

بسم الله الرحمن الرحيم

Surah Manzil

سورة المنزل

Complete Arabic Text with English Translation (Abdullah Yusuf Ali)

Surah Manzil, also known as the Manzil Dua, is a well-known collection of 33 selected verses gathered from fourteen different chapters of the Holy Quran. It is not a single continuous surah, but a compilation traditionally recited by Muslims for protection, healing, and spiritual well-being — against the evil eye, black magic, and the whispers of the Shaytan. Many scholars and households have made it a part of their daily routine, especially after Fajr prayer.

This booklet presents the complete Arabic text of every verse alongside the classic English translation by Abdullah Yusuf Ali, which is in the public domain and free of copyright restriction.

Contents

- Surah Al-Faatiha — The Opening
- Surah Al-Baqara — The Cow
- Surah Aal-i-Imraan — The Family of Imraan
- Surah Al-A'raaf — The Heights
- Surah Al-Israa — The Night Journey
- Surah Al-Muminoon — The Believers
- Surah As-Saaffaat — Those drawn up in Ranks
- Surah Ar-Rahmaan — The Beneficent
- Surah Al-Hashr — The Exile
- Surah Al-Jinn — The Jinn
- Surah Al-Kaafiroon — The Disbelievers
- Surah Al-Ikhlaas — Sincerity
- Surah Al-Falaq — The Dawn
- Surah An-Naas — Mankind

سورة الفاتحة

Al-Faatiha — The Opening · 1:1-7

1

بسم الله الرحمن الرحيم

In the name of Allah, Most Gracious, Most Merciful.

2

الحمد لله رب العلمين

Praise be to Allah, the Cherisher and Sustainer of the worlds;

3

الرحمن الرحيم

Most Gracious, Most Merciful;

4

ملك يوم الدين

Master of the Day of Judgment.

5

إياك نعبد وإياك نستعين

Thee do we worship, and Thine aid we seek.

6

اهدنا الصراط المستقيم

Show us the straight way,

7

صراط الذين أنعمت عليهم غير المغضوب عليهم ولا الضالين

The way of those on whom Thou hast bestowed Thy Grace, those whose (portion) is not wrath, and who go not astray.

سورة البقرة

Al-Baqara — The Cow · 2:1-5, 163, 255-257, 284-286

1

بسم الله الرحمن الرحيم

A. L. M.

2

ذلك الكتاب لا ريب فيه هدى للمتقين

This is the Book; in it is guidance sure, without doubt, to those who fear Allah;

3

الَّذِينَ يُؤْمِنُونَ بِالْغَيْبِ وَيُقِيمُونَ الصَّلَاةَ وَمِمَّا رَزَقْنَاهُمْ يُنْفِقُونَ

Who believe in the Unseen, are steadfast in prayer, and spend out of what We have provided for them;

4

وَالَّذِينَ يُؤْمِنُونَ بِمَا أُنْزِلَ إِلَيْكَ وَمَا أُنْزِلَ مِنْ قَبْلِكَ وَبِآخِرَةِ هُمْ يُوقِنُونَ

And who believe in the Revelation sent to thee, and sent before thy time, and (in their hearts) have the assurance of the Hereafter.

5

أُولَئِكَ عَلَى هُدًى مِنْ رَبِّهِمْ وَأُولَئِكَ هُمُ الْمُفْلِحُونَ

They are on (true) guidance, from their Lord, and it is these who will prosper.

6

وَالْهَكَمُ إِلَهٌ وَحْدَ لَا إِلَهَ إِلَّا هُوَ الرَّحْمَنُ الرَّحِيمُ

And your Allah is One Allah: There is no god but He, Most Gracious, Most Merciful.

5

إِلَّا بِمَا شَاءَ وَسِعَ كُرْسِيُّهُ السَّمُوتَ وَالْأَرْضَ وَلَا يَئُودُهُ حِفْظُهُمَا وَهُوَ الْعَلِيُّ الْعَظِيمُ
يَشْفَعُ عِنْدَهُ إِلَّا بِإِذْنِهِ يَعْلَمُ مَا بَيْنَ أَيْدِيهِمْ وَمَا خَلْفَهُمْ وَلَا يُحِيطُونَ بِشَيْءٍ مِنْ عِلْمِهِ
أَلْقِيَوْمَ لَا تَأْخُذُهُ سَنَةٌ وَلَا نَوْمٌ لَهُ مَا فِي السَّمُوتِ وَمَا فِي الْأَرْضِ مَنْ ذَا الَّذِي
أَشْفَعُ عِنْدَهُ إِلَّا بِإِذْنِهِ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ

Allah! There is no god but He, -the Living, the Self-subsisting, Eternal. No slumber can seize Him nor sleep. His are all things in the heavens and on earth. Who is there can intercede in His presence except as He permitteth? He knoweth what (appeareth to His creatures as) before or after or behind them. Nor shall they compass aught of His knowledge except as He willeth. His Throne doth extend over the heavens and the earth, and He feeleth no fatigue in guarding and preserving them for He is the Most High, the Supreme (in glory).

5

بِالطُّغُوتِ وَيُؤْمِنُ بِاللَّهِ فَقَدْ اسْتَمْسَكَ بِالْعُرْوَةِ الْوُثْقَى لَا انْفِصَامَ لَهَا وَاللَّهُ سَمِيعٌ عَلِيمٌ
لَا إِكْرَاهَ فِي الدِّينِ قَدْ تَبَيَّنَ الرُّشْدُ مِنَ الْغَيِّ فَمَنْ يَكْفُرْ

Let there be no compulsion in religion: Truth stands out clear from Error: whoever rejects evil and believes in Allah hath grasped the most trustworthy hand-hold, that never breaks. And Allah heareth and knoweth all things.

5

الطُّغُوتِ يُخْرِجُونَهُمْ مِنَ النُّورِ إِلَى الظُّلُمَاتِ أُولَئِكَ أَصْحَابُ النَّارِ هُمْ فِيهَا خَالِدُونَ
اللَّهُ وَلِيُّ الَّذِينَ آمَنُوا يُخْرِجُهُم مِنَ الظُّلُمَاتِ إِلَى النُّورِ وَالَّذِينَ كَفَرُوا أُولَئِكَ هُمُ

Allah is the Protector of those who have faith: from the depths of darkness He will lead them forth into light. Of those who reject faith the patrons are the evil ones: from light they will lead them forth into the depths of darkness. They will be companions of the fire, to dwell therein (For ever).

8

يَحَاسِبُكُمْ بِهِ اللَّهُ فَيَغْفِرُ لِمَنْ يَشَاءُ وَيُعَذِّبُ مَنْ يَشَاءُ وَاللَّهُ عَلَى كُلِّ شَيْءٍ قَدِيرٌ
لِلَّهِ مَا فِي السَّمُوتِ وَمَا فِي الْأَرْضِ وَإِنْ تَبَدُّوا مَا فِي أَنْفُسِكُمْ أَوْ تَخَفَوْهُ

To Allah belongeth all that is in the heavens and on earth. Whether ye show what is in your minds or conceal it, Allah Calleth you to account for it. He forgiveth whom He pleaseth, and punisheth whom He pleaseth, for Allah hath power over all things.

8 ورسله لا نفرق بين أحد من رسله وقالوا سمعنا وأطعنا غفرانك ربنا وإليك المصير
ءامن الرسول بما أنزل إليه من ربه والمؤمنون كل ءامن بالله وملئكته وكتبه

The Messenger believeth in what hath been revealed to him from his Lord, as do the men of faith. Each one (of them) believeth in Allah, His angels, His books, and His messengers. "We make no distinction (they say) between one and another of His messengers." And they say: "We hear, and we obey: (We seek) Thy forgiveness, our Lord, and to Thee is the end of all journeys."

8 لا طاقة لنا به وأعف عنا وأغفر لنا وأرحمنا أنت مولنا فأنصرنا على القوم الكافرين
ربنا ولا تحمل علينا إصرا كما حملته على الذين من قبلنا ربنا ولا تحملنا ما
إلا وسعها لها ما كسبت وعليها ما اكتسبت ربنا لا تؤاخذنا إن نسينا أو أخطأنا
لا يكلف الله نفسا

On no soul doth Allah Place a burden greater than it can bear. It gets every good that it earns, and it suffers every ill that it earns. (Pray:) "Our Lord! Condemn us not if we forget or fall into error; our Lord! Lay not on us a burden Like that which Thou didst lay on those before us; Our Lord! Lay not on us a burden greater than we have strength to bear. Blot out our sins, and grant us forgiveness. Have mercy on us. Thou art our Protector; Help us against those who stand against faith."

سورة ال عمران

Aal-i-Imraan — The Family of Imraan · 3:18, 26-27

1 8 أنه لا إله إلا هو والملائكة وأولوا العلم قائما بالقسط لا إله إلا هو العزيز الحكيم
شهد الله

There is no god but He: That is the witness of Allah, His angels, and those endued with knowledge, standing firm on justice. There is no god but He, the Exalted in Power, the Wise.

2 6 ممن تشاء وتعز من تشاء وتذل من تشاء بيدك الخير إنك على كل شيء قدير
قل اللهم ملك الملك تؤتي الملك من تشاء وتنزع الملك

Say: "O Allah! Lord of Power (And Rule), Thou givest power to whom Thou pleasest, and Thou strippest off power from whom Thou pleasest: Thou enduest with honour whom Thou pleasest, and Thou bringest low whom Thou pleasest: In Thy hand is all good. Verily, over all things Thou hast power.

2
7

وتخرج الحي من الميت وتخرج الميت من الحي وترزق من تشاء بغير حساب
تولج ليل في النهار وتولج النهار في ليل

"Thou causest the night to gain on the day, and thou causest the day to gain on the night; Thou bringest the Living out of the dead, and Thou bringest the dead out of the Living; and Thou givest sustenance to whom Thou pleasest, without measure."

سورة الأعراف

Al-A'raaf — The Heights · 7:54-56

5
4

والقمر والنجوم مسخرت بأمره ألا له الخلق والأمر تبارك الله رب العلمين
في ستة أيام ثم استوى على العرش يغشى الليل النهار يطلبه حثيثا والشمس
إن ربكم الله الذي خلق السموات والأرض

Your Guardian-Lord is Allah, Who created the heavens and the earth in six days, and is firmly established on the throne (of authority): He draweth the night as a veil o'er the day, each seeking the other in rapid succession: He created the sun, the moon, and the stars, (all) governed by laws under His command. Is it not His to create and to govern? Blessed be Allah, the Cherisher and Sustainer of the worlds!

5
5

أدعوا ربكم تضرعا وخفية إنه لا يحب المعتدين

Call on your Lord with humility and in private: for Allah loveth not those who trespass beyond bounds.

5
6

في الأرض بعد إصلاحها وأدعوه خوفا وطمعا إن رحمت الله قريب من المحسنين
ولا تفسدوا

Do no mischief on the earth, after it hath been set in order, but call on Him with fear and longing (in your hearts): for the Mercy of Allah is (always) near to those who do good.

سورة الإسراء

Al-Israa — The Night Journey · 17:110-111

1

فله الأسماء الحسنى ولا تجهر بصلاتك ولا تخافت بها وأبتغ بين ذلك سبيلا
قل أدعوا الله أو أدعوا الرحمن أيا ما تدعوا

Say: "Call upon Allah, or call upon Rahman: by whatever name ye call upon Him, (it is well): for to Him belong the Most Beautiful Names. Neither speak thy Prayer aloud, nor speak it in a low tone, but seek a middle course between."

1 يتخذ ولدا ولم يكن له شريك في الملك ولم يكن له ولي من الدّل وكبره تكبيرا
وقل الحمد لله الذي لم

Say: "Praise be to Allah, who begets no son, and has no partner in (His) dominion: Nor (needs) He any to protect Him from humiliation: yea, magnify Him for His greatness and glory!"

سورة المؤمنون

Al-Muminoon — The Believers · 23:115-118

1 أفحسبتم أنما خلقنكم عبثا وأنكم إلينا لا ترجعون

"Did ye then think that We had created you in jest, and that ye would not be brought back to Us (for account)?"

1 فتعالى الله الملك الحق لا إله إلا هو رب العرش الكريم

Therefore exalted be Allah, the King, the Reality: there is no god but He, the Lord of the Throne of Honour!

1 يدع مع الله إلها آخر لا برهن له به فإنما حسابه عند ربه إنه لا يفلح الكفرون
ومن

If anyone invokes, besides Allah, Any other god, he has no authority therefor; and his reckoning will be only with his Lord! and verily the Unbelievers will fail to win through!

1 وقل رب أغفر وأرحم وأنت خير الرحمين

So say: "O my Lord! grant Thou forgiveness and mercy for Thou art the Best of those who show mercy!"

سورة الصافات

As-Saaffaat — Those drawn up in Ranks · 37:1-11

1 بسم الله الرحمن الرحيم وألصقت صفا

By those who range themselves in ranks,

2

فَالزَّجَرَتْ زَجْرًا

And so are strong in repelling (evil),

3

فَالْتَلَيْتَ ذِكْرًا

And thus proclaim the Message (of Allah)!

4

إِنَّ إِلَهَكُمْ لَوَاحِدٌ

Verily, verily, your Allah is one!-

5

رَبُّ السَّمَوَاتِ وَالْأَرْضِ وَمَا بَيْنَهُمَا وَرَبُّ الْمَشْرِقِ

Lord of the heavens and of the earth and all between them, and Lord of every point at the rising of the sun!

6

إِنَّا زَيْنَا السَّمَاءِ الدُّنْيَا بِزِينَةِ الْكَوَاكِبِ

We have indeed decked the lower heaven with beauty (in) the stars,-

7

وَحِفْظًا مِنْ كُلِّ شَيْطَانٍ مَارِدٍ

(For beauty) and for guard against all obstinate rebellious evil spirits,

8

لَا يَسْمَعُونَ إِلَى الْمَلَأِ الْأَعْلَى وَيُقَذَّفُونَ مِنْ كُلِّ جَانِبٍ

(So) they should not strain their ears in the direction of the Exalted Assembly but be cast away from every side,

9

دَحُورًا وَلَهُمْ عَذَابٌ وَاصِبٌ

Repulsed, for they are under a perpetual penalty,

10

إِلَّا مَنْ خَطِفَ الْخَطْفَةَ فَأَتْبَعَهُ شِهَابٌ ثَاقِبٌ

Except such as snatch away something by stealth, and they are pursued by a flaming fire, of piercing brightness.

11

فَأَسْتَفْتِهِمْ أَهُمْ أَشَدُّ خَلْقًا أَمْ مَنْ خَلَقْنَا إِنَّا خَلَقْنَاهُمْ مِنْ طِينٍ لَازِبٍ

Just ask their opinion: are they the more difficult to create, or the (other) beings We have created? Them have We created out of a sticky clay!

سورة الرحمن

Ar-Rahmaan — The Beneficent · 55:33-40

3
3

أَسْتَطَعْتُمْ أَنْ تَنْفَذُوا مِنْ أَقْطَارِ السَّمَوَاتِ وَالْأَرْضِ فَانْفَذُوا لَا تَنْفَذُونَ إِلَّا بِسُلْطَنِ
يَمْعَشِرِ الْجِنِّ وَالْإِنْسِ إِنْ

O ye assembly of Jinns and men! If it be ye can pass beyond the zones of the heavens and the earth, pass ye! not without authority shall ye be able to pass!

3
4

فَبَأَىءَ الْآءِ رَبِّكُمْ تَكْذِبَانِ

Then which of the favours of your Lord will ye deny?

3
5

يُرْسَلُ عَلَيْكُمْ شَوَاظٌ مِنْ نَارٍ وَنَحَاسٌ فَلَا تَنْتَصِرَانِ

On you will be sent (O ye evil ones twain!) a flame of fire (to burn) and a smoke (to choke): no defence will ye have:

3
6

فَبَأَىءَ الْآءِ رَبِّكُمْ تَكْذِبَانِ

Then which of the favours of your Lord will ye deny?

3
7

فَإِذَا أَنْشَقَّتِ السَّمَاءُ فَكَانَتْ وَرْدَةً كَالدِّهَانِ

When the sky is rent asunder, and it becomes red like ointment:

3
8

فَبَأَىءَ الْآءِ رَبِّكُمْ تَكْذِبَانِ

Then which of the favours of your Lord will ye deny?

3
9

فَيَوْمَئِذٍ لَا يَسْأَلُ عَنْ ذَنْبِهِ إِنْسٌ وَلَا جَانٌ

On that Day no question will be asked of man or Jinn as to his sin.

4
0

فَبَأَىءَ الْآءِ رَبِّكُمْ تَكْذِبَانِ

Then which of the favours of your Lord will ye deny?

سورة الحشر

Al-Hashr — The Exile · 59:21-24

2
1

لَرَأَيْتَهُ خَشَعًا مُتَصَدِّعًا مِنْ خَشْيَةِ اللَّهِ وَتِلْكَ الْأَمْثَلُ نَضْرِبُهَا لِلنَّاسِ لَعَلَّهُمْ يَتَفَكَّرُونَ
لَوْ أَنْزَلْنَاهُ هَذَا الْقُرْآنَ عَلَى جَبَلٍ

Had We sent down this Qur'an on a mountain, verily, thou wouldst have seen it humble itself and cleave asunder for fear of Allah. Such are the similitudes which We propound to men, that they may reflect.

2
2

هو الله الذى لا إله إلا هو علم الغيب والشهادة هو الرحمن الرحيم

Allah is He, than Whom there is no other god;- Who knows (all things) both secret and open; He, Most Gracious, Most Merciful.

2
3

القدوس السلام المؤمن المهيمن العزيز الجبار المتكبر سبحن الله عما يشركون
هو الله الذى لا إله إلا هو الملك

Allah is He, than Whom there is no other god;- the Sovereign, the Holy One, the Source of Peace (and Perfection), the Guardian of Faith, the Preserver of Safety, the Exalted in Might, the Irresistible, the Supreme: Glory to Allah! (High is He) above the partners they attribute to Him.

2
4

المصور له الأسماء الحسنى يسبح له ما فى السموت والأرض وهو العزيز الحكيم
هو الله الخلق البارئ

He is Allah, the Creator, the Evolver, the Bestower of Forms (or Colours). To Him belong the Most Beautiful Names: whatever is in the heavens and on earth, doth declare His Praises and Glory: and He is the Exalted in Might, the Wise.

سورة الجن

Al-Jinn — The Jinn · 72:1-4

1

الرحيم قل أوحى إلى أنه أستمع نفر من الجن فقالوا إنا سمعنا قرءانا عجبا
بسم الله الرحمن

Say: It has been revealed to me that a company of Jinns listened (to the Qur'an). They said, 'We have really heard a wonderful Recital!

2

يهدى إلى الرشدا فامنا به ولن نشرك ربنا أحدا

'It gives guidance to the Right, and we have believed therein: we shall not join (in worship) any (gods) with our Lord.

3

وأنه تعالى جد ربنا ما اتخذ صحبة ولا ولدا

'And Exalted is the Majesty of our Lord: He has taken neither a wife nor a son.

4

وأنه كان يقول سفيها على الله شططا

'There were some foolish ones among us, who used to utter extravagant lies against Allah;

سورة الكافرون

Al-Kaafiroon — The Disbelievers · 109:1-6

1

بسم الله الرحمن الرحيم قل يا أيها الكفرون

Say: O ye that reject Faith!

2

لا أعبد ما تعبدون

I worship not that which ye worship,

3

ولا أنتم عبدون ما أعبد

Nor will ye worship that which I worship.

4

ولا أنا عابد ما عبدتم

And I will not worship that which ye have been wont to worship,

5

ولا أنتم عبدون ما أعبد

Nor will ye worship that which I worship.

6

لكم دينكم ولي دين

To you be your Way, and to me mine.

سورة الإخلاص

Al-Ikhlaas — Sincerity · 112:1-4

1

بسم الله الرحمن الرحيم قل هو الله أحد

Say: He is Allah, the One and Only;

2

الله الصمد

Allah, the Eternal, Absolute;

3

لم يلد ولم يولد

He begetteth not, nor is He begotten;

سورة الفلق

Al-Falaq — The Dawn · 113:1-5

1

بسم الله الرحمن الرحيم قل أعوذ برب الفلق

Say: I seek refuge with the Lord of the Dawn

2

من شر ما خلق

From the mischief of created things;

3

ومن شر غاسق إذا وقب

From the mischief of Darkness as it overspreads;

4

ومن شر النفت في العقد

From the mischief of those who practise secret arts;

5

ومن شر حاسد إذا حسد

And from the mischief of the envious one as he practises envy.

سورة الناس

An-Naas — Mankind · 114:1-6

1

بسم الله الرحمن الرحيم قل أعوذ برب الناس

Say: I seek refuge with the Lord and Cherisher of Mankind,

2

ملك الناس

The King (or Ruler) of Mankind,

3

إله الناس

The god (or judge) of Mankind,-

4

من شر الوسواس الخناس

From the mischief of the Whisperer (of Evil), who withdraws (after his whisper),-

5

الذى يوسوس فى صدور الناس

(The same) who whispers into the hearts of Mankind,-

6

من الجنة والناس

Among Jinns and among men.

Arabic text: Uthmani script, King Fahad Complex mushaf standard. English translation: Abdullah Yusuf Ali (public domain). Compiled for free, non-commercial distribution.