

Sūrah ash-Sharḥ¹⁸¹³***Bismillāhir-Raḥmānir-Raḥeem***

1. Did We not expand for you, [O Muḥammad], your breast?¹⁸¹⁴
2. And We removed from you your burden¹⁸¹⁵
3. Which had weighed upon your back
4. And raised high for you your repute.
5. For indeed, with hardship [will be] ease [i.e., relief].
6. Indeed, with hardship [will be] ease.
7. So when you have finished [your duties], then stand up [for worship].
8. And to your Lord direct [your] longing.

¹⁸¹³*Ash-Sharḥ* or *al-Inshirāh*: Expansion.

¹⁸¹⁴I.e., enlighten, assure and gladden your heart with guidance.

¹⁸¹⁵By forgiving any errors which you may have committed previously or might commit consequently. "Burden" can also refer to the anxiety experienced by the Prophet (ﷺ) at the beginning of his mission.

*Sūrah at-Teen*¹⁸¹⁶*Bismillāhir-Raḥmānir-Raḥeem*

1. By the fig and the olive¹⁸¹⁷
2. And [by] Mount Sinai
3. And [by] this secure city [i.e., Makkah],
4. We have certainly created man in the best of stature;¹⁸¹⁸
5. Then We return him to the lowest of the low,¹⁸¹⁹
6. Except for those who believe and do righteous deeds, for they will have a reward uninterrupted.
7. So what yet causes you to deny the Recompense?¹⁸²⁰
8. Is not Allāh the most just of judges?

¹⁸¹⁶*At-Teen*: The Fig.

¹⁸¹⁷Referring to the places known for their production, i.e., Damascus and Jerusalem, respectively. It could also refer to the fig and olive trees or to the fruits themselves.

¹⁸¹⁸i.e., upright, symmetrical, and balanced in form and nature.

¹⁸¹⁹This can refer to the depths of Hell, to decrepit old age or to immorality.

¹⁸²⁰More literally, "What makes you lie concerning it?"