بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

1. For you We expanded your breast, have not We weighed upon your back from you.
2. We removed your burden, and We raised high your esteem for you.
3. Which We took away, And We made ease the hardship with your Lord.
4. Indeed, So when you are free, then stand up, and to your Lord turn your attention.
5. For indeed, So when you are free, then stand up, and to your Lord turn your attention.
6. For indeed, So when you are free, then stand up, and to your Lord turn your attention.
7. For indeed, So when you are free, then stand up, and to your Lord turn your attention.
8. For indeed, So when you are free, then stand up, and to your Lord turn your attention.