FA INNA MA'AL USRI YUSRA

SURAH ASH-SHARH 94:5–6 · EASE IS WITH THE HARDSHIP, NOT AFTER IT

VERSE 5 — 94:5

فَإِنَّ مَعَ ٱلْعُسْرِ يُسْرًا

Fa inna ma'al-'usri yusra.

"So, surely with hardship comes ease." (Khattab)

ہاں ہاں مشکل کے ساتھ آسانی بھی ہے

VERSE 6 — 94:6

إِنَّ مَعَ ٱلْعُسْرِ يُسْرًا

Inna ma'al-'usri yusra.

"Surely with ˹that˺ hardship comes ˹more˺ ease." (Khattab)

(اور) بے شک مشکل کے ساتھ آسانی ہے

(Jalandhari Urdu for both verses. The key word is ma'a — "with," in Urdu ساتھ — not ba'da, "after.")

WORD BY WORD — 94:5

Arabic	Transliteration	Meaning
فَإِنَّ	fa-inna	So indeed
مَعَ	ma'a	with
ٱلْعُسْرِ	al-'usri	the hardship
يُسْرًا	yusra	(is) ease

The verse holds four words. Fa-inna: "so, indeed" — certainty tied to what came before. Ma'a: "with." Al-'usri: "the hardship," one specific, known difficulty. Yusra: "ease," left unnamed and open. Verse 6 repeats the same four words with only the first changed — the hardship is the same one both times, while the ease arrives fresh each time.

THE ALONGSIDE RULE

Because the ease is with the hardship, a hard day is worked in three moves:

1 — Name it. The verse's hardship is definite — al-'usr, the hardship, not hardship in general. Say it plainly, to Allah first: the diagnosis, the debt figure, the exam, the broken relationship.

2 — Find it. Somewhere in the same day there is an ease already present: a door still open, a person still answering, a body still working, a prayer still possible. Naming it is not pretending the hardship is small; it is refusing to let the hardship be the only true sentence of the day.

3 — Step. Verses 7 and 8 end the surah with work and worship, not waiting. Choose one practical step for tomorrow morning.

THE PRACTICE PLAN

Tonight. After Isha, read the whole of Surah Ash-Sharh once, slowly — eight short verses, under a minute. At verses 5 and 6, stop. Name your one hardship out loud, then name one ease already sitting beside it today. Close by choosing one practical step for tomorrow morning.

From tomorrow. Add the morning half: the same two verses after Fajr, with the day's hardship and ease named before the phone comes out. Close the day with Ayatul Kursi in bed.

PRACTICE CHECKLIST

- ☐ Read Surah Ash-Sharh (94:1–8) once, slowly, after Isha
- ☐ Named the one hardship out loud, to Allah first
- ☐ Named one ease already beside it today
- ☐ Chose one practical step for tomorrow morning
- ☐ Repeated the two verses after Fajr, before the phone
- ☐ Closed the day with Ayatul Kursi in bed

SEVEN-DAY TRACKER

One week of the Alongside Rule. Keep it small enough to survive a bad week — one line a day is the whole assignment.

Day	The one hardship named	The ease found beside it	Tomorrow's step
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			

When the hardship is not difficulty but defeat — when you are overpowered, not just tired — take Nuh's four words with you as well: Rabbi inni maghloobun fantasir, "My Lord, I am overpowered, so help" (54:10).

HONEST LIMITS

No verified source fixes a count for this verse. No hadith says recite 94:5 a set number of times for money, a marriage, a job or a cure, and the counts attached to Surah Ash-Sharh online are prescriptions without a chain. Recite it as Quran and dua, freely, as often as you wish.

The same honesty applies to the famous sentence itself. “One hardship will never overcome two eases” is the observation of Ibn Abbas and the early commentators, drawn from the grammar of 94:5–6. Raised to the Prophet ﷺ as a hadith, its chain was graded weak (da'if) by al-Albani — Da'if al-Jami' 4820, and the version in al-Hakim's collection at al-Da'ifah 4342. It is printed in the article as what it is: a commentator's reading, not a saying of the Prophet ﷺ.

And the verse is a promise, not a spell: it pays no debt and treats no illness by itself. Dua walks with effort and, where health is concerned, with proper care — never instead of them.

اس آیت کے لیے کوئی مقررہ تعداد کسی صحیح ماخذ سے ثابت نہیں۔ اسے قرآن اور دعا سمجھ کر پڑھیں، کسی ضمانت شدہ وظیفے کے طور پر نہیں۔

SOURCES

Quran text and word-by-word: Quran.com, Surah Ash-Sharh (94). English: Dr. Mustafa Khattab. Urdu: Fateh Muhammad Jalandhari. The definite/indefinite observation: Ma'arif al-Qur'an tafsir on Quran.com. The believer's affair: Sahih Muslim 2999, sunnah.com. Full article: currentislam.com/fa-inna-ma-al-usri-yusra/

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