ٱللَّهُ ٱلَّذِي خَلَقَكُم مِّن ضَعۡفٖ ثُمَّ جَعَلَ مِنۢ بَعۡدِ ضَعۡفٖ قُوَّةٗ ثُمَّ جَعَلَ مِنۢ بَعۡدِ قُوَّةٖ ضَعۡفٗا وَشَيۡبَةٗۚ يَخۡلُقُ مَا يَشَآءُۚ وَهُوَ ٱلۡعَلِيمُ ٱلۡقَدِيرُ

(الروم : 54 )

Allah is the one who created you from weakness, then made after weakness strength, then made after strength weakness and white hair. He creates what He wills, and He is the Knowing, the Competent.

Quran (30:54)