

# يَا أَيُّهَا النَّفْسُ الْمُطْمَئِنَّةُ ارْجِعِي إِلَىٰ رَبِّكِ رَاضِيَةً مَّرْضِيَّةً

(To the righteous soul will be said:) "O (thou) soul, in (complete) rest and satisfaction!"

Come back thou to thy Lord -- well pleased (thyself), and well-pleasing unto Him!

## Al Fajr (The Dawn)

*In the name of Allah, Most Gracious, Most Merciful*

### وَالْفَجْرِ (١)

1. By the Break of Day

### وَلَيَالٍ عَشْرٍ (٢)

2. By the Nights twice five;

### وَالشَّفَعِ وَالْوَتْرِ (٣)

3. By the Even and Odd (contrasted);

### وَاللَّيْلِ إِذَا يَسْرِ (٤)

4. And by the Night when it passeth away --

### هَلْ فِي ذَلِكَ قَسَمٌ لِّذِي حِجْرٍ (٥)

5. Is there (not) in these and adjuration (or evidence) for those who understand?

### أَلَمْ تَرَ كَيْفَ فَعَلَ رَبُّكَ بِعَادٍ (٦)

6. Seest thou not how thy Lord dealt with the 'Ad (people) --

### إِرمَ دَاتِ الْعِمَادِ (٧)

7. Of the (city of) Iram, with lofty pillars,

### الَّتِي لَمْ يُخْلَقْ مِثْلُهَا فِي الْبِلَادِ (٨)

8. The like of which were not produced in (all) the land?

### وَتَمُودَ الَّذِينَ جَابُوا الصَّخْرَ بِالْوَادِ (٩)

9. And with the Thamud (people), who cut out (huge) rocks in the valley? --

### وَفِرْعَوْنَ ذِي الْأَوْتَادِ (١٠)

10. And with Pharaoh, Lord of Stakes?

الَّذِينَ طَعَوْا فِي الْبِلَادِ (١١)

11. (All) these transgressed Beyond bounds in the lands.

فَأَكْتَرُوا فِيهَا الْفَسَادَ (١٢)

12. And heaped therein Mischief (on mischief).

فُصِبَ عَلَيْهِمْ رَبُّكَ سَوْطَ عَذَابٍ (١٣)

13. Therefore did thy Lord pour on them a scourge of diverse chastisement:

إِنَّ رَبَّكَ لِبَالِمِرْصَادٍ (١٤)

14. For thy Lord is (As a Guardian) on a watchtower.

فَأَمَّا الْإِنْسَانُ إِذَا مَا ابْتَلَاهُ رَبُّهُ فَأَكْرَمَهُ وَنَعَّمَهُ فَيَقُولُ

15. Now, as for man, when his Lord trieth him giving him honor and gifts, then saith he, (puffed up),

رَبِّي أَكْرَمَنِي (١٥)

"My Lord hath honored me."

وَأَمَّا إِذَا مَا ابْتَلَاهُ فَقَدَرَ عَلَيْهِ رِزْقَهُ فَيَقُولُ

16. But when He trieth him, restricting his subsistence for him, then saith he (in despair),

رَبِّي أَهَانَنِي (١٦)

"My Lord hath humiliated me!"

كَلَّا بَلْ لَّا تُكْرِمُونَ الْيَتِيمَ (١٧)

17. Nay,  
nay! but ye honor not the orphans!

وَلَّا تَحَاضُّونَ عَلَى طَعَامِ الْمِسْكِينِ (١٨)

18. Nor do ye encourage one another to feed the poor! --

وَتَأْكُلُونَ التَّرَاثَ أَكْلًا لَمًّا (١٩)

19. And ye devour inheritance -- all with greed.

وَتُحِبُّونَ الْمَالَ حُبًّا جَمًّا (٢٠)

20. And ye love wealth with inordinate love!

كَلَّا إِذَا دُكَّتِ الْأَرْضُ دَكًّا دَكًّا (٢١)

21. Nay!  
when the earth is pounded to powder,

وَجَاءَ رَبُّكَ وَالْمَلَكُ صَفًّا صَفًّا (٢٢)

22. And thy Lord cometh and His angels, rank upon rank,

وَجِيءَ يَوْمَئِذٍ بِجَهَنَّمَ يَوْمَئِذٍ يَتَذَكَّرُ الْإِنْسَانُ وَأَنَّى لَهُ الذُّكْرَى (٢٣)

23. And Hell, that Day, is brought (face to face) --

on that Day will man remember,

but how will that remembrance profit him?

يَقُولُ يَا لَيْتَنِي قَدَّمْتُ لِحَيَاتِي (٢٤)

24. He will say:

"Ah!

would that I had sent forth (Good Deeds) for (this) my (Future) Life."

فِيَوْمَئِذٍ لَّا يُعَذِّبُ عَذَابَهُ أَحَدٌ (٢٥)

25. For, that Day, His Chastisement will be such as none (else) can inflict,

وَلَا يُوثِقُ وَثَاقَهُ أَحَدٌ (٢٦)

26. And His bonds will be such as none (other) can bind.

يَا أَيُّهَا النَّفْسُ الْمُطْمَئِنَّةُ (٢٧)

27. (To the righteous soul will be said:)

"O (thou) soul, in (complete) rest and satisfaction!

ارْجِعِي إِلَىٰ رَبِّكِ رَاضِيَةً مَّرْضِيَّةً (٢٨)

28. "Come back thou to thy Lord --

well pleased (thyself), and well-pleasing unto Him!

فَادْخُلِي فِي عِبَادِي (٢٩)

29. "Enter thou, then, among my Devotees!

وَادْخُلِي جَنَّتِي (٣٠)

30. "Yea,

enter thou my Heaven!"

