

إِنَّا أَعْتَدْنَا لِلْكَافِرِينَ سَلَاسِلًا وَأَغْلَالًا وَسَعِيرًا

Verily, We have prepared for the disbelievers iron chains, iron collars, and a blazing Fire.

Al Insan

(The Man)

In the name of Allah, Most Gracious, Most Merciful

هَلْ أَتَى عَلَى الْإِنْسَانِ حِينٌ مِّنَ الدَّهْرِ لَمْ يَكُن شَيْئًا مَّذْكُورًا ﴿١﴾

1. Has there not been over man a period of time, when he was nothing to be mentioned?

إِنَّا خَلَقْنَا الْإِنْسَانَ مِن نُّطْفَةٍ أَمْشَاجٍ نَّبْتَلِيهِ فَجَعَلْنَاهُ سَمِيعًا بَصِيرًا ﴿٢﴾

2. Verily, We have created man from **Nutfah** drops of mixed semen (discharge of man and woman), in order to try him, so We made him hearer, seer.

إِنَّا هَدَيْنَاهُ السَّبِيلَ إِمَّا شَاكِرًا وَإِمَّا كَفُورًا ﴿٣﴾

3. Verily, We showed him the way, whether he be grateful or ungrateful.

إِنَّا أَعْتَدْنَا لِلْكَافِرِينَ سَلَاسِلًا وَأَغْلَالًا وَسَعِيرًا ﴿٤﴾

4. Verily, We have prepared for the disbelievers iron chains, iron collars, and a blazing Fire.

إِنَّ الْأَبْرَارَ يَشْرَبُونَ مِن كَأْسٍ كَانَ مِزَاجُهَا كَافُورًا ﴿٥﴾

5. Verily, the **Abrâr** (pious, who fear Allâh and avoid evil), shall drink a cup (of wine) mixed with water from a spring in Paradise called **Kâfûr**.

عَيْنًا يَشْرَبُ بِهَا عِبَادُ اللَّهِ يُفَجِّرُونَهَا تَفْجِيرًا ﴿٦﴾

6. A spring wherefrom the slaves of Allâh will drink, causing it to gush forth abundantly.

يُوفُونَ بِالنَّذْرِ وَتَخَافُونَ يَوْمًا كَانَ شَرُّهُ مُسْتَطِيرًا ﴿٧﴾

7. They (are those who) fulfill (their) vows, and they fear a Day whose evil will be wide-spreading.

وَيُطْعِمُونَ الطَّعَامَ عَلَىٰ حُبِّهِ مِسْكِينًا وَيَتِيمًا وَأَسِيرًا ﴿٨﴾

8. And they give food, inspite of their love for it (or for the love of Him), to **Miskin** (poor), the orphan, and the captive,

إِنَّمَا نَطْعِمُكُمْ لِرُؤُوفِهِ اللَّهِ لَا نُرِيدُ مِنْكُمْ جَزَاءً وَلَا شُكْرًا ﴿٩﴾

9. (Saying):
"We feed you seeking Allâh's Countenance only.
We wish for no reward, nor thanks from you.

إِنَّا نَخَافُ مِنْ رَبِّنَا يَوْمًا عَبُوسًا قَمْطَرِيرًا ﴿١٠﴾

10. "Verily, We fear from our Lord a Day, hard and distressful, that will make the faces look horrible (from extreme dislikeness to it)."

فَوَقَّاهُمُ اللَّهُ شَرَّ ذَلِكَ الْيَوْمِ وَلَقَّاهُمْ نَضْرَةً وَسُرُورًا ﴿١١﴾

11. So Allâh saved them from the evil of that Day, and gave them **Nadratan** (a light of beauty) and joy.

وَجَزَّاهُمْ بِمَا صَبَرُوا جَنَّةً وَحَرِيرًا ﴿١٢﴾

12. And their recompense shall be Paradise, and silken garments, because they were patient.

مُتَّكِنِينَ فِيهَا عَلَى الْأَرْئِاقِ لَا يَرَوْنَ فِيهَا شَمْسًا وَلَا زَمْهَرِيرًا ﴿١٣﴾

13. Reclining therein on raised thrones,
they will see there neither the excessive heat of the sun, nor the excessive bitter cold,
(as in Paradise there is no sun and no moon).

وَدَانِيَةً عَلَيْهِمْ ظِلُّهَا وَذُلَّتْ قُطُوفُهَا تَدْلِيلًا ﴿١٤﴾

14. And the shade thereof is close upon them,
and the bunches of fruit thereof will hang low within their reach.

وَيُطَافُ عَلَيْهِمْ بِآنِيَةٍ مِّن فِضَّةٍ وَأَكْوَابٍ كَانَتْ قَوَارِيرًا ﴿١٥﴾

15. And amongst them will be passed round vessels of silver and cups of crystal,

قَوَارِيرًا مِّن فِضَّةٍ قَدَّرُوهَا تَقْدِيرًا ﴿١٦﴾

16. Crystal-clear, made of silver.

They will determine the measure thereof according to their wishes.

وَيُسْقَوْنَ فِيهَا كَأْسًا كَانَ مِزَاجُهَا زَنْجَبِيلًا ﴿١٧﴾

17. And they will be given to drink there a cup (of wine) mixed with Zanjabil (ginger, etc.),

عَيْنًا فِيهَا تُسَمَّى سَلْسَبِيلًا ﴿١٨﴾

18. A spring there, called Salsabil.

وَيَطُوفُ عَلَيْهِمْ وِلْدَانٌ مُّخَلَّدُونَ إِذَا رَأَيْتَهُمْ حَسِبْتَهُمْ لُؤْلُؤًا مَّنثُورًا ﴿١٩﴾

19. And round about them will (serve) boys of everlasting youth.

If you see them, you would think them scattered pearls.

وَإِذَا رَأَيْتَ ثَمَّ رَأَيْتَ نَعِيمًا وَمُلْكًا كَبِيرًا ﴿٢٠﴾

20. And when you look there (in Paradise), you will see a delight (that cannot be imagined), and a great dominion.

عَلَيْهِمْ ثِيَابٌ سُنْدُسٌ خُضْرٌ وَإِسْتَبْرَقٌ وَحُلُوعٌ أُسَاوِرٌ مِّن فِضَّةٍ ﴿٢١﴾

21. Their garments will be of fine green silk, and gold embroidery.

They will be adorned with bracelets of silver,

وَسَقَنَهُمْ رَبُّهُمْ شَرَابًا طَهُورًا ﴿٢٢﴾

and their Lord will give them a pure drink.

إِنَّ هَذَا كَانَ لَكُمْ جَزَاءً وَكَانَ سَعْيُكُمْ مَّشْكُورًا ﴿٢٣﴾

22. (And it will be said to them):

"Verily, this is a reward for you, and your endeavour has been accepted."

إِنَّا نَحْنُ نَزَّلْنَا عَلَيْكَ الْقُرْآنَ أَنْ تَنْزِيلًا ﴿٢٣﴾

23. Verily! It is We Who have sent down the **Qur'ân** to you (O Muhammad SAW) by stages.

فَاصْبِرْ لِحُكْمِ رَبِّكَ وَلَا تَطِعْ مِنْهُمْ ءَاثِمًا أَوْ كَفُورًا ﴿٢٤﴾

24. Therefore be patient (O Muhammad SAW) and submit to the Command of your Lord (Allâh, by doing your duty to Him and by conveying His Message to mankind), and obey neither a sinner nor a disbeliever among them.

وَأذْكُرِ اسْمَ رَبِّكَ بُكْرَةً وَأَصِيلًا ﴿٢٥﴾

25. And remember the Name of your Lord every morning and afternoon [i.e. offering of the Morning (Fajr), Zuhr, and 'Asr prayers].

وَمِنَ اللَّيْلِ فَاسْجُدْ لَهُ وَسَبِّحْهُ لَيْلًا طَوِيلًا ﴿٢٦﴾

26. And during night, prostrate yourself to Him (i.e. the offering of Maghrib and 'Ishâ' prayers), and glorify Him a long night through (i.e. Tahajjud prayer).

إِنَّ هَؤُلَاءِ يُحِبُّونَ الْعَاجِلَةَ وَيَذَرُونَ وَرَاءَهُمْ يَوْمًا ثَقِيلًا ﴿٢٧﴾

27. Verily! These (disbelievers) love the present life of this world, and put behind them a heavy Day (that will be hard).

نَحْنُ خَلَقْنَاهُمْ وَشَدَدْنَا أَسْرَهُمْ ﴿٢٨﴾

28. It is We Who created them, and We have made them of strong built.

وَإِذَا شِئْنَا بَدَّلْنَا أَمْثَلَهُمْ تَبْدِيلًا ﴿٢٩﴾

And when We will, We can replace them with others like them with a complete replacement.

إِنَّ هَذِهِ تَذْكِرَةٌ فَمَنْ شَاءَ اتَّخَذْ إِلَىٰ رَبِّهِ سَبِيلًا ﴿٣٠﴾

29. Verily! This (Verses of the Qur'ân) is an admonition, so whosoever wills, let him take a Path to his Lord (Allâh).

﴿٣٠﴾ وَمَا تَشَاءُونَ إِلَّا أَنْ يَشَاءَ اللَّهُ إِنَّ اللَّهَ كَانَ عَلِيمًا حَكِيمًا

30. But you cannot will, unless Allâh wills.
Verily, Allâh is Ever All-Knowing, All-Wise.

﴿٣١﴾ يُدْخِلُ مَنْ يَشَاءُ فِي رَحْمَتِهِ

31. He will admit to His Mercy whom He will

﴿٣٢﴾ وَالظَّالِمِينَ أَعَدَّ لَهُمْ عَذَابًا أَلِيمًا

and as for the **Zâlimûn**, (polytheists, wrong-doers, etc.) He has prepared a painful torment.



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