

إِنَّ نَاشِئَةَ اللَّيْلِ هِيَ أَشَدُّ وَطْءًا وَأَقْوَمُ قِيًّا

Verily, the rising by night (for Tahajjud prayer) is very hard and most potent and good for governing (the soul), and most suitable for (understanding) the Word (of Allâh).

Al Muzzammil

(The Enfolded One)

In the name of Allâh, Most Gracious, Most Merciful

يَا أَيُّهَا الْمُزَّمِّلُ (١)

1. O you wrapped in garments (i.e. Prophet Muhammad SAW)!

قُمْ اللَّيْلَ إِلَّا قَلِيلًا (٢)

2. Stand (to pray) all night, except a little.

نِصْفَهُ أَوْ انْقُصْ مِنْهُ قَلِيلًا (٣)

3. Half of it, or a little less than that,

أَوْ زِدْ عَلَيْهِ وَرَتِّلِ الْقُرْآنَ تَرْتِيلًا (٤)

4. Or a little more;
and recite the **Qur'ân** (aloud) in a slow, (pleasant tone and) style .

إِنَّا سَنُلْقِي عَلَيْكَ قَوْلًا ثَقِيلًا (٥)

5. Verily, We shall send down to you a weighty Word (i.e. obligations, legal laws, etc.).

إِنَّ نَاشِئَةَ اللَّيْلِ هِيَ أَشَدُّ وَطْءًا وَأَقْوَمُ قِيًّا (٦)

6. Verily, the rising by night (for Tahajjud prayer) is very hard and most potent and good for governing (the soul), and most suitable for (understanding) the Word (of Allâh).

إِنَّ لَكَ فِي النَّهَارِ سَبْحًا طَوِيلًا (٧)

7. Verily, there is for you by day prolonged occupation with ordinary duties,

وَادْكُرْ اسْمَ رَبِّكَ وَتَبَتَّلْ إِلَيْهِ تَبْتِيلًا (٨)

8. And remember the Name of your Lord and devote yourself to Him with a complete devotion.

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

9. (He Alone is) the Lord of the east and the west,
Lâ ilâha illa Huwa (none has the right to be worshipped but He).
So take Him Alone as **Wakîl** (Disposer of your affairs) .

وَاصْبِرْ عَلَىٰ مَا يَقُولُونَ وَاهْجُرْهُمْ هَجْرًا جَمِيلًا (١٠)

10. And be patient (O Muhammad SAW) with what they say, and keep away from them in a good way.

وَدَّرْنِي وَالْمُكَذِّبِينَ أُولِيَ النَّعْمَةِ وَمَهَّلْهُمْ قَلِيلًا (١١)

11. And leave Me Alone to deal with the beliers (those who deny My Verses, etc.), and those who are in possession of good things of life.
And give them respite for a little while.

إِنَّ لَدَيْنَا أَنْكَالًا وَجَحِيمًا (١٢)

12. Verily, with Us are fetters (to bind them), and a raging Fire.

وَطَعَامًا ذَا غُصَّةٍ وَعَذَابًا أَلِيمًا (١٣)

13. And a food that chokes, and a painful torment.

يَوْمَ تَرْجُفُ الْأَرْضُ وَالْجِبَالُ وَكَانَتِ الْجِبَالُ كَثِيبًا مَّهِيلًا (١٤)

14. On the Day when the earth and the mountains will be in violent shake, and the mountains will be a heap of sand poured out and flowing down.

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

15. Verily, We have sent to you (O men) a Messenger (Muhammad SAW) to be a witness over you, as We did send a Messenger [Mûsa (Moses)] to Fir'aun (Pharaoh) .

فَعَصَىٰ فِرْعَوْنُ الرَّسُولَ فَأَخَذْنَاهُ أَخْذًا وَبِيلًا (١٦)

16. But Fir'aun (Pharaoh) disobeyed the Messenger [Mûsa (Moses)], so We seized him with a severe punishment.

فَكَيْفَ تَتَّقُونَ إِن كَفَرْتُمْ يَوْمًا يَجْعَلُ الْوِلْدَانَ شِيبًا (١٧)

17. Then how can you avoid the punishment, if you disbelieve, on a Day that will make the children grey-headed (i.e. the Day of Resurrection)?

السَّمَاءُ مُنْفَطِرٌ بِهِ كَانَ وَعْدُهُ مَفْعُولًا (١٨)

18. Whereon the heaven will be cleft asunder?
His Promise is certainly to be accomplished.

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

19. Verily, this is an admonition, therefore whosoever will, let him take a Path to His Lord!

إِنَّ رَبَّكَ يَعْلَمُ أَنَّكَ تَقُومُ أَدْنَىٰ مِنْ ثُلُثِي اللَّيْلِ وَنِصْفَهُ وَثُلُثَهُ

20. Verily, your Lord knows that you do stand (to pray at night) a little less than two-thirds of the night, or half the night, or a third of the night,

وَطَائِفَةٌ مِّنَ الَّذِينَ مَعَكَ

and so do a party of those with you,

وَاللَّهُ يُقَدِّرُ اللَّيْلَ وَالنَّهَارَ

And Allâh measures the night and the day.

عَلِمَ أَن لَّنْ تَحْصُوهُ فُتَابَ عَلَيْكُمْ فَاقْرَءُوا مَا تَيَسَّرَ مِنَ الْقُرْآنِ

He knows that you are unable to pray the whole night, so He has turned to you (in mercy). So, recite you of the **Qur'ân** as much as may be easy for you.

عَلِمَ أَن سَيَكُونُ مِنْكُمْ مَّرْضَىٰ وَآخَرُونَ يَضْرِبُونَ فِي الْأَرْضِ

He knows that there will be some among you sick, others travelling through the land,

يَبْتَغُونَ مِن فَضْلِ اللَّهِ وَآخَرُونَ يُقَاتِلُونَ فِي سَبِيلِ اللَّهِ

seeking of Allâh's Bounty; yet others fighting in Allâh's Cause.

فَاقْرَءُوا مَا تَيَسَّرَ مِنْهُ

So recite as much of the Qur'ân as may be easy (for you),

وَأَقِيمُوا الصَّلَاةَ وَآتُوا الزَّكَاةَ وَاقْرَءُوا اللَّهَ قَرْضًا حَسَنًا

and perform **As-Salât** (**Iqâmat-as-Salât**) and give **Zakât**, and lend to Allâh a goodly loan,

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

and whatever good you send before you for yourselves, (i.e. **Nawâfil** non-obligatory acts of worship: prayers, charity, fasting, **Hajj** and 'Umrah, etc.), you will certainly find it with Allâh, better and greater in reward.

وَاسْتَغْفِرُوا اللَّهَ إِنَّ اللَّهَ غَفُورٌ رَّحِيمٌ (٢٠)

And seek Forgiveness of Allâh. Verily, Allâh is Oft-Forgiving, Most-Merciful.

