2. And by the Night when it is still,
3. Your Guardian-Lord has not forsaken you, nor is He displeased.
4. And verily the Hereafter will be better for you than the present.
5. And soon will your Guardian-Lord give you (that wherewith) you shall be well-pleased.
6. Did He not find you an orphan and give you shelter (and care)?
7. And He found you wandering, and He gave you guidance.
8. And He found you in need, and made you independent.
9. Therefore, do not treat the orphan with harshness.
10. Nor repulse the petitioner (unheard);
11. But the bounty of your Lord—rehearse and proclaim!

(Inshirah, or The Expansion)
In the name of Allah, Most Gracious, Most Merciful.

1. Have We not expanded you your breast?
2. And removed from you your burden
3. Which did gall your back?
4. And raised high the esteem (in which) you are held?
5. So, verily, with every difficulty, there is relief.
6. Verily, with every difficulty there is relief.
7. Therefore, when you are free (from your immediate task), still labour hard,
8. And to your Lord turn (all) your attention.

(At-Tin, or The Fig)
In the name of Allah, Most Gracious, Most Merciful.

1. By the Fig and the Olive,
2. And the Mount of Sinai,
3. And this City of security,
4. We have indeed created man in the best of