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SURAH NO.

76

AYAT

31

PARA / JUZ

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REVEALED IN

Madinah

MEANING

Man

RUKUS

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Surah Insan in Arabic with English Translation

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

76:1

هَلْ أَتَى عَلَى الْإِنْسَانِ حِينٌ مِّنَ الدَّهْرِ لَمْ يَكُنْ شَيْئًا مَّذْكُورًا ﴿١﴾

Hath there come upon man (ever) any period of time in which he was a thing unremembered?

76:2

إِنَّا خَلَقْنَا الْإِنْسَانَ مِن نُّطْفَةٍ أَمْشَاجٍ نَّبْتَلِيهِ فَجَعَلْنَاهُ سَمِيعًا بَصِيرًا ﴿٢﴾

Lo! We create man from a drop of thickened fluid to test him; so We make him hearing, knowing.

76:3

إِنَّا هَدَيْنَاهُ السَّبِيلَ إِمَّا شَاكِرًا وَإِمَّا كَفُورًا ﴿٣﴾

Lo! We have shown him the way, whether he be grateful or disbelieving.

76:4

إِنَّا أَعْتَدْنَا لِلْكَافِرِينَ سَلَاسِلًا وَأَغْلَالًا وَسَعِيرًا ﴿٤﴾

Lo! We have prepared for disbelievers manacles and carcans and a raging fire.

76:5

إِنَّ الْأَبْرَارَ يَشْرَبُونَ مِنْ كَأْسٍ كَانَ مِزَاجُهَا كَافُورًا ﴿٥﴾

Lo! the righteous shall drink of a cup whereof the mixture is of Kafur,

76:6

عَيْنًا يَشْرَبُ بِهَا عِبَادُ اللَّهِ يُفَجِّرُونَهَا تَفْجِيرًا ﴿٦﴾

A spring wherefrom the slaves of Allah drink, making it gush forth abundantly,

76:7

يُوفُونَ بِالنَّذْرِ وَيَخَافُونَ يَوْمًا كَانَ شَرُّهُ مُسْتَطِيرًا ﴿٧﴾

(Because) they perform the vow and fear a day whereof the evil is wide-spreading,

76:8

وَيُطْعَمُونَ أَلْطَعَامَ عَلَىٰ حُبِّهِ مِسْكِينًا وَيَتِيمًا وَأَسِيرًا ﴿٨﴾

And feed with food the needy wretch, the orphan and the prisoner, for love of Him,

76:9

إِنَّمَا نُطْعِمُكُمْ لِوَجْهِ اللَّهِ لَا نُرِيدُ مِنْكُمْ جَزَاءً وَلَا شُكُورًا ﴿٩﴾

(Saying): We feed you, for the sake of Allah only. We wish for no reward nor thanks from you;

76:10

إِنَّا نَخَافُ مِنْ رَبَّنَا يَوْمًا عَبُوسًا قَمْطَرِيرًا ﴿١٠﴾

Lo! we fear from our Lord a day of frowning and of fate.

76:11

فَوَقَّاهُمُ اللَّهُ شَرَّ ذَلِكَ الْيَوْمِ وَلَقَّاهُمْ نَضْرَةً وَسُرُورًا ﴿١١﴾

Therefor Allah hath warded off from them the evil of that day, and hath made them find brightness and joy;

76:12

وَجَزَّاهُمْ بِمَا صَبَرُوا جَنَّةً وَحَرِيرًا ﴿١٢﴾

And hath awarded them for all that they endured, a Garden and silk attire;

76:13

مُتَّكِئِينَ فِيهَا عَلَى الْأَرَائِكِ لَا يَرُونَ فِيهَا شَمْسًا وَلَا زَمْهَرِيرًا ﴿١٣﴾

Reclining therein upon couches, they will find there neither (heat of) a sun nor bitter cold.

76:14

وَدَانِيَةً عَلَيْهِمْ ظِلُّهَا وَذُلِّلَتْ قُطُوفُهَا تَذْلِيلًا ﴿١٤﴾

The shade thereof is close upon them and the clustered fruits thereof bow down.

76:15

وَيُطَافُ عَلَيْهِمْ بِآنِيَةٍ مِّنْ فِضَّةٍ وَأَكْوَابٍ كَانَتْ قَوَارِيرًا ﴿١٥﴾

Goblets of silver are brought round for them, and beakers (as) of glass

76:16

قَوَارِيرًا مِّنْ فِضَّةٍ قَدَّرُوهَا تَقْدِيرًا ﴿١٦﴾

(Bright as) glass but (made) of silver, which they (themselves) have measured to the measure (of their deeds).

76:17

وَيُسْقَوْنَ فِيهَا كَأْسًا كَانَ مِزَاجُهَا زَنْجَبِيلًا ﴿١٧﴾

There are they watered with a cup whereof the mixture is of Zanjabil,

76:18

عَيْنًا فِيهَا تُسَمَّى سَلْسَبِيلًا ﴿١٨﴾

(The water of) a spring therein, named Salsabil.

76:19

* وَيَطُوفُ عَلَيْهِمْ وِلْدَانٌ مُّخَلَّدُونَ إِذَا رَأَيْتَهُمْ حَسِبْتَهُمْ لُؤْلُؤًا مَّنْثُورًا ﴿١٩﴾

There wait on them immortal youths, whom, when thou seest, thou wouldst take for scattered pearls.

76:20

وَإِذَا رَأَيْتَ ثَمَّ رَأَيْتَ نَعِيمًا وَمُلْكًا كَبِيرًا ﴿٢٠﴾

When thou seest, thou wilt see there bliss and high estate.

76:21

عَلَيْهِمْ ثِيَابٌ سُنْدُسٌ خُضْرٌ وَإِسْتَبْرَقٌ وَحُلُّوْا أَسَاوِرَ مِنْ فِضَّةٍ وَسَقَاهُمْ رَبُّهُمْ
شَرَابًا طَهُورًا ﴿٢١﴾

Their raiment will be fine green silk and gold embroidery. Bracelets of silver will they wear. Their Lord will slake their thirst with a pure drink.

76:22

إِنَّ هَذَا كَانَ لَكُمْ جَزَاءً وَكَانَ سَعْيُكُمْ مَشْكُورًا ﴿٢٢﴾

(And it will be said unto them): Lo! this is a reward for you. Your endeavour (upon earth) hath found acceptance.

76:23

إِنَّا نَحْنُ نَزَّلْنَا عَلَيْكَ الْقُرْآنَ تَنْزِيلًا ﴿٢٣﴾

Lo! We, even We, have revealed unto thee the Qur'an, a revelation;

76:24

فَاصْبِرْ لِحُكْمِ رَبِّكَ وَلَا تُطِعْ مِنْهُمْ ءَاثِمًا أَوْ كَفُورًا ﴿٢٤﴾

So submit patiently to thy Lord's command, and obey not of them any guilty one or disbeliever.

76:25

وَاذْكُرِ اسْمَ رَبِّكَ بُكْرَةً وَأَصِيلًا ﴿٢٥﴾

Remember the name of thy Lord at morn and evening.

76:26

وَمِنَ اللَّيْلِ فَاسْجُدْ لَهُ وَسَبِّحْهُ لَيْلًا طَوِيلًا ﴿٢٦﴾

And worship Him (a portion) of the night. And glorify Him through the livelong night.

76:27

إِنَّ هَؤُلَاءِ يُحِبُّونَ الْعَاجِلَةَ وَيَذَرُونَ وَرَاءَهُمْ يَوْمًا ثَقِيلًا ﴿٢٧﴾

Lo! these love fleeting life, and put behind them (the remembrance of) a grievous day.

76:28

نَحْنُ خَلَقْنَاهُمْ وَشَدَدْنَا أَسْرَهُمْ وَإِذَا شِئْنَا بَدَّلْنَا أَمْثَلَهُمْ تَبْدِيلًا ﴿٢٨﴾

We, even We, created them, and strengthened their frame. And when We will, We can replace them, bringing others like them in their stead.

76:29

إِنَّ هَذِهِ تَذْكِرَةٌ فَمَنْ شَاءَ اتَّخَذْ إِلَىٰ رَبِّهِ سَبِيلًا ﴿٢٩﴾

Lo! this is an Admonishment, that whosoever will may choose a way unto his Lord.

76:30

وَمَا تَشَاءُونَ إِلَّا أَنْ يَشَاءَ اللَّهُ إِنَّ اللَّهَ كَانَ عَلِيمًا حَكِيمًا ﴿٣٠﴾

Yet ye will not, unless Allah willeth. Lo! Allah is Knower, Wise.

76:31

يُدْخِلُ مَنْ يَشَاءُ فِي رَحْمَتِهِ وَالظَّالِمِينَ أَعَدَّ لَهُمْ عَذَابًا أَلِيمًا ﴿٣١﴾

He maketh whom He will to enter His mercy, and for evil-doers hath prepared a painful doom.

