



## 舒展

## AshSharah

## الشرح

奉大仁大慈的安拉尊名

In the name of Allah,  
Most Gracious, Most Merciful.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

1. 难道我不曾使你的心胸舒展，

1. Have We not opened up for you your breast.

أَلَمْ نَشْرَحْ لَكَ صَدْرَكَ ﴿١﴾

2. 并为你减轻了你的重担，

2. And We removed from you your burden.

وَوَضَعْنَا عَنْكَ وِزْرَكَ ﴿٢﴾

3. (那) 压弯了你的背 (的重担)，

3. Which had weighed down your back.

الَّذِي أَنْقَضَ ظَهْرَكَ ﴿٣﴾

4. 和提高了你的声望吗？

4. And We exalted for you your renown.

وَرَفَعْنَا لَكَ ذِكْرَكَ ﴿٤﴾

5. 诚然，“祸兮福所伏”（艰难之后有容易）。

5. So indeed, along with hardship, there is ease.

فَإِنَّ مَعَ الْعُسْرِ يُسْرًا ﴿٥﴾

6. 诚然，“祸兮福所伏。”

6. Indeed, along with hardship, there is ease.

إِنَّ مَعَ الْعُسْرِ يُسْرًا ﴿٦﴾

7. 所以，当你免于忧患（负担减轻）时，仍要坚忍（辛勤苦干），

7. So when you have finished (your duties), then stand up (for worship).

فَإِذَا فَرَغْتَ فَانصَبْ ﴿٧﴾

8. 并且要全心全意地向主。（为求你的主的喜悦而奋力。）

8. And to your Lord turn (your) attention.

وَالِإِلَهِ رَبِّكَ فَاَرْغَبْ ﴿٨﴾

