

156. Who, when disaster strikes them, say, "Indeed we belong to Allāh, and indeed to Him we will return."
157. Those are the ones upon whom are blessings from their Lord and mercy. And it is those who are the [rightly] guided.
158. Indeed, aṣ-Ṣafā and al-Marwah are among the symbols<sup>47</sup> of Allāh. So whoever makes ḥajj [pilgrimage] to the House or performs 'umrah – there is no blame upon him for walking between them.<sup>48</sup> And whoever volunteers good – then indeed, Allāh is Appreciative and Knowing.
159. Indeed, those who conceal what We sent down of clear proofs and guidance after We made it clear for the people in the Scripture – those are cursed by Allāh and cursed by those who curse,<sup>49</sup>
160. Except for those who repent and correct themselves and make evident [what they concealed]. Those – I will accept their repentance, and I am the Accepting of repentance, the Merciful.
161. Indeed, those who disbelieve and die while they are disbelievers – upon them will be the curse of Allāh and of the angels and the people, all together,
162. Abiding eternally therein. The punishment will not be lightened for them, nor will they be reprieved.
163. And your god is one God. There is no deity [worthy of worship] except Him, the Entirely Merciful, the Especially Merciful.
164. Indeed, in the creation of the heavens and the earth, and the alternation of the night and the day, and the [great] ships which sail through the sea with that which benefits people, and what Allāh has sent down from the heavens of rain, giving life thereby to the earth after its lifelessness and dispersing therein every [kind of] moving creature, and [His]

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<sup>47</sup>Places designated for the rites of ḥajj and 'umrah.

<sup>48</sup>Some believers had previously feared that this might be a pagan practice, so Allāh confirms that *sa'ī* is among the rites of His religion.

<sup>49</sup>From among the angels and the believers.

- directing of the winds and the clouds controlled between the heaven and earth are signs for a people who use reason.
165. And [yet], among the people are those who take other than Allāh as equals [to Him]. They love them as they [should] love Allāh. But those who believe are stronger in love for Allāh. And if only they who have wronged would consider [that] when they see the punishment, [they will be certain] that all power belongs to Allāh and that Allāh is severe in punishment.
166. [And they should consider that] when those who have been followed disassociate themselves from those who followed [them], and they [all] see the punishment, and cut off from them are the ties [of relationship],
167. Those who followed will say, "If only we had another turn [at worldly life] so we could disassociate ourselves from them as they have disassociated themselves from us." Thus will Allāh show them their deeds as regrets upon them. And they are never to emerge from the Fire.
168. O mankind, eat from whatever is on earth [that is] lawful and good and do not follow the footsteps of Satan. Indeed, he is to you a clear enemy.
169. He only orders you to evil and immorality and to say about Allāh what you do not know.
170. And when it is said to them, "Follow what Allāh has revealed," they say, "Rather, we will follow that which we found our fathers doing." Even though their fathers understood nothing, nor were they guided?
171. The example of those who disbelieve is like that of one who shouts at what hears nothing but calls and cries [i.e., cattle or sheep] – deaf, dumb and blind, so they do not understand.
172. O you who have believed, eat from the good [i.e., lawful] things which We have provided for you and be grateful to Allāh if it is [indeed] Him that you worship.