

The Saheeh International Quran Translation

فَمَنْ لَمْ يَجِدْ فَصِيَامُ شَهْرَيْنِ مُتَتَابِعَيْنِ مِنْ قَبْلِ أَنْ يَتَمَاسَا ^ص فَمَنْ لَمْ يَسْتَطِعْ فَإِطْعَامُ سِتِّينَ
مِسْكِينًا ^ج ذَلِكَ لِتُؤْمِنُوا بِاللَّهِ وَرَسُولِهِ ^ج وَتِلْكَ حُدُودُ اللَّهِ ^ق وَلِلْكَافِرِينَ عَذَابٌ أَلِيمٌ

And he who does not find [a slave] - then a fast for two months consecutively before they touch one another; and he who is unable - then the feeding of sixty poor persons. That is for you to believe [completely] in Allah and His Messenger; and those are the limits [set by] Allah. And for the disbelievers is a painful punishment.