

## The Saheeh International Quran Translation

وَمَا بِكُمْ مِّنْ نِّعْمَةٍ فَمِنَ اللَّهِ ثُمَّ إِذَا مَسَّكُمُ الضُّرُّ فَإِلَيْهِ تَجْأُرُونَ

And whatever you have of favor - it is from Allah. Then when adversity

touches you, to Him you cry for help.