

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the Name of Allah The All Merciful, The Most Merciful.

أَلَمْ نَشْرَحْ لَكَ صَدْرَكَ

1. Have We not dilated for you, your chest?

وَوَضَعْنَا عَنْكَ وِزْرَكَ

2. And displaced from you, your sin?

الَّذِي أَنْقَضَ ظَهْرَكَ

3. The one which was undoing your back.

وَرَفَعْنَا لَكَ ذِكْرَكَ

4. And We elevated for you, your remembrance.

فَإِنَّ مَعَ الْعُسْرِ يُسْرًا

5. So, assuredly with difficulty is ease.

إِنَّ مَعَ الْعُسْرِ يُسْرًا

6. Assuredly with difficulty is ease.

فَإِذَا فَرَغْتَ فَانصَبْ

7. So when you are unoccupied, then erect (in worship).

وَالِى رَبِّكَ فَارْغَبْ

8. And unto your Lord, then desire.