

The Saheeh International Quran Translation

وَاللّٰهُ خَلَقَكُمْ مِّنْ تُرَابٍ ثُمَّ مِّنْ نُطْفَةٍ ثُمَّ جَعَلَكُمْ أَزْوَاجًا ۚ وَمَا تَحْمِلُ مِنْ أُنْثَىٰ وَلَا تَضَعُ
إِلَّا بِعِلْمِهِ ۚ وَمَا يُعَمَّرُ مِنْ مُّعَمَّرٍ وَلَا يُنْقَصُ مِنْ عُمرِهِ إِلَّا فِي كِتَابٍ ۚ إِنَّ ذَٰلِكَ عَلَى اللَّهِ
يَسِيرٌ

And Allah created you from dust, then from a sperm-drop; then He

made you mates. And no female conceives nor does she give birth

except with His knowledge. And no aged person is granted [additional]

life nor is his lifespan lessened but that it is in a register. Indeed, that

for Allah is easy.