

Premarital Counseling Overview
FACILITATED BY IMAM ABDUL-RAHMAN YAKI

Marriage in Islam is a sacred covenant—a trust between two people and their Lord. At the Islamic Center of the Capital District (ICCD), we offer structured premarital counseling through the Office of Imam A. Yaki to help couples build strong, spiritually rooted foundations for a life together.

WHY PREMARITAL?

(النِّكَاحُ مِنْ سُنَّتِي فَمَنْ لَمْ يَعْمَلْ بِسُنَّتِي فَلَيْسَ مِنِّي)

“Marriage is part of my sunnah, and whoever does not follow my sunnah has nothing to do with me.” – Rasulullah ﷺ, Narrated by ‘A-isha, its chain is good.

Every assignment or responsibility that one takes must understand **WHY** they are doing it.

WHY?:

1. Every job has a training or orientation.
2. Because of the divorce rate, regardless, of secular or Islamic.
3. To protect, by the will of Allah, the future couple by giving them the basic education that they needed in understanding marriage beyond what is portrayed in the media.
4. A support system, rooted in Islamic knowledge, is necessary for young couples.

PROGRAM STRUCTURE

- **Number of Sessions:** Minimum of **5 one-hour sessions** (6th session optional if needed).
- **Format:**
 - **Virtual sessions** are available for long-distance couples.
 - Couples **residing in New York State** must attend **at least two sessions in person**.
- **Timeline:**
 - Counseling must be **completed at least one month before the *nikāh* (Islamic marriage)**.
 - **We recommend starting six weeks prior** to your scheduled ceremony.
- **Parent Participation:**
 - **Parents are required to attend the first session only.**

WHAT THE COUNSELING COVERS

Without disclosing the full methodology, these sessions will explore key themes essential to marital success, including:

1. The Islamic framework and meaning of marriage, including:
 - The Fiqh of Marriage & Divorce
 - How to facilitate a “halalic” **walima** (wedding celebration)

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2. Navigating needs, expectations, and responsibilities
3. Healthy communication and personal growth
4. Conflict resolution tools grounded in Islamic values
5. Building a shared vision for the marriage

ICCD GUIDELINES & EXPECTATIONS

- **Nikāh Venue:** *Nikāh* ceremonies are generally held in the masjid. Exceptions may be granted.
- **Sanctity of Space:**
 - Because the masjid is the House of Allah and the office of the Imam is sacred, **music is not permitted** during weddings officiated on ICCD property.
- **Marriage License:**
 - Couples must obtain a **marriage license from the town hall** for the imam to legally endorse the union.
- **Islamic Certificate:**
 - An **Islamic premarital counseling certificate (*shahādah*)** may be issued upon request after the completion of the five or more sessions.
- **Timeliness:**
 - Out of respect for all parties, **punctuality is required** for every session.

COMPENSATION

Appreciation is accepted.

CONTACT

To inquire further or begin scheduling your sessions:

✉ Email: office@imamyaki.com