

SURAH EK KAHANI



Surah 'Abasa

Wo Trioha Chadha

Poora safar — wo nabina jisne duniya ko sikhaya —
jaise koi bade pyaar se bachche ko sunata hai



Surah No. 80 • 42 Ayatein • Makki

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Ek Nazar Mein Surah

'Abasa wa tawallaa. An jaaa'ahul-a'maa

1-2. Wo triooha chadha aur moonh phera, kyunki uske
paas nabina aa gaya.

Wa maa yudreeka la'allahoo yazzakkaa

3. Aur aap kya jaanein, shayad wo paak ho jata.

Kallaaa innahaa tazkirah

11. Hargiz nahi! Beshak ye ek naseehat hai.

Falyanzuril-insaanu ilaa ta'aamih

24. To insan apne khane ki taraf dekhe.

Yawma yafirrul-mar'u min akheeh

34. Jis din aadmi apne bhai se bhaagega.

Wujoohuny-yawma'izim musfirah

38. Us din kuch chehre roshan honge.

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Ek Triooha Jo Hamesha Ke Liye Likh Diya Gaya



Beta, aaj ki surah ek aise waqiye se shuru hoti hai jo itna asadharan hai ke wo khud ba khud is baat ki sab se mazboot daleelon mein se ek hai ke Quran Allah ki taraf se hai.

Nabi ﷺ ek nihayat ahem guftagu ke beech mein the. Aapke saamne Quraysh ke sardar baithe the — 'Utbah, Shaybah, Abu Jahl, Umayyah jaise log — wohi qayadat jinke Islam qubool karne se poore paighaam ke liye Makkah ke darwaze khul sakte the. Aap ﷺ unke saamne poori ummeed aur fikr ke saath Islam pesh kar rahe the.

Aur us mulaqat ke beech mein, ek ghareeb nabina sahabi — Abdullah ibn Umm Maktoom (RA) — andar aaye, ye dekhe bagair ke kaun maujood hai, aur pukaar uthe: ya Rasoolallah, mujhe wo sikhaiye jo Allah ne aapko sikhaya!

Unhone ise dohraya, guftagu mein khalal daalte hue. Aur Nabi ﷺ — is chahati hue ke sardaron ke saath ye qeemti mauqa haath se na nikal jaye — ne ek bilkul insani kaam kiya: aapne halka sa trio ha chadhaya, apna



chehra pher liya, aur sardaron ke saath baat jaari rakhi.

Aur saaton aasmanon ke oopar se wahi nazil hui — kisi jang ke baare mein nahi, kisi qanoon ke baare mein nahi, balki us triohe ke baare mein: 'ABASA WA TAWALLA — WO TRIOHA CHADHA AUR MOONH PHERA — AN JA'AHUL-A'MA — kyunki uske paas NABINA aa gaya.'

Beta, yahan ruk jaiye. Gaur kijiye ke Allah apne mehboob ki islaah KIS narmi se karte hain: Wo ye nahi kehte 'AAPNE triohe chadhaya' — Wo teesre seeghe mein kehte hain, 'wo triohe chadha', goya seedhe khitaab se pehle baat ko naram kar rahe hon. Aur phir: 'WA MA YUDREEKA LA'ALLAHU YAZZAKKA — aur AAP KYA JAANEIN — shayad wo PAAK ho jata — AW YAZZAKKARU FA-TANFA'AHUZ-ZIKRA — ya naseehat qubool karta, aur naseehat use faida deti?'

Phir Allah wo tazad bayan karte hain jise sikhane ke liye ye surah maujood hai: 'AMMA MANIS-TAGHNA — raha wo jo KHUD KO BE-NIYAZ SAMAJHTA hai — FA-ANTA



LAHU TASADDA — to AAP uski taraf tawajju dete hain!
WA MA 'ALAYKA ALLA YAZZAKKA — halanke agar wo
paak na ho to aap par kuch nahi. WA AMMA MAN
JA'AKA YAS'A — aur raha wo jo aapke paas DAUD kar
aaya — WA HUWA YAKHSHA — aur wo Allah se
DARTA hai — FA-ANTA 'ANHU TALAHHA — us se aap
BE-DHYAN ho jaate hain.'

Islaah Ke Andar Chhupi Daleel

Beta, ab sochiye ye surah HAI kya. Yahan ek shakhs
nubuwwat ka daawa kar raha hai. Agar wo is Kitab ko
khud gadh raha hota, to kya wo apni hi kitab mein —
jise har paiookaar Qiyamat tak namaz mein padhega —
apne hi triohe ki sar-e-aam islaah shaya karta? Kya koi
jaali banane wala apni hi ghalti us dastawez mein likhta
jo uska iqtidaar qaim karne ke liye ho?

Beta, nahi. Jo apni chhavi chamkata hai wo aise lamhe
chhupata hai. Is Kitab ne ise mehfooz rakha. Yahi us
Bhejne Wale ke dastkhat hain jo Rasool se oopar hai.



Aur dekhiye Nabi ﷺ ne uske baad kya kiya, aur yahi asal sabaq hai. Aapne Abdullah ibn Umm Maktoom (RA) se koi ranjish nahi rakhi — aapne baaqi zindagi unki IZZAT ki. Jab bhi aap unse milte, unka istaqbal in alfaz se karte: 'khush-aamdeed us shakhs ko jiski wajah se mere Rab ne meri islaah farmayi!' Aap unke baithne ke liye apni chaadar bichha dete. Aur jab aap ﷺ safar par jaate to is nabina ko ek se zyada baar Madinah par apna naib muqarrar farmaya — wo sheher us shakhs ki nigrani mein chhod diya jise kabhi aapne moonh pher kar chhoda tha.

Beta, ek azeem rooh islaah ko yun qubool karti hai: difaee andaz se nahi, sharmindagi ko doori mein badal kar nahi — balki us shakhs ko buland kar ke jo uska sabab bana.

Aur jo usool Allah ne yahan qaim kiya wo ummat par hamesha ke liye haakim hai: ilm ka ek mukhlis talib — chahe kitna hi ghareeb ho, kitna hi ma'zoor, duniya ki nazar mein kitna hi bay-haisiyat — aapki tawajju par us amir se zyada haq rakhta hai jo koi zaroorat mehsoos hi



nahi karta. Apni mehfilon par nazar daaliye, beta: agli seat, garmjoshi wala musafaha, extra minute — kise milte hain? Ye surah hum sab ka hisab-kitab (audit) leti hai.

Ba-Izzat Safhon Par Likha Hua

Phir Allah guftagu ko khud Quran ki taraf buland karte hain: 'KALLA INNAHA TAZKIRAH — HARGIZ NAHI! Beshak ye ek NASEEHAT hai — FA-MAN SHA'A ZAKARAH — to jo CHAHE ise yaad rakhe.'

Beta, gaur kijiye: ye paighaam na un par thopa jaye jo koi zaroorat mehsoos nahi karte, na un se roka jaye jo daud kar aate hain. Ise khule mein rakh diya gaya — jo chahe, le le.

'FEE SUHUFIN MUKARRAMAH — (likha hua)
BA-IZZAT safhon mein — MARFOO'ATIN
MUTAHHARAH — BULAND aur PAAK — BI-AYDEE
SAFARAH — LIKHNE WALON (farishton) ke haathon se
— KIRAMIN BARARAH — jo IZZAT WALE,
FARMABARDAR hain.'



Beta, is izzat ki zanjeer dekhiye jo Allah apni Kitab ke liye bayan karte hain: ba-izzat safhe, buland kiye hue, paak rakhe gaye, izzat wale farmabardar farishton ke haathon uthaye hue. Aur phir ise pahunchaya jata hai... ek aisi mehfil mein jahan ek amir ko ek ghareeb momin par tarjeeh di ja rahi hai. Yahi tazad asal nukta hai. Itni paak cheez is laayeek hai ke usse waisi hi paakizgi se pesh aaya jaye — ke hum use kaise padhte hain, kaise jeete hain, aur uski talab mein aane walon se kaisa sulook karte hain.

Apne Khane Ki Taraf Dekho

Phir surah insan ki na-shukri ki taraf mudti hai, hairat-angez sakhti wale alfaz ke saath:
'QUTILAL-INSANU MA AKFARAH — insan HALAK ho; wo kitna NA-SHUKRA hai!'

Aur phir Allah ek aisa sawal poochhte hain jo har phooli hui anaa ki hawa nikaal deta hai: 'MIN AYYI SHAY'IN KHALAQAH — Usne use KIS CHEEZ se banaya? MIN NUTFATIN KHALAQAHU FA-QADDARAH — ek BOOND



se use banaya aur uska ANDAZA muqarrar kiya. THUMMA SABEELA YASSARAH — phir uske liye RAASTA AASAN kiya' — paidaish ka raasta, aur zindagi ka raasta. 'THUMMA AMATAHU FA-AQBARAH — phir use MAUT DI aur uske liye QABR banayi.'

Beta, gaur kijiye ke qabr bhi ek ehsaan ke tor par ginwayi gayi: 'aqbarah' — Usne use qabr ata ki. Allah ne insani jism ki izzat is qanoon se ki ke use zameen mein dhaanp diya jaye, na ke kisi jaanwar ki laash ki tarah khula chhod diya jaye. Maut mein bhi aapke liye izzat ka intezam kiya gaya.

'THUMMA IZA SHA'A ANSHARAH — phir jab Wo chahenge use DOBARA ZINDA karenge. KALLA LAMMA YAQDI MA AMARAH — HARGIZ NAHI! Insan ne ab tak wo POORA NAHI kiya jiska use hukm diya gaya.' Beta, ye ayah har zindagi par ek khamosh ilzam hai: itne saare ehsanaat ginwaye jane ke baad bhi, insan ne wo mukammal nahi kiya jo use kaha gaya tha.



Aur phir surah Quran ki sab se khoobsurat ghaur-o-fikr ki dawaton mein se ek deti hai: 'FALYANZURIL-INSANU ILA TA'AMIH — to INSAN APNE KHANE KI TARAF DEKHE.'

Beta, apni plate ki taraf dekhiye. Aasman ki taraf nahi, kehkashaon ki taraf nahi — apne haath ki roti ki taraf. 'ANNA SABABNAL-MA'A SABBA — ke HUMNE paani barsaya, moosladhaar. THUMMA SHAQAQNAL-ARDA SHAQQA — phir HUMNE zameen ko PHAADA — FA-ANBATNA FEEHA HABBA — aur usmein ANAAJ ugaya — WA 'INABAN WA QADBA — aur angoor aur tarkariyan — WA ZAYTOONAN WA NAKHLA — aur zaitoon aur khajoor ke darakht — WA HADA'IQA GHULBA — aur ghane darakhton ke baagh — WA FAKIHATAN WA ABBA — aur phal aur chaaragah — MATA'AN LAKUM WA LI-AN'AMIKUM — tumhare aur tumhare CHAUPAYON ke faayde ke liye.'

Beta, is zanjeer ko trace kijiye: paani oopar se bheja gaya, mitti neech se phaadi gayi, ek beej andhere mein se oopar dhakelta hua, dhoop, mahinon ki nasho-numa,



ek kisan, dhulai-tulai, ek rasoi, aur phir aapka haath use moonh tak uthata hua. Is zanjeer ki ek kadi bhi aapki nahi. Aur Allah farmate hain: use DEKHO. Khane se pehle waqai dekho, aur khana khud ibadat ban jayega.

Wo Din Jab Aadmi Apne Bhai Se Bhaagega

Aur phir surah us Din ki taraf badhti hai, Quran ke sab se jazbaati tor par taaqatwar hisson mein se ek ke saath: 'FA-IZA JA'ATIS-SAKHKHAH — to jab KAAN BEHRE KAR DENE WALI CHINGHAD aayegi.' Sakhkhah, beta — ek aisi aawaz jo itni haawi hai ke kaan behre kar de.

'YAWMA YAFIRRUL-MAR'U MIN AKHEEH — us Din aadmi apne BHAII se BHAAGEGA — WA UMMIHI WA ABEEH — aur apni MAA aur apne BAAP se — WA SAHIBATIHI WA BANEEH — aur apni BIWI aur apni AULAD se.'

Beta, is fehrist ke saath baithiye, kyunki Allah ne ise hola dene wali barikee se tarteeb diya — bhai, maa, baap, biwi, aulad. Ye theek wohi log hain jinke liye hum



qurbani dete hain, fikr karte hain, gunah karte hain, aur jinke gird apni poori zindagi tartib dete hain. Aur us Din, insan un se BHAAGEGA.

Ulama tafseer karte hain: wo isliye bhaagega ke use dar hai ke wo uspar apna haq maangenge, ya isliye ke wo jaanta hai ke wo unki madad nahi kar sakta aur ye baat bardasht nahi kar sakta ke us se maanga jaye. Aur ayah khud wajah batati hai: 'LI-KULLI-MRI'IN MINHUM YAWMA'IZIN SHA'NUN YUGHNEEH — un mein se HAR shakhs ko us Din ek aisi FIKR hogi jo use MASROOF rakhne ko KAAFI hogi.'

Beta, ek aisi maa ka tasavvur kijiye — jo apne bachche ke liye aag mein koodh jaye — us Din itni masroof ke uska haal poochhne ki fursat na ho. Yahi us Din ka bojh hai.

Aur sabaq ye nahi ke hum apne khandan se kam mohabbat karein; ye hai ke samajh lein ke mohabbat sawab muntaqil nahi karti. Unki khidmat kijiye, izzat kijiye, unka intezam kijiye — magar unki aasaish kabhi



apne hisab ki qeemat par mat khareediye, kyunki us Din, aap mein se har ek apni hi file mein masroof hoga.

Do Qism Ke Chehre

Aur surah us Din maujood do chehron ko dikha kar khatm hoti hai — aur beta, agar is surah se aur kuch yaad na rahe, to ye chaar aayatein yaad rakhiye:

'WUJOOHUN YAWMA'IZIN MUSFIRAH — us Din kuch chehre ROSHAN honge — DAHIKATUN MUSTABSHIRAH — HANSTE hue, khushkhabri par SHADMAAN.'

Beta, hanste hue. Kaan behre kar dene wali chinghad ke Din, jab maaein apne bachchon se bhaag rahi hongi, kuch log KHUSHI se HANS rahe honge — kyunki unka hisab achha nikla. Us Din aap kaun sa chehra le kar jaate hain, ye inhi aam dinon mein tay ho raha hai.

'WA WUJOOHUN YAWMA'IZIN 'ALAYHA GHABARAH — aur us Din kuch chehron par GARD hogi — TARHAQUHA QATARAH — unhein SIYAH dhaanp rahi



hogi.' Gard aur kaalak — 'ULA'IKA
HUMUL-KAFARATUL-FAJARA — yahi log munkir
hain, badkaar.'

Beta, is surah ki banawat shuru se aakhir tak dekhiye.
Iski ibtida ek ba-izzat chehre par TRIOHE se hui — aur
ikhtitam un chehron par jo ya to HANS rahe hain ya
gard mein atay hain. Iski shuruat ek ghareeb nabina se
hui jo Allah ka khauf dil mein liye daud kar aaya tha —
aur iska anjaam ye batane par hota hai ke kaun se
chehre chamkenge.

Aur yahan aakhri khayal, beta: Abdullah ibn Umm
Maktoom (RA) is duniya mein dekh nahi sakte the.
Magar unhi ka chehra hidayat ki taraf daud raha tha,
jab ke poori beenaai wale log baith kar hisab laga rahe
the. Us Din, aap kya samajhte hain, kiska chehra un
roshan, hanste chehron mein hoga? Quran pehle hi
jawab de chuka — aur usne unka naam sirf 'nabina'
rakha, taake har padhne wala, har sadi mein, samajh le
ke Allah ka taraazu dilon ko tolta hai, aankhon ko nahi.



Is Surah Se Kya Seekha

1. Allah ka taraazu duniya ka taraazu nahi: ek ghareeb, nabina, mukhlis talib us amir se buland hai jo koi zaroorat mehsoos nahi karta.
2. Quran ka apne Rasool ﷺ ko ek triohe par tokna khud iski sachai ki daleel hai — koi jaali banane wala apni hi malaamat nahi likhta.
3. Islaah ko yun qubool kijiye jaise aap ﷺ ne ki: uske sabab bane shakhs se katrane ke bajaye uski izzat kijiye.
4. Apni mehfilon ka hisab lijiye — agli seat, garmjoshi wala salam, extra minute kise milte hain?
5. Quran ko waise sambhaliye jaise Allah ne uska bayan kiya: ba-izzat, buland, paak, izzat wale haathon uthaya hua.
6. 'Insan apne khane ki taraf dekhe' — baarish se aapke haath tak ki zanjeer trace kijiye; ek kadi bhi aapki nahi thi.



7. Us Din har shakhs apni fikr mein masroof hoga — khandan se mohabbat kijiye, khidmat kijiye, magar unki aasaish apne hisab se mat khareediye.

Ya Allah, us Din hamare chehron ko roshan aur hanste chehron mein shamil farmaiye, aur hamein logon ko unki daulat se — dilon ke bajaye — kabhi mat tolne dijiye. Ameen.

— This is a simplified, faithful retelling for understanding, based on the Quran's translation and established tafseer (Ibn Kathir and others). For deeper study, always read with a qualified teacher. —

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