

# سُورَةُ الْإِنْسَانِ

Surah 76 — Al-Insaan (Man) · Medinan · 31 Ayahs · Translation: English

1

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ هَلْ أَتَى عَلَى الْإِنْسَانِ حِينٌ مِّنَ الدَّهْرِ لَمْ يَكُن شَيْئًا مَّذْكُورًا

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

2

إِنَّا خَلَقْنَا الْإِنْسَانَ مِنْ نُّطْفَةٍ أَمْشَاجٍ نَّبْتَلِيهِ فَجَعَلْنَاهُ سَمِيعًا بَصِيرًا

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

3

إِنَّا هَدَيْنَاهُ السَّبِيلَ إِمَّا شَاكِرًا وَإِمَّا كَفُورًا

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

4

إِنَّا أَعْتَدْنَا لِلْكَافِرِينَ سَلَاسِلًا وَأَغْلَاقًا وَسَعِيرًا

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

5

إِنَّ الْأَبْرَارَ يَشْرَبُونَ مِنْ كَأْسٍ كَانَ مِزَاجُهَا كَافُورًا

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

6

عَيْنًا يَشْرَبُ بِهَا عِبَادُ اللَّهِ يُفَجِّرُونَهَا تَفْجِيرًا

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

7

يُوفُونَ بِالنَّذْرِ وَيَخَافُونَ يَوْمًا ۚ كَانَ شَرُّهُ ۚ مُسْتَطِيرًا ۚ۱

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

8

وَيُطْعِمُونَ الطَّعَامَ عَلَى حُبِّهِ ۚ مِسْكِينًا ۚ وَيَتِيمًا ۚ وَأَسِيرًا

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

9

إِنَّمَا نَطْعِمُكُمْ لَوَجْهِ اللَّهِ لَا نُرِيدُ مِنْكُمْ جَزَاءً ۚ وَلَا شُكُورًا

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

10

إِنَّا نَخَافُ مِنْ رَبَّنَا يَوْمًا عَبُوسًا ۚ قَمْطَرِيرًا ۚ۱

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

11

فَوَقَّاهُمُ اللَّهُ شَرَّ ذَلِكَ الْيَوْمِ وَلَقَّاهُمْ نَضْرَةً ۚ وَسُرُورًا ۚ۱

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

12

وَجَزَاهُمْ بِمَا صَبَرُوا ۚ جَنَّةً ۚ وَحَرِيرًا ۚ۱

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

13

مُتَّكِئِينَ فِيهَا عَلَى الْأَرَائِكِ ۚ لَا يَرَوْنَ فِيهَا شَمْسًا ۚ وَلَا زَمَهَرِيرًا ۚ۱

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

14

وَدَانِيَةً عَلَيْهِمْ ظِلُّهَا وَذُلِّلَتْ قُطُوفُهَا تَذْلِيلًا ۚ۱

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

15

وَيُطَافُ عَلَيْهِمْ بِآنِيَةٍ ۖ مِنْ فِضَّةٍ ۖ وَأَكْوَابٍ ۖ كَانَتْ قَوَارِيرًا ۖ

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

16

قَوَارِيرًا ۖ مِنْ فِضَّةٍ ۖ قَدَرُوهَا تَقْدِيرًا ۖ

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

17

وَيُسْقَوْنَ فِيهَا كَأْسًا ۖ كَانَ مِزَاجُهَا زَنْجَبِيلًا ۖ

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

18

عَيْنًا ۖ فِيهَا تُسَمَّى سَلْسَبِيلًا ۖ

[From] a fountain within Paradise named Salsabeel.

19

ۖ وَيَطُوفُ عَلَيْهِمْ وِلْدَنٌ ۖ مُخَلَّدُونَ إِذَا رَأَيْتَهُمْ حَسِبْتَهُمْ لُؤْلُؤًا مَنثورًا ۖ

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

20

وَإِذَا رَأَيْتَ ثُمَّ رَأَيْتَ نَعِيمًا ۖ وَمُلْكًا ۖ كَبِيرًا ۖ

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

21

عَلَيْهِمْ ثِيَابٌ سُنْدُسٌ خُضْرٌ ۖ وَإِسْتَبْرَقٌ ۖ وَحُلُوعٌ ۖ أَسَاوِرَ مِنْ فِضَّةٍ ۖ وَسَقَاهُمْ رَبُّهُمْ شَرَابًا طَهُورًا ۖ

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

إِنَّ هَذَا كَانَ لَكُمْ جَزَاءً ۖ وَكَانَ سَعْيُكُمْ مَشْكُورًا

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

23

إِنَّا نَحْنُ نَزَّلْنَا عَلَيْكَ الْقُرْآنَ تَنْزِيلًا ۖ

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

24

فَاصْبِرْ لِحُكْمِ رَبِّكَ وَلَا تُطِعْ مِنْهُمْ ءَاثِمًا أَوْ كَفُورًا ۖ

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

25

وَأَذْكُرِ اسْمَ رَبِّكَ بُكْرَةً وَأَصِيلًا ۖ

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

26

وَمِنَ اللَّيْلِ فَاسْجُدْ لَهُ ۖ وَسَبِّحْهُ لَيْلًا طَوِيلًا

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

27

إِنَّ هَؤُلَاءِ يُحِبُّونَ الْعَاجِلَةَ وَيَذَرُونَ وَرَاءَهُمْ يَوْمًا ثَقِيلًا ۖ

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

28

نَحْنُ خَلَقْنَاهُمْ وَشَدَدْنَا أَسْرَهُمْ ۖ وَإِذَا شِئْنَا بَدَّلْنَا أَمَلَهُمْ تَبْدِيلًا

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

29

إِنَّ هَذِهِ ۖ تَذْكِرَةٌ ۚ ۖ فَمَنْ شَاءَ اتَّخَذَ إِلَىٰ رَبِّهِ ۖ سَبِيلًا ۖ

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

وَمَا تَشَاءُونَ إِلَّا أَنْ يَشَاءَ اللَّهُ ۖ إِنَّ اللَّهَ كَانَ عَلِيمًا حَكِيمًا ۝۱

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

يُدْخِلُ مَنْ يَشَاءُ فِي رَحْمَتِهِ ۖ وَالظَّالِمِينَ أَعَدَّ لَهُمْ عَذَابًا أَلِيمًا ۝۱

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