

Sūrat al-Sharḥ

(Consolation, Relief, The Expansion, The Expanding, The Opening-Up of the Heart)

سورة الشرح

Súrah – 94

No of Ayat –08

English Translation : *Ali Quli Qara'i*

Urdu Translation : *Allamma Zeeshan Haider Jawadi*

Hindi Translation : *Farrukh Khan & Ahmed*

For any errors / comments please write to: rehanL@hotmail.com

Kindly recite Sura E Fatiha for Marhumeen of all those who have worked towards making this small work possible.

This is a ‘meccan’ sūrah.

The surah that opens with a reassurance to the Prophet Muḥammad that his divine appointment to receive God’s revelation has been nothing less than the Opening of the breast to sacred wisdom and guidance, and that thereby he has been honoured for all time, made well-able to bear the mantle of prophethood, and that ultimately and inevitably he shall be eased unto success. It is named “opening” after the phrase “did We not open” (*a lam nashraḥ*) in verse 1. The surah is a continuation of the reassurance and encouragement given in the previous surah.

The Holy Prophet (s.a.w.) said that Allah (s.w.t.) grants good fortune and *Yaqeen* (certitude) in religion, to the person who recites this surah.

Recitation of this surah is also good for relieving chest pains. Drinking water in which this surah has been dissolved is a cure for problems while urination and heart ailments.

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَآلِ مُحَمَّدٍ

**O' Allāh send Your blessings on Muhammad
and the family of Muhammad.**

اے اللہ! رحمت فرما محمد و آل (ع) محمد پر

ऐ अल्लाह मुहम्मद और आले मुहम्मद पर अपनी सलामती रख

O' Allāh send Your blessings on Muhammad and the family of Muhammad

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

**In the Name of Allāh,
the All-beneficent, the All-merciful.**

عظیم اور دائمی رحمتوں والے خدا کے نام سے

अल्लाह के नाम से जो बड़ा कृपालु और अत्यन्त दयावान हैं।

bi-smi llāhi r-raḥmāni r-raḥīmi

﴿ ۱ ﴾ أَلَمْ نَشْرَحْ لَكَ صَدْرَكَ

Did We not open your breast for you

کیا ہم نے آپ کے سینہ کو کشادہ نہیں کیا

क्या ऐसा नहीं कि हमने तुम्हारा सीना तुम्हारे लिए खोल दिया?

'a-lam našraḥ laka ṣadraka

﴿ ٢ ﴾ وَوَضَعْنَا عَنْكَ وِزْرَكَ

and relieve you of your burden

اور کیا آپ کے بوجھ کو اتار نہیں لیا

और तुमपर से तुम्हारा बोझ उतार दिया,

wa-waḍa' nā 'anka wizraka

الَّذِي أَنْقَضَ ظَهْرَكَ ﴿٣﴾

which [almost] broke your back?

جس نے آپ کی کمر کو توڑ دیا تھا

جو तुम्हारी कمر तोड़े डाल रहा था?

allaḏī 'anqaḏa ẓahraka

﴿ ٤ ﴾ وَرَفَعْنَا لَكَ ذِكْرَكَ

Did We not exalt your name?

اور آپ کے ذکر کو بلند کر دیا

और तुम्हारे लिए तुम्हारे ज़िक्र को ऊँचा कर दिया?

wa-rafa' nā laka dīkraka

﴿ ٥ ﴾ فَإِنَّ مَعَ الْعُسْرِ يُسْرًا

Indeed ease accompanies hardship.

ہاں زحمت کے ساتھ آسانی بھی ہے

अतः निस्संदेह कठिनाई के साथ आसानी भी है

fa-'inna ma'a l-'usri yusran

إِنَّ مَعَ الْعُسْرِ يُسْرًا ﴿٦﴾

Indeed ease accompanies hardship.

بے شک تکلیف کے ساتھ سہولت بھی ہے

निस्संदेह कठिनाई के साथ आसानी भी है

'inna ma 'a l-'usri yusran

فَإِذَا فَرَغْتَ فَانصَبْ ﴿٧﴾

So when you are done, appoint,

لہذا جب آپ فارغ ہو جائیں تو نصب کر دیں

अतः जब निवृत हो तो परिश्रम में लग जाओ,

fa-'idā faraġta fa-nṣab

﴿ ۸ ﴾ وَإِلَىٰ رَبِّكَ فَارْغَبْ

and turn eagerly to your Lord.

اور اپنے رب کی طرف رخ کریں

और अपने रब से लौ लगाओ

wa-'ilā rabbika fa-rġab

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