

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
الْمَنْشَرَحِّ لَكَ صَدْرَكَ ۖ وَوَضَعْنَا عَنكَ وِزْرَكَ ۖ
الَّذِي ۖ أَنْقَضَ ظَهْرَكَ ۖ وَرَفَعْنَا لَكَ ذِكْرَكَ ۖ فَإِنَّ مَعَ الْعُسْرِ يُسْرًا ۖ إِنَّ
مَعَ الْعُسْرِ يُسْرًا ۖ فَإِذَا فَرَغْتَ فَانصَبْ ۖ وَإِلَىٰ رَبِّكَ فَارْغَبْ ۖ

Bismillāhir-Raḥmānir-Raḥcem

1. Did We not expand for you, [O Muḥammad], your breast?¹¹¹
2. And remove from you your burden¹¹²
3. Which had weighed upon your back?
4. And [have We not] raised high for you your repute?
5. For indeed, with hardship comes ease [i.e., relief].
6. Indeed, with hardship comes ease.
7. So when you have finished [your worldly occupations], then stand up [for worship].
8. And to your Lord direct [your] longing.

Gems I have learnt from this Surah:

2 Blessings given to the prophet mentioned in this surah:

1.

2.

If somebody was going through a difficult time in their life how using this surah would you help them?

Describe how this surah talks about the high status of the prophet (saw).

Da'wah techniques learnt in this surah: