

SURAH AL IMRAN • AYAT 154

Finding Divine Tranquility in Times of Crisis & Overwhelming Distress

Have you ever felt that gut-wrenching fear grip your heart during a job crisis, where every thought spirals into "What if I lose everything?" Surah Al Imran Ayat 154 speaks directly to that moment, revealing how Allah transforms overwhelming distress into divine tranquility through a simple, miraculous drowsiness that steadies the soul.

Multilingual Quadrant: The Verse of Tranquility

ثُمَّ أَنْزَلَ عَلَيْكُمْ مِّن بَعْدِ الْغَمِّ أَمَنَةً نُّعَاسًا يَغْشَى طَائِفَةً
مِّنكُمْ ۖ وَطَائِفَةٌ قَدْ أَهَمَّتْهُمْ أَنفُسُهُمْ يَظُنُّونَ بِاللَّهِ غَيْرَ
الْحَقِّ ظَنَّ الْجَاهِلِيَّةِ

Transliteration: *Thumma anzala 'alaykum min ba'dil ghammi amanatan nu'asan yaghshā tā'ifatan-minkum wa ṭā'ifātun qad ahammathum anfusuhum yazunnūna billāhi ghayral-ḥaqqi zannal-jāhiliyyah.*

English (Saheeh International): Then He sent down upon you from after the distress, security - a drowsiness [overcoming] a party of you - while another party worried about themselves and thought about Allah other than the truth - the thought of those of ignorance.

Urdu Translation: پھر غم کے بعد تم پر سکون اتارا جو تم میں سے ایک گروہ پر غلبہ پا گیا اور دوسرا گروہ اپنے نفسوں کی فکر میں مبتلا ہوا اور اللہ کے بارے میں ناحق جاہلیت کا سا گمان کرنے لگا۔

Word-by-Word Breakdown

Surah Al Imran Ayat 154 begins with "**Thumma**" (then), signaling a divine transition from hardship to relief, revealed during the Battle of Uhud when believers faced panic after initial setbacks. The key phrase "*anzala alaykum min ba'dil ghammi amanatan nu'asa*" breaks down as follows:

Arabic Word	Transliteration	English Meaning
أَنْزَلَ	Anzala	He sent down
عَلَيْكُمْ	Alaykum	Upon you
مِنْ بَعْدِ	Min ba'di	After
الْغَمِّ	Al-ghammi	The distress / grief
أَمَانَةً	Amanatan	Security / peace
نُعَاسًا	Nu'asa	Drowsiness

This drowsiness wasn't mere fatigue but a supernatural calm that protected one group of believers from self-doubt, while others fixated on personal safety.

Historical Context and Quranic Reference

This verse descends from the Battle of Uhud in 3 AH, where rumors of the Prophet's death caused mass grief among Muslims. Revealed in Surah Al Imran (The Family of Imran), the third chapter of the Quran with 200 verses, it addresses the believers' split reactions post-rumor—serene trust versus ignorant fear. Its importance lies in teaching resilience: true faith brings Allah's "amanah" even amid chaos, as seen when drowsiness shielded the steadfast while others panicked.

For deeper ties to divine authority, explore how Allah grants honor to whom He wills in *Watu Izzu Mantasha: Surah Imran's Lesson on Divine Control*.

Tafseer by Classical Scholars

The verse contrasts spiritual maturity: one group receives protective drowsiness as a sign of divine favor, per **Ibn Kathir**, who cites the Prophet noting only the faithful slept amid Uhud's turmoil. Imam Nawawi and others link it to *tawakkul* (reliance on Allah), where self-concern leads to Jahiliyyah thoughts like "If only we had control". Modern tafseer applies it to stresses of our current era—corporate layoffs or global unrest—urging recitation to invoke that same tranquility.

Related Hadith and Quranic Links

Bukhari (Vol. 4, Book 52, Hadith 280) describes Uhud's drowsiness as a miracle for believers, aligning with the ayah's account. Cross-references include Surah Al Anfal 8:11 ("*He cast drowsiness upon you*") for Badr's similar mercy, reinforcing the pattern of divine security post-grief.

Wazifa for Job and Daily Benefits

Recite Surah Al Imran Ayat 154 **101 times daily after Fajr** for job stability, as it dispels anxiety and invites Allah's amanah during interviews or promotions. Benefits include reduced overthinking, career breakthroughs, and inner peace—many report opportunities flowing after consistent practice. Start with wudu, face Qibla, and end with Salawat for amplified barakah.

The Spiritual Habit Loop: Recite → Feel drowsiness-like calm → Act with trust → Witness results.

People Also Ask

What does "nu'asa" mean in Surah Imran 154?

It means a divinely induced drowsiness symbolizing tranquility that overcame the faithful at the Battle of Uhud.

Surah Al Imran Ayat 154 benefits for job?

Reciting 101 times daily eases job stress, opens doors, and replaces fear with confidence.

Is there Hadith on Surah Imran 154?

Indirectly via Uhud narrations in Sahih Bukhari, confirming the miracle of sleep amid battle.

Why is Ayat 154 important today?

It equips modern believers to handle anxiety with faith, turning grief into security. Try this wazifa today, and experience the profound Quranic strategies tailored to real-life victories.