

1 | اَلَمْ نَشْرَحْ لَكَ صَدْرَكَ |

2 | وَوَضَعْنَا عَنْكَ وِزْرَكَ |

3 | الَّذِي اَنْقَضَ ظَهْرَكَ |

4 | وَرَفَعْنَا لَكَ ذِكْرَكَ |

5 | فَاِنَّ مَعَ الْعُسْرِ يُسْرًا |

6 | اِنَّ مَعَ الْعُسْرِ يُسْرًا |

7 | فَاِذَا فَرَغْتَ فَانصَبْ |

8 | وَاِلَىٰ رَبِّكَ فَارْغَبْ |

1 | Have We not opened your breast for you

2 | And removed from you your burden.

3 | Which weighed down your back

4 | And have We not raised high your fame

5 | Verily, along with every hardship is relief,

6 | Verily, along with every hardship is relief.

7 | So when you have finished, devote yourself to Allah's worship.

8 | And to your Lord turn earnestly.

Makki or Madani:

Period:

Background:

Summary:

Reflection:

Things to Do:

أَلَمْ نَشْرَحْ لَكَ صَدْرَكَ | 1

Have We not opened your breast for you

Key Words:

Explanation:

وَوَضَعْنَا عَنْكَ وِزْرَكَ | 2

And removed from you your burden.

Key Words:

Explanation:

الَّذِي أَنْقَضَ ظَهْرَكَ | 3

Which weighed down your back

Key Words:

Explanation:

وَرَفَعْنَا لَكَ ذِكْرَكَ | 4

And have We not raised high your fame

Key Words:

Explanation:

فَإِنَّ مَعَ الْعُسْرِ يُسْرًا | 5

Verily, along with every hardship is relief,

Key Words:

Explanation:

إِنَّ مَعَ الْعُسْرِ يُسْرًا | 6

Verily, along with every hardship is relief.

Key Words:

Explanation:

فَإِذَا فَرَغْتَ فَانصَبْ | 7

So when you have finished, devote yourself to Allah's worship.

Key Words:

Explanation:

وَإِلَىٰ رَبِّكَ فَارْغَبْ | 8

And to your Lord turn earnestly.

Key Words:

Explanation:

94: SURAH ALINSHIRAH WORD LIST

1. نَشْرَحْ *Nashra*: to open, expand
2. صَدْرَكَ *Sadrak*: breast, chest (pg 13)
3. وَضَعَ *Wada'a*: removed, laid, put down (pg 34)
4. عَنْ *ann*: about, from (pg 5)
5. وَزَرَ *wizra*: burden (wazara – to bear a load, pg 21)
6. أَنْقَضَ *ankada*: it broke, weighed down
7. ظَهَرَ *dahr*: back
8. رَفَعَ *rafa'a*: to raise, elevate (pg 15)
9. ذَكَرَ *zikra*: mention, renown, remembrance (tazakkara, pg 31)
10. مَعَ *m'aa*: with (pg 5)
11. عُسْرٍ *usri*: hardship, difficulty
12. يُسْرًا *yusra*: ease
13. فَرَّغَ *faragta*: became relieved, free
14. أَنْصَبَ *ansab*: labor, toil (sabhan – occupation)
15. إِلَى *ilaa*: to, towards (pg 5)
16. رَغَبَ *ragab*: earnestly turn to, attend, desire

سُورَةُ الْاِنْشِرَاحِ

اَلَمْ نَشْرَحْ لَكَ صَدْرَكَ | 1

وَوَضَعْنَا عَنكَ وِزْرَكَ | 2

اَلَّذِي اَنْقَضَ ظَهْرَكَ | 3

وَرَفَعْنَا لَكَ ذِكْرَكَ | 4

فَاِنَّ مَعَ الْعُسْرِ يُسْرًا | 5

اِنَّ مَعَ الْعُسْرِ يُسْرًا | 6

فَاِذَا فَرَغْتَ فَانصَبْ | 7

وَإِلَىٰ رَبِّكَ فَارْغَبْ | 8