النازعات

Surah An-Nazi'at: Those Who Pull Out

A surah with a real story, the meeting of Musa and Pharaoh, and a question that every teenager faces: who is in charge, you or your desires?

Surah 79 | Juz 30 | Revealed in Makkah | 46 ayat

BEFORE WE BEGIN

What is this surah about?

Like Surah An-Naba, this surah was revealed in Makkah, where many people refused to believe that they would be raised after death. It answers them in four steps: first the doubters and their question, then the story of Musa and Pharaoh as a warning, then proof from the sky and the earth, and last a choice between two paths.

The name means "those who pull out". It comes from the very first ayah, which swears by angels who carry out Allah's commands.

AYAT 1 TO 14

The shaking Day and the doubters

Allah swears by the angels, then shows what the doubters say and what really happens.

1

وَالنَّازِعَاتِ غَرْقًا

By those angels who pull out with force,

2

وَالنَّاشِطَاتِ نَشْطًا

And those who release with ease,

3

وَالسَّابِحَاتِ سَبْحًا

And those who glide as if swimming,

4

فَالسَّابِقَاتِ سَبْقًا

And those who race ahead,

5

فَالْمُدَبِّرَاتِ أَمْرًا

And those who carry out each task.

6

يَوْمَ تَرْجُفُ الرَّاجِفَةُ

On the Day the first great quake shakes everything,

7

تَتْبَعُهَا الرَّادِفَةُ

Followed by the second one,

8

قُلُوبٌ يَوْمَئِذٍ وَاجِفَةٌ

Hearts that Day will be trembling,

9

أَبْصَارُهَا خَاشِعَةٌ

Their eyes lowered in fear.

10

يَقُولُونَ أَإِنَّا لَمَرْدُودُونَ فِي الْحَافِرَةِ

They say, "Will we really be returned to our former life,

11

أَإِذَا كُنَّا عِظَامًا نَخِرَةً

Even after we have become crumbled bones?"

12

قَالُوا تِلْكَ إِذًا كَرَّةٌ خَاسِرَةٌ

They say, "Then that would be a losing return!"

13

فَإِنَّمَا هِيَ زَجْرَةٌ وَاحِدَةٌ

But it will be only one great shout,

14

فَإِذَا هُمْ بِالسَّاهِرَةِ

And suddenly they are awake, standing on the open earth.

What it means. The first five ayat are oaths. Scholars explain them as angels doing Allah's orders, including taking souls. For some people this is done with force and for others with ease and gentleness. On the Day of the quakes, even the hearts of the doubters tremble.

The people of Makkah laughed and asked, "How can bones that have crumbled live again?" Allah answers in one line: it will take only a single shout, and everyone will be awake and standing.

الرَّاجِفَة the shaking one

زَجْرَة a loud shout

Lesson

Something that seems impossible to us is easy for Allah. Do not measure His power by what you can imagine.

AYAT 15 TO 26

The story of Musa and Pharaoh

A true story, told in twelve short ayat.

15

هَلْ أَتَاكَ حَدِيثُ مُوسَىٰ

Has the story of Musa reached you?

16

إِذْ نَادَاهُ رَبُّهُ بِالْوَادِ الْمُقَدَّسِ طُوًى

When his Lord called to him in the sacred valley of Tuwa:

17

اذْهَبْ إِلَىٰ فِرْعَوْنَ إِنَّهُ طَغَىٰ

"Go to Pharaoh. He has crossed all limits.

18

فَقُلْ هَل لَّكَ إِلَىٰ أَن تَزَكَّىٰ

And say, 'Would you like to purify yourself?

19

وَأَهْدِيَكَ إِلَىٰ رَبِّكَ فَتَخْشَىٰ

And let me guide you to your Lord, so that you may fear Him?'"

20

فَأَرَاهُ الْآيَةَ الْكُبْرَىٰ

Then Musa showed him the greatest sign.

21

فَكَذَّبَ وَعَصَىٰ

But Pharaoh denied it and disobeyed.

22

ثُمَّ أَدْبَرَ يَسْعَىٰ

Then he turned away, hurrying about.

23

فَحَشَرَ فَنَادَىٰ

He gathered his people and called out,

24

فَقَالَ أَنَا رَبُّكُمُ الْأَعْلَىٰ

And said, "I am your highest lord!"

25

فَأَخَذَهُ اللَّهُ نَكَالَ الْآخِرَةِ وَالْأُولَىٰ

So Allah seized him with a punishment that is a lesson for the Hereafter and for this life.

26

إِنَّ فِي ذَٰلِكَ لَعِبْرَةً لِّمَن يَخْشَىٰ

Indeed, in that is a lesson for whoever fears Allah.

1 **The call**

Allah speaks to Musa in the holy valley of Tuwa and gives him a mission (ayat 15 and 16).

2 **The gentle offer**

Musa is told to speak softly to a proud king. He offers to help Pharaoh become pure and to guide him to his Lord (17 to 19).

3 **The great sign**

Musa shows a sign. Scholars mention his staff and his shining hand (20).

4 **The refusal**

Pharaoh denies it and disobeys, then rushes off to stop the people from believing (21 and 22).

5 **The big claim**

He gathers everyone and declares, "I am your highest lord!" (23 and 24).

6 **The end**

Allah seizes him. Pharaoh's end, drowning in the sea, became a lasting lesson (25 and 26).

What it means. Pharaoh had power, armies and wealth, but his pride made him blind. Look at how Allah tells Musa to speak: with a polite question, "Would you like to purify yourself?" Even to the worst tyrant, the first approach is gentle. Pharaoh's story is a warning for the people of Makkah who were denying the Prophet ﷺ, and for everyone who thinks power makes them untouchable.

طَغَى crossed all limits

عِبْرَة a lesson to learn from

Lesson

Pride is the opposite of faith. Speak to people gently, even when they are wrong. And never think any position or power puts you above the Creator.

AYAT 27 TO 33

Which is harder to make: you, or the sky?

Allah answers the doubters with the world around them.

27

أَأَنتُمْ أَشَدُّ خَلْقًا أَمِ السَّمَاءُ ۚ بَنَاهَا

Are you harder to create, or the heaven? He built it.

28

رَفَعَ سَمْكَهَا فَسَوَّاهَا

He raised its ceiling high and made it perfectly even.

29

وَأَغْطَشَ لَيْلَهَا وَأَخْرَجَ ضُحَاهَا

He darkened its night and brought out its daylight.

30

وَالْأَرْضَ بَعْدَ ذَٰلِكَ دَحَاهَا

And after that He spread out the earth.

31

أَخْرَجَ مِنْهَا مَاءَهَا وَمَرْعَاهَا

He brought out from it its water and its pasture,

32

وَالْجِبَالَ أَرْسَاهَا

And the mountains He set firmly in place,

33

مَتَاعًا لَّكُمْ وَلِأَنْعَامِكُمْ

As provision for you and your animals.

What it means. The doubters said, "Bones turning into people again? Impossible." Allah asks them to compare. Which is bigger work, creating a human being again or building the huge, perfectly balanced sky? He spreads out the earth, brings water and grass from it, and fixes the mountains. All of this is provision for people and their animals. The One who did this for you can certainly do the smaller thing of bringing you back.

سَمْك height, the ceiling

دَحَاهَا spread it out

Lesson

Everything in the sky and on the earth was made for you to benefit from. Use these gifts with thanks, and take care of them.

AYAT 34 TO 41

Two paths

The Great Overwhelming Event arrives, and every person goes one of two ways.

34

فَإِذَا جَاءَتِ الطَّامَّةُ الْكُبْرَىٰ

But when the greatest overwhelming event comes,

35

يَوْمَ يَتَذَكَّرُ الْإِنسَانُ مَا سَعَىٰ

The Day a person will remember what they strove for,

36

وَبُرِّزَتِ الْجَحِيمُ لِمَن يَرَىٰ

And Hellfire is brought out for all who see,

37

فَأَمَّا مَن طَغَىٰ

Then as for the one who crossed all limits

38

وَآثَرَ الْحَيَاةَ الدُّنْيَا

And preferred the life of this world,

39

فَإِنَّ الْجَحِيمَ هِيَ الْمَأْوَىٰ

Hellfire will be his home.

40

وَأَمَّا مَنْ خَافَ مَقَامَ رَبِّهِ وَنَهَى النَّفْسَ عَنِ الْهَوَىٰ

But as for the one who feared standing before his Lord and held back the soul from its desires,

41

فَإِنَّ الْجَنَّةَ هِيَ الْمَأْوَىٰ

Paradise will be his home.

Path one

- Crosses limits

Path two

- Fears standing before Allah

- Chooses this world over the next
- Home: Hellfire (ayat 37 to 39)

- Says no to the soul's wrong desires
- Home: Paradise (ayat 40 and 41)

What it means. On that Day a person will suddenly remember every effort they made in life. The two groups are separated by two choices: whether you put this world first, and whether you can say no to your own wrong wishes. The "desire" here is the pull to do what feels good right now even though you know it is wrong.

الطَّآمَّة the overwhelming event

الْهَوَىٰ wrong desire

Lesson

Self-control is a strength. When you stop yourself from a wrong thing, such as lying, wasting time, or following the crowd, you are choosing the second path.

AYAT 42 TO 46

When is the Hour?

People kept asking the Prophet ﷺ for the date. Allah gives a different answer.

42

يَسْـَٔلُونَكَ عَنِ ٱلسَّاعَةِ أَيَّانَ مُرْسَىٰهَا

They ask you about the Hour: when will it come?

43

فِيمَ أَنتَ مِن ذِكْرَىٰهَآ

What do you have to do with stating its time?

44

إِلَىٰ رَبِّكَ مُنتَهَىٰهَآ

To your Lord belongs its final knowledge.

45

إِنَّمَا أَنتَ مُنذِرُ مَن يَخْشَاهَا

You are only a warner for those who fear it.

46

كَأَنَّهُمْ يَوْمَ يَرَوْنَهَا لَمْ يَلْبَثُوا إِلَّا عَشِيَّةً أَوْ ضُحَاهَا

On the Day they see it, it will feel as if they had stayed in the world only an evening or its morning.

What it means. The exact time of the Hour is known only to Allah, so the Prophet ﷺ was not asked to announce a date. His job was to warn those who take the matter seriously. The last ayah gives a powerful picture. When people finally see that Day, the whole of their life, with all its worries and fun, will feel like a single afternoon or a single morning.

السَّاعَة the Hour, the Day of Judgement

مُنْذِر a warner

Lesson

Do not waste your energy asking when it will happen. Use it to get ready. Life is far shorter than it feels today.

Six lessons to take with you

Allah's power is complete

If He made the sky, bringing you back is easy for Him.

Pride destroys

Pharaoh had everything and lost it all because he claimed to be lord.

Speak gently

Even to a tyrant, Musa was told to begin with a kind question.

Notice the provision

Water, grass and mountains are gifts for you and your animals.

Say no to wrong desires

Life is short

Holding back the soul is the way to the second path.

On that Day, a whole life will feel like one evening.

English wording is adapted from the Sahih International translation for young readers. Please check the Arabic text against a printed mushaf before printing or sharing.