

إِنَّ نَاشِئَةَ اللَّيْلِ هِيَ أَشَدُّ وَطْءًا وَأَقْوَمُ قِيًّا

Truly the rising by night is most potent for governing (the soul), and most suitable for (framing) the Word (of Prayer and Praise).

Al Muzzammil

(The Enfolded One)

In the name of Allah, Most Gracious, Most Merciful

يَا أَيُّهَا الْمُزَّمِّلُ (١)

1. O thou folded in garments!

قُمْ اللَّيْلَ إِلَّا قَلِيلًا (٢)

2. Stand (to pray) by night, but not all night --

نِصْفَهُ أَوْ انْقُصْ مِنْهُ قَلِيلًا (٣)

3. Half of it -- or a little less,

أَوْ زِدْ عَلَيْهِ وَرَتِّلِ الْقُرْآنَ تَرْتِيلًا (٤)

4. Or a little more;
and recite the Qur'án in slow, measured rhythmic tones.

إِنَّا سَنُلْقِي عَلَيْكَ قَوْلًا ثَقِيلًا (٥)

5. Soon shall We send down to thee a weighty Message.

إِنَّ نَاشِئَةَ اللَّيْلِ هِيَ أَشَدُّ وَطْءًا وَأَقْوَمُ قِيًّا (٦)

6. Truly the rising by night is most potent for governing (the soul),
and most suitable for (framing) the Word (of Prayer and Praise).

إِنَّ لَكَ فِي النَّهَارِ سَبْحًا طَوِيلًا (٧)

7. True, there is for thee by day prolonged occupation with ordinary duties:

وَاذْكُرْ اسْمَ رَبِّكَ وَتَبَتَّلْ إِلَيْهِ تَبْتِيلًا (٨)

8. But keep in remembrance the name of the Lord and devote thyself to Him wholeheartedly.

رَبُّ الْمَشْرِقِ وَالْمَغْرِبِ لَا إِلَهَ إِلَّا هُوَ فَاتَّخِذْهُ وَكِيلًا (٩)

9. (He is) Lord of the East and the West:
there is no god but He:
take Him therefore for (thy) Disposer of Affairs.

وَاصْبِرْ عَلَىٰ مَا يَقُولُونَ وَاهْجُرْهُمْ هَجْرًا جَمِيلًا (١٠)

10. And have patience with what they say,
and leave them with noble (dignity).

وَدَرْنِي وَالْمُكَذِّبِينَ أُولِي النَّعْمَةِ وَمَهَلْهُمُ قَلِيلًا (١١)

11. And leave Me (alone to deal with) those in possession of the good things of life, who (yet) deny the Truth;
and bear with them for a little while.

إِنَّ لَدَيْنَا أَنْكَالًا وَجَحِيمًا (١٢)

12. With Us are Fetters (to bind them),
and a Fire (to burn them),

وَطَعَامًا ذَا غُصَّةٍ وَعَذَابًا أَلِيمًا (١٣)

13. And Food that chokes,
and a Penalty Grievous.

يَوْمَ تَرْجُفُ الْأَرْضُ وَالْجِبَالُ

14. One Day the earth and the mountains will be in violent commotion,

وَكَانَتِ الْجِبَالُ كَثِيرًا مَّهِيلًا (١٤)

and the mountains will be as a heap of sand poured out and flowing down.

إِنَّا أَرْسَلْنَا إِلَيْكُمْ رَسُولًا شَاهِدًا عَلَيْكُمْ كَمَا أَرْسَلْنَا إِلَىٰ فِرْعَوْنَ رَسُولًا (١٥)

15. We have sent to you, (O men!) a messenger, to be a witness concerning you, even as We sent an messenger to Pharaoh.

فَعَصَىٰ فِرْعَوْنُ الرَّسُولَ فَأَخَذْنَاهُ أَخْذًا وَبِيًّا (١٦)

16. But Pharaoh disobeyed the messenger;
so We seized him with a heavy Punishment.

فَكَيْفَ تَتَفَوَّنَ إِن كَفَرْتُمْ يَوْمًا يَجْعَلُ الْوِلْدَانَ شِيبًا (١٧)

17. Then how shall ye, if ye deny (Allah), guard yourselves against a Day that will make children hoary-headed? --

السَّمَاءِ مُنْقَطِرًا بِهِ كَانَ وَعْدُهُ مَفْعُولًا (١٨)

18. Whereon the sky will be cleft asunder?
His Promise needs must be accomplished.

إِنَّ هَذِهِ تَذْكِرَةٌ فَمَنْ شَاءَ اتَّخَذْ إِلَىٰ رَبِّهِ سَبِيلًا (١٩)

19. Verily this is an Admonition:
Therefore, whoso will, let him take a (straight) path to his Lord!

إِنَّ رَبَّكَ يَعْلَمُ أَنَّكَ تَقُومُ أَدْنَىٰ مِنْ ثُلُثَيِ اللَّيْلِ وَنِصْفَهُ وَثُلُثَهُ

20. The Lord doth know that thou standest forth (to prayer) nigh two-thirds of the night, or half the night, or a third of the night,

وَطَائِفَةٌ مِّنَ الَّذِينَ مَعَكَ

and so doth a party of those with thee.

وَاللَّهُ يُقَدِّرُ اللَّيْلَ وَالنَّهَارَ

But Allah doth appoint Night and Day in due measure.

عَلِمَ أَنْ لَنْ تُحْصُوهُ فَتَابَ عَلَيْكُمْ فَاقْرَءُوا مَا تَيَسَّرَ مِنَ الْقُرْآنِ

He knoweth that ye are unable to keep count thereof. So He hath turned to you (in mercy): read ye therefore, of the Qur'án as much as may be easy for you.

عَلِمَ أَنْ سَيَكُونُ مِنْكُمْ مَّرْضَىٰ وَآخَرُونَ يَضْرِبُونَ فِي الْأَرْضِ

He knoweth that there may be (some) among you in ill-health; others travelling through the land,

يَبْتَغُونَ مِنْ فَضْلِ اللَّهِ وَآخَرُونَ يُقَاتِلُونَ فِي سَبِيلِ اللَّهِ

seeking of Allah's bounty; yet others fighting in Allah's Cause.

فَاقْرَءُوا مَا تَيَسَّرَ مِنْهُ

Read ye, therefore, as much of the Qur'án as may be easy (for you);

وَأَقِيمُوا الصَّلَاةَ وَآتُوا الزَّكَاةَ وَأَقْرِضُوا اللَّهَ قَرْضًا حَسَنًا

and establish regular Prayer and give regular Charity; and loan to Allah a Beautiful Loan.

وَمَا تُقَدِّمُوا لِأَنفُسِكُمْ مِنْ خَيْرٍ تَجِدُوهُ عِنْدَ اللَّهِ هُوَ خَيْرٌ وَأَعْظَمَ أَجْرًا

And whatever good ye send forth for your souls, Ye shall find it in Allah's presence -- yea, better and greater, in Reward.

وَاسْتَغْفِرُوا اللَّهَ إِنَّ اللَّهَ غَفُورٌ رَحِيمٌ (٢٠)

And seek ye the Grace of Allah:

for Allah is Oft-Forgiving, Most Merciful.

