

## The Saheeh International Quran Translation

وَاللَّهُ خَلَقَكُمْ مِنْ تُرَابٍ ثُمَّ مِنْ نُطْفَةٍ ثُمَّ جَعَلَكُمْ أَزْوَاجًا وَمَا تَحْمِلُ مِنْ أُنْثَىٰ وَلَا تَضَعُ  
إِلَّا بِعِلْمِهِ وَمَا يُعَمِّرَنَّ مِنْ مُّعَمَّرٍ وَلَا يُنْقِصُ مِنْ عُمُرِهِ إِلَّا فِي كِتَابٍ إِنَّ ذَلِكَ 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.