



# AL-DAHR/INSAAN - THE HUMAN BEING

DIVINE GUIDANCE AND PURPOSE OF LIFE  
UNGRATEFULNESS VS GRATITUDE  
DETAILED PICTURE OF JANNA

076

4

## CONNECTING TO DIVINITY

Five instructions for the Prophet

1. Sabr (Patience)
2. Do not take heed of the ungrateful
3. Remembering Allah at all times
4. Salatul Layl (Tahajjud)
5. Declare His Perfection at night



Ayaat 23-31

3

RECOMPENSE OF THOSE WHO ARE WALKING TALKING RIGHTEOUS  
A DETAILED PICTURE OF JANNA

### CHARACTERISTICS

Fulfil promises  
Conscious of Accountability on the day of Judgement

### RECOMPENSE

Nourishment  
Sustenance  
Relaxation  
Tranquility  
Comfort  
Luxury



Ayaat 5-22

CONSEQUENCE OF UNGRATEFULNESS - JAHANNAM

2

Aya 4



HUMAN BEING - ORIGIN, DIVINE GUIDANCE & PURPOSE OF LIFE

1

Ayaat 1-3



# SURA AL DAHR

## 31 AYAAT - MADANI

### AHLULBAYT CIRCLE

A focus on Fatima

76

Al Insaan/Dahr  
The Human Being

108

Al Kawthar  
The Positive  
Abundance

# FOCUS



ORIGIN, GUIDANCE AND PURPOSE OF LIFE  
UNGRATEFULNESS VS GRATITUDE  
DETAILED PICTURE OF JANNA



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# DID YOU KNOW?



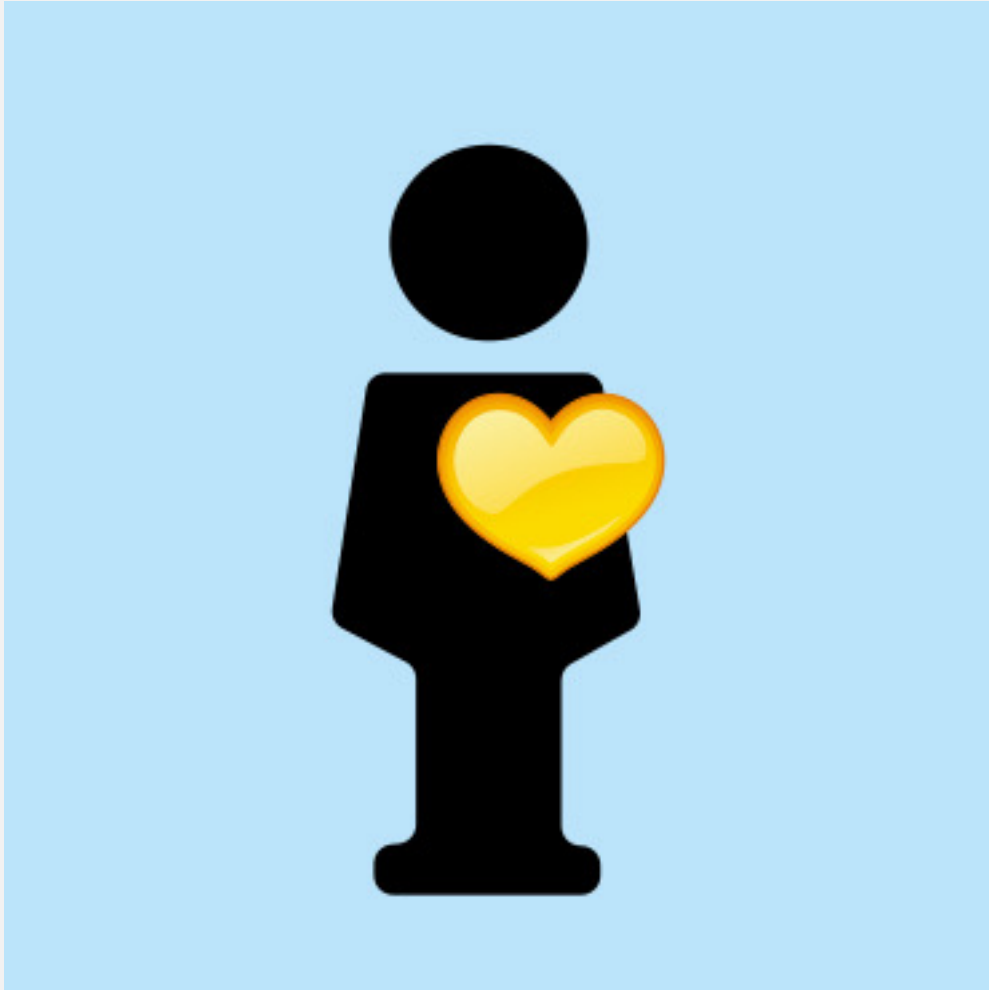
IT IS KNOWN AS THE SURAH OF THE AHLULBAYT AS IT NARRATES THE INCIDENT WHEN THE FAMILY OF IMAM ALI AND SAYYIDA FATIMA FASTED FOR THREE DAYS GIVING AWAY THEIR IFTAAR TO THE NEEDY, THE ORPHAN AND THE CAPTIVE.

# BENEFITS OF RECITATION



- Water – heart ailments
- Janna
- Victory in war

# SECTION 1 AYAAT 1-3



HUMAN BEING - ORIGIN & PURPOSE OF LIFE

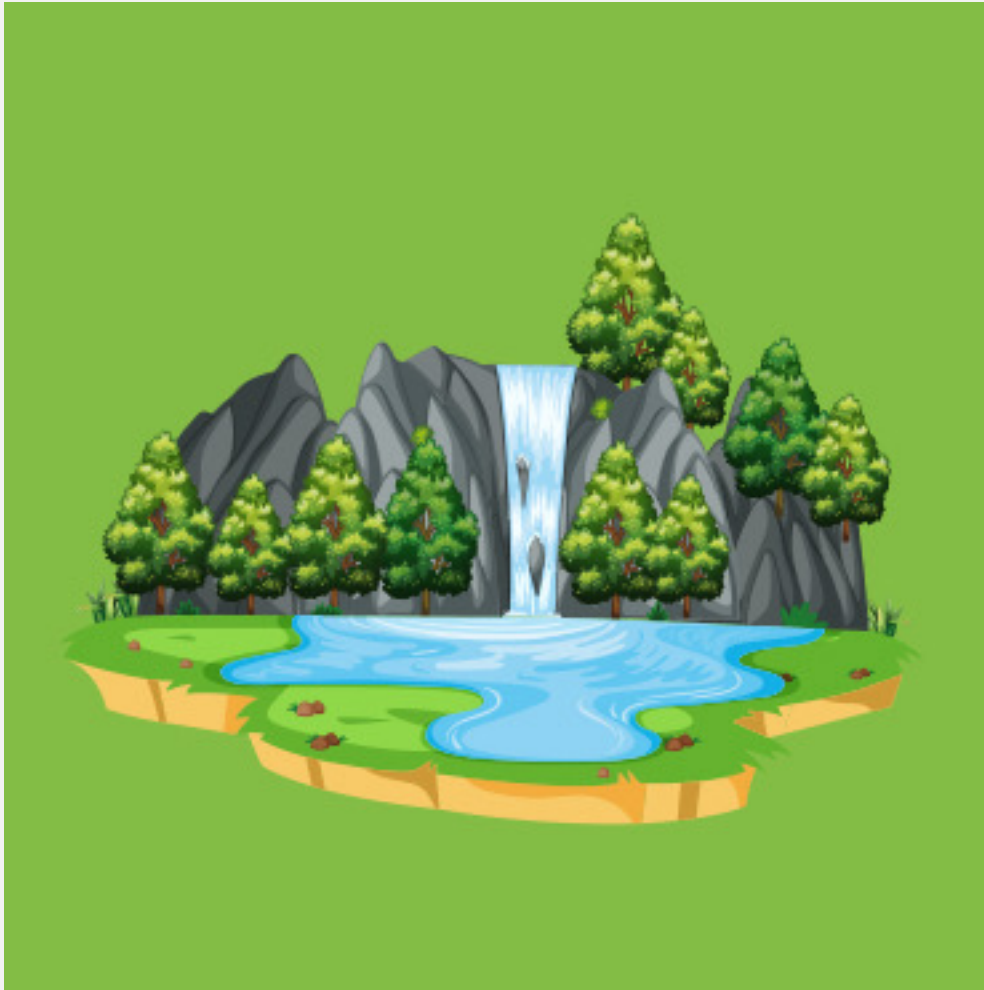
# SECTION 2 AYA 4



- CONSEQUENCES OF COVERING THE TRUTH AS OPPOSED TO THOSE WHO ARE WALKING TALKING RIGHTEOUS
- JAHANNAM vs A DETAILED PICTURE OF JANNA



# SECTION 3 AYAAT 5-22



RECOMPENSE OF THOSE WHO ARE WALKING TALKING RIGHTEOUS - A DETAILED PICTURE OF JANNA

## CHARACTERISTICS

- Fulfil promises
- Conscious of Accountability on the day of Judgement

## RECOMPENSE

- Nourishment
- Sustenance
- Relaxation

# SECTION 4 AYAAT 23-31



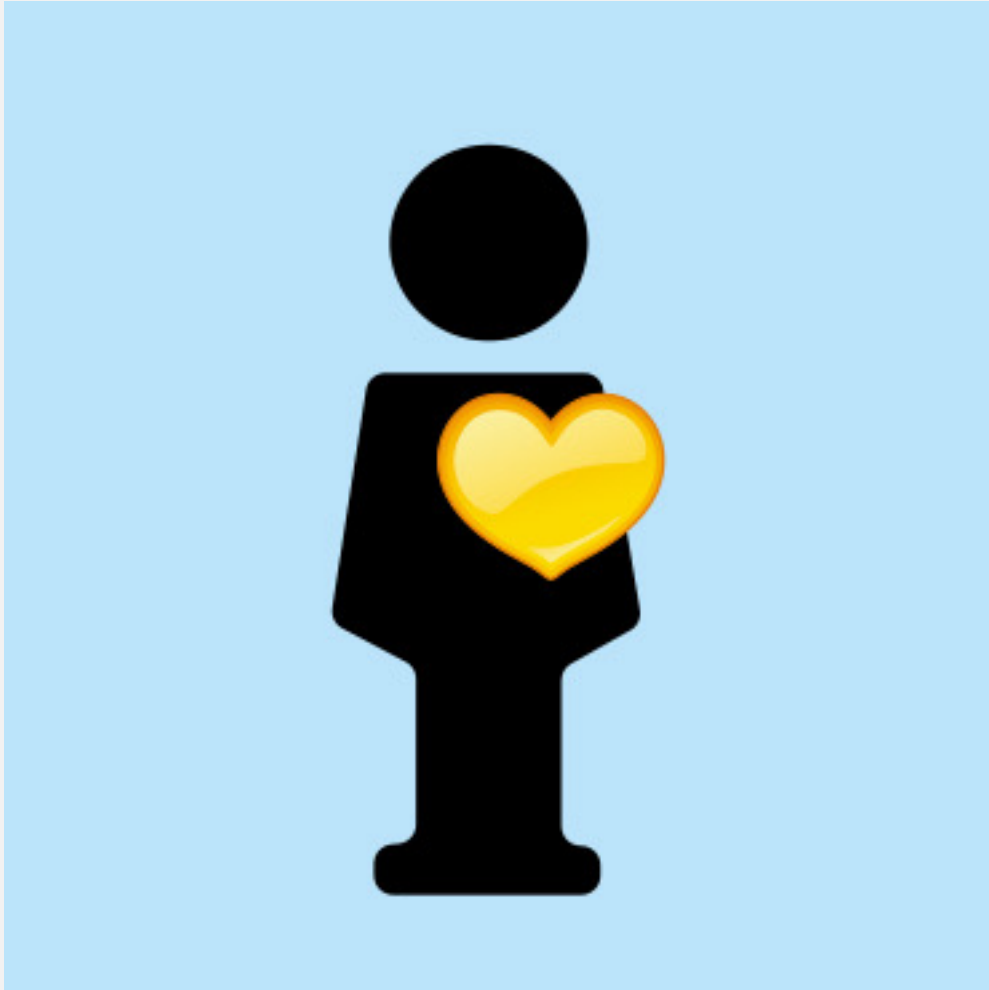
## CONNECTING TO DIVINITY

- Five instructions for the Prophet
- Sabr (Patience)
- Do not take heed of the ungrateful
- Remembering Allah at all times
- Salatul Layl (Tahajjud)
- Declare His Perfection at night





# SECTION 1 AYAAT 1-3



HUMAN BEING - ORIGIN & PURPOSE OF LIFE

# SECTION 1 AYA 1

هَلْ أَتَى عَلَى الْإِنْسَانِ حِينٌ مِّنَ الدَّهْرِ لَمْ يَكُن شَيْئًا مَّذْكُورًا

Has there been a period of time for man when he was not anything worthy of mention?

Insan - Forgetful creature



# SECTION 1 AYA 2

إِنَّا خَلَقْنَا الْإِنْسَانَ مِنْ نُطْفَةٍ أَمْشَاجٍ نَبْتَلِيهِ فَجَعَلْنَا سَمِيعًا بَصِيرًا

Indeed We created man from the drop of a mixed fluid so that We may put him to test, so We endowed with hearing and sight.

Amshaaj - Fluid with mixture of different qualities (genetics)



# SECTION 1 AYA 3

إِنَّا هَدَيْنَاهُ السَّبِيلَ إِمَّا شَاكِرًا وَإِمَّا كَفُورًا

Indeed We have guided him to the way, be he grateful or ungrateful.





# SECTION 2 AYA 4



- CONSEQUENCES OF COVERING THE TRUTH AS OPPOSED TO THOSE WHO ARE WALKING TALKING RIGHTEOUS
- JAHANNAM vs A DETAILED PICTURE OF JANNA

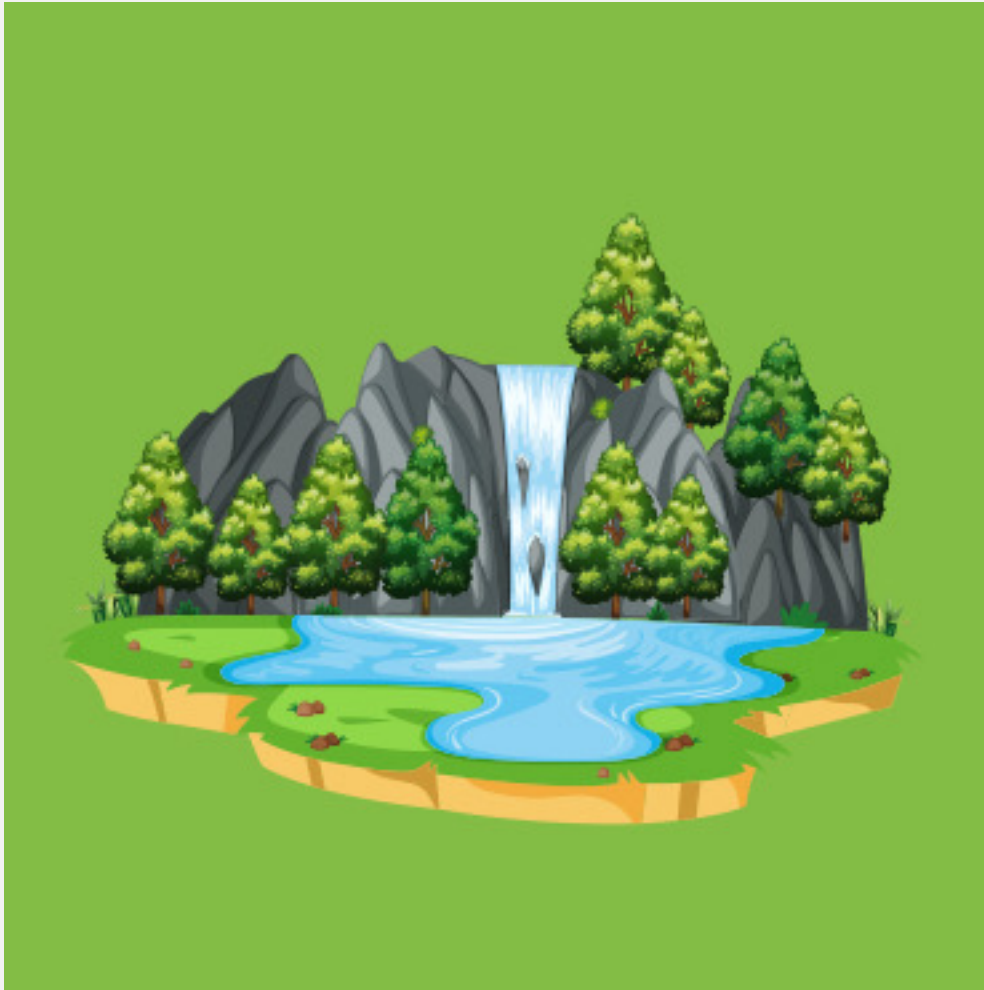
# SECTION 2 AYA 4

إِنَّا أَعْتَدْنَا لِلْكَافِرِينَ سَلَاسِلًا وَأَغْلَالًا وَسَعِيرًا

Indeed for the faithless We have prepared chains, iron collars,  
and a blaze.

Metal burns at a higher temperature

# SECTION 3 AYAAT 5-22



RECOMPENSE OF THOSE WHO ARE WALKING TALKING RIGHTEOUS - A DETAILED PICTURE OF JANNA

## CHARACTERISTICS

- Fulfil promises
- Conscious of Accountability on the day of Judgement

## RECOMPENSE

- Nourishment
- Sustenance
- Relaxation

# SECTION 3 AYA 5

إِنَّ الْأَبْرَارَ يَشْرَبُونَ مِنْ كَأْسٍ كَانَ مِزَاجُهَا كَافُورًا

Indeed the pious will drink from a cup seasoned with Kafur,

Ka'san - containers for exotic drinks

Mizaaj - flavouring

Kaafoor - - Comphre - Camphor - used for scent, balm, preservation

Arabs used it as exotic flavouring

Used on mayyit parts of sand





# SECTION 3 AYA 6

عَيْنًا يَشْرَبُ بِهَا عِبَادُ اللَّهِ يُفَجِّرُونَهَا تَفْجِيرًا

A spring where Allah's servants will drink, making it gush forth as they please.

Causing it to burst out wherever you want



# SECTION 3 AYA 7

يُوفُونَ بِالَّذِئِرِ وَيَخَافُونَ يَوْمًا كَانَ شَرُّهُ مُسْتَطِيرًا

They fulfill their pledges and fear a day whose harm  
(evil) will be widespread.

Causing it to burst out wherever you want



# SECTION 3 AYA 8

وَيُطْعَمُونَ الطَّعَامَ عَلَىٰ حُبِّهِ مِسْكِينًا وَيَتِيمًا وَأَسِيرًا

*For the love of Him, they feed the needy, the orphan and the prisoner,*

# SECTION 3 AYA 9

إِنَّمَا نَطْعِمُكُمْ لَوَجْهِ اللَّهِ لَا نُرِيدُ مِنْكُمْ جَزَاءً وَلَا شُكُورًا

[saying,] 'We feed you only for the sake of Allah. We desire no reward from you, nor thanks.'



# SECTION 3 AYA 10

إِنَّا نَخَافُ مِنْ رَبِّنَا يَوْمًا عَبُوسًا قَمْطَرِيرًا

Indeed we fear a frowning and fateful day from our Lord.'



# SECTION 3 AYA 11

فَوَقَّاهُمُ اللَّهُ شَرَّ ذَلِكَ الْيَوْمِ وَلَقَّاهُمْ نَضْرَةً وَسُرُورًا

So Allah saved them from that day's ills and graced them with freshness [on their faces] and joy [in their hearts].

# SECTION 3 AYA 12

وَجَزَاهُمْ بِمَا صَبَرُوا جَنَّةً وَحَرِيرًا

He rewarded them for their patience with a garden and  
[garments of] silk,



# SECTION 3 AYA 13

مُتَكِيِّينَ فِيهَا عَلَى الْأَرَائِكِ لَا يَرُونَ فِيهَا شَمْسًا وَلَا زَمْهَرِيرًا

Reclining therein on couches, without facing any [scorching] sun, or [biting] cold.



# SECTION 3 AYA 14

وَدَانِيَةً عَلَيْهِمْ ظِلَالُهَا وَذُلَّتْ قُطُوفُهَا تَدْلِيلاً

Its shades will be close over them and its clusters [of fruits]  
will be hanging low.

# SECTION 3 AYA 15

وَيُطَافُ عَلَيْهِمْ بِآنِيَةٍ مِّن فِضَّةٍ وَأَكْوَابٍ كَانَتْ قَوَارِيرًا

They will be served around with vessels of silver and  
goblets of crystal



# SECTION 3 AYA 16

قَوَارِيرَ مِنْ فِضَّةٍ قَدَّرُوهَا تَقْدِيرًا

— crystal of silver — [from] which they will dispense in a precise measure.

Crystal clear silver

# SECTION 3 AYA 17

وَيُسْقَوْنَ فِيهَا كَأْسًا كَانَتْ مِنْ أَجْهَائِ زَنْجَبِيلًا

They will be served therein with a cup of a drink  
seasoned with Zanjabeel,

Ginger (Warming)

# SECTION 3 AYA 18

عَيْنًا فِيهَا تُسَمَّى سَلْسَبِيلًا

From a spring in it named Salsabeel.

Salsabeel - something that goes down easy (doesn't get stuck)  
Ginger of Janna

# SECTION 3 AYA 19

وَيُطَوَّفُ عَلَيْهِمْ وَإِلْدَانُ الْمُخَلَّدُونَ إِذَا رَأَيْتَهُمْ حَسِبْتَهُمْ  
لُؤْلُؤًا مَنشُورًا

They will be waited upon by immortal youths, whom, were you to see them, you will suppose them to be scattered pearls.

Janna Catering Company



# SECTION 3 AYA 20

وَإِذَا رَأَيْتَ ثُمَّ رَأَيْتَ نَعِيمًا وَمُلْكًا كَبِيرًا

As you look on, you will see there bliss and a great kingdom.

Even more constant blessings and a huge dominion - after taster -  
the main assets accumulated



# SECTION 3 AYA 21

عَالِيَهُمْ ثِيَابٌ سُنْدُسٌ خُضْرٌ وَإِسْتَبْرَقٌ وَحُلُّوا أَسَاوِرًا مِن  
فِضَّةٍ وَسَقَاهُمْ رَبُّهُمْ شَرَابًا طَهُورًا

Upon them will be cloaks of green silk and brocade and they will be adorned with bracelets of silver. Their Lord will give them to drink a pure drink.

Expensive Watches, Accessories.....

# SECTION 3 AYA 22

إِنَّ هَذَا كَانَ لَكُمْ جَزَاءً وَكَانَ سَعْيُكُمْ مَشْكُورًا

[They will be told]: 'This is your reward, and your efforts have been well-appreciated.'

# SECTION 4 AYAAT 23-31



## CONNECTING TO DIVINITY

- Five instructions for the Prophet
- Sabr (Patience)
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# SECTION 4 AYA 23

إِنَّا نَحْنُ نَزَّلْنَا عَلَيْكَ الْقُرْآنَ تَنْزِيلًا

Indeed We have sent down to you the Quran in a gradual descent.



# SECTION 4 AYA 24

فَاصْبِرْ لِحُكْمِ رَبِّكَ وَلَا تُطِعْ مِنْهُمْ آثِمًا أَوْ كَفُورًا

Lord and do not obey any sinner or ingrate from among them,



# SECTION 4 AYA 25

وَاذْكُرِ اسْمَ رَبِّكَ بُكْرَةً وَأَصِيلاً

And celebrate the Name of your Lord morning and evening,

# SECTION 4 AYA 26

وَمِنَ اللَّيْلِ فَاسْجُدْ لَهُ وَسَبِّحْهُ لَيْلًا طَوِيلًا

And worship Him for a watch of the night and glorify Him the night long.



# SECTION 4 AYA 27

إِنَّ هَؤُلَاءِ يُحِبُّونَ الْعَاجِلَةَ وَيَذَرُونَ وَرَاءَهُمْ يَوْمًا ثَقِيلًا

Indeed they love this transitory life, and disregard a heavy day that is ahead of them.

# SECTION 4 AYA 28

نَحْنُ خَلَقْنَاهُمْ وَشَدَدْنَا أَسْرَهُمْ وَإِذَا شِئْنَا بَدَّلْنَا أَمْثَلَهُمْ تَبْدِيلًا

We created them and strengthened their joints, and We will replace them with others like them whenever We like.

# SECTION 4 AYA 29

إِنَّ هَذِهِ تَذْكِرَةٌ فَمَنْ شَاءَ اتَّخَذَ إِلَىٰ رَبِّهِ سَبِيلًا

This is indeed a reminder. So let anyone who wishes take the way toward his Lord.

# SECTION 4 AYA 30

وَمَا تَشَاؤُونَ إِلَّا أَنْ يَشَاءَ اللَّهُ إِنَّ اللَّهَ كَانَ عَلِيمًا حَكِيمًا

*But you will not wish unless it is willed by Allah.  
Indeed Allah is all-knowing, all-wise.*



# SECTION 4 AYA 31

يُدْخِلُ مَنْ يَشَاءُ فِي رَحْمَتِهِ وَالظَّالِمِينَ أَعَدَّ لَهُمْ عَذَابًا أَلِيمًا

He admits whomever He wishes into His mercy, and He has prepared a painful punishment for the wrongdoers.





# NARRATIVE



The chapter takes its title from the mention of the human being in the first verse. It is also called “Hal Ataa’ (Has there not come) from its first two words. Another couple of names are Al Dahr (Endless time) and Al Abraar (the Righteous) referring to its discussions on the recompense of the walking talking righteous.

It begins with the purpose of life being gratefulness followed by the consequences of being ungrateful.

# NARRATIVE



The chapter continues in verses 5-22 to describe the recompense of the walking talking righteous with the example of the family of Imam Ali, Sayyida Fatima, Imam Hasan, Imam Husayn and Fizza.

Imam Hasan and Husayn were unwell and the Prophet suggested that Imam Ali make a vow and supplicate for their recovery. The whole family vowed to fast for three days.

The family fasted the first day. Imam Ali for some barley which Fatima ground to flour and used a third to make bread.

# NARRATIVE



At the time of breaking the fast a needy person came to the door asking for food and they gave all they had breaking their fast with water. The following day an orphan came followed by a captive on the third day and they gave their bread and breaking their fasts with water. It is after this that these verses were revealed with Jibrail congratulating the Prophet about his family.

# NARRATIVE



The chapter ends with the indication of the gradual manner of the revelation of the Qur'an, and instructions to the Prophet to be patient in the face of the opposition, not to take heed of the ungrateful, remembering Allah at every moment, and the night prayer.



# SELECTED AYAAT



- 76:1 Dahr (Time)
- 76:2 Creation of the human being
- 76:8 Giving food to the orphans, poor and captives for His sake
- 76:23 Qur'an revealed in portions