

## The Saheeh International Quran Translation

فَكُلِّي وَاشْرَبِي وَعَيْنَا<sup>ط</sup> فَإِمَّا تَرِينَ<sup>ن</sup> مِّنَ الْبَشَرِ أَحَدًا فَقُولِي إِنَّي نَذَرْتُ لِلرَّحْمَنِ صَوْمًا  
فَلَنْ أَكَلِمَ الْيَوْمَ<sup>ن</sup> إِنْسِيًّا

So eat and drink and be contented. And if you see from among  
humanity anyone, say, 'Indeed, I have vowed to the Most Merciful  
abstention, so I will not speak today to [any] man.' "