes, what are those conditions? Be very specific and precise.

 Yes No

20) Do you want to have children? How quickly after marriage?

 Yes No

21) If yes to the above, how quickly after marriage?

 Yes No



# Pre- Marriage Questions

22) Where do you see your relationship with a potential spouse five to ten years from now?

23) What does balance mean to you in marriage?

24) What are your hobbies?

25) Do you have a lot of friends?

 Yes No

26) If applicable, what decisions have been made regarding the financial and custodial provisions of a child or children who were born to either of you, prior to this marriage? (Where will they live, who will pay for their necessities, who will make the decision for them?)



## Engagement

Engagement is an agreement/promise between both parties to pursue this marriage. However, they are still not married and thus being alone (Khalwa), touching, etc. are not permitted.

The engagement allows people to announce to others that these two people are to be wed and it prevents anyone else proposing to them:

“

*The Prophet ﷺ said:  
“No Muslim should propose upon the proposal of  
another Muslim, until he either marries or withdraws  
his proposal”*

*(Bukhari)*

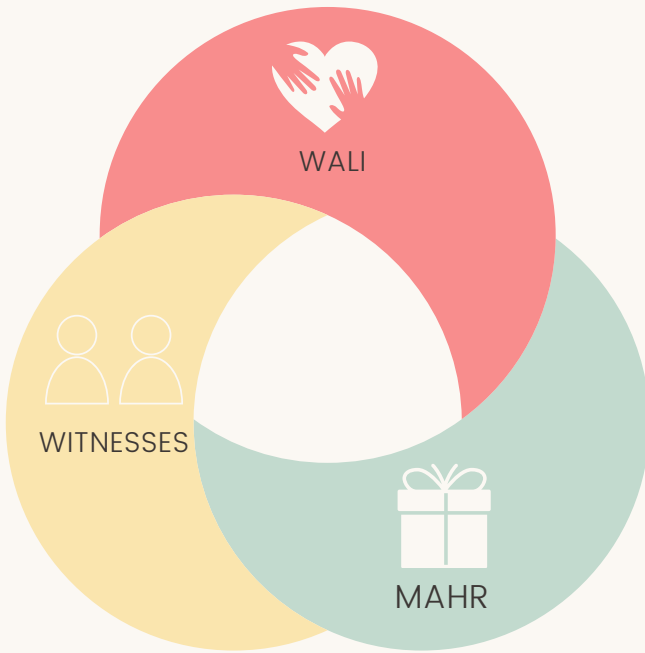
”

A large maroon diamond shape is centered on the page. Inside it is a smaller white diamond. The white diamond is framed by a black border. The background consists of several light gray diagonal stripes.

**SESSION**

**3**

# The Nikkah



- **WALI (GUARDIAN)**  
The role of the Wali is to safeguard the interests of the female.
- **WITNESSES**  
There should be at least two male adult witnesses to the marriage.
- **MAHR (DOWRY)**  
The Mahr is the right of the wife and should be agreed prior to the Nikah.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

# The Wedding Night

The first thing the couple should do when alone is to pray together and make Dua.

A common myth is that the couple must have intercourse on the first night, however, this is not the case. Either side may feel apprehensive, or the wife could be on her menses, or she may be nervous/shy.

Another misconception is that the bride must bleed when she loses her virginity. This is not the case with all women. The husband should not have a heart attack if that does not happen!

# Marriage in the Qur'an

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ



*"O mankind, fear your Lord, who created you from one soul and created from it its mate and dispersed from both of them many men and women. And fear Allah, through whom you ask one another, and the wombs. Indeed Allah is ever, over you, an Observer."*

*(Surah an-Nisa, Verse 1)*

- Adam (AS) and Hawa were created from one entity. Adam was created first and Hawa was created from Adam.
- God-centric orientation, not self-centric. Allah talks about marriage within the dynamic of Allah's creative capacity.
- The need for marriage is innate within you. Allah is making it clear that when you think about marriage, be conscious of Him in this entire process of marriage. He reminds us that He sees everything, so the way you act and behave with your spouse is seen by Allah.



*“And one of His signs is that He created for you spouses from among yourselves so that you may find comfort in them. And He has placed between you compassion and mercy. Surely in this are signs for people who reflect.”  
(Surah ar-Rum, Verse 21)*

- When you deal with your spouse, you are not dealing with someone outside of you but you are dealing with someone who is a part of you. “A woman came out of the rib of man, not his feet to be walked on....she came from his side to be his companion, under his arm to be protected, and next to the heart to be loved” (Hedaya, H., 2007, Initiating and upholding an Islamic marriage, pg. 72).
- Tranquillity and peace. The essential objective here is that you find in your lives Sakeenah.
- **Mawadah**: unconditional compassionate care and love, which is different from Hubb i.e. emotional/romantic love). The Prophet ﷺ was compassionate towards his wives.
- **Rahmah**: the second part of the fuel which will run the engine of marriage is mercy.



*“...Your spouses are a garment for you as you are for them...”  
(Surah al-Baqarah, Verse 187)*

- Clothes are comfortable and a garment covers, protects, and beautifies the body.





**SESSION**

**4**

# Marriage Will Not Be Easy!

- Expect conflict
- Expect disappointment
- Expect to be annoyed
- Expect disagreements
- Expect your love to fluctuate
- Expect to do more



# The Importance of Empathy

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



## 18 Things You Need To Know About Marital Relationships

- 1) Great relationships don't just happen; they are created – you have to work on it
- 2) If your job gets your best energy, your marriage will suffer
- 3) Don't complain to your friends about your marriage
- 4) If you think you're too good for your spouse, think again
- 5) Love is not just a feeling, but an action that shows
- 6) One of the greatest gifts you can give to your spouse is focused attention
- 7) If your spouse thinks something is important, it is!
- 8) To have a strong relationship, make your partner feel good about his/herself NOT yourself
- 9) Your opinion is not the truth – it's an opinion
- 10) Don't neglect your friends and family just because you've acquired a spouse – you both need a break
- 11) The spirit of generosity is the foundation of a great relationship
- 12) Marriage requires sacrifice
- 13) Express your gratitude to each other
- 14) Be a good listener
- 15) Honesty is the best policy
- 16) Have realistic expectations
- 17) Never compare your spouse/situation with others
- 18) Ask your spouse "How can I make you happy?"



# The Importance of Communication

Communication is the KEY to Marriage i.e. you must be able to articulate how you are feeling. One of the common problems in Marriage is often due to a breakdown in Communication. Here, listening is also key. In order to resolve issues, one must be able to listen to the other person's perspective and try to understand.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

# 10 Tips on How To Be a Successful Husband

*Muhammad al-Shareef*



Dress up for your wife, look clean and smell good



Use the cutest names for your wife



Don't treat her like a fly



If you see something wrong from your wife try to remain silent and not comment straight away



Smile at your wife and embrace her often



Ask her to write down the last 10 things you did for her that made her happy, and thank her for all she does for you



Don't belittle her desires



Be humorous and play games with your wife



“The best of you are those who treat their families the best...”

# 12 Tips on How To Be a Successful Wife

*Farhat Hashmi*



Be grateful to your husband.  
Don't negatively compare him to other men. Let him know that you appreciate his efforts by saying and showing it.



Be sensitive to his moods, feelings and needs



Be cheerful and humorous, and express your without waiting for him to do so first



Make sure you serve him the various foods he likes.  
Try to eat together as this fosters companionship.



Dress up for him at home,  
and adorn yourself as he likes



Do things together and show interest in his interests.  
Give him advice and comfort him when needed.



Spend his money carefully and try to keep him informed of where his money is being spent. Remember not to spend large amounts of his money without his permission.



Show caring and concern for his relatives.  
Never object when he spends on them, as this is a source of abundance in provision and increase in life span.





Be grateful to your husband. Don't compare him to other men, unless it is favourably. Let him know that you appreciate his efforts by saying and showing it.



Believe the best, not the worst about him. Be forgiving and accept apologies rather than holding grudges and bringing up mistakes of the past.



Don't speak about your private and confidential issues to others, or by complaining about him to people or discussing your marital problems with those who cannot help you.



Last, but not least, remember that your husband is the head of the family and as long as obedience to him does not entail any sin, it is your duty to obey him. Allah's Messenger ﷺ said: "Any woman who dies and her husband is pleased with her, will enter Paradise."





# What Are My Rights?

## Rights of the Wife

The Mahr

Nafaqah

Kind Treatment

Privacy

Protection

## Rights of the Husband

Head of the House

Wife can't let anyone into the house who he isn't happy with

Intimacy

Protect his honour and their children



# Dealing With Disputes

Disputes are part and parcel of marriage. There will be disputes in marriage and it's important that you know how to deal with them in a pro-active and merciful manner.

When you have an argument, it is important to bear the following in mind:

- Listening
- Telling them your understand of the argument
- Re-introducing your point to ensure that you're both on the same track

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



# AL MA'RIFAH FOUNDATION

*"And of His signs is that He created for you from yourselves mates that you may find tranquility in them; and He placed between you affection and mercy. Indeed in that are signs for a people who give thought."*

*(Surah ar-Rum, Verse 21)*

[almarifahfoundation.org](http://almarifahfoundation.org)