

R. 5.

41. O children of Israel! remember My favour which I bestowed upon you, and fulfil your covenant with Me, I will fulfil My covenant with you, and Me alone should you fear.

يٰۤاَيُّهَا بَنِي إِسْرَءِيلَ اذْكُرُوا نِعْمَتِيَ الَّتِي
أَنْعَمْتُ عَلَيْكُمْ وَأَوْفُوا بِعَهْدِيْ أُوفِ
بِعَهْدِكُمْ ۚ وَإِيَّايْ فَارْهَبُونِ ①

42. And believe in what I have sent down which fulfils that which is with you, and be not the first to disbelieve therein, and barter not My Signs for a paltry price, and take protection in Me alone.

وَامِنُوا بِمَا أَنْزَلْتُ مُصَدِّقًا لِّمَا
مَعَكُمْ وَلَا تَكُونُوا أَوَّلَ كَافِرٍ بِهِ ۚ
وَلَا تَشْتَرُوا بِآيَاتِيْ ثَمَنًا قَلِيلًا ۚ
وَإِيَّايْ فَاتَّقُونِ ②

43. And confound not truth with falsehood nor hide the truth, knowingly.

وَلَا تَلْبِسُوا الْحَقَّ بِالْبَاطِلِ وَتَكْتُمُوا
الْحَقَّ وَأَنْتُمْ تَعْلَمُونَ ③

44. And observe Prayer and pay the Zakāt, and bow down with those who bow.

وَأَقِيمُوا الصَّلَاةَ وَآتُوا الزَّكَاةَ
وَارْكَعُوا مَعَ الرَّاكِعِينَ ④

45. Do you enjoin others to do what is good and forget your own selves, while you read the Book? Will you not then understand?

أَتَأْمُرُونَ النَّاسَ بِالْبِرِّ وَتَنْسَوْنَ
أَنْفُسَكُمْ وَأَنْتُمْ تَتْلُونَ الْكِتَابَ ۚ
فَلَا تَعْقِلُونَ ⑤

46. And seek help with patience and Prayer; and this indeed is hard except for the humble in spirit,

وَأَسْتَعِينُوا بِالصَّبْرِ وَالصَّلَاةِ ۚ وَإِنَّهَا
لَكَبِيرَةٌ إِلَّا عَلَى الْخَاشِعِينَ ⑥

47. Who know for certain that they will meet their Lord, and that to Him will they return.

الَّذِينَ يَظُنُّونَ أَنَّهُمْ مُلْقَوْنَ رَبِّهِمْ
وَأَنَّ هُمْ إِلَيْهِ يَرْجِعُونَ ⑦

R. 6.

48. O children of Israel! remember My favour which I bestowed upon you and that I exalted you above the peoples.

يٰۤاَيُّهَا بَنِي إِسْرَءِيلَ اذْكُرُوا نِعْمَتِيَ الَّتِي
أَنْعَمْتُ عَلَيْكُمْ وَأَنِّيْ فَضَّلْتُكُمْ
عَلَى الْعَالَمِينَ ⑧

49. And fear the day when no soul shall serve as a substitute for another soul at all, nor shall intercession be accepted for it; nor shall ransom be taken from it; nor shall they be helped.

وَاتَّقُوا يَوْمًا لَا تَجْزِي نَفْسٌ عَنْ
نَفْسٍ شَيْئًا وَلَا يُقْبَلُ مِنْهَا شَفَاعَةٌ
وَلَا يُؤْخَذُ مِنْهَا عَدْلٌ وَلَا هُمْ
يُنصَرُونَ ﴿٤٩﴾

50. And *remember the time* when We delivered you from Pharaoh's people who afflicted you with grievous torment, slaying your sons and sparing your women; and in that there was a great trial for you from your Lord.

وَإِذْ نَجَّيْنَكُمْ مِنَ آلِ فِرْعَوْنَ
يَسُومُوكُمْ سُوءَ الْعَذَابِ بِدُرُحُونَ
أَبْنَاءَكُمْ وَيَسْتَحْيُونَ نِسَاءَكُمْ
وَإِذْ لَكُمْ بَلَاءٌ مِنْ رَبِّكُمْ عَظِيمٌ ﴿٥٠﴾

51. And *remember the time* when We divided the sea for you and saved you and drowned Pharaoh's people, while you looked on.

وَإِذْ فَرَقْنَا بِكُمُ الْبَحْرَ فَأَنْجَيْنَكُمْ
وَاعْرَقْنَا آلَ فِرْعَوْنَ وَأَنْتُمْ
تَنْظُرُونَ ﴿٥١﴾

52. And *remember the time* when We made Moses a promise of forty nights; then you took the calf for worship in his absence and you were transgressors.

وَإِذْ وَعَدْنَا مُوسَىٰ أَرْبَعِينَ لَيْلَةً
ثُمَّ اتَّخَذْتُمُ الْعِجْلَ مِنْ بَعْدِهِ
وَأَنْتُمْ ظَالِمُونَ ﴿٥٢﴾

53. Then We forgave you thereafter, that you might be grateful.

ثُمَّ عَفَوْنَا عَنْكُمْ مِنْ بَعْدِ ذَلِكَ
لَعَلَّكُمْ تَشْكُرُونَ ﴿٥٣﴾

54. And *remember the time* when We gave Moses the Book and the Discrimination, that you might be rightly guided.

وَإِذْ آتَيْنَا مُوسَىٰ الْكِتَابَ وَالْفُرْقَانَ
لَعَلَّكُمْ تَهْتَدُونَ ﴿٥٤﴾

55. And *remember the time* when Moses said to his people: 'O my people, you have indeed wronged yourselves by taking the calf for worship; turn you therefore to your

وَإِذْ قَالَ مُوسَىٰ لِقَوْمِهِ يُقَوْمُ
إِنكُمْ ظَلَمْتُمْ أَنْفُسَكُمْ بِاتِّخَاذِكُمُ
الْعِجْلَ فَتُوبُوا إِلَىٰ بَارِئِكُمْ فَاقْتُلُوا

*Maker, and slay your own people; that is the best for you with your Maker.' Then He turned towards you with compassion. Surely, He is Oft-Returning *with compassion, and is Merciful.*

56. And *remember* when you said: 'O Moses, we will by no means believe thee until we see Allāh face to face;' then the thunderbolt overtook you, while you gazed.

57. Then We raised you up after your death, that you might be grateful.

58. And We caused the clouds to be a shade over you and sent down on you Manna and Salwā, *saying*: 'Eat of the good things We have provided for you.' And they wronged Us not, but it was themselves that they wronged.

59. And *remember the time* when We said: "Enter this village and eat therefrom—wherever you will—plentifully; and enter the gate submissively and say: 'God! forgive us our sins.' We shall forgive you your sins and We shall give increase to those who do good."

60. The transgressors changed *it* for a word other than that which was said to them. So We sent down upon the transgressors a

أَنفُسَكُمْ ۖ ذَلِكُمْ خَيْرٌ لَّكُمْ عِنْدَ
بَارِئِكُمْ ۖ فَتَابَ عَلَيْكُمْ ۖ إِنَّهُ هُوَ
التَّوَّابُ الرَّحِيمُ ﴿٥٥﴾

وَإِذْ قُلْتُمْ يَمْوِلِي لَن تُوْمِن لَكَ
حَتَّى نَرَى اللَّهَ جَهْرَةً فَأَخَذَتْكُمُ
الصَّعِقَةُ وَأَنْتُمْ تَنْظُرُونَ ﴿٥٦﴾

ثُمَّ بَعَثْنَاكَ مِنْ بَيْنِ أَمْوَاتِكَ
لَعَلَّكُمْ تَشْكُرُونَ ﴿٥٧﴾

وَوَضَّلْنَا عَلَيْكُمُ الْعَمَامَ وَأَنْزَلْنَا
عَلَيْكُمُ الْمَنَّاءَ وَالسَّلْوَى ۖ كُلُوا
مِنْ طَيِّبَاتِ مَا رَزَقْنَاكُمْ ۖ وَمَا
ظَلَمُونَا وَلَكِنْ كَانُوا أَنفُسَهُمْ
يَظْلِمُونَ ﴿٥٨﴾

وَإِذْ قُلْنَا ادْخُلُوا هَذِهِ الْقَرْيَةَ فَكُلُوا
مِنْهَا حَيْثُ شِئْتُمْ رَغَدًا وَادْخُلُوا
الْبَابَ سَاجِدًا وَاقُولُوا حِطَّةً نَغْفِرْ لَكُمْ
خَطِيئَتَكُمْ ۖ وَسَنَزِيدُ الْمُحْسِنِينَ ﴿٥٩﴾

فَبَدَّلَ الَّذِينَ ظَلَمُوا قَوْلًا غَيْرَ الَّذِي
قِيلَ لَهُمْ فَأَنْزَلْنَا عَلَى الَّذِينَ

*55. and slay your **inner selves**;