

The Saheeh International Quran Translation

نَسَاؤُكُمْ حَرْثُكُمْ فَاتُوا حَرْثَكُمْ أَيْ شَيْئًا صَاحِبًا وَقَدْ مَوَّالًا لِنَفْسِكُمْ وَاتَّقُوا اللَّهَ وَاعْلَمُوا
أَنَّكُمْ مَلَأْتُمْ قُلُوبَهُمْ وَبَشِّرِ الْمُؤْمِنِينَ

Your wives are a place of sowing of seed for you, so come to your place
of cultivation however you wish and put forth [righteousness] for
yourselves. And fear Allah and know that you will meet Him. And give
good tidings to the believers.