

therefore ensure that you perform the Salah prayers and faithfully give Zakah for charity.

Seek the help of God, as He is your friend, and you will see how good a friend and supporter God is.

22:75-78

August 10

We created humankind
from an extract of clay.

We then formed him from a drop of sperm,
housing him in a secure place [within the womb].

We then created out of the drop of sperm
a suspended [cluster of cells in the womb].

And We then made these cluster of cells
grow into [an embryo,]

[which looks like no more than a piece of] chewed meat.

Then We caused bones to grow within it
and covered them with flesh and skin.

Finally, We transformed this living mass
into a different creature, a human being.

Give glory to God, the ultimate Creator.

[O human, you will live a certain time]

and then your earthly body will die;

but afterwards, you will be surely resurrected
on the Day of Judgment.