

Surah 76 . Ad-Dahr (Time) or Insaan (Man)

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

I begin in the Name of Allah, Hir Rahman Nir Raheem (the Compassionate the Merciful).

(١)

1 . There surely came over man a period of time when he was a thing not worth mentioning.

(٢)

2 . Surely We have created man from a small life-germ uniting: We mean to try him, so We have made him hearing, seeing.

(٣)

3 . Surely We have shown him the way: he may be thankful or unthankful.

(٤)

4 . Surely We have prepared for the unbelievers chains and shackles and a burning fire.

(٥)

5 . Surely the righteous shall drink of a cup the admixture of which is camphor

(٦)

6 . A fountain from which the servants of **Allah** shall drink; they make it to flow a flowing forth.

(٧)

7 . They fulfill vows and fear a day the evil of which shall be spreading far and wide.

(٨)

8 . And they give food out of love for Him to the poor and the orphan and the captive:

(٩)

9 . We only feed you for **Allah's** sake; we desire from you neither reward nor thanks:

(١٠)

10 . Surely we fear from our '**Rabb**' a stern, distressful day.

(١١)

11 . Therefore **Allah** will guard them from the evil of that day and cause them to meet with ease and happiness;

(١٢)

12 . And reward them, because they were patient, with garden and silk,

(١٣)

13 . Reclining therein on raised couches, they shall find therein neither the sun nor intense cold.

(١٤)

14 . And close down upon them its shadows, and its fruits shall be made near, being easy to reach.

(١٥)

15 . And there shall be made to go round about them vessels of silver and goblets which are of glass,

(١٦)

16 . Glass, made of silver; they have measured them according to a measure.

(١٧)

17 . And they shall be made to drink therein a cup the admixture of which shall be ginger,

(١٨)

18 . A fountain therein which is named *Salsabeel*.

(١٩)

19 . And round about them shall go youths never altering in age; when you see them you will think them to be scattered pearls.

(٢٠)

20 . And when you see there, you shall see blessings and a great kingdom.

(٢١)

21 . Upon them shall be garments of fine green silk and thick silk interwoven with gold, and they shall be adorned with bracelets of silver, and their '*Rabb*' shall make them drink a pure drink.

(٢٢)

22 . Surely this is a reward for you, and your striving shall be recompensed.

(٢٣)

23 . Surely We Ourselves have revealed the *Quran* to you revealing it in portions.

(٢٤)

24 . Therefore wait patiently for the command of your '*Rabb*', and obey not from among them a sinner or an ungrateful one.

(٢٥)

25 . And glorify the name of your '*Rabb*' morning and evening.

(٢٦)

26 . And during part of the night adore Him, and give glory to Him a long (part of the) night.

(۲۷)

27 . Surely these love the transitory and neglect a grievous day before them.

(۲۸)

28 . We created them and made firm their make, and when We please We will bring in their place the likes of them by a change.

(۲۹)

29 . Surely this is a reminder, so whoever pleases takes to his '*Rabb*' a way.

(۳۰)

30 . And you do not please except that Allah please, surely Allah is *Aleem-man Hakeem* (The High, The Wise);

(۳۱)

31 . He makes whom He pleases to enter into His mercy; and the unjust, He has prepared for them a painful Punishment.