

## The Saheeh International Quran Translation

وَتَحْمِلُ أَثْقَالَكُمْ إِلَىٰ بَلَدٍ لَّمْ تَكُونُوا بِالْغَيْهِ إِلَّا أَلْبَسِقُوا الْإِنْفُسَ إِنَّ رَبَّكُمْ لَرَءُوفٌ رَّحِيمٌ

And they carry your loads to a land you could not have reached except with difficulty to yourselves. Indeed, your Lord is Kind and Merciful.