

19. And who has (in mind) no favour from anyone to be paid back,

20. Except to seek the Countenance of his Lord, the Most High.

21. He surely will be pleased (when he enters Paradise).

وَمَا لِأَحَدٍ عِنْدَهُ مِنْ نِعْمَةٍ تُجْرَى ﴿١٩﴾

إِلَّا ابْتِغَاءَ وَجْهِ رَبِّهِ الْأَعْلَى ﴿٢٠﴾

وَلَسَوْفَ يَرْضَى ﴿٢١﴾

**Sûrat Ad-Duha (The Forenoon -  
"After Sunrise") XCIII**

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

1. By the forenoon (after sunrise).<sup>[1]</sup>
2. By the night when it darkens (and stand still).
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?



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

وَالضُّحَىٰ ﴿١﴾

وَاللَّيْلِ إِذَا سَجَىٰ ﴿٢﴾

مَا وَدَّعَكَ رَبُّكَ وَمَا قَلَىٰ ﴿٣﴾

وَلَا آخِرَةَ خَيْرَ لَكَ مِنَ الْأُولَىٰ ﴿٤﴾

وَلَسَوْفَ يُعْطِيكَ رَبُّكَ فَتَرْضَىٰ ﴿٥﴾

أَلَمْ يَجِدْكَ يَتِيمًا فَآوَىٰ ﴿٦﴾

وَوَجَدَكَ ضَالًّا فَهَدَىٰ ﴿٧﴾

[1] (V.93:1)

a) Narrated Ibn Abî Lailâ: Only Umm Hânî told us that she had seen the Prophet صلى الله عليه وسلم offering the *Duha* (Forenoon prayer). She said, "On the day of the conquest of Makkah, the Prophet صلى الله عليه وسلم took a bath in my house and offered eight *Raka'ât*. I never saw him praying such a light prayer but he performed perfect prostrations and bowings". (*Sahih Al-Bukhari*, Vol.2, *Hadith* No.207A).

b) Narrated Abu Hurairah رضى الله عنه: My friend (the Prophet) advised me to observe three things:  
(1) to fast three days a month;  
(2) to pray two *Raka'ât* of *Duha* prayer (Forenoon prayer); and  
(3) to pray *Witr* before sleeping.  
(*Sahih Al-Bukhari*, Vol.3, *Hadith* No.202).

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).

وَوَجَدَكَ عَائِلًا فَأَغْنَى ﴿٨﴾

فَأَمَّا الْيَتِيمَ فَلَا تَقْهَرْ ﴿٩﴾

وَأَمَّا السَّائِلَ فَلَا تَنْهَرْ ﴿١٠﴾

وَأَمَّا بِنِعْمَةِ رَبِّكَ فَحَدِّثْ ﴿١١﴾

*Sûrat Ash-Sharh*  
(The Opening Forth) XCIV

*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 for Allâh's worship.

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

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

أَلَمْ نَشْرَحْ لَكَ صَدْرَكَ ﴿١﴾

وَوَضَعْنَا عَنَّا وِزْرَكَ ﴿٢﴾

أَلَيْسَ أَفْقَضْ ظَهْرَكَ ﴿٣﴾

وَرَفَعْنَا لَكَ ذِكْرَكَ ﴿٤﴾

إِنَّ مَعَ الْعُسْرِ يُسْرًا ﴿٥﴾

إِنَّ مَعَ الْعُسْرِ يُسْرًا ﴿٦﴾

فَإِذَا فَرَغْتَ فَانصَبْ ﴿٧﴾

وَأِلَىٰ رَبِّكَ فَارْجِعْ ﴿٨﴾

*Sûrat At-Tîn*  
(The Fig) XCV

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

1. By the fig, and the olive.

2. By Mount Sinai.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

وَالزَّيْتُونَ ﴿١﴾

وَطُورِ سِينِينَ ﴿٢﴾

