

## Surah al-Insan, Chapter 76

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

*In the Name of God the Compassionate, the Merciful*

### Verses 1 – 22

{هَلْ أَتَى عَلَى الْإِنْسَانِ حِينٌ مِّنَ الدَّهْرِ لَمْ يَكُنْ شَيْئًا مَّذْكُورًا 1}

**1. Has there been an age for man when he was nothing worth mentionable (although in Divine Design, but not in existence)?**

{إِنَّا خَلَقْنَا الْإِنْسَانَ مِن نُّطْفَةٍ أَمْشَاجٍ نَّبْتَلِيهِ فَجَعَلْنَاهُ سَمِيعًا بَصِيرًا 2}

**2. Verily did We create man from a mixed sperm<sup>1</sup> so as to test him, We made capable of hearing, seeing, and contemplating (by endowment of organs and faculties).**

{إِنَّا هَدَيْنَاهُ السَّبِيلَ إِمَّا شَاكِرًا وَإِمَّا كَفُورًا 3}

**3. Verily do We guide him on the right path (through reason an Divine Lights). He may be grateful to Us (by following Divine Lights adopting their cult) or be ungrateful (by having his own way and following the passionate leaders).**

{إِنَّا أَعْتَدْنَا لِلْكَافِرِينَ سَلَاسِلَ وَأَغْلَالًا وَسَعِيرًا 4}

**4. Verily have We prepared for infidels chains and locks and hell.**

{إِنَّ الْأَبْرَارَ يَشْرَبُونَ مِنْ كَأْسٍ كَانَ مِزَاجُهَا كَافُورًا }5

**5. Verily the righteous (Divine Lights and their true followers) of Abraham's grade, shall drink of, form cups tasing of campor.**

{عَيْنًا يَشْرَبُ بِهَا عِبَادُ اللَّهِ يُفَجِّرُونَهَا تَفْجِيرًا }6

**6. From a canal<sup>2</sup> and tasted by devotees of God.**

{يُوفُونَ بِالنَّذْرِ وَيَخَافُونَ يَوْمًا كَانَ شَرُّهُ مُسْتَطِيرًا }7

**7. They fulfil the vow they make and stand in awe of the day, dread whereof shall spread on all sides.**

{وَيُطْعِمُونَ الطَّعَامَ عَلَىٰ حُبِّهِ مِسْكِينًا وَيَتِيمًا وَأَسِيرًا }8

**8. And in winning Divine Will feed the orphans, the pauger and captive.<sup>3</sup>**

{إِنَّمَا نُطْعِمُكُمْ لِوَجْهِ اللَّهِ لَا نُرِيدُ مِنْكُمْ جَزَاءً وَلَا شُكْرًا }9

**9. We only feed for Divine Will without expecting from you reward or acknowledgement.**

{إِنَّا نَخَافُ مِنْ رَبِّنَا يَوْمًا عَبُوسًا قَمْطَرِيرًا }10

**10. Verily do We fear our Providence of the day when the faces of infidels shall be ruined and ematiated.**

{فَوَقَاهُمُ اللَّهُ شَرَّ ذَلِكَ الْيَوْمِ وَلَفَّاهُمْ نَضْرَةً وَسُرُورًا }11

**11. So God saved them from the dread of the day and refreshed their faces and heart with glee.<sup>4</sup>**

{وَجَزَاهُمْ بِمَا صَبَرُوا جَنَّةً وَحَرِيرًا }12

**12. As a reward for their patience<sup>5</sup> in lieu of which shall they have paradise and silk.**

{مُتَكِنِينَ فِيهَا عَلَى الْأَرَائِكِ ۚ لَا يَرَوْنَ فِيهَا شَمْسًا وَلَا زَمْهَرِيرًا} 13

**13. Reclining against pillows wherein shall they not feel the heat or intence cold.**

{وَدَانِيَةً عَلَيْهِمْ ظِلَالُهَا وَذُلَّتْ أَمْطُوفُهَا تَذَلِيلًا} 14

**14. And close to them shall be gardens, shades and branches of fruits shall be at their command.**

{وَيُطَافُ عَلَيْهِمْ بِآنِيَةٍ مِنْ فِضَّةٍ وَأَكْوَابٍ كَانَتْ قَوَارِيرًا} 15

**15. And circumbulated them silver and glass tumblers.**

{قَوَارِيرَ مِنْ فِضَّةٍ قَدَرُوهَا تَقْدِيرًا} 16

**16. And silver cups shall be transparent like glass of duly measured capacity.**

{وَيُسْقَوْنَ فِيهَا كَأْسًا كَانَ مِزَاجُهَا زَنْجَبِيلًا} 17

**17. And inmates of paradise shall be fed in those cups which shall taste of dry ginger.**

{عَيْنًا فِيهَا تُسَمَّى سَلْسَبِيلًا} 18

**18. Coming from fountains known as Salsabil.**

{وَيَطُوفُ عَلَيْهِمْ وِلْدَانٌ مُخَلَّدُونَ إِذَا رَأَيْتَهُمْ حَسِبْتَهُمْ لُؤْلُؤًا مَنثورًا} 19

**19. Circumambulate them children ever, whom if you view, you shall deem as spread out pearls.**

{وَإِذَا رَأَيْتَ ثَمَّ رَأَيْتَ نَعِيمًا وَمُلَكًا كَبِيرًا} 20

**20. And when you look up at them, infinite bounties and boundless kingdom shall you notice.<sup>6</sup>**

{عَالِيَهُمْ ثِيَابٌ سُنْدُسٌ خُضْرٌ وَإِسْتَبْرَقٌ ۗ وَحُلُّوْا أَسَاوِرَ مِنْ فِضَّةٍ وَسَقَاهُمْ رَبُّهُمْ شَرَابًا طَهُورًا } 21

**21. They will be dressed with fine and coarse green silk and will have round their necks silver ornaments and will be offered to drink pure, to purify their inside heart of diseases like jealousy, etc. (before admission to Paradise) by their Providence.**

{إِنَّ هَذَا كَانَ لَكُمْ جَزَاءً وَكَانَ سَعْيُكُمْ مَشْكُورًا } 22

**22. Verily this is your reward for your deeds which have been appreciated.**

### Moral

Bodily notes will suffice.

### Verses 23 – 31

{إِنَّا نَحْنُ نَزَّلْنَا الْقُرْآنَ تَنْزِيلًا } 23

**23. Verily have We revealed unto you the Qur'an gradually.**

{فَاصْبِرْ لِحُكْمِ رَبِّكَ وَلَا تَطِعْ مِنْهُمْ آثِمًا أَوْ كَفُورًا } 24

**24. So you better wait (for your assistance against your enemies) until commands of your Providence, and do not follow the sinner and the ungrateful among them.**

{وَادْكُرْ اسْمَ رَبِّكَ بُكْرَةً وَأَصِيلًا } 25

**25. Glorify your Providence morning and noon (prayers)**

{وَمِنَ اللَّيْلِ فَاسْجُدْ لَهُ وَسَبِّحْهُ لَيْلًا طَوِيلًا } 26

**26. and during night (after sunset and night) pray unto Him and during midnight in prayers to glorify Him long.**

{إِنَّ هُوَ لَءِ يُحِبُّونَ الْعَاجِلَةَ وَيَذُرُونَ وَرَاءَهُمْ يَوْمًا ثَقِيلًا } 27

**27. Verily those (worldly) people are attached to the world and forsake behind them, requisites of the mighty day.**

{نَحْنُ خَلَقْنَاهُمْ وَشَدَدْنَا أَسْرَهُمْ ۚ وَإِذَا شِئْنَا بَدَّلْنَا أَمْثَلَهُمْ تَبْدِيلًا} 28

**28. We have created them (worldly people) and strengthened them (in power and pelf), and whenever We shall choose shall replace them likewise.**

{إِن هَذِهِ تَذْكِرَةٌ ۚ فَمَنْ شَاءَ اتَّخَذَ إِلَيَّ سَبِيلًا} 29

**29. Verily this (following Divine Lights) is an advice. He who may choose may adopt it to attain Divine Proximity.**

{وَمَا تَشَاءُونَ إِلَّا أَنْ يَشَاءَ اللَّهُ ۚ إِنَّ اللَّهَ كَانَ عَلِيمًا حَكِيمًا} 30

**30. And, oh you Divine Lights, you do not choose anything but what God chooses. Verily (God does not choose) but what His Knowledge and Wisdom needs. [8](#)**

{يُدْخِلُ مَنْ يَشَاءُ فِي رَحْمَتِهِ ۚ وَالظَّالِمِينَ أَعَدَّ لَهُمْ عَذَابًا أَلِيمًا} 31

**31. Rather His just and wise acts are only followed by His Divine Lights and for the disobedient (to divine Lights) is ready intense punishment.**

## Moral

CF Jesus' statement in St. John 17:6 – 8, “I have manifested Your name unto which you give me out of the world – etc. (regarding Couplet 32 particularly).

1. I.e. reproduction from mixed sperm, and by granting body and Ikife unto him.
2. Issuing from the Prophet's residence in Paradise and passing through those of the faithful.
3. This refers to the event when Hassan and Hussain had fallen ill and the Prophet suggested to make a vow to observe three days of fast on recovery which they did, all the members, including Ali, Fatima, Hassan and Hussain and Fiza. When breakfast came successfully an angel in the habit of a pauper, orphan and captive and all five gave their share of food, breaking fast with water. When the Prophet came the following day, saw the meagre state of his grandsons, prayed to give Fatima what He gave Mary in the chancel. When, in recognition of their sincere devotion, they received a Divine Gift of meals from Heaven.
4. This is an authorized Divine guarantee of Divine Lights as leading the Day of Judgment.
5. Which has been duly appreciated by God.
6. Because God's messenger to them will have to wait a long time before he can meet them.
7. Laying stress on Divine Lights as need from time to time.

8. This is restricted to Divine Lights and does not pertain to all creation as the very object of creation will fail, as if sinners were also to sin, as God willed, then punishing by condemning to hell, will have no meaning, on the Part of God the Just and the Wise.

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