

# Surah 94

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## Surah 94

Al Sharh -or- Al Inshirah (The Expansion of the Breast)

In the name of Allah, Most Gracious, Most Merciful.

1. Have We not expanded thee thy breast?--
2. And removed from thee thy burden
3. The which did gall thy back?--
4. And raised high the esteem (in which) thou (art held)?--
5. So, verily, with every difficulty, there is relief:
6. Verily, with every difficulty there is relief.
7. Therefore, when thou art free (from thine immediate task), still labor hard,
8. And to thy Lord turn (all) thy attention.

— Surah 94