

## The Saheeh International Quran Translation

فَكُلِّي وَاشْرَبِي وَعَيْنًا عَلَيْنَا فِيمَا تَرِينَ ۗ مِنْ الْبَشَرِ أَحَدًا فَقُولِي إِنَّي نَذَرْتُ لِلرَّحْمَنِ صَوْمًا  
فَلَنْ أَكَلِمَ الْيَوْمَ 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.' "