

كَلَّا إِنَّهَا تَذِكِرَةٌ فَمَنْ شَاءَ ذَكَرْهُ

Nay, (do not do like this), indeed it (these Verses of this Qur'ân) are an admonition,
So whoever wills, let him pay attention to it.

'Abasa

(He Frowned)

In the name of Allah, Most Gracious, Most Merciful

عَبَسَ وَتَوَلَّى

1. (The Prophet) frowned and turned away,

أَنْ جَاءَهُ الْأَعْمَى

2. Because there came to him the blind man.

(i.e. 'Abdullâh bin Umm-Maktûm, who came to the Prophet while he was preaching to one or some of the Quraish chiefs)

وَمَا يُدْرِيكَ لَعَلَّهٗ يَزَكَّى

3. But what could tell you that per chance he might become pure (from sins)?

أَوْ يَذَّكَّرُ فَتَنْفَعَهُ الذِّكْرَى

4. Or that he might receive admonition, and that the admonition might profit him?

أَمَّا مَنْ أَسْتَغْنَى

5. As for him who thinks himself self-sufficient,

فَأَنْتَ لَهُ تَصَدَّى

6. To him you attend;

وَمَا عَلَيْكَ أَلَّا يَزَكَّى

7. What does it matter to you if he will not become pure.

(from disbelief, you are only a Messenger, your duty is to convey the Message of Allâh)

وَأَمَّا مَنْ جَاءَكَ يَسْعَىٰ

8. But as to him who came to you running.

وَهُوَ تَخَشَّىٰ

9. And is afraid (of Allâh and His Punishment),

فَأَنْتَ عَنْهُ تَلَهَّىٰ

10. Of him you are neglectful and divert your attention to another,

كَلَّا إِنَّهَا تَذْكِرَةٌ

11. Nay, (do not do like this),
indeed it (these Verses of this Qur'ân) are an admonition,

فَمَنْ شَاءَ ذَكَرْهُ

12. So whoever wills, let him pay attention to it.

فِي صُحُفٍ مُّكَرَّمَةٍ

13. (It is) in Records held (greatly) in honour (Al-Lauh Al-Mahfûz).

مَّرْفُوعَةٍ مُّطَهَّرَةٍ

14. Exalted (in dignity), purified,

بِأَيْدِي سَفَرَةٍ

15. In the hands of scribes (angels).

كِرَامٍ بَرَرَةٍ

16. Honourable and obedient.

قُتِلَ الْإِنْسَانُ مَا أَكْفَرَهُ

17. Be cursed (the disbelieving) man!
How ungrateful he is!

مِنْ أَيِّ شَيْءٍ خَلَقَهُ

18. From what thing did He create him?

مِنْ نُّطْفَةٍ خَلَقَهُ فَقَدَّرَهُ ﴿١٩﴾

19. From **Nutfah** (male and female semen drops) He created him, and then set him in due proportion;

ثُمَّ السَّبِيلَ يَسَّرَهُ ﴿٢٠﴾

20. Then He makes the Path easy for him;

ثُمَّ أَمَاتَهُ فَأَقْبَرَهُ ﴿٢١﴾

21. Then He causes him to die, and puts him in his grave;

ثُمَّ إِذَا شَاءَ أَنشَرَهُ ﴿٢٢﴾

22. Then, when it is His Will, He will resurrect him (again).

كَلَّا لَمَّا يَقْضِ مَا أَمَرَهُ ﴿٢٣﴾

23. Nay, but (man) has not done what He commanded him.

فَلْيَنْظُرِ الْإِنْسَانُ إِلَى طَعَامِهِ ﴿٢٤﴾

24. Then let man look at his food,

أَنَا صَبَبْنَا الْمَاءَ صَبًّا ﴿٢٥﴾

25. That We pour forth water in abundance,

ثُمَّ شَقَقْنَا الْأَرْضَ شَقًّا ﴿٢٦﴾

26. And We split the earth in clefts,

فَأَنْبَتْنَا فِيهَا حَبًّا ﴿٢٧﴾

27. And We cause therein the grain to grow,

وَعِنَبًا وَقَضْبًا ﴿٢٨﴾

28. And grapes and clover plants (i.e. green fodder for the cattle),

وَزَيْتُونًا وَنَخْلًا ﴿٢٩﴾

29. And olives and date-palms,

وَحَدَائِقَ غُلْبًا ﴿٣٠﴾

30. And gardens, dense with many trees,

وَفَيْكِهَةً وَأَبًّا ﴿٣١﴾

31. And fruits and Abba (herbage, etc.),

مَتَاعًا لَكُمْ وَلَا نَعْمَكُمْ ﴿٣٢﴾

32. (To be) a provision and benefit for you and your cattle.

فَإِذَا جَاءَتِ الصَّاحَّةُ ﴿٣٣﴾

33. Then, when there comes **As-Sâkhkhah** (the Day of Resurrection's second blowing of Trumpet),

يَوْمَ يَفِرُّ الْمَرْءُ مِنْ أَخِيهِ ﴿٣٤﴾

34. That Day shall a man flee from his brother,

وَأُمِّهِ وَأَبِيهِ ﴿٣٥﴾

35. And from his mother and his father,

وَصَاحِبَتِهِ وَبَنِيهِ ﴿٣٦﴾

36. And from his wife and his children.

لِكُلِّ أَمْرٍ مِنْهُمْ يَوْمَئِذٍ شَأْنٌ يُغْنِيهِ ﴿٣٧﴾

37. Everyman, that Day, will have enough to make him careless of others.

وُجُوهٌُ يَوْمَئِذٍ مُّسْفِرَةٌ ﴿٣٨﴾

38. Some faces that Day, will be bright (true believers of Islâmic Monotheism).

ضَاحِكَةٌ مُّسْتَبْشِرَةٌ ﴿٣٩﴾

39. Laughing, rejoicing at good news (of Paradise).

وُجُوهٌُ يَوْمَئِذٍ غَافِرَةٌ ﴿٤٠﴾

40. And other faces, that Day, will be dust-stained;

تَرْهَقُهَا قَتْرَةٌ ﴿٤١﴾

41. Darkness will cover them,

أُولَئِكَ هُمُ الْكٰفِرَةُ الْفَجْرَةُ ﴿٤٢﴾

42. Such will be the **Kafarah** (disbelievers in Allâh, in His Oneness, and in His Messenger Muhammad SAW.),
the **Fajarah** (wicked evil doers).



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