

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

I seek refuge in Allah from the rejected Shaitan

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the name of Allah, the Beneficient, the
Merciful

Surah 94: Al-Inshira

Juz 30

أَلَمْ نَشْرَحْ لَكَ صَدْرَكَ ﴿١﴾
وَوَضَعْنَا عَنْكَ وِزْرَكَ ﴿٢﴾
الَّذِي أَنْقَضَ ظَهْرَكَ ﴿٣﴾

[94:1] Have We not expanded for you your breast,
[94:2] And taken off from you your burden,
[94:3] Which pressed heavily upon your back,

Surah 94: Al-Inshira

Juz 30

وَرَفَعْنَا لَكَ ذِكْرَكَ ﴿٤﴾
فَإِنَّ مَعَ الْعُسْرِ يُسْرًا ﴿٥﴾
إِنَّ مَعَ الْعُسْرِ يُسْرًا ﴿٦﴾

[94:4] And exalted for you your esteem?

[94:5] Surely with difficulty is ease.

[94:6] With difficulty is surely ease.

Surah 94: Al-Inshira

Juz 30

فَإِذَا فَرَغْتَ فَانصَبْ ﴿٧﴾
وَإِلَىٰ رَبِّكَ فَارْغَبْ ﴿٨﴾

[94:7] So when you are free, nominate.

[94:8] And make your Lord your exclusive object.