The Saheeh International Quran Translation

قَدْ كَانَتْ آيَاتِي تُتْلَىٰ عَلَيْكُمْ فَكُنتُمْ عَلَىٰ أَعْقَابِكُمْ تَنكِصُونَ

My verses had already been recited to you, but you were turning back

on your heels