

فَإِنَّ مَعَ الْعُسْرِ يُسْرًا إِنَّ مَعَ الْعُسْرِ يُسْرًا

So verily, with the hardship, there is relief, Verily, with the hardship, there is relief.

Al Inshirah

(The Opening Forth)

In the name of Allah, Most Gracious, Most Merciful

أَلَمْ نَشْرَحْ لَكَ صَدْرَكَ (١)

1. Have We not opened your breast for you (O Muhammad SAW)?

وَوَضَعْنَا عَنْكَ وِزْرَكَ (٢)

2. And removed from you your burden,

الَّذِي أَنْقَضَ ظَهْرَكَ (٣)

3. Which weighed down your back?

وَرَفَعْنَا لَكَ ذِكْرَكَ (٤)

4. And raised high your fame?

فَإِنَّ مَعَ الْعُسْرِ يُسْرًا (٥)

5. So verily, with the hardship, there is relief,

إِنَّ مَعَ الْعُسْرِ يُسْرًا (٦)

6. Verily, with the hardship, there is relief

(i.e. there is one hardship with two reliefs, so one hardship cannot overcome two reliefs).

فَإِذَا فَرَغْتَ فَانصَبْ (٧)

7. So when you have finished (from your occupation), then stand up for Allâh's worship (i.e. stand up for prayer).

وَالِى رَبِّكَ فَارْغَبْ (٨)

8. And to your Lord (Alone) turn (all your intentions and hopes and) your invocations.



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