

**Surah Al-Imran (Surah 3), verses 190-194**

إِنَّ فِي خَلْقِ السَّمَوَاتِ وَالْأَرْضِ  
وَإِخْتِلَافِ اللَّيْلِ وَالنَّهَارِ لَآيَاتٍ لِّأُولِي الْأَلْبَابِ

**Verily, in the creation of the heavens and the earth and the  
alteration of night and day, are signs for  
men of understanding.**

الَّذِينَ يَذْكُرُونَ اللَّهَ قِيَامًا وَقُعُودًا وَعَلَىٰ جُنُوبِهِمْ

**Those who remember Allah, whether standing,  
sitting, or reclining,**

وَيَتَفَكَّرُونَ فِي خَلْقِ السَّمَوَاتِ وَالْأَرْضِ رَبَّنَا مَا خَلَقْتَ هَذَا بَاطِلًا  
سُبْحَانَكَ فَقِنَا عَذَابَ النَّارِ

**who reflect and contemplate on the creation of the heavens  
and the earth, (and say in awe):**

**"Our Lord! You have not created (all) this in vain!**

**Glory be to You! Save us then from the torment of Fire.**

رَبَّنَا إِنَّكَ مَنْ تُدْخِلُ النَّارَ فَقَدْ أَخْرَيْتَهُ وَمَا لِلظَّالِمِينَ مِنْ أَنْصَارٍ

**Our Lord! whom You cause to enter the Fire,  
him You have disgraced; and for the wrongdoers  
there shall be no helpers**

رَبَّنَا إِنَّا سَمِعْنَا مُنَادِيًا يُنَادِي لِلْإِيمَانِ أَنْ آمِنُوا بِرَبِّكُمْ فَآمَنَّا

رَبَّنَا فَاعْفُ رِنَا ذُنُوبَنَا وَكَفِّرْ عَنَّا سَيِّئَاتِنَا وَتَوَفَّنَا مَعَ الْأَبْرَارِ

**Our Lord! We have heard the voice of the Caller (Messenger)  
calling to faith: 'Believe in your Lord!' So we believed.  
Our Lord! Forgive us then our sins, and efface from us  
our evil deeds, and cause us to die along with the virtuous.**

رَبَّنَا وَإِنَّا مَا وَعَدْتَنَا عَلَى رُسُلِكَ وَلَا تُخْزِنَا يَوْمَ الْقِيَامَةِ

**Our Lord! Grant us what You had promised to us by Your  
Messengers, and do not disgrace us on the Day of Resurrection.**

إِنَّكَ لَا تُخْلِفُ الْمِيعَادَ

**Verily, You do not break (Your) promise."**

## Teachings from verse in brief:

1. People of insight (the believers) often think about the complex order of creation and their thinking leads them to Allah.
2. They will remember Allah quite often, in spite of whatever they are doing. This is a form of silent prayer.
3. Such people will often reflect and feel in their heart:
  - a. that Allah (swt) has created things not in vain,
  - b. that the glory belongs to Allah alone,
  - c. they ask Allah to protect them from Hell-Fire,
  - d. that he who deserves the Fire has been truly disgraced,
  - e. that the evildoers will be devoid of anyone to come to their aid on the Day of Judgment.
4. Such people will also pray:
  - a. that when they were called to the Faith they believed,
  - b. they ask forgiveness and expiation for their misdeeds,
  - c. they ask to die as righteous,
  - d. they ask not to be disgraced on the Day of Judgment,
  - e. they pray being granted what Allah has promised through His Messengers, i.e., Allah's guidance in its totality, which is Islam, the promise of Paradise for those who deserve it, and Allah's forgiveness for those who deserve it.