Surah Al-Insan

Man. Surah 76 of 114, 31 ayat, revealed in Madinah.

Arabic: Quran text from the Tanzil Project (tanzil.net), Uthmani script. Verbatim copies may be shared; changing the text is not allowed.
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الإِنسَانِ

بِسْمِ ٱللَّهِ ٱلرَّحْمَٰنِ ٱلرَّحِيمِ

هَلْ أَتَىٰ عَلَى ٱلْإِنسَٰنِ حِينٌ مِّنَ ٱلدَّهْرِ لَمْ يَكُن شَيْـًٔا مَّذْكُورًا ﴿١﴾

76:1 Has there [not] come upon man a period of time when he was not a thing [even] mentioned?

إِنَّا خَلَقْنَا ٱلْإِنسَٰنَ مِن نُّطْفَةٍ أَمْشَاجٍ نَّبْتَلِيهِ فَجَعَلْنَٰهُ سَمِيعًۢا بَصِيرًا ﴿٢﴾

76:2 Indeed, We created man from a sperm-drop mixture that We may try him; and We made him hearing and seeing.

إِنَّا هَدَيْنَٰهُ ٱلسَّبِيلَ إِمَّا شَاكِرًا وَإِمَّا كَفُورًا ﴿٣﴾

76:3 Indeed, We guided him to the way, be he grateful or be he ungrateful.

إِنَّآ أَعْتَدْنَا لِلْكَٰفِرِينَ سَلَٰسِلَا۠ وَأَغْلَٰلًا وَسَعِيرًا ﴿٤﴾

76:4 Indeed, We have prepared for the disbelievers chains and shackles and a blaze.

إِنَّ ٱلْأَبْرَارَ يَشْرَبُونَ مِن كَأْسٍ كَانَ مِزَاجُهَا كَافُورًا ﴿٥﴾

76:5 Indeed, the righteous will drink from a cup [of wine] whose mixture is of Kafur,

عَيْنًا يَشْرَبُ بِهَا عِبَادُ ٱللَّهِ يُفَجِّرُونَهَا تَفْجِيرًا ﴿٦﴾

76:6 A spring of which the [righteous] servants of Allah will drink; they will make it gush forth in force [and abundance].

يُوفُونَ بِٱلنَّذْرِ وَيَخَافُونَ يَوْمًا كَانَ شَرُّهُۥ مُسْتَطِيرًا ﴿٧﴾

76:7 They [are those who] fulfill [their] vows and fear a Day whose evil will be widespread.

وَيُطْعِمُونَ ٱلطَّعَامَ عَلَىٰ حُبِّهِۦ مِسْكِينًا وَيَتِيمًا وَأَسِيرًا ﴿٨﴾

76:8 And they give food in spite of love for it to the needy, the orphan, and the captive,

إِنَّمَا نُطْعِمُكُمْ لِوَجْهِ ٱللَّهِ لَا نُرِيدُ مِنكُمْ جَزَآءً وَلَا شُكُورًا ﴿٩﴾

76:9 [Saying], "We feed you only for the countenance of Allah. We wish not from you reward or gratitude.

إِنَّا نَخَافُ مِن رَّبِّنَا يَوْمًا عَبُوسًا قَمْطَرِيرًا ﴿١٠﴾

76:10 Indeed, We fear from our Lord a Day austere and distressful."

فَوَقَىٰهُمُ ٱللَّهُ شَرَّ ذَٰلِكَ ٱلْيَوْمِ وَلَقَّىٰهُمْ نَضْرَةً وَسُرُورًا ﴿١١﴾

76:11 So Allah will protect them from the evil of that Day and give them radiance and happiness

وَجَزَىٰهُم بِمَا صَبَرُوا۟ جَنَّةً وَحَرِيرًا ﴿١٢﴾

76:12 And will reward them for what they patiently endured [with] a garden [in Paradise] and silk [garments].

مُّتَّكِـِٔينَ فِيهَا عَلَى ٱلْأَرَآئِكِ ۖ لَا يَرَوْنَ فِيهَا شَمْسًا وَلَا زَمْهَرِيرًا ﴿١٣﴾

76:13 [They will be] reclining therein on adorned couches. They will not see therein any [burning] sun or [freezing] cold.

وَدَانِيَةً عَلَيْهِمْ ظِلَٰلُهَا وَذُلِّلَتْ قُطُوفُهَا تَذْلِيلًا ﴿١٤﴾

76:14 And near above them are its shades, and its [fruit] to be picked will be lowered in compliance.

وَيُطَافُ عَلَيْهِم بِـَٔانِيَةٍ مِّن فِضَّةٍ وَأَكْوَابٍ كَانَتْ قَوَارِيرَا۠ ﴿١٥﴾

76:15 And there will be circulated among them vessels of silver and cups having been [created] clear [as glass],

قَوَارِيرَا۟ مِن فِضَّةٍ قَدَّرُوهَا تَقْدِيرًا ﴿١٦﴾

76:16 Clear glasses [made] from silver of which they have determined the measure.

وَيُسْقَوْنَ فِيهَا كَأْسًا كَانَ مِزَاجُهَا زَنجَبِيلًا ﴿١٧﴾

76:17 And they will be given to drink a cup [of wine] whose mixture is of ginger

عَيْنًا فِيهَا تُسَمَّىٰ سَلْسَبِيلًا ﴿١٨﴾

76:18 [From] a fountain within Paradise named Salsabeel.

۞ وَيَطُوفُ عَلَيْهِمْ وِلْدَٰنٌ مُّخَلَّدُونَ إِذَا رَأَيْتَهُمْ حَسِبْتَهُمْ لُؤْلُؤًا مَّنثُورًا ﴿١٩﴾

76:19 There will circulate among them young boys made eternal. When you see them, you would think them [as beautiful as] scattered pearls.

وَإِذَا رَأَيْتَ ثَمَّ رَأَيْتَ نَعِيمًا وَمُلْكًا كَبِيرًا ﴿٢٠﴾

76:20 And when you look there [in Paradise], you will see pleasure and great dominion.

عَٰلِيَهُمْ ثِيَابُ سُندُسٍ خُضْرٌ وَإِسْتَبْرَقٌ ۖ وَحُلُّوٓا۟ أَسَاوِرَ مِن فِضَّةٍ وَسَقَىٰهُمْ رَبُّهُمْ شَرَابًا طَهُورًا ﴿٢١﴾

76:21 Upon the inhabitants will be green garments of fine silk and brocade. And they will be adorned with bracelets of silver, and their Lord will give them a purifying drink.

إِنَّ هَٰذَا كَانَ لَكُمْ جَزَآءً وَكَانَ سَعْيُكُم مَّشْكُورًا ﴿٢٢﴾

76:22 [And it will be said], "Indeed, this is for you a reward, and your effort has been appreciated."

إِنَّا نَحْنُ نَزَّلْنَا عَلَيْكَ ٱلْقُرْءَانَ تَنزِيلًا ﴿٢٣﴾

76:23 Indeed, it is We who have sent down to you, [O Muhammad], the Qur'an progressively.

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

76:24 So be patient for the decision of your Lord and do not obey from among them a sinner or ungrateful [disbeliever].

وَٱذْكُرِ ٱسْمَ رَبِّكَ بُكْرَةً وَأَصِيلًا ﴿٢٥﴾

76:25 And mention the name of your Lord [in prayer] morning and evening

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وَمِنَ ٱلَّيْلِ فَٱسْجُدْ لَهُۥ وَسَبِّحْهُ لَيْلًا طَوِيلًا ﴿٢٦﴾

76:26 And during the night prostrate to Him and exalt Him a long [part of the] night.

إِنَّ هَٰٓؤُلَآءِ يُحِبُّونَ ٱلْعَاجِلَةَ وَيَذَرُونَ وَرَآءَهُمْ يَوْمًا ثَقِيلًا ﴿٢٧﴾

76:27 Indeed, these [disbelievers] love the immediate and leave behind them a grave Day.

نَّحْنُ خَلَقْنَٰهُمْ وَشَدَدْنَآ أَسْرَهُمْ ۖ وَإِذَا شِئْنَا بَدَّلْنَآ أَمْثَٰلَهُمْ تَبْدِيلًا ﴿٢٨﴾

76:28 We have created them and strengthened their forms, and when We will, We can change their likenesses with [complete] alteration.

إِنَّ هَٰذِهِۦ تَذْكِرَةٌ ۖ فَمَن شَآءَ ٱتَّخَذَ إِلَىٰ رَبِّهِۦ سَبِيلًا ﴿٢٩﴾

76:29 Indeed, this is a reminder, so he who wills may take to his Lord a way.

وَمَا تَشَآءُونَ إِلَّآ أَن يَشَآءَ ٱللَّهُ ۚ إِنَّ ٱللَّهَ كَانَ عَلِيمًا حَكِيمًا ﴿٣٠﴾

76:30 And you do not will except that Allah wills. Indeed, Allah is ever Knowing and Wise.

يُدْخِلُ مَن يَشَآءُ فِى رَحْمَتِهِۦ ۚ وَٱلظَّٰلِمِينَ أَعَدَّ لَهُمْ عَذَابًا أَلِيمًۢا ﴿٣١﴾

76:31 He admits whom He wills into His mercy; but the wrongdoers - He has prepared for them a painful punishment.