



SURA AL INSAAN/ DAHR

31 AYAAT - MADANI

AHLULBAYT CIRCLE

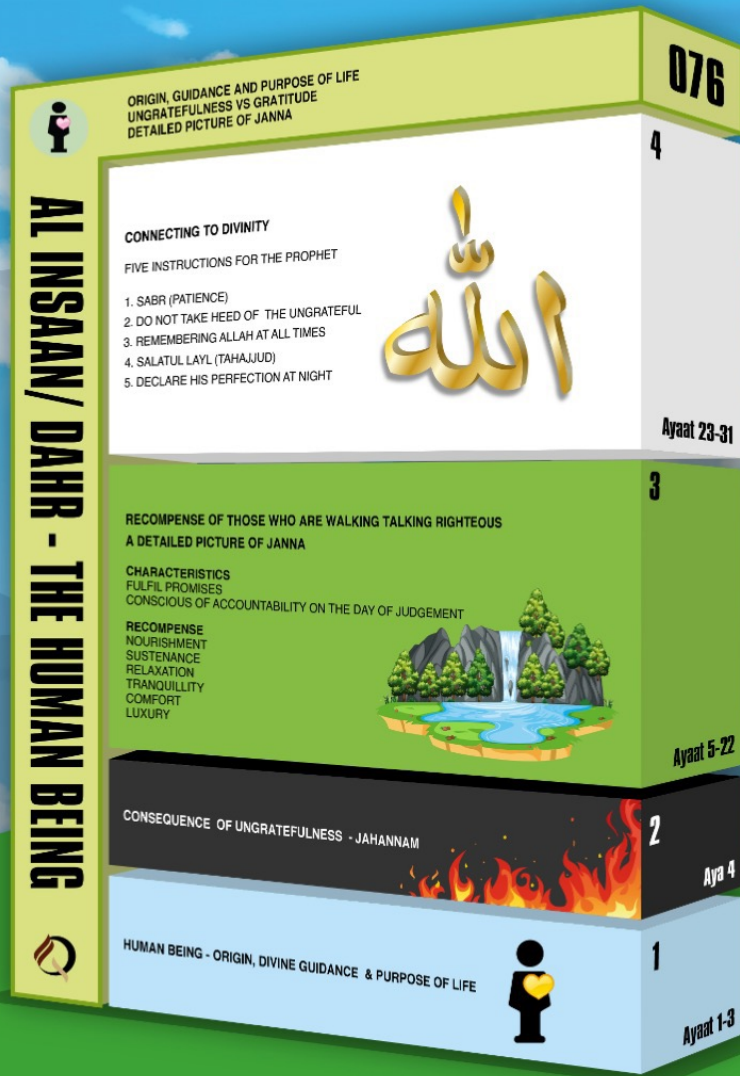
A focus on Fatima

76

Al Insaan/Dahr
The Human Being

108

Al Kawthar
The Abundant
Good



FOCUS – DID YOU KNOW - BENEFITS

FOCUS



Origin, guidance and purpose of life

Ungratefulness vs gratitude

Detailed picture of Janna

DID YOU KNOW



It is known as the sura 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



- Water – heart ailments
- Janna
- Victory in war

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.

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.

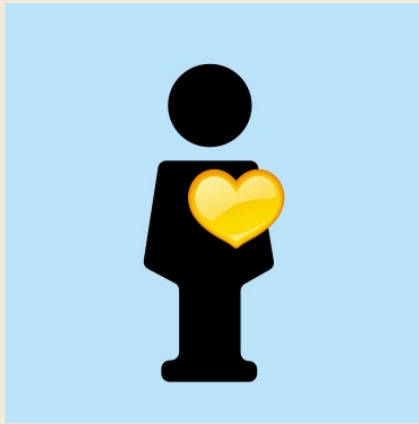
The family fasted the first day. Imam Ali for some barley which Fatima ground to flour and used a third to make bread.

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.

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.

SECTIONS 1 – 2

SECTION 1 – AYAAT 1 TO 3



HUMAN BEING - ORIGIN &
PURPOSE OF LIFE

SECTION 2 – AYA 4

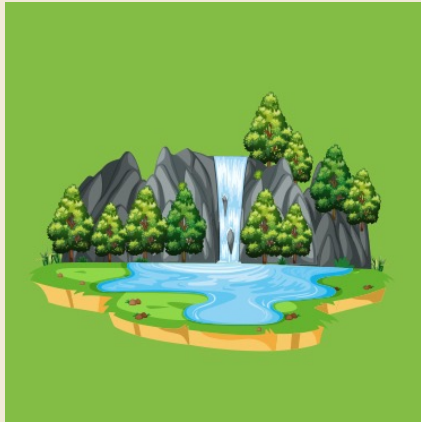


CONSEQUENCES OF
COVERING THE TRUTH AS
OPPOSED TO THOSE WHO ARE
WALKING TALKING
RIGHTEOUS

JAHANNAM vs A DETAILED
PICTURE OF JANNA.

SECTIONS 3 – 4

SECTION 3 – AYAAT 5 TO 22



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

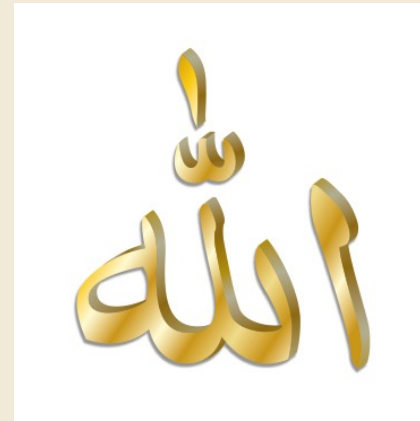
CHARACTERISTICS

Fulfil promises
Conscious of
Accountability on the
day of Judgement

RECOMPENSE

Nourishment
Sustenance
Relaxation

SECTION 4 – AYAAT 23 TO 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 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

Sura Al Dahr

SECTION 1 AYA 2

إِنَّا خَلَقْنَا الْإِنْسَانَ مِنْ نُّطْفَةٍ أَمْشَاجٍ نَّبْتَلِيهِ فَجَعَلْنَاهُ 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)

Sura Al Dahr

SECTION 1 AYA 3

إِنَّا هَدَيْنَاهُ السَّبِيلَ إِمَّا شَاكِرًا وَإِمَّا كَفُورًا

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

Sura Al Dahr

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

Sura Al Dahr

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

Sura Al Dahr

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

Sura Al Dahr

SECTION 3 AYA 7

يُوفُونَ بِاللَّذْرِ 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

Sura Al Dahr

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,

Sura Al Dahr

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.'

Sura Al Dahr

SECTION 3 AYA 10

إِنَّا نَخَافُ مِنْ رَبِّنَا يَوْمًا عَبُوسًا قَمْطَرِيرًا

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

Sura Al Dahr

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].

Sura Al Dahr

SECTION 3 AYA 12

وَجَزَاهُمْ بِمَا صَبَرُوا جَنَّةً وَحَرِيرًا

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

Sura Al Dahr

SECTION 3 AYA 13

مُتَّكِنِينَ فِيهَا عَلَى الْأَرَائِكِ لَا يَرُونَ فِيهَا شَمْسًا وَلَا زَمْهَرِيرًا

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

Sura Al Dahr

SECTION 3 AYA 14

وَدَانِيَةً عَلَيْهِمْ ظِلَالُهَا وَذُلَّتْ أُغْطُوفُهَا تَذَلِيلًا

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

Sura Al Dahr

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

Sura Al Dahr

SECTION 3 AYA 16

قَوَارِيرَ مِنْ فِضَّةٍ قَدَّرُوهَا تَقْدِيرًا

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

Crystal clear silver

Sura Al Dahr

SECTION 3 AYA 17

وَيُسْقَوْنَ فِيهَا كَأْسًا كَانَتْ مِنْ أَجْهَازِ نَجْدٍ لَذَّةً

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

Ginger (Warming)

Sura Al Dahr

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

Sura Al Dahr

SECTION 3 AYA 19

وَيُطَوَّفُ عَلَيْهِمْ وَلَدَانٌ مُّخَلَّدُونَ إِذَا رَأَيْتَهُمْ حَسِبْتَهُمْ
لُؤْلُؤًا مَّثُورًا

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

Sura Al Dahr

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

Sura Al Dahr

SECTION 3 AYA 21

عَالِيَهُمْ ثِيَابٌ سُنْدُسٍ خُضْرٌ وَإِسْتَبْرَقٌ وَحُلُّوا أَسَاوِرًا مِّن
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.....

Sura Al Dahr

SECTION 3 AYA 22

إِنَّ هَذَا كَانَ لَكُمْ جَزَاءً وَكَانَ سَعْيِكُمْ مَشْكُورًا

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

Sura Al Dahr

SECTION 4 AYA 23

إِنَّا نَحْنُ نَزَّلْنَا عَلَيْكَ الْقُرْآنَ تَنْزِيلًا

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

Sura Al Dahr

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,

Sura Al Dahr

SECTION 4 AYA 25

وَاذْكُرِ اسْمَ رَبِّكَ بُكْرَةً وَأَصِيلاً

And celebrate the Name of your Lord morning and evening,

Sura Al Dahr

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.

Sura Al Dahr

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.

Sura Al Dahr

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.

Sura Al Dahr

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.

Sura Al Dahr

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.*

Sura Al Dahr

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.

Sura Al Dahr

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