3. Your Lord (O Muhammad صلى الله عليه وسلم) has neither forsaken you nor hates you.

4. And indeed the Hereafter is better for you than the present (life of this world).

5. And verily, your Lord will give you (all good) so that you shall be well-pleased.

6. Did He not find you (O Muhammad صلى الله عليه وسلم) an orphan and gave you a refuge?

7. And He found you unaware (of the Qur’ân, its laws and Prophethood) and guided you.

8. And He found you poor and made you rich (self-sufficient with self-contentment).

9. Therefore, treat not the orphan with oppression.

10. And repulse not the beggar.

11. And proclaim the Grace of your Lord (i.e. the Prophethood and all other Graces).

In the Name of Allâh, the Most Gracious, the Most Merciful.

1. Have We not opened your breast for you (O Muhammad صلى الله عليه وسلم)?

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

7. So when you have finished (your occupation), devote yourself to Allâh’s worship.

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