

80- He Frowned (Abasa)
In the name of God, Most Gracious, Most Merciful

- [80:1] He (Muhammad) frowned and turned away.
- [80:2] When the blind man came to him.
- [80:3] How do you know? He may purify himself.
- [80:4] Or he may take heed, and benefit from the message.
- [80:5] As for the rich man.
- [80:6] You gave him your attention.
- [80:7] Even though you could not guarantee his salvation.
- [80:8] The one who came to you eagerly.
- [80:9] And is really reverent.
- [80:10] You ignored him.
- [80:11] Indeed, this is a reminder.
- [80:12] Whoever wills shall take heed.
- [80:13] In honorable scriptures.
- [80:14] Exalted and pure.
- [80:15] (Written) by the hands of messengers.
- [80:16] Who are honorable and righteous.
- [80:17] Woe to the human being; he is so unappreciative!
- [80:18] What did He create him from?
- [80:19] From a tiny drop, He creates him and designs him.
- [80:20] Then He points out the path for him.
- [80:21] Then He puts him to death, and into the grave.
- [80:22] When He wills, He resurrects him.

[80:23] He shall uphold His commandments.
[80:24] Let the human consider his food!
[80:25] We pour the water generously.
[80:26] Then we split the soil open.
[80:27] We grow in it grains.
[80:28] Grapes and pasture.
[80:29] Olives and palms.
[80:30] A variety of orchards.
[80:31] Fruits and vegetables.
[80:32] To provide life support for you and your animals.
[80:33] Then, when the blow comes to pass.
[80:34] That is the day when one flees from his brother.
[80:35] From his mother and father.
[80:36] From his spouse and children.
[80:37] Each one of them, on that day, worries about his own destiny.
[80:38] Some faces on that day will be happy.
[80:39] Laughing and joyful.
[80:40] Other faces, on that day, will be covered with misery.
[80:41] Overwhelmed by remorse.
[80:42] These are the wicked disbelievers.