

٢٤-فَنَادَاهَا مِن تَحْتِهَا أَلَا تَحْزَنِي قَدْ جَعَلَ رَبُّكِ تَحْتَكِ سَرِيًّا

٢٥-وَهُزِّي إِلَيْكِ بِجِذْعِ النَّخْلَةِ تُسَاقُ عَلَيْكِ رُطَبًا جَنِيًّا

٢٦-فَكُلِي وَاشْرَبِي وَقَرِّي عَيْنًا فَمَا تُرِيَنَّ مِنَ الْبَشَرِ أَحَدًا فَقُولِي إِنِّي نَذَرْتُ لِلرَّحْمَنِ صَوْمًا فَلَنْ أُكَلِّمَ الْيَوْمَ إِنْسِيًّا

(مَرْيَمَ: ٢٤-٢٦)

24- But he[1] called her from below her, "Do not grieve; your Lord has provided beneath you a stream.

25- And shake toward you the trunk of the palm tree; it will drop upon you ripe, fresh dates.

26- 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.'

Quran (19:24-26)