Name: ..... Date: .....

An-Nas

Lesson 4 · surah 114 · mankind

📖 The story: An-Nas

Read together, part by part.

Part 1 – A little voice

Rayan is still on his phone at midnight. Tomorrow he has a test. A little voice in his head says: “Just one more video. You still have time.” At half past one he puts his phone away. The test goes badly. “Why do I always do that?” he sighs to his big brother Adam.

☆ There is a little voice that pushes you towards bad choices.

midnight = twelve o’clock at night · **test** = small exam at school

Part 2 – The whisperer

Adam smiles. “That little voice has a name in the Quran. Al-waswas al-khannas: the whisperer who withdraws.” He explains Surah An-Nas. The word nas, people, appears again and again. You seek protection with the Lord, the King and the God of people. Against the whisperer in your heart. “He withdraws when you remember Allah,” says Adam. “As soon as you think of Allah, he goes quiet.”

☆ The whisperer goes quiet when you think of Allah.

waswas = the whisperer · **remember** = think of someone, mention his name

Part 3 – A plan

Rayan makes a plan. At ten o’clock his phone goes to the kitchen. Before sleeping he recites the last three surahs. If the little voice starts anyway, he says: a‘udhu billah. The first evenings are hard. After two weeks he sleeps better. “It works,” he says to Adam. “Not only the surah,” says Adam. “Your plan too. Allah helps those who help themselves.”

☆ Seek protection with Allah and make a good plan.

plan = deciding in advance how to do something · **a‘udhu billah** = I seek protection with Allah

💬 **Let’s talk:** Which little voice do you sometimes hear? What can help you to silence it?

💡 Did you know? – An-Nas

- An-Nas is the last surah of the Quran, number 114.
- The word nas (people) appears five times in this short surah.
- The whisperer can be a jinn, but also a person who advises you to do bad things.

📖 Surah An-Nas

surah 114 · 6 verses · Mecca

1

قُلْ أَعُوذُ بِرَبِّ ٱلنَّاسِ

Qul a'udhu birabbin-naas

Say: I seek refuge in the Lord of people,

2

مَلِكِ ٱلنَّاسِ

Malikin-naas

the King of people,

3

إِلَٰهِ ٱلنَّاسِ

Ilaahin-naas

the God of people,

4

مِن شَرِّ ٱلْوَسْوَاسِ ٱلْخَنَّاسِ

Min sharril-waswaasil-khannaas

from the evil of the retreating whisperer,

5

ٱلَّذِى يُوَسْوِسُ فِى صُدُورِ ٱلنَّاسِ

Alladhi yuwaswisu fi sudurin-naas

who whispers into the hearts of people,

6

مِنَ ٱلْجِنَّةِ وَٱلنَّاسِ

Minal-jinnati wan-naas

from among jinn and people.

An-Nas

Lesson 4 · questions and writing

✔ Questions

Tick the correct answer.

1. What is Rayan doing at midnight?

- ◯ studying
- ◯ being on his phone

2. What does al-waswas mean?

- ◯ the king
- ◯ the whisperer

3. When does the whisperer go quiet?

- ◯ when you think of Allah
- ◯ when you play games

4. Where does Rayan put his phone at ten?

- ◯ under his pillow
- ◯ in the kitchen

5. What number is An-Nas?

- ◯ 1
- ◯ 114

6. Where can the whispering come from?

- ◯ from jinn and people
- ◯ only from animals

☆ **Remember this:** Qul a'udhu bi-rabbi n-nas: I seek protection with the Lord of mankind.

✍ Think and write

Answer in a few sentences.

1. What is the whisperer? Give an example from your own life.

2. Make a plan like Rayan for something you want to change.

Puzzles

Lesson 4 · An-Nas

🔤 Word search

Find the words: from left to right and from top to bottom.

M	N	P	L	N	P	P	E	E	H	P
S	K	A	D	A	M	P	S	S	W	E
T	I	I	R	A	A	P	R	H	E	O
R	N	E	H	A	N	A	S	H	T	P
L	G	R	E	P	H	E	A	R	T	L
W	P	T	A	N	A	P	A	R	A	E
E	G	E	O	A	Y	A	P	P	N	P
A	W	A	S	W	A	S	A	H	P	Y
R	A	Y	A	N	E	L	L	O	L	L
A	W	H	I	S	P	E	R	N	A	I
P	R	W	A	A	H	E	H	E	N	E

☐ WHISPER ☐ PEOPLE ☐ WASWAS ☐ RAYAN ☐ PHONE ☐ HEART ☐ KING ☐ ADAM ☐ PLAN ☐ NAS

🔍 Spot the 7 differences

Something is missing, bigger, smaller, turned or moved.

