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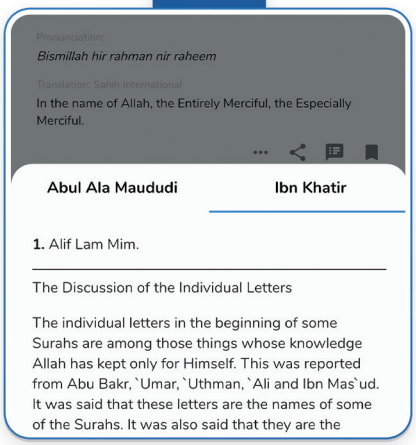

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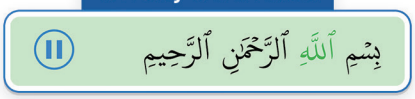

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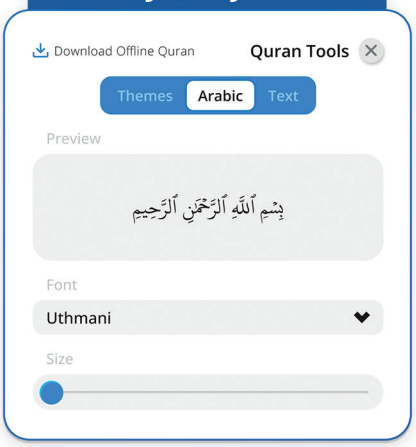
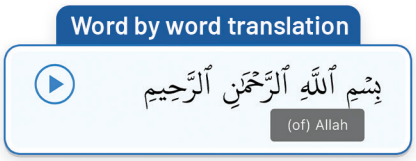


Word by word translation



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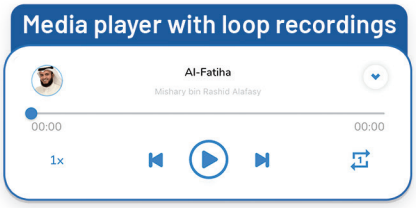

Qur'an Course

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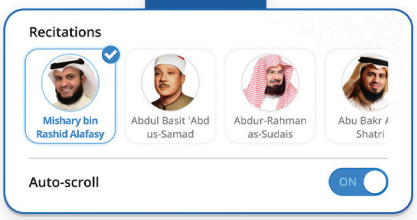

Sahih International Translation

76. Al-Insan

Ayat : 31 | Madaniyyah

In the name of Allah, the Entirely Merciful, the Especially Merciful.

1. Has there [not] come upon man a period of time when he was not a thing [even] mentioned?

2. Indeed, We created man from a sperm-drop mixture that We may try him; and We made him hearing and seeing.

3. Indeed, We guided him to the way, be he grateful or be he ungrateful.

4. Indeed, We have prepared for the disbelievers chains and shackles and a blaze.

5. Indeed, the righteous will drink from a cup [of wine] whose mixture is of Kafur,

6. A spring of which the [righteous] servants of Allah will drink; they will make it gush forth in force [and abundance].

7. They [are those who] fulfill [their] vows and fear a Day whose evil will be widespread.

8. And they give food in spite of love for it to the needy, the orphan, and the captive,

9. [Saying], "We feed you only for the countenance of Allah. We wish not from you reward or gratitude.

10. Indeed, We fear from our Lord a Day austere and distressful."

11. So Allah will protect them from the evil of that Day and give them radiance and happiness

12. And will reward them for what they patiently endured [with] a garden [in Paradise] and silk [garments].

13. [They will be] reclining therein on adorned couches. They will not see therein any [burning] sun or [freezing] cold.

14. And near above them are its shades, and its [fruit] to be picked will be lowered in compliance.

سُورَةُ الإِنسَانِ

بِسْمِ اللَّهِ الرَّحْمَٰنِ الرَّحِيمِ

Bismillah hir rahman nir raheem

هَلْ أَتَىٰ عَلَى الْإِنسَانِ حِينٌ مِّنَ الدَّهْرِ لَمْ يَكُن شَيْئًا مَّذْكُورًا ﴿١﴾ إِنَّا خَلَقْنَا

Hal ataa ‘alal insaani heenum minad dahri lam yakun shai‘am mazkooraa [1] Innaa khalaqnal-

الْإِنسَانَ مِن نُّطْفَةٍ أَمْشَاجٍ نَّبْتَلِيهِ فَجَعَلْنَاهُ سَمِيعًا بَصِيرًا ﴿٢﴾ إِنَّا

insaana min nutfatin amshaajin nabta leehi faja‘alnaahu samee‘am baseeraa [2] Innaa

هَدَيْنَاهُ السَّبِيلَ إِمَّا شَاكِرًا وَإِمَّا كَفُورًا ﴿٣﴾ إِنَّا أَعْتَدْنَا لِلْكَافِرِينَ سَلَاسِلَا

hadainaahus sabeela immaa shaakiranw wa immaa kafoora [3] Innaaa a‘tadnaa lilkaa fireena salaasila

وَأَغْلَالًا وَسَعِيرًا ﴿٤﴾ إِنَّ الْأَبْرَارَ يَشْرَبُونَ مِن كَأْسٍ كَانَ مِزَاجُهَا كَافُورًا ﴿٥﴾

wa aghlaalanw wa sa‘eeraa [4] Innal abraara yashra boona min kaasin kaana mizaa juhaa kaafooraa [5]

عَيْنًا يَشْرَبُ بِهَا عِبَادُ اللَّهِ يُفَجِّرُونَهَا تَفْجِيرًا ﴿٦﴾ يُوفُونَ بِالنَّذْرِ وَيَخَافُونَ

‘Aynany yashrabu bihaa ‘ibaadul laahi yufajjiroonahaa tafjeeraa [6] Yoofoona binnazri wa yakhaafoona

يَوْمًا كَانَ شَرُّهُ مُسْتَطِيرًا ﴿٧﴾ وَيُطْعِمُونَ الطَّعَامَ عَلَىٰ حُبِّهِ مِسْكِينًا

yawman kaana sharruhoo mustateeraa [7] Wa yut”imoonat ta‘aama ‘alaa hubbihee miskeenanw-

وَيَتِيمًا وَأَسِيرًا ﴿٨﴾ إِنَّمَا نُطْعِمُكُمْ لِوَجْهِ اللَّهِ لَا نُرِيدُ مِنكُمْ جَزَاءً

wa yateemanw wa aseeraa [8] Innaamaa nut‘imukum li wajhil laahi laa nureedu minkum jazaaa‘anw-

وَلَا شُكُورًا ﴿٩﴾ إِنَّا نَخَافُ مِن رَّبِّنَا يَوْمًا عَبُوسًا قَمْطَرِيرًا ﴿١٠﴾ فَوَقَاهُمُ اللَّهُ شَرَّ

wa laa shukooraa [9] Innaa nakhaafu mir Rabbinna Yawman ‘aboosan qamtareeraa [10] Fa waqaahumul laahu sharra

ذَٰلِكَ الْيَوْمِ وَلَقَّاهُمْ نَضْرَةً وَسُرُورًا ﴿١١﴾ وَجَزَاهُم بِمَا صَبَرُوا جَنَّةً

zaalikal yawmi wa laqqaahum nadratanw wa surooraa [11] Wa jazaahum bimaa sabaroo janatanw-

وَحَرِيرًا ﴿١٢﴾ مُّتَّكِئِينَ فِيهَا عَلَى الْأَرَائِكِ لَا يَرَوْنَ فِيهَا شَمْسًا

wa hareeraa [12] Muttaki‘eena feeha ‘alal araaa ‘iki laa yarawna feehaa shamsanw-

وَلَا زَمْهَرِيرًا ﴿١٣﴾ وَدَانِيَةً عَلَيْهِمْ ظِلَالُهَا وَذُلِّلَتْ قُطُوفُهَا تَذْلِيلًا ﴿١٤﴾

wa laa zamhareeraa [13] Wa daaniyatan ‘alaihim zilaaluhaa wa zullilat qutoofu haa tazleela [14]

وَيُطَافُ عَلَيْهِم بِـَٔانِيَةٍ مِّن فِضَّةٍ وَأَكْوَابٍ كَانَتْ قَوَارِيرَا۠ ﴿١٥﴾ قَوَارِيرَا۠ مِن فِضَّةٍ

Wa yutaafu ‘alaihim bi aaniyatim min fiddatinw wa akwaabin kaanat qawaareeraa [15] Qawaareera min fiddatin

قَدَّرُوهَا تَقْدِيرًا ﴿١٦﴾ وَيُسْقَوْنَ فِيهَا كَأْسًا كَانَ مِزَاجُهَا زَنجَبِيلًا ﴿١٧﴾ عَيْنًا فِيهَا

qaddaroohaa taqdeeraa [16] Wa yuskawna feehaa kaasan kaana mizaajuhaa zanjabeelaa [17] ‘Aynan feeha

تُسَمَّىٰ سَلْسَبِيلًا ﴿١٨﴾ ۞ وَيَطُوفُ عَلَيْهِمْ وِلْدَانٌ مُّخَلَّدُونَ إِذَا رَأَيْتَهُمْ حَسِبْتَهُمْ

tusammaa salsabeelaa [18] Wa yatoofu ‘alaihim wildaanum mukhalladoona izaa ra aytahum hasibtahum

لُؤْلُؤًا مَّنثُورًا ﴿١٩﴾ وَإِذَا رَأَيْتَ ثَمَّ رَأَيْتَ نَعِيمًا وَمُلْكًا كَبِيرًا ﴿٢٠﴾ عَالِيَهُمْ ثِيَابُ

lu‘lu ‘am mansoora [19] Wa izaa ra ayta samma ra ayta na‘eemanw wa mulkan kabeera [20] ‘Aaliyahum siyaabu

سُندُسٍ خُضْرٌ وَإِسْتَبْرَقٌ ۖ وَحُلُّوا۟ أَسَاوِرَ مِن فِضَّةٍ وَسَقَىٰهُمْ رَبُّهُمْ

sundusin khudrunw wa istabraq, wa hullooo asaawira min fiddatinw wa saqaahum Rabbuhum

شَرَابًا طَهُورًا ﴿٢١﴾ إِنَّ هَٰذَا كَانَ لَكُمْ جَزَاءً وَكَانَ سَعْيُكُم مَّشْكُورًا ﴿٢٢﴾

sharaaban tahooraa [21] Innaa haazaa kaana lakum jazz ‘anw wa kaana sa‘yukum mashkooraa [22]

إِنَّا نَحْنُ نَزَّلْنَا عَلَيْكَ ٱلْقُرْءَانَ تَنزِيلًا ﴿٢٣﴾ فَٱصْبِرْ لِحُكْمِ رَبِّكَ وَلَا تُطِعْ

Innaa nahnu nazzalnaa ‘alaikal quraana tanzeelaa [23] Fasbir lihukmi Rabbika wa laa tuti’

مِنْهُمْ ءَاثِمًا أَوْ كَفُورًا ﴿٢٤﴾ وَٱذْكُرِ ٱسْمَ رَبِّكَ بُكْرَةً وَأَصِيلًا ﴿٢٥﴾

minhum aasiman aw kafooraa [24] Wazkuris ma Rabbika bukratanw wa aseelaa [25]

وَمِنَ ٱلَّيْلِ فَٱسْجُدْ لَهُۥ وَسَبِّحْهُ لَيْلًا طَوِيلًا ﴿٢٦﴾ إِنَّ هَٰٓؤُلَآءِ

Wa minal laili fasjud lahoo wa sabbihhu lailan taweelaa [26] Inna haaa‘ulaa‘i

يُحِبُّونَ ٱلْعَاجِلَةَ وَيَذَرُونَ وَرَآءَهُمْ يَوْمًا ثَقِيلًا ﴿٢٧﴾ نَّحْنُ خَلَقْنَٰهُمْ

yuhibboona ‘aajilata wa yazaroona waraaa‘ahum yawman saqeelaa [27] Nahnu khalaqnaahum

وَشَدَدْنَآ أَسْرَهُمْ ۖ وَإِذَا شِئْنَا بَدَّلْنَآ أَمْثَٰلَهُمْ تَبْدِيلًا ﴿٢٨﴾ إِنَّ

wa shadadnaaa asrahum wa izaa shi‘naa baddalnaaa amsaala hum tabdeelaa [28] Inna

هَٰذِهِۦ تَذْكِرَةٌ ۖ فَمَن شَآءَ ٱتَّخَذَ إِلَىٰ رَبِّهِۦ سَبِيلًا ﴿٢٩﴾ وَمَا تَشَآءُونَ

haazihee tazkiratun fa man shaaa‘at takhaza ilaa rabbihee sabeela [29] Wa maa tashaaa‘oona

إِلَّآ أَن يَشَآءَ ٱللَّهُ ۚ إِنَّ ٱللَّهَ كَانَ عَلِيمًا حَكِيمًا ﴿٣٠﴾ يُدْخِلُ

illaa anyyashaaa‘al laah; innal laahaa kaana‘Aleeman Hakeema [30] Yudkhilu

مَن يَشَآءُ فِى رَحْمَتِهِۦ ۚ وَٱلظَّٰلِمِينَ أَعَدَّ لَهُمْ عَذَابًا أَلِيمًا ﴿٣١﴾

mai yashaaa‘u fee rahmatih; wazzaalimeena a‘adda lahum ‘azaaban aleemaa [31]

76. Al-Insan

Sahih International Translation

15. And there will be circulated among them vessels of silver and cups having been [created] clear [as glass],

16. Clear glasses [made] from silver of which they have determined the measure.

17. And they will be given to drink a cup [of wine] whose mixture is of ginger

18. [From] a fountain within Paradise named Salsabeel.

19. There will circulate among them young boys made eternal. When you see them, you would think them [as beautiful as] scattered pearls.

20. And when you look there [in Paradise], you will see pleasure and great dominion.

21. Upon the inhabitants will be green garments of fine silk and brocade. And they will be adorned with bracelets of silver, and their Lord will give them a purifying drink.

22. [And it will be said], "Indeed, this is for you a reward, and your effort has been appreciated."

23. Indeed, it is We who have sent down to you, [O Muhammad], the Qur'an progressively.

24. So be patient for the decision of your Lord and do not obey from among them a sinner or ungrateful [disbeliever].

25. And mention the name of your Lord [in prayer] morning and evening

26. And during the night prostrate to Him and exalt Him a long [part of the] night.

27. Indeed, these [disbelievers] love the immediate and leave behind them a grave Day.

28. We have created them and strengthened their forms, and when We will, We can change their likenesses with [complete] alteration.

29. Indeed, this is a reminder, so he who wills may take to his Lord a way.

30. And you do not will except that Allah wills. Indeed, Allah is ever Knowing and Wise.

31. He admits whom He wills into His mercy; but the wrongdoers - He has prepared for them a painful punishment.

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